



THE ANANYANA SPA

THE ANANYANA SPA PHILOSOPHY

Where the land meets the sea is a place of great spiritual power as both the earth and the water are renowned for their natural healing qualities. Combine this with the tranquility of the local culture and the love of the local people and you have a true haven for the senses.

THE ANANYANA have chosen to develop an Herbal Aromatic Spa in synergy with this pretext, drawing from the earth and the sea and offering you a Spa luxurious in essence but lavish in its simplicity. Potent personalised, hand blended natural products compliment the lush peaceful surroundings.

Our therapists are from the island and have been offering massage for many years, they have a fundamental base in healing others as in Asia massage is used as a form of healing in the local villages. This means that love is given through the hands as the treatment is carefully executed, the exchange of energy between yourself and the therapist is essential to the healing process.

All THE ANANYANA Spa treatments include a citric foot wash, herbal tea, bath robe, fruit and refreshing cold towels. Our aim is to pamper you and leave you feeling completely rejuvenated and refreshed.



MASSAGE RITUALS

Physical massage practices applied with loving care and personal attention. Hands on, dedicated body rituals designed to rejuvenate tired and weary muscles. These massage rituals are the root of the healing process, stimulating damaged blood vessels and initiating the body's natural regeneration.

Tuina Massage An ancient Chinese form of massage based on acupressure. The patient remains clothed for this treatment while the therapist applies pressure to the body's meridian points. Re-establishing the natural flow of universal energy (Chi) and thus allowing the Chi to circulate freely through the body, by releasing any energy blockages that may have developed.

THE ANANYANA Blend Immerse yourself in the local Pilipino culture by choosing this traditional local massage technique. Hand prepared herbal aromatherapy oils by "Roseberry Phuket" are applied through kneading and circular hand movements. Designed to release the build up of lactic acid this will loosen tendons and increase the circulation, creating a feeling of complete relaxation for both the body and the mind. Deeply rooted in local tradition this is always a favourite of visitors to our Spa.

Tao Foot Revival This luxurious foot massage is a cooling treatment which begins with a Tao lemon-grass and patchouli oil fusion foot wash followed by a specialised Tao foot scrub containing pine, menthol and pumice. To conclude enjoy a foot massage with an aromatic Tao foot balm blended from lemon, mandarin, plai, patchouli and menthol to revive tired and weary feet.



BODY THERAPY RITUALS

Unique, luxurious, natural and therapeutically beneficial. Exfoliating, hydrating, nourishing, cleaning and purifying, these body rituals are lavish and opulent.

Herbal Aromatic Body Scrubs Rejuvenating Body Scrubs help to soothe and repair broken skin cells, drawing toxins from the body through the skin. Traditional herbal remedies are applied to the body and then time is given for them to soak in. Exfoliation of dead skin, cleansing and hydrating the pores this treatment also includes 45 minute body massage.

Choices **Cooling Scrub:**
Cooling, withdraws toxins and impurities from deep within the skin, soothing and relaxing. Clay, milk, rice, sesame and sandalwood:

Ancient Herbal Scrub:
Refreshing, stimulating, tightening skin, alleviating and warming. Clay, rice, turmeric, plai, galango and magrut.

Salt Scrubs:
Clarity: Creates a glowing radiance to the skin by combining natural sea salt, peppermint, cananga and essential massage oil.
Patience: Sea salts, plai, cedarwood, lavender and black pepper.
Intention: Sea salts, lavender, cedarwood and eucalyptus.
Meditation: Sea salts, vetiver, cedarwood and cananga.



BODY WRAPS

Fruit and Herbal Body Wraps Blends of fruits and vegetables combine to purify the body by the process of absorption which draws impurities from the pores of the skin. Rich earthy ingredients are applied to the skin and then you will be wrapped in order for the process to take place. While wrapped you will receive a head massage, following showering off the products you will receive a 45 minute body massage.



Choices Cucumber, Lemongrass and Aloe Glaze:
Cool off from the summer heat and re-hydrate your body with this soothing treatment designed to repair skin suffering from sunburn or overexposure to the elements. The cooling properties of cucumber and lemongrass will ease the heat from the body while the aloe replenishes the natural moisture of the skin.

