



ANI

THAILAND

SPA MENU

ANI Thailand's wellness philosophy is one of simple truth, that wellbeing stems not from striving, but through balance in all things: a stroll along the shoreline at dawn; a nutritional diet; a heart-pumping workout with a personal trainer or the joy of paddleboarding with friends. The serenity of a therapeutic spa treatment, contributes to the relaxation of mind, body and soul.

Our Spa is open daily from 9.00 am to 9.00 pm
with the last treatment starting at 8.00 pm.

We offer 10 complimentary massages daily,
lasting 60 minutes each.

Guests are requested to arrive 5 minutes before
the scheduled treatment.

TREATMENTS

DEEP TISSUE MASSAGE

Deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle, fascia (the connective tissue surrounding muscles) and tendons. As well as relieving chronic aches and pains and contracted areas such as the neck, shoulders, upper/lower back and legs, it also increases circulation and helps to detox the body and balance the mind. Available with the oils below.

AROMATIC ESSENCE MASSAGE

Combining the natural therapeutic properties of essential oils and the healing power of massage therapy, this aroma-based oil massage will leave you feeling deeply relaxed and revitalized. Using their intuition and a range of diverse techniques, our spa therapists will tailor this therapeutic massage to individual needs with a unique blend of warm oils and long, slow strokes. Available with the oils below.

Choose from:

Soothing: A blend of revitalising essential oils in a skin-softening base of vegetable oils to nourish your body and calm your mind. The conditioning base of almond, avocado and jojoba oils is fragranced with balancing geranium, palmarosa and cypress and relaxing lavender and bergamot to help you relax and unwind.

Aromatic: A blend of soothing essential oils in a vitamin-rich base to leave your body and mind, balanced and relaxed, whilst also helping to boost your circulation. The beautiful blend of organic sunflower, almond and wheatgerm oils is fragranced with uplifting geranium, relaxing lavender and warming marjoram.

Detox: A detoxifying blend of cleansing lemon, stimulating black pepper and rejuvenating frankincense. Warming and strengthening, it helps to eliminate toxins from your body while stimulating and helping to improve your overall skin tone.

Ginger & Juniper: A 100% organic, stimulating blend of ginger, juniper and rosemary in a skin conditioning, sunflower oil base. This warming oil brings comfort when overtired and is ideal to use after sports or general overexertion.

Orange & Geranium: A blend of uplifting essential oils in a nourishing base to restore your skin's natural vibrancy. The soothing blend of almond, wheatgerm and organic olive and sunflower oils is fragranced with uplifting geranium and energising sweet orange to replenish, smooth and help tone your skin from top to toe.

THAI MASSAGE

Thai massage combines assisted yoga with acupressure techniques to stimulate and balance the energy system in the body. Our therapist will incorporate yogic stretching movements as they knead and press muscles along the body's energy lines with their hands and feet. Passive stretching can also help to open up the body which can help increase flexibility and relieve tension within the joints and the muscles. The treatment is done through the clothes.

FOOT MASSAGE

A foot massage can help to relax the whole body, helping you to sleep better, and leaving you with a rejuvenated energy to bring to your day. Our spa therapist will focus on specific points and areas on the feet and legs by pressing these points has a beneficial effect on the organs and general health.



ANI Thailand
Koh Yao Noi, Ko Yao District, Phang-nga, Thailand