

*Mandara Spa at
Anantara Resort & Spa, Hua Hin*

Sawasdee...

*MANDARA SPA OFFERS YOU THE IDYLIC SURROUNDINGS FOR THE ULTIMATE
SPA EXPERIENCE*

Blended into lush landscapes with garden pavilions and courtyards, the spa is a tropical hideaway where tranquil sounds of rippling water complement the soothing aromas of natural herbs and spices. It is the perfect place to relax, unwind and escape from the outside world.

At Mandara Spa your happiness and satisfaction is our utmost pleasure. Conscientious attention is paid to every element to produce a completely rejuvenating experience. From the welcoming herbal tea to the fresh orchids you gaze upon through your massage bed headrest, nothing is overlooked. Soothing sounds intoxicating aromas, tranquil ambiance, gracious caring staff, peace, serenity and pampered indulgence.

Deliciously indulgent treatments including various massage therapies body treatments, luxury facials and traditional beauty elixirs are flavored by the world's timeless beauty and rejuvenation secrets of the East. The colours and rituals of these treatments are reflected in the way they are delivered – with mindfulness and spirit of generosity. A visit will always
l e a v e y o u f e e l i n g g r e a t .

Welcome to Mandara Spa because... you deserve to feel this good!

SPA BASICS

What should I wear to the Spa?

Wear whatever you feel comfortable in. Bathrobes and slippers are provided in your private spa suite.

When should I arrive for my treatment?

Please arrive 15 minutes before your scheduled time to check in and change.

Is there someone to help me decide the best treatments for me?

Our Spa Manager and Receptionists will be able to assist you to plan the best spa program that suits your needs.

Is there a limit to the number of Spa treatments I could have in a day?

You can have as many as you like.

What if I have special health considerations?

Please notify our Spa Manager or Receptionists before booking your treatments if you have high blood pressure, allergies, physical ailments, disabilities, or if you are pregnant.

What do I wear during my treatment?

You may wish to wear your own underwear or we can provide you with hygienic disposable briefs. Alternatively, treatment may be enjoyed without clothes. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

Can I ask the therapist to adjust the room to my comfort levels?

Definitely - this is your time and you should enjoy the experience to the fullest. Be it the room temperature, massage pressure or the volume of the piped-in music, please do not hesitate to ask our therapists to adjust them to your comfort levels.

What about my jewelry and valuables?

It's best to leave these personal valuables in your room safe. But if you happen to be wearing them when you get to the spa, a safe deposit box is provided in your dressing room.

What if I am late for my appointment?

Arriving late will limit the time of your treatments. Your treatments will end on time so that the next guest is not delayed. However, if no guest follows your booking, you can enjoy the full duration of your treatment time.

What if I need to cancel my Spa treatment?

The treatments you select are reserved especially for you. A 50% charge will be collected for treatments not cancelled four hours in advance.

THE SPA ENVIRONMENT IS ONE OF TRANQUILITY AND RELAXATION. PLEASE RESPECT THE PEACEFULNESS AND PRIVACY OF OTHER SPA GUESTS. KINDLY DEFER FROM SMOKING AND FROM USING YOUR MOBILE PHONES WITHIN THE SPA VICINITIES. THANK YOU.

Face of Mandara

A facial is a delightful and uplifting experience that renews the harmony and beauty of the face, and restores a youthful feeling. As relaxing as a full body massage, our facials include a neck, shoulder and facial massage as well as cleansing and toning.

Aroma Bliss Facial

60 mins

Designed to purify and promote beautifully radiant skin. This deep yet gentle facial treatment soothes facial muscles while hydrating the skin, relieves tension and promotes total relaxation. Includes cleansing, toning, exfoliation and a revitalizing mask for both men and women. In addition to a light relaxing facial massage, aromatic-hydrating oil is used to soothe the skin leaving you totally relaxed.

