

EXPERIENCE A JOURNEY OF LUXURIOUS WELLBEING
AT ANANTARA SPA.



ANANTARA

SPA
أنانتارا سبا



AWARD-WINNING SPA EXPERIENCES IN ABU DHABI

Embracing the spirit of Anantara's philosophy, 'without end', which stems from ancient Thai origins, Anantara Spa offers a selection of timeless revitalising spa experiences in the tranquil surroundings of Anantara Eastern Mangroves Abu Dhabi Hotel.

Explore a world of healing drawing on traditions from across Arabia and Asia. Indulge in hammam rituals at one of the foremost bathhouses in the region. An extensive menu of body treatments and facials target everything from aching muscles to cellulite and ageing skin. Peruse our beautifying packages, as well spa rituals for two.

Opening Hours: 10.00 am to 11.00 pm

Prior reservation is required.

SIGNATURE EXPERIENCE

BESPOKE SPA BALANCE

AED 1,500 | 150 MINUTES

Customise your very own spa package to balance the mind and body.

Choice of 60 min Massage • Choice of 60 min Facial • Choice of 30 min Treatment

WELLNESS MAGNESIUM RETREAT

AED 1,450 | 150 MINUTES

Begin your wellbeing journey with a magnesium body scrub followed by a wellness massage and healing treatment of your choice then indulge in a healthy meal.

30 min Velvet Glow Body Scrub • 60 min Reviving Wellness or Abhyanga Massage • 30 min Kati Vasti or Chakra Healing Treatment • Healthy Lunch

DETOX AND DESTRESS PACKAGE

AED 1,250 | 120 MINUTES

Combine a traditional detoxing hammam with a well-being massage to rebalance and energize yourself.

60 min Royal Ottoman Hammam • 60 min Anantara Signature Massage



COUPLES' QUALITY TIME

ARABIAN INDULGENCE

AED 3,000 | 150 MINUTES

For a truly memorable Arabian retreat, begin your journey with a Moroccan or Turkish inspired hammam, followed by a relaxing muscle release massage to increase your energy levels.

60 min Moroccan / Turkish Hammam • Fruit Platter • 60 min Arabian Massage • Romantic set-up • 15 min Private Suite

ALL ABOUT ROMANCE

AED 2,500 | 120 MINUTES

Rejuvenate and energise with your partner in a romantic setting.

Romantic set-up • 30 min body scrub • 60 min Massage of choice • 30 min Express facial • Fruit Platter

JUST THE TWO OF US

AED 1,800 | 90 MINUTES

Specialised techniques designed to restore the flow of energy and prana along the meridian lines and promote deep relaxation. Relax in a romantic, candle-lit milk bath infused with aromatic oils and rose petals.

Romantic set-up • 60 min Anantara Signature Massage • 30 min Aromatic Milk Bath • Fruit Platter



HAMMAM RITUALS

TRADITIONAL TURKISH

AED 700 | 60 MINUTES

Performed in the soothing Hammam setting, the gentle heat of the steam and stone softens and prepares the skin for a kese mitt exfoliation, followed by an authentic foam application using the finest handmade olive oil soap.

Steam and Sauna • Kese Mitt Exfoliation • Olive Oil Soap Foam • Hair Shampoo and Conditioning • Ayran and Turkish Delight

MOROCCAN HAMMAM

AED 700 | 60 MINUTES

“Noir” black soap with an aromatic infusion of eucalyptus opens the pores and prepares the skin for the kessa exfoliation. Followed by a body scrub, Rhassoul clay mask infused with aromatic botanicals drawing out impurities. This pampering experience is finished by a body wash while Argan oil nourishes and locks in hydration.

Steam • Black Soap Massage • Kessa Mitt Exfoliation Rhassoul Mask • Hair Shampoo and Conditioning • Tea and Dates

ANANTARA ROYAL HAMMAM

AED 900 | 90 MINUTES

Relax like a sultan under the supervision of our skillful Hammam specialists. The Turkish Hammam ritual is an ancient cleansing and relaxation bathing tradition with a foam massage and honey body mask, leaving you feeling relaxed and renewed.

