



ANANTARA

SPA

WELCOME TO ANANTARA SPA

Born in Thailand, and now found across three continents, Anantara Spa brings a whole new world of healing to Ras Al Khaimah's golden shores. Explore signature Thai treatments, the latest wellness practices, and personalised facials using natural, organic products. Treatments can be enjoyed in a spa suite or couple's suite, and we invite you to relax both before and after in separate male and female steams, saunas and whirlpools.



TRADITIONAL THAI WELLNESS

Thai wellness focuses on the body's 'sen', or meridian lines, to bring harmony to your physical and mental state. Infused with techniques like yogic stretching and Chinese-style acupressure, treatments correct the flow of energy around the body, bringing about a deep state of relaxation.

TRADITIONAL THAI MASSAGE

(60 / 90 minutes)

Known to many as 'passive yoga', Thai massage uses specific stretching techniques, passed down through the generations, to alleviate strains and stresses, increase flexibility, and promote vitality.

*This is a dry massage, performed without oil, in loose clothing which is provided.

THAI HERBAL COMPRESS MASSAGE

(90 minutes)

Traditional poultices made from Thai herbs and spices are heated then kneaded across the body.

A full-body massage with herbal oil follows, soothing tense muscles, easing stiffness, and removing negative energy that causes sluggishness.

PA KAO MA MASSAGE

(60 / 90 minutes)

This unique massage technique utilises a soft cloth to manipulate the body gently. Yoga-like stretching reduces muscle strain and tension, brings the body back into alignment, increases flexibility, and helps to prevent future injury.

YAM KHANG FIRE THERAPY

(60 / 90 minutes)

Yam Khang is a sacred art, and as such is a rare and prized treatment. Dipping their palms in medicated oil, then heating them on an iron 'khang' over fire, your therapist then massages your body, relieving pain and releasing blocked energy.

TOTAL HOLISTIC RITUAL

(60 / 90 minutes)

Your choice of full-body or back, neck and shoulder massage utilises Thai techniques to relieve deep-seated knots and tension, delivering instant relief. This is followed by a powerful mini-facial to bring out your inner glow.

MAGNESIUM TREATMENTS

Magnesium is one of the seven macro minerals required for healthy functioning of the body. Best absorbed through the skin, its benefits are numerous, including an increase in energy, lowered blood pressure, improved mood and sleep.

IMMUNITY RECHARGE MAGNESIUM BODY MASSAGE

(60 minutes)

This aromatherapy massage, reinforced by magnesium healing properties, is designed to relieve muscle fatigue, improve sleep, detoxify, and promote overall wellbeing.

MAGNESIUM REBALANCE

(90 minutes)

A magnesium scrub cleanses and exfoliates, while also increasing blood circulation to stimulate the detoxification process. A full-body massage with magnesium butter follows, replenishing your energy while simultaneously calming.

SWEPT AWAY

(90 minutes)

A journey of invigoration then relaxation. A fragrant scrub of coffee and magnesium excites the senses. Then, the body is massaged from head to toe with magnesium gel, sweeping away all tension and stress.



COUPLES' JOURNEYS

MINA AL ARAB ROSE ROMANCE

(120 minutes)

Embark on a journey of romance with the one you love.

A rose-ocean sand scrub is followed by a sensual oil massage infused with fragrant rose oil, stimulating your senses and promoting deep relaxation. A soak in an aromatic milky bath then follows, with candles and rose petals.

WARM SAND INDULGENCE

(120 minutes)

Immerse yourself in the spirit of Arabia. It begins with a marine body polish for perfectly smooth skin. What follows is pure relaxation, as heated poultices made of mineral sand and hot stones are massaged over the body.



SIGNATURE TREATMENTS

RAS AL KHAIMAH RITUAL

(60 minutes)

Delve into the healing wisdom of Arabia. Dates and honey, used for thousands of years to sustain the longest of journeys, deeply enrich the skin with an enveloping full-body scrub. A soothing back, neck and shoulder massage follows, tension melting away into the desertscape.

ANANTARA SYNCHRONISED FOUR-HAND MASSAGE

(90 minutes)

Let tension melt away with a heavenly massage performed by two therapists, who use pressure-point techniques in rhythmic tandem to alleviate stress, soothing body and mind.