Stress Recovery Facial

50 mins

A facial using the anti-oxidant benefits of green tea, chamomile, rose and lavender to oxygenate the skin to look and feel immediately smoother, softer and more radiant. Includes a pressure point facial massage to rebalance the skin and brighten a dull complexion without causing irritation.

Traditional Thai Facial

50 mins

This traditional facial combines the natural beautifying elixirs found in your daily diet with traditional skin-care products containing skin beautifier and moisturizer, Prai and Khamin. A gentle facial massage with honey nourishes the skin while the refreshing cucumber mask hydrates the skin.

BEAUTY OF MANDARA

Decleor Deep Cleansing Facial

60 mins

The ultimate in deep cleansing facials includes cleansing, exfoliation, digito-pressure point massage, and a combination of two facial masks specially designed to refresh and nourish your complexion. Recommended for men and women of all skin types.

Decleor Harmony Extreme Facial

90 mins

Especially designed for delicate and sensitive skin, this soothing treatment calms the most reactive complexion. It refreshes the skin and helps to reduce redness and irritation. It soothes, restores balance and leaves the face looking smooth and velvety. Suitable for sensitive and sunburned skin.

Decleor Nourishing & Hydrating Facial

90 mins

Especially formulated for dry and dehydrated skins, this dual action treatment nourishes and hydrates the driest of skin. Using the purest active ingredients and essential oils from plants, this facial smoothens fine lines and diminishes wrinkles. Its long-term effectiveness reinforces the epidermis to be better equipped to combat aggressive climactic conditions.

To enhance the effectiveness of your treatments, home care products are available at the Spa reception. Please consult your therapist for products that best suit your complexion.

BODY OF MANDARA

Massages are a therapy that when applied with skill and care, can precipitate many beneficial changes within the body, mind and spirit. It is a powerful treatment precisely because it works on both the physical and psychological levels to invigorate and relax. Massage techniques and strokes of massage can ease pain or tension from stiff aching muscles, boost circulation and alleviate mental stress.

Likewise, natural body therapies touch the senses and are important to the intricate balance of mind, body and spirit. They soothe the soul and foster balance and serenity.

Thai Bliss Massage

90 mins

This treatment combines relaxing massage strokes with the healing techniques of pure Traditional Massage. Rocking, stretching and gentle yet firm accupressure massages are applied to the body's 'sip sen' (10 lines). It relieves tension, soothes tired muscles, increases flexibility and restores general well-being

Foot Bath -Thai Bliss Massage - Refreshment

Nature's Healing Touch

90 mins

Our most aromatic and relaxing massage with a choice of four specially blended oils: Mandara, Harmony, Thailand Spice and Tranquility. This luxury treatment combines the use of natural plant essences and soothing body massages for relaxation and rejuvenation. The powerful effects of aromas and special massage techniques elicit total relaxation.

Shower – Foot Bath – Nature's Healing Touch - Refreshment

Sports Massage

90 mins

Aimed at performance and encompassing a range of powerful movements, this invigorating massage combines classical Swedish-style massage with compression and trigger point techniques to reduce soreness. Warming to the body, it stimulates muscles in the thighs, shoulders, arms and back. Perfect for sports enthusiasts and sufferers of tension.

Shower - Foot Bath - Sports Massage - Refreshment

Warm Stone Massage

120 mins

A luxurious aromatic massage combined with deep heat therapy that uses soothing, smooth basalt stones lifted from heated water and applied with warm oils in long flowing strokes over the body. It's the perfect treatment for loosening stiff and sore muscles resulting from over-exercise and stress. A very effective therapy in creating harmony and positive energy flow thus promoting a sense of balance, energy and peace.

Shower – Foot Bath - Warm Stone Massage – Refreshment

Mandara Massage

90 mins

This Mandara Spa signature treatment, performed by two therapists working together in rhythmic harmony is the ultimate massage experience. Sensory indulgence is combined with the healing powers of Aromatherapy and tactile therapy. A unique blend of five different massage styles, Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. This full body massage was created with pure pleasure in mind.