Steam and Sauna • Kese Mitt Exfoliation • Olive Oil Soap Foam Massage • Honey Mask • Face Cleansing • Hair Shampoo and Conditioning • Ayran and Turkish Delight

** A private hammam session can be experienced at an additional cost of AED 100 per person.*



MASSAGE REMEDIES

ANANTARA SIGNATURE

AED 650 | 60 MINUTES • AED 850 | 90 MINUTES

Our signature blend of oils, combined with wringing, kneading and stretching techniques stimulates the circulation and promotes deep relaxation of the muscles. In addition to restoring the flow of energy along the meridian lines.

Light - Medium Pressure

STRESS RELEASE MASSAGE

AED 650 | 60 MINUTES • AED 850 | 90 MINUTES

Total stress release, soothe aching muscles and decompress. This tailor-made massage incorporates a blend of essential oils to remove lactic acid build-up and relieve pain and stiffness caused by physical and emotional life stressors.

Medium - Firm Pressure

ARABIAN MASSAGE

AED 650 | 60 MINUTES • AED 850 | 90 MINUTES

With a focus on the body's pressure points, using fore-arm techniques and Thai stretches, this massage releases muscle tension and pain. Enhances vital energy levels.

Firm - Deep Pressure

REFLEXOLOGY

AED 600 | 60 MINUTES

Enjoy holistic revitalization and deep relaxation as your therapist applies specific thumb and finger techniques to various reflex points on the feet, which effectively stimulates corresponding organs in the upper body.

Medium - Firm Pressure

HOT STONE MASSAGE

AED 890 | 90 MINUTES

A unique combination of aromatherapy oils and heated volcanic stones to ease deep muscular pain whilst experiencing complete relaxation.

Medium - Firm Pressure

SEA HOLISTIC

AED 890 | 90 MINUTES

Through soft effleurage strokes, targeted pressure and stretching, this Thai-inspired massage eliminates areas of tension one by one using the gentle heat of warmed linen bundles. A sea salt crystal exfoliating scrub restores skin's natural softness. Gradually, your mind surrenders to an overall sense of well-being and long-lasting replenishment.

Medium - Firm Pressure



TRADITIONAL THAI TREATMENTS

TRADITIONAL THAI MASSAGE

AED 650 | 60 MINUTES • AED 850 | 90 MINUTES

This centuries-old therapy, known as passive yoga, is the perfect answer for anyone searching for optimal health. Dry massage is performed on a traditional low rise solid oak Thai massage bed.

TRADITIONAL THAI PRAKOB AND MASSAGE

AED 890 | 90 MINUTES

This distinctive style of traditional Thai massage uses a heated compress filled with remedial herbs to release muscle tension and stiffness, enhance energy flow, and relieve fatigue.

THAI RAKSA MASSAGE

AED 950 | 90 MINUTES

Thai Raksa massage is based on the idea that energy moves through the body along predictable lines or pathways known as sens to transform the body, mind and energy and reinstate well-being. The therapist uses her thumb to target trigger points to release and clear blocked energy paths, improve blood circulation and ease muscle tension.



ANCIENT AYURVEDA

ABHYANGA MASSAGE

AED 630 | 60 MINUTES • AED 830 | 90 MINUTES

Abhyanga means “to anoint”. Using warm herb-infused oils which are lightly massaged into the skin using long, soothing strokes. As the oils penetrate the skin, toxins and impurities are loosened, reducing muscle tension and calming the nervous system. Experience a sense of well-being and harmony.

KATI VASTI TREATMENT

AED 620 | 60 MINUTES

Warm Ayurvedic oil is retained inside a well sculpted boundary made from gram paste for the adequate duration over the lower back. This soothes lower back pain and related conditions.