Papaya Body Butter:
Natural yoghurt, honey and sesame seeds. Papaya contains an enzyme called papain that breaks down protein and thus is responsible for the fruit's role as an excellent exfoliator. The yogurt contains natural lactic acid which returns the natural PH to the skin leaving you feeling fresh and conditioned.

Run Gai Body Mask:
A pungent, cooling detoxifying clay body mask. This mask will have a strong cooling effect on the body within 10 minutes which will last a further 10 to 15 minutes. Cocoa butter, beeswax, vitamin e oil, pink clay, macadamia oil, wheatgerm oil, jojoba oil, evening primrose, apricot oil, palm oil, sesame oil, plai, basil, lemongrass and menthol.

FACIAL

Secret ingredients and techniques used for centuries by Thai women to maintain beautiful radiant skin. Our luxurious facial includes cleansing, exfoliation and deep aromatic moisturising using herbal aromatic products and natural plant & vegetable extracts.

THE ANANYANA Luxury Facial

A combination of 7 hand made products will leave your skin vibrant and fresh. A 7 stage process with a specifically designed herbal aromatic product for each progression. Cleanser, facial scrub, toner, moisturiser, mask, and massage cream all made from separate combinations of cocoa butter, bees wax, vitamin oil, pink clay macadamia nut, wheat germ, jojoba, evening primrose, apricot, palm and sesame, cucumber, marshmallow, arnica, rosemary, carrot, tamarind, calendula, chamomile, ylang, ylang.

Herbal Aromatic Massage Oils

Hand blended in Phuket and used in the top spas in Asia these are of the finest quality possible. Prepared with loving care and attention for your physical well-being and overall state of spiritual wellness.

Clarity:

“The silence of stillness fills my whole being with a deep sense of knowing”.
Infusion of sesame, peppermint and cananga oils.

Meditation:

“Connect – listen deeply to your breath, breathing in..... breathing out”.
Infusion of sesame, vetiver, cananga, cedarwood and lavender oils.

Intention:

“If I come back to my intention and my intention comes from my heart... I am strong and I am at peace”.
Infusion of sesame, eucalyptus, cedarwood and lavender oils.

Patience:

“Just be in this moment.... as everything you need is in this moment.” Infusion of sesame, plai, cedarwood, lavender and black pepper oils.

HEALING RITUALS

Healing Ritual Packages For your convenience we have selected some sublime combinations of treatments for you to enjoy. To conclude your experience you can choose to indulge yourself in our carefully selected infused waters, soak away in our private Spa oasis. All of our packages include a small spa gift, fruit and tea. For the Aromatic Healing Bath add 30 minutes to the package time.

Choices Clarity:
Facial or Foot Revival and Massage.

Intention:
Facial, Foot Revival and Wrap or Scrub.

Patience:
Facial, Foot Revival and Massage

Meditation:
Scrub or Wrap, Facial, Foot Revival and Massage.



HOW TO SPA

Reservations	Yes, you should reserve your treatment as far in advance as possible so we can be sure to accommodate your schedule.
Location	As the Spa is located within the resort please remain quiet while in the vicinity of this area. Our Spa hostess will collect you from your room.
Arrival	Please be ready at least 10 minutes before your treatment so you are dressed accordingly.
Decisions	The Spa Hostess, will be able to help you plan a perfect Spa experience to suit your needs.
Clothing and Changing	We will give you a sarong and slippers to put on for men and a robe and slippers for women. If you are having a Tuina massage you will receive a massage suit instead. Please put the sarong around your waist and then the robe on over the sarong. Finish with putting on your slippers and then meet your Spa host who will collect you from your room.
Comfort	Your comfort is our pleasure! From the music to the strength of pressure for your massage please do not hesitate to ask.
Treatments	You will be draped accordingly by the therapist during your treatments.
Valuables	We suggest you leave your valuables in the safe provided in the office.
Cancellation or Lateness	Arriving late will simply limit the time of your treatment. Treatments are reserved specifically for you; guest will be charged 50 % if less than 4 hours cancellation notice is given.
Health Considerations?	Please notify our Spa Hostess before booking your treatments if you have high blood pressure, allergies or if you have any physical ailments or disabilities, or if you are pregnant. No alcohol should be consumed before, during or immediately after your spa treatments.

We hope you enjoy your Anayana Herbal Aromatic Spa experience and that you leave us feeling refreshed, rejuvenated, calmer and at peace within.