Shower – Foot Bath – Mandara Massage – Refreshment

Shirodhara**90 mins**

Sometimes referred to as the 'massage of the third eye' and considered as one of the most powerful Ayurvedic treatments available. It starts with a relaxing head and facial massage followed by a fine steady stream of warm herbal oil directed on the forehead in a unique therapy designed to release mental tensions and provide a calm state of mind.

Shower – Foot Bath – Head, Neck and Shoulder Massage (Shirobhyanga) – Shirodhara Oil Treatment – Refreshment

Thai Herbal Back Treatment**60 mins**

This ultimate back treatment offers three treatments in one. An exfoliating scrub of ground coriander bean, nutmeg and other spices cleanses and revitalizes the skin, followed by a deep tissue massage, and ending with a warm compress of Thai herbs which is applied to the back to give added relief to stressed muscles.

Shower – Foot Bath – Thai Herbal Back Treatment – Refreshment

Thai Herbal Hot Compress Treatment**90 mins**

An ancient aromatic treatment dating back to the Ayutthaya period especially designed for war-weary soldiers to soothe their aching muscles. Practised over 200 years ago, steamed herbal pouches containing five different Thai herbs known for its healing and rejuvenating properties are used to massage the body for healing and pleasure. A warming massage and featherweight stroking follows to soothe and foster balance and serenity. Especially recommended for those suffering from very stiff and sore muscles.

Shower – Foot Bath – Thai Herbal Hot Compress Treatment – Refreshment

Foot Reflexology**60 mins**

An Ancient Chinese technique based on the belief that the body contains constantly flowing energy or 'Chi' which unites with the reflex points of the feet. Specific pressure points on the feet are massaged to re-establish the flow of energy throughout the body. This specialized foot massage assists in the relief of stress and tension, helps to improve circulation, and fosters a restoration of the body's natural state of equilibrium.

Foot Bath – Foot Reflexology – Refreshment

Enzymatic Seaweed Wrap**60 mins**

Enriched by the natural forces of the ocean, this treatment offers vital elements of the sea and nature to provide you with the best natural ingredients for your well-being and beauty. A completely natural treatment using seaweed, botanicals and plant enzymes in mineral clay base to detoxify and exfoliate the body while infusing it with essential nourishment. Contains skin smoothing fruit enzymes of Papaine and Bromelain and purifying, relaxing essential oils of Petigrain, Citronella, Lemon, Lime and Lavender.

Foot Bath - Enzymatic Seaweed Wrap – Shower – Body Lotion – Refreshment

Cucumber Cooling Wrap**60 mins**

Earthy and sensuous, cucumbers have served as nature's most effective sun soother in humid climates. Combined with lavender essential oils, this treatment helps tone and moisturize the skin while providing immediate relief on a hot day. It offers a welcome cool-off from the relentless heat of the tropical sun. Sun seekers should check this treatment out.

Foot Bath - Cucumber Cooling Wrap– Shower – Body Lotion – Refreshment

Salt Glow**50 mins**

Rich in nutrients, this gentle treatment helps remove dead skin cells and improve circulation while leaving the skin clean, soft and revitalized. With short circular massage strokes, dull skin cells are removed and circulation is improved. Complete with body lotion to moisturize your skin, a soft glowing appearance is the result.
Foot Bath - Salt Glow - Shower - Body Lotion - Refreshment

Javanese Spice and Yogurt Blitz**50 mins**

Powered by traditional Javanese beauty ingredients like turmeric, sandalwood and jasmine, this traditional body treatment makes the skin soft, supple and shiny after a gentle exfoliation. A cool yogurt splash is applied to the body to further soften and nourish the skin. Responds well to all types.

