



## SPA MENU

### SPA TREATMENT HOURS

Anumba Spa operates from 9am to 10pm.

Please dial Anumba Spa at extension '3' for enquiries or reservations.

Advance booking for spa services are recommended to ensure availability.

### PRE-TREATMENT PREPARATION

Kindly arrive at least 10 minutes before your scheduled treatment time.

In the event that you are late for your appointment, we will accommodate you to the best of our abilities - please note however, that your treatment may be shortened or re-scheduled.

### HEALTH CONSIDERATIONS

You will be requested to complete a wellness questionnaire prior to treatment.

Kindly fill this to the best of your ability so that we may provide you with the best, informed care.

### CANCELLATIONS

Should you need to reschedule your appointment, please let us know at least 3 hours in advance.

Appointment rescheduling is subject to space availability.

Any cancellation with less than 3 hours notice will incur a 50% cancellation fee.

No-shows will result in a full charge.

### VIP COUPLES SUITES

Four suites - each with terrazzo plunge pool, dressing rooms with spa showers and amenities, plush robes and all-cotton slippers may be booked for couples desiring added privacy.

### SALUS PER AQUA

Our complimentary communal sauna and steam rooms are available daily from 9am - 10pm.

If you would like to use these rooms, please advise our spa receptionist 15 minutes prior to arriving at the spa.

For health and safety reasons, please drink plenty of water and do not consume alcohol before utilizing the sauna or steam rooms.

### SPA BOUTIQUE

9am - 10pm daily

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### CLASSES

Both Studios operates from 7am to 10pm.

### OM STUDIO

OM Studio's cool teak wood floor, natural light and floor-to ceiling ocean views provide an inspiring, healing environment for yoga, pilates and other mindful movement forms.

(The term "OM" is a mantra, or vibration that is traditionally chanted at the beginning and end of yoga sessions.

It is said to be the sound of the universe.)

### BALANCE FITNESS

At the oceanfront Balance Fitness Center, you'll find nine Life Fitness machines for cardio and resistance training alongside rowing machines, free weights and physiotherapy fitness balls.

*For a schedule of classes, please refer to the "Sport & Activities" booklet by your bedside.*



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### THERAPEUTIC MASSAGES

#### Oriental Oil Massage - 90 mins

Surrender to the therapeutic and restorative qualities of Thai and Shiatsu pressure point massage combined with soothing Swedish effleurage strokes. Pure essential oils moisturize and harmonize mind and body.  
*A great massage for releasing tension, increasing vitality and flexibility.*

#### Anumba Aromatherapy Massage - 90 mins

Focuses on relieving tension and stress in key points on the back.  
Choose your preferred aromatic oils from a selection of soothing, renewing, detoxifying, rejuvenating and balancing aromas.  
*A tonic for jetlag, stress and tiredness. Also a recommended treatment for sunburn.*

#### Sanctuary Sports Massage - 90 mins

Sports massage utilizes firm strokes and deep pressure to fine-tune muscle systems ensuring a healthy supply of oxygen throughout the body. The body's toxic waste, a by-product of physical exertion, is eliminated in the process.  
*Designed for active individuals or for those preferring a stronger massage.*

#### Traditional Thai Massage - 90 mins

Thai Massage (Nuad Bo-Rarn) is the unique ancient art of freeing energy flow throughout the body by releasing blockages along the body's energy lines (Sen).  
*Excellent therapy if you are feeling tired and stressed. A long-lasting energy boost for mind, body and spirit.*

#### Traditional Thai Massage (with Herbal Hot Compress) - 120 mins

Experience Thai massage performed with heated herbal packs that detoxify and alleviate muscular aches and pains.  
*This treatment nourishes the skin, provides relief of muscle aches and leaves you with a feeling of deep relaxation.*