MINDFUL AND ENERGY

SINGING BOWL HEALING

AED 600 | 60 MINUTES

This healing treatment is based on the ancient practice of Tibetan singing bowls. The sound and energy emanating from the singing bowls are beneficial in relieving headaches, stress, insomnia, balancing energy flow within the body and helps with better digestion, sleep and detoxification. The treatment also includes a stress release massage to leave you feeling completely relaxed and balanced.

CHAKRA HEALING

AED 380 | 30 MINUTES

The seven chakras are the main energy centers of the body. “Unblocking” refers to the idea that when all of our chakras are open, energy can run through them freely, and harmony exists between the physical body, mind, and spirit. Chakra translates to “wheel” and you can imagine them like wheels of free-flowing positive energy. A new set of cleansed stones will be utilized.



MAGNESIUM TREATMENTS

MAGNESIUM REBALANCE

AED 850 | 90 MINUTES

Our magnesium scrub will remove dead skin cells through exfoliation as well as cleansing the skin to increase blood circulation, stimulating the detoxifying process, followed by a full body massage for deep relaxation - leaving you feeling replenished with calm and renewed energy.

MAGNESIUM IMMUNITY RECHARGE

AED 680/880 | 60/90 MINUTES

This deep aromatherapy massage, reinforced by magnesium healing properties is designed to relieve muscle fatigue, improve sleep, detox, and promote the sensation of overall wellbeing.

GLOW MAGNESIUM BODY SCRUB

AED 450 | 45 MINUTES

Multi-functional and multi-sensory magnesium exfoliation will remove dead cells for revealing brighter skin that is detoxifying and extremely rejuvenating for your whole body.

BODY EXFOLIATION

PHYTOMER TREATMENTS

P5 SLIMMING TREATMENT

AED 650 | 60 MINUTES

Reinvent yourself with a treatment to sculpt the figure, burn fat and reduce unwanted curves and excess fat.

SCULPTZONE TREATMENT

AED 650 | 60 MINUTES

An intensive exfoliating scrub, a targeted massage, and an innovative thermo-sculpting wrap eliminate curves and cellulite in record time. The results are dramatic with over 1 cm reduction in waist size in just 4 treatments.

MARINE BODY WRAP

AED 550 | 60 MINUTES

Choose from a detoxing or energising marine wrap.

LEG REVIVAL

AED 480 | 45 MINUTES

A targeted massage designed to soothe and relax sore, tired legs that also brings back their beautiful curves and contours.

SATIN SHIMMER

AED 480 | 45 MINUTES

An exfoliation treatment using sea salt crystals is paired with a moisturizing massage for an express beautifying treatment.

BACK DETOX

AED 480 | 45 MINUTES

An ultra-relaxing and detoxifying with the marine products for deep cleansing. This spa treatment is perfect for the everyday athlete or active soul! Workouts and constant physical activity can sometimes lead to injuries.





FACIALS

BIOLOGIQUE RECHERCHE – 40 YEARS OF PASSION

Biologique Recherche uses a clinical approach to skincare by utilising concentrated and pure ingredients, as well as innovative and meticulous procedures. The Biologique Recherche methodology recognises that skin changes year to year, season to season and day to day. Subsequently, treatments are customised to your own individual 'Skin Instant'.

SOIN PEELING AUX ACIDES DE FRUITS

AED 800 | 60 MINUTES

Intensive exfoliating and smoothing treatment with fruit acids and renewing ingredients. Its acidic pH formula uses fruit and flower acids, which are exfoliants from natural origins. Rich in AHA, BHA and PHA, it causes a chemical exfoliation on the epidermis to remove dead cells leaving the skin smooth and bright.

SOIN BIOSENSIBLE

AED 800 | 60 MINUTES

A treatment to stabilise particularly sensitive skin. With its soothing effect on the skin, this treatment strengthens and restructures the epidermis, making it ideal to rebalance the skin post aesthetic procedures.