OCEAN DREAM MASSAGE

(90 minutes)

Hot stones. Heated sea sand poultices. Oil massaged gently over the body using a combination of signature techniques. The heated minerals detoxify, release muscle tension, and provide waves of calm.

REBALANCE RITUAL

(90 minutes)

Harmonise the body's seven energy centres. Guided breathing and visualisation, combined with deeply therapeutic massage and chakra balancing, are followed by a gua sha facial and scalp massage to stimulate the physical, mental and emotional awareness to the connection between mind and body.

SALUTE THE SUN

(90 minutes)

A journey to recharge your body, relax your mind, and revive your soul. Allow the subtle energies in the body to relax with visualisation and the healing frequency of a Tibetan singing bowl that resonates with the body's fluids. A Balinese full-body massage follows, promoting calm and rejuvenation.



MASSAGES

ANANTARA SIGNATURE MASSAGE

(60 / 90 minutes)

A combination of Eastern and Western massage techniques with Anantara's signature oil blend stimulates the circulation and deeply relaxes muscles, while reflexology clears energy blockages to promote overall wellbeing.

STRESS-RELEASE MASSAGE

(60 / 90 minutes)

Using a combination of strokes and acupressure techniques, along with the signature aromatherapy oil blend of your choice, this gentle massage delivers deep relaxation and pure bliss.

DEEP MUSCLE MASSAGE

(60 / 90 minutes)

Your therapist will work on the body's pressure points, using palms and elbows in movements alternating between kneading and stretching, to release muscle tension, stimulate blood circulation, and restore the flow of energy along the meridian lines.

BALINESE MASSAGE

(60 / 90 minutes)

An ancient technique using a combination of long, gliding movements, skin rolling and firm kneading of the pressure points to relieve tension, improve blood flow, and in turn create waves of relaxation.

JET LAG REVIVE

(60 / 90 minutes)

VOYA's powerful oil blend relieves swelling and fatigue with ingredients such as evening primrose, hemp seed and rosehip. The use of slow, strong strokes softens the muscles, while firm, flowing movements work to stretch and encourage healthy circulation, leaving you grounded and restored.

MOTHER-TO-BE PEACEFUL PREGNANCY MASSAGE

(60 / 90 minutes)

Connect with your baby through the power of a touch, as two hearts beat as one. Adapted to each stage of pregnancy, specialised positioning of the body ensures your comfort, safety and relaxation. Particular focus is paid to relieving tension in the lower back and alleviating swelling in the hands and feet.

BODY TREATMENTS

SUN SOOTHER

(60 minutes)

Beginning with a *F. vesiculosus* seaweed scrub, this treatment detoxifies and softens the skin. Your body is then wrapped in warm *L. digitata* seaweed leaves, cocooning you while a deep pressure scalp massage crowns the experience. Emerge in a profound state of relaxation with skin repaired.

HERBAL COCOON

(60 minutes)

Rebalance your body, hydrate your skin, and calm your mind. A VOYA lavender-sugar scrub gives radiance. An herbal body mask, wrapping with soft muslin, a scalp massage and Tibetan singing bowls then work in harmony to coax you into the deepest state of relaxation.

CELLULITE TREATMENT

(60 minutes)

A sequence designed to reduce fat deposits in the tissue and visibly reduce the appearance of cellulite. A body scrub kickstarts the lymphatic drainage process, and is followed by a cellulite-busting massage, body wrap and the application of firming cream. The result is skin that is visibly smoother and younger.



FACIALS

VOYA PERSONALISED AURA FACIAL

(60 minutes)

This ocean-inspired facial uses skin type-specific formulations to detoxify, clarify and thoroughly revitalise the complexion. A relaxing facial massage releases the build-up of toxins and harmful microparticles, with the massage continuing to the scalp and décolletage as a nourishing mask is applied to the face.

VOYA CHI RENEWAL FACIAL

(60 minutes)

Lift your skin with powerful, age-defying rituals. Your skin is thoroughly cleansed, then resurfaced with an AHA peel that relieves congestion and dullness. A massage follows using VOYA's bio-tech, skin type-specific serums along with gua sha scrapping. Finishing steps include a mask, advanced serum and moisturiser for instant radiance.