#### Thai Herbal Back Treatment - 60 mins

Three traditional Thai treatments in one: First, an exfoliating scrub of clay, turmeric, Prai, and other ancient Thai spices to cleanse and revitalize the skin. Next comes a deep tissue massage and finally, a warm compress of Thai herbs.  
*This treatment soothes muscular aches and swelling. It is also deeply restorative and energizing.*

#### Foot Reflexology - 60 mins

Foot reflexology relieves stress and tension from the body through foot massage of reflex zones.  
It improves circulation and helps restore the body's back into its natural state of equilibrium.  
*This therapy is recommended for individuals seeking better sleep, reduction of tension and improved energy levels.*

#### Tension Relief Back Massage - 60 mins

Our therapist will loosen tense muscles in areas of your back, neck, shoulders and head using remedial-style deep tissue massage. Our hand-blended oil infusion of bergamot, geranium and lavender will envelope you with a sense of wellbeing.  
*A great massage on its own or in addition to another treatment.*

#### Soul To Sole - 60 mins

A 30-minute de-stressing shoulder and neck massage precedes a floral footbath followed by 30-mins of relaxing foot massage. Hints of Thai flowers, eucalyptus and soothing sounds come together to fill your senses and leave you with a feeling of renewal.  
*This therapy combines the benefits of foot massage and tension relief back massage.*



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### BODY SCRUBS

#### Andaman Sea Salt Scrub - 55 mins

This stimulating scrub combines nutrient rich salts from the shores of Thailand with essential oils. Together they eliminate dead skin surface cells, impurities and roughness. This full body exfoliation seals in natural oils, keeping your skin hydrated, supple and tingling with a healthy glow.

*Ideal for oily skin and men's skin.*

#### Nature's Healing Body Glow - 55 mins

Packed with nutrient-rich ingredients, this delicious signature scrub is soft and gentle enough for sunburn skin. We apply a paste of natural honey, fresh walnut, plain yoghurt, tomato and crushed ice to your skin with large circular strokes. Your body will feel soft, silky smooth and renewed.

*Suitable for all skin types.*

#### Cleansing Tamarind Scrub - 55 mins

Here, a mix of natural ingredients gently exfoliates dead cells leaving skin feeling soft and smooth. Vitamin C enriched tamarind, a Thai beauty secret, gently nourishes skin and leaves you with a healthy glow.

*Suitable for all skin types.*

#### Orange Citrus Scrub - 55 mins

Orange peel aids in cleansing and smoothening the skin, while its refreshing aroma rejuvenates and revitalizes your senses. This body scrub preparation cleanses the skin's surface, allowing the nourishment from the scrub's ingredients to penetrate into the pore, leaving skin refreshed and baby-soft.

*Suitable for all skin types.*

#### Honey Seed Body Scrub - 55 mins

This delectable pure honey scrub draws upon the cooling properties of sandalwood to simultaneously calm and uplift your spirit while soothing your body. Sesame exfoliates while honey, known for its natural humectants properties, moisturizes and heals skin.

*Suitable for all normal to dry skin.*

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### BODY WRAPS

#### Post-Sun Aloe Body Wrap - 55 mins

After prolonged sun exposure, the healing powers of pure fresh aloe combine with cool refreshing cucumber to soothe and rehydrate skin. Together, this remarkable mixture encourages new cell growth. A relaxing foot and scalp massage completes the treatment ensuring feelings of calm and wellness to take you through your day.

*This gentle treatment is specifically designed for sunburned, dry or sensitive skin.*

#### White Mud Body Mask - 55 mins

White mud contains gypsum minerals that act both as a cleanser and 'blanket' to tighten the pores of the skin. This super-rich combination of marine minerals and vitamins help eliminate water retention whilst improving circulation in the body.

A Thai beauty secret for maintaining a smooth silhouette.

*Suitable for normal to oily skin.*

#### Moor Mud Body Wrap - 55 mins

Moor Mud is one of the earth's most potent natural healing substances. It contains bio-minerals, amino acids and plant hormones in a form easily absorbed by skin. This treatment nourishes and rejuvenates, detoxifies and reduces skin inflammation.