SOIN OXYGEN BOOSTER VIPO2

AED 800 | 60 MINUTES

This skin brightening and anti-pollution ritual features a perfect combination of microexfoliation and oxygenation of the epidermis. A combination of the mini glove and Booster VIPO2 complex, a wonderful movement is skillfully created to intensify, hydrate and soften the skin. This treatment leaves the skin healthy, revitalized and regenerated.

SOIN LIFT C.V.S

AED 850 | 60 MINUTES

An exfoliating and lifting treatment combined with massage techniques for mature Skin Instants®. Skin is smoothed, toned and refined.

SOIN BIOVECTEUR MARIN

AED 990 | 90 MINUTES

This treatment features sheets of algae extract that are cut out to fit the facial structure. The skin is instantly and lastingly tightened. Ideal for devitalised, wrinkled and/or tired Skin Instants. Deep wrinkles are smoothed, the facial contour is firmer, and the skin is rejuvenated and toned.

HYDROPEPTIDE FACIAL

ANTI-AGING HYDROPEPTIDE TAILOR-MADE

AED 690 | 60 MINUTES • AED 850 | 90 MINUTES

A customised, pampering facial to address any of the following skin concerns; brightening and lightening, restore hydration, deep cleansing, detoxifying and antipollution or calm sensitive skin.

HYDROPEPTIDE ULTIMATE ANTI-WRINKLE

AED 750 | 60 MINUTES • AED 890 | 90 MINUTES

Smooth your skin with Hydropeptide Signature Facial. This "no downtime" treatment infuses skin with the replenishing benefits of peptides, growth factors and proteins. Identify your skin's specific needs and let our therapists treat you with a personalised touch. Reduce fine lines and wrinkles dramatically with this firming, age-defying therapy.

ADDITIONAL TOUCHES

EYE & LIP CARE

AED 220 | 20 MINUTES

This treatment targets the delicate area around the eyes which needs that extra special care. Fill in the fine lines and wrinkles, brighten and tighten the eye area with the help of a powerhouse cocktail made of anti-oxidants and regenerating ingredients.

EXPRESS FACIAL

AED 450 | 30 MINUTES

A total face solution for a perfect skin. Simple, ready to use, clean, practical protocol with visible results after the first session. Also available as a Home Care Kit.

BACK NECK AND SHOULDER

AED 450 | 30 MINUTES

Unwind with a massage on the areas of your concern that combines rhythmic pressure and a blend of oils to alleviate tension and stress and provide immediate relief and relaxation.

BODY SCRUB OR BODY WRAP

AED 380 | 30 MINUTES

An exfoliation treatment using your choice of scrub for an express beautifying treatment that leaves the skin silky soft.

AROMATIC MILK BATH - SINGLE / COUPLE

AED 330 / AED 550 | 30 MINUTES

Soak in a milky bath with aromatic oil whilst your body and mind are drifting away in harmony.



SPA ETIQUETTE

HOURS OF OPERATION

The Anantara Spa is open daily from 10.00 am to 11.00 pm. 24 hour service is available upon advance confirmation. Cancellation policy and additional charges apply for treatments booked outside of regular opening hours

LOCATION

Anantara Spa is located on the 3rd floor at Anantara Eastern Mangroves Abu Dhabi Hotel.

RESERVATIONS

To ensure you secure the time you prefer we recommend booking in advance. Please dial 1146 or visit the spa, and one of our receptionists will be able to assist you.

SPA ARRIVAL

You are encouraged to arrive 15 minutes prior to your treatment time. This will allow for a smooth check in and the opportunity to relax before your treatment. Late arrivals will be subject to reduced treatment times. Mobile phones and smoking are not permitted in the spa at any time.

CANCELLATION POLICY

Should you need to cancel your Anantara Spa treatment, we do require a minimum of 24 hours' notice to avoid being charged 100% for your treatment time, alternatively a minimum of 4 hours' to rebook without any charges.