Foot Bath - Javanese Spice Scrub - Cool Yogurt - Shower - Refreshment

PACKAGES OF MANDARA**Mandara Spa Samplers****2 hours**

‘ E n e r g y R e v i v a l ’
Shower - Foot Bath - Sports Massage - Stress Recovery Facial - Refreshment

‘ T o p t o T o e W e l l n e s s ’
Foot Bath - Body Scrub - Shower - Nature’s Healing Touch - Refreshment

‘ T r a d i t i o n a l J o u r n e y ’
Foot Bath - Thai Bliss Massage - Foot Reflexology - Refreshment

‘ E a r t h ’ s E s s e n c e ’
Shower - Foot Bath - Nature’s Healing Touch - Aroma Bliss Facial - Refreshment

‘ A b s o l u t e B l i s s ’
Shower - Foot Bath - Enzymatic Seaweed Wrap - Nature’s Healing Touch - Refreshment

Half Day Packages 3 hours

‘ E n d l e s s S p i r i t ’
Foot Bath - Thai Herbal Hot Compress Treatment - Traditional Thai Facial - Foot Reflexology - Refreshment

‘ V o y a g e o f T o u c h ’
Foot Bath - Salt Glow - Shower - Nature’s Healing Touch - Aroma Bliss Facial - Refreshment

‘ Y o u t h R e b o u n d ’
Foot Bath - Javanese Spice and Yogurt Blitz - Shower - Sports Massage - Stress Recovery Facial - Refreshment

‘ A n a n t a r a S u n S o o t h e r ’
Foot Bath - Cucumber Cooling Wrap - Aromatic Floral Bath - Body Lotion - Declor Harmony Extreme Facial - Refreshment

Full Day Package 5.5 hours

‘ T h e A n a n t a r a I n d u l g e n c e ’
 A complete pampering experience that offers a truly rewarding indulgence.
*Thai Herbal Steam – choice of Mandara Body Scrub or Enzymatic Seaweed Wrap – Aromatic
 Floral Bath – Nature’s Healing Touch – Spa Cuisine Meal – Decleor Deep Cleansing Facial
 – C h o i c e o f M a n i c u r e o r P e d i c u r e – R e f r e s h m e n t*

Couple Package 4 hours

‘ B o d y S y m p h o n y ’
 Our most romantic package specially designed for couples.
*Thai Herbal Steam – Salt Glow – Aromatic Floral Bath – Nature’s Healing Touch – Aroma
 B l i s s F a c i a l - R e f r e s h m e n t*

The Anantara Indulgence and Body Symphony Packages

*include the use of luxury Spa Suite, with private plunge pool and steam. Complimentary
 herbal tea cookies are also served en-suite.*

MANDARA HEALERS

Thai Herbal Steam 30 mins
 To complement your treatment, start with a relaxing herbal steam bath. The Mandara herbal steam bath formula is composed of nine different types of local herbs known for its healing and rejuvenating properties.

Detoxifying Seaweed Bath 30 mins
 Experience the detoxifying richness of the ocean, as you lie weightless in a freshwater bath. Makes skin smooth, supple and radiant.

Aromatic Floral Bath 30 mins
 A long soak amidst fragrant fresh rose petals brings about romance and a sense of tranquility allowing your spa experience to end on a relaxing note.

SALON TREATMENTS

Our salon offers a full range of beauty treatments including shampoo, blow dry, hair cut, scalp massage, hair nourishing treatment, manicure, pedicure and waxing for both men and women.

ADDITIONAL SERVICES

In-Room Massage

Can be provided in the privacy of your room (Available 10:00 a.m. – 8:00 p.m.)

Thai Bliss Massage 90 mins
Foot Reflexology 50 mins

All prices are in Thai Baht and subject to 10% service charge plus applicable government tax. Advance booking is highly recommended to ensure availability. Appointments cancelled within less than four hours notice will incur a cancellation fee of 50% of the reserved treatment cost. In the event you are late for your scheduled appointment, we will accommodate you to the best of our abilities, but your treatment may be shortened or re-scheduled.

Prices are subject to change without prior notice.

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For reservations please call Ext. 1803
Treatments available from 10:00 a.m. – 10:00 p.m.