Skin looks and feels younger instantly.

To maintain all of its therapeutic properties, moor mud is applied fresh to allow your body to re-mineralize and hydrate.

*Recommended for all skin types.*

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### FACIALS

#### Anti-Aging Face Lift - 60 mins

This innovative treatment is recommended for skin losing its elasticity. This facial helps treat the effects of sun damage by reducing the appearance of fine lines. Skin feels smoother as pores become unclogged. Face, neck and décolleté are enveloped in an enriching and nourishing Vitamin C mask. Your face will look radiant and visibly younger with this anti-wrinkle lifting facial.

*For dry to mature skin.*

#### Restorative Balancing Facial - 60 mins

This revitalizing facial stabilizes and removes excess oil generated by over-active sebum glands. A brief and gentle massage is used to avoid further stimulating your oil glands. A skin-balancing mask is applied to purify and tone your skin.

Fresh citrus and other natural, organic ingredients will gently cleanse and moisturize skin to restore its natural balance.

*For oily to normal skin.*

#### Thai Herbal Wellness Facial - 60 mins

Discover an oriental secret for radiant skin. This gentle traditional Thai beauty treatment incorporates all-natural ingredients.

*Prai* - a skin beautifier is combined with *Khamin*, enhancing the flexibility and firmness of the skin.

Together, they deliver treatment for smooth, hydrated and beautiful skin.

*Suitable for all skin types.*

#### Anumba Visible Brilliance Facial - 60 mins

A highly-recommended treatment for clarifying and renewing lackluster complexions.

This signature facial adds radiance to skin whilst toning facial muscles. Your face will feel refreshed, vital and reborn.

*Especially for sensitive or sunburned skin.*

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### SIGNATURE PACKAGES

#### Thai Flower Ritual - 4 hours

Your journey starts with a muscle-relaxing steam bath.  
After which, we will exfoliate and revitalize your skin with a pampering signature Thai herbal scrub.  
A fragrant floral bath follows.  
An aromatherapy full body massage will further soothe and balance your mind, body and spirit.  
An Anumba Visible Brilliance facial completes this treatment.

#### Scentsation Package - 3 hours

Melt away tension in your body with a steam bath. Next immerse yourself in a delightful fragrant floral bath.  
After which, our therapist will cocoon you in a restorative mud body wrap.  
This treatment concludes with a deep tissue, muscle-mending full body Sanctuary Sports massage.

#### Marine Getaway Deluxe - 2.5 hours

Induce a sense of wellbeing and relaxation into your body with a steam bath.  
Further the experience with your choice of body scrub and your selection of any full body massage.

#### Completely Pampered - 2 hours

A deep-tissue Tension Relief Back massage melts away all stresses in areas of the back, neck, shoulders and head.  
Complete your pampering with a renewing and clarifying Anumba Visible Brilliance facial.

#### Perfect Spa for Men - 2 hours

Relax your muscles and melt away tension in a steam bath.  
Feel your skin renewed with an herbal body scrub followed by a deep tissue full body Sanctuary Sports massage.

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### MANICURE & PEDICURE

The Anumba Spa offers manicure and pedicure services.

#### Manicure

To help restore environmentally stressed hands, hands are soaked in hydrating and rejuvenating herbal oil.  
Nails are scrubbed, cuticles are cleaned and shaped. Finely ground quartz crystals buff down and disguise imperfections.  
Hands are gently massaged with lotion whilst expertly applied polish provides a flawless gleam to nails.

#### Pedicure

Weary feet instantly revive when caressed in warm herbal oil. Nails are scrubbed, cuticles are cleaned and shaped.  
Finely ground quartz crystals polish nails to a smooth shine. Feet are caressed with a moisturising massage.  
Expertly applied polish provides a flawless gleam to nails.

*Anumba Spa uses OPI nail products.*

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