SPA ATTIRE AND VALUABLES

When you arrive for your treatments you will be provided with a spa robe and slippers as well as a locker to place your belongings. We recommend you leave all valuables in your room or suite as Anantara Spa, Eastern Mangroves does not assume responsibility for lost items.

HEALTH CONCERNS

If you are pregnant or have any pre-existing conditions or allergies, please consult a doctor before booking any spa treatments or using the spa facilities. Kindly advise your therapist before your treatment commences. This will ensure your safety before having any treatments.

BEHAVIOUR

We do not tolerate any sexual harassment or aggressive behaviour towards our team members; any form of verbal, physical or sexual harassment will result in legal action.

GIFT VOUCHERS

Anantara Spa offers gift vouchers which are the ideal gift for that special someone. Our receptionists will gladly assist you with creating the perfect spa treatment gift. All gift vouchers must be presented at the time of the booking are non-refundable and cannot be exchanged for cash value.

THE PRODUCTS

Anantara Spa offers a number of internationally respected brands. Your spa care professional will recommend the product range most suited to your specific requirements. Kindly note that products purchased are non-refundable.

To book your spa indulgence, please call +971 56 188 7658 or easternmangroves_spa@anantara.com spa.anantara.com



Anantara Eastern Mangroves Abu Dhabi Hotel
P.O. Box 128555, Sheikh Zayed Street, Abu Dhabi, United Arab Emirates
call +971 2 656 1146 | +971 56 188 7658 or email easternmangroves_spa@anantara.com
anantara.com

PRICELIST

SIGNATURE EXPERIENCES

	Price AED	Duration Minutes
Bespoke Spa Balance	1,500	150
Wellness Magnesium Retreat	1,450	150
Detox and Destress Package	1,250	120

COUPLES QUALITY TIME

Arabian Indulgence	3,000	150
All About Romance	2,500	120
Just the Two of Us	1800	90

HAMMAM RITUALS

Turkish Traditions	700	60
Moroccan Hammam	700	60
Anantara Royal Hammam	900	90

MASSAGE REMEDIES

Anantara Signature	650/850	60/90
Arabian Massage	650/850	60/90
Stress Release Massage	650/850	60/90
Reflexology	630	60
Aroma Hot Stones	890	90
Sea Holistic	890	90

WELLNESS TREATMENT

TRADITIONAL THAI TREATMENT

Traditional Thai Massage	650/850	60/90
Traditional Thai Prakob & Massage	890	90
Thai Raksa Massage	850	90

ANCIENT AYURVEDA

Abhyanga Massage	630/830	60/90
Kati Vasti Treatment	620	60

WELLNESS TREATMENT

MINDFUL & ENERGY

Singing Bowl Healing	550	60
Chakra Healing	550	60

BODY TREATMENTS

MAGNESIUM TREATMENT

Magnesium Rebalance	850	90
Magnesium Immunity Recharge	680/880	60/90
Glow Magnesium Scrub	450	45

PHYTOMER

P5 Slimming Treatment	650	60
Sculpt Zone Treatment	650	60
Marine Body Wrap	550	60
Leg Revival	480	45
Satin Shimmer	480	45
Back Detox	480	45

FACIAL

BIOLOGIQUE RECHERCHE

Soin Peeling Aux Acides De Fruits	800	60
Soin Biosensible	800	60
Soin Oxygen Booster VIPo2	800	60
Soin Lift C.V.S	850	60
Soin Biovecteur Marin	990	90

HYDROPEPTIDE

Anti-Aging HydroPeptide Tailor-made	690/850	60/90
HydroPeptide Ultimate Anti-Wrinkle	750/890	60/90

ADDITIONAL TOUCHES

Eye & Lip Care	220	20
Express Facial	450	30
Back Neck & Shoulder Massage	450	30
Body Scrub or Body Wrap	380	30
Aromatic Milk Bath (Single/couple)	330/550	30

All prices are in UAE dirham and are inclusive of all applicable service charges, local fees and VAT.