BABOR LIFTING: FIRM & YOUTHFUL FACIAL

(60 minutes)

Combat sagging skin and wrinkles with Babor's powerful sequence of peel, serum, eye care and mask. Massage relaxes and promotes circulation, while an individualised finishing treatment restores vitality and youth.

BABOR HYDRATING: PLUMPED & REVIVED FACIAL

(60 minutes)

Plump and saturate your skin with intense hydration for a youthful glow from within. Designed for extreme dehydration, visible dryness and lines, four types of hyaluronic acid, AHAs and collagen ensure intensive moisture absorption.



ADD-ON TREATMENTS

Enhance your spa journey with an additional mini-treatment before or after your main treatment. Please note that these may not be booked standalone.

ANANTARA BATH

(30 minutes)

Cleanse and soften your skin with a milky or rose oil bath, letting your body relax and your mind wander.

GLOW MAGNESIUM BODY SCRUB

(30 minutes)

Remove dead cells to reveal brighter, more youthful skin, while detoxifying and rejuvenating your whole body.

INDIAN HEAD MASSAGE

(30 minutes)

This soothing yet energising massage combines pressure-point techniques with oil massage to relieve tension in the head and neck.

BRIGHT EYES

(30 minutes)

Organic seaweed eye compresses, hand-harvested from the wild ocean and combined with lymphatic drainage massage, banish puffiness and dark shadows, refreshing and rejuvenating tired eyes.

REBIRTH

MAGNESIUM BATH

(30 minutes)

The perfect way to boost your metabolism, detoxify, and enrich your skin with the essential minerals it needs.

BECK, NECK & SHOULDER MASSAGE

(30 minutes)

Whether office syndrome, poor posture or long-held tension in the body, find immediate relief with this therapeutic concentration.

ORIENTAL FOOT REVIVER

(30 minutes)

Your therapist applies specific thumb and finger techniques to various reflex points on the feet to stimulate the corresponding organs for improved wellbeing.

TRAVELLER'S RITUAL

(30 minutes)

Relieve swelling and weariness in the lower legs and feet with a refreshing scrub followed by reflexology and a seaweed wrap to draw out excess fluid.



JUST FOR KIDS

Our mini-me spa menu is designed for those between 5 and 10 years old, with products that are natural, organic, and safe for kids.

RELAXING MASSAGE WITH ORGANIC OIL

(30 minutes)

A soothing massage using gentle strokes and soft pressure, leaving your little ones calm in body and mind.

PRINCE/PRINCESS ORGANIC FACIAL

(30 minutes)

A gentle facial, specially formulated for young ones with natural, organic products, to soothe and moisturise.



HOURS OF OPERATION

The Anantara Spa is open daily from 10.00 am to 8.00 pm.

(Later appointments are available subject to advance booking).

SPA ETIQUETTE

To maintain a peaceful ambience, please note that mobile phones and smoking are not permitted in the spa at any time. Children under 12 years of age require parental consent and supervision during their treatment.

RESERVATIONS

To ensure you enjoy the time you prefer, we recommend booking in advance. Please visit the spa, or dial ext. "0", and one of our receptionists will assist you. A credit card number will be required to secure your booking. Walk-in guests are also welcome, subject to availability.

PREPARATION

When you arrive at the spa, you will be provided with a robe and slippers, as well as a closet in which to place your belongings.

We recommend that you leave all valuables in your in-room safe, as the spa accepts no responsibility for lost items.

ARRIVAL

We invite you to arrive at least 15 minutes before your treatment time. This will allow for an initial consultation, and the opportunity to relax before your treatment. Please note that late arrivals will result in reduced treatment times.

HEALTH CONCERNS

If you are pregnant, or have any pre-existing conditions or allergies, please consult a doctor before booking any treatments or using the spa facilities.

GIFT VOUCHERS

Spa vouchers make for ideal gifts for friends and family. Speak to a spa receptionist who can recommend the perfect treatment.

Please note that all vouchers must be presented at the time of treatment, are non-refundable and cannot be exchanged for cash.

For further information, including full terms and conditions, please contact us at +971 (0) 7 204 2222 or rasalkhaimah@anantara.com



LIFE IS A JOURNEY.

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