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Press Release

Signature Pampering Inspired by Indulgent Island Life

Tucked discreetly amidst towering coconut palms between a lush mountain base and turquoise sea on the idyllic island of Koh Phangan, Anantara Rasananda Resort & Spa transcends the definition of a luxurious island escape through signature experiences such as Anantara Spa. In this pampering sanctuary, indulgence is expressed in a jungle haven where design, facilities and treatments all echo the embrace of wild natural beauty to provide inspirational wellness.

Carefully sculpted in contemporary flair, Anantara Spa reflects local architecture, blends in effortlessly with its tropical environment, and showcases the resort's alluring shoreline setting. Two indoor and two outdoor teak wood suites are hidden within tropical jungle gardens and reveal refreshing sea views. Guests can soak in a traditional outdoor herbal bath, refresh under the tropical outdoor shower, or step into the Thai herbal steam cave nestled within natural granite boulders.

Drawing inspiration from Thailand's beautiful lotuses, Anantara Spa invites guests to experience a place where the hearts, minds and actions of the people are as pure and wholesome as this sacred plant, where a treatment menu features categories which mirror the aspirational physical and spiritual qualities of different lotus flowers, and where journeys are cultivated for each individual's supreme overall wellbeing.

Complexions become more radiant with facials that offer dynamic regeneration, by incorporating advanced formulations as well as elixirs of nourishing plant and fruit extracts, and rejuvenating herbs. Skin is polished and cocooned in healing coconut, purifying green tea and soothing aloe vera. An eclectic massage collection delivers innovative western styles and timeless traditions from Thailand and throughout Asia, enhanced by aromatic oils fusing the finest and freshest indigenous ingredients in signature blends.

Highly qualified and intuitive therapists suggest perfect sequences for each person's mood and wellness needs that day, while unique treatments respond to Rasananda's luxurious island lifestyle. For instance the spa's signature Rasananda Island Bliss journey lasts 105 minutes, and offers the ideal tonic on a hot summer's day. In this exotic ritual, a relaxing floral oil massage is followed by a cooling compress to increase circulation, release muscle tension and comfort skin after a day in the sun. For the ultimate in deep relaxation, the Anantara Signature Massage lasts 90 blissful minutes, and combines a signature blend of oils with purpose designed movements



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spare the time to enjoy

lifestyle with a three day journey to boost physical,
emotional and spiritual harmony.

flow of energy, or prana, along the meridian lines, so
n long lasting holistic wellbeing. While guests who can
for longer can create a balanced



Anantara Spa

Signature to Anantara Bophut Koh Samui is the 225 minutes **Anantara Bophut Golfer Indulgence** for the body and soul which begins with Skin Cooling Sun Soother, the perfect soothing tonic for skin that has been overexposed to the sun. Then, enjoy our Anantara Golfer Massage which techniques focus on treating the muscles most often used when playing golf, such as the shoulders, scapulas, upper arms and upper body sides. The combination of assisted stretching, joint mobilization and oil massage helps to release muscle stiffness and ensure muscle flexibility for improved game performance. Then, experience skin defining facial that luxuriously combines the most delicate ingredients and techniques, our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to encourage cell renewal and oxygenation. Lapse into a state of pure relaxation with a gentle massage and then let our herbal mask restore a natural glow to your skin.

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