



Ananthaya Ayurveda Spa

We bring you the natural benefits and nourishment from the bounty of our land and sea through luxurious body treatments and massages that combine only natural and healing ingredients.

Ask for an
Appointment





MASSAGE TREATMENTS

FULL BODY MASSAGE

This Swedish style based treatment helps to increase relaxation by reducing stress, pain and muscle tightness.

US\$ 35 – 60min

US\$ 50 – 90min (*combined with deep tissue back massage*)

AYURVEDIC FULL BODY MASSAGE

Warm herbal oil connected with native techniques will provide you a balanced mental and physical fitness.

US\$ 60 – 90min

AROMATHERAPY MASSAGE

This aroma oil based full body treatment provides a deep relaxation, mindfulness and a pleasant appearance.

US\$ 60 – 90min

DEEP TISSUE BACK MASSAGE

A popular massage that targets the deeper layers of the muscles and surrounding tissues of the spine. This improves the flexibility and body relaxation reducing upper and lower back pain, shoulder pain and stress.

US\$ 35 – 45min

FOOT REFLEXOLOGY

Reflexology is a form of massage that stimulate the points of the foot which reflects the all body parts. This foot and leg massage helps to heal the full body.

US\$ 35 – 60min



AYURVEDIC TREATMENTS

SHIRODHARA

Shirodhara is a classical ayurvedic treatment that slowly dripping medicated warm oil on the forehead. It relaxes the nervous system, improves sleep quality and reduces stress.

US\$ 40 – 30min



HERBAL BODY SCRUB

This herbal Body Scrub enriched with Sandalwood, Venivel, Turmeric and Kokum powder will cleanse, nourish and detox the skin creating a clearer and brighter texture.

US\$ 35 – 60min

AYURVEDIC STEAM BATH

This is a traditional Ayurvedic treatment called "Swedana" in Ayurveda, which involves exposing the body to steam infused with medicinal herbs. This will remove all the toxins, impurities and excess fat from the body by sweating.

US\$ 15 – 30min



SPECIAL BACK MASSAGE (AYURVEDIC)

Here, we apply herbal oil and use heated boluses filled with fresh and dried herbs for heavy fomentation strokes. This relieves back pain, muscle spasms, and various pains as it increases blood flow to the region where it is applied.

US\$ 35 – 45min



PINDA SWEDA

We use palm-sized boluses, wrapped in cloth, which hold rice cooked in milk and a selection of herbs. In the Pinda Sweda massage, these boluses are placed on the joints, muscles, and tendons to reduce pain, inflammation, and other conditions

US\$ 35 – 60min



BEAUTY TREATMENTS

SIGNATURE FACIAL

This treatment is a skin care treatment of the face. The facial treatment helps to deeply cleanse, exfoliate and moisturize the skin while preventing blemishes.

US\$ 50 – 60min



BODY SCRUB

This natural coconut based treatment physically removes the dead skin cells from the outer layer and makes a soft and smooth skin.

US\$ 35 – 60min

AFTER SUN WRAP

Natural fresh Aloe Vera is applied as a cocoon on the body, which has a cooling effect on the skin and soothes the pain of sunburn.

US\$ 35 – 60min

MANICURE AND PEDICURE

A cosmetic treatment of the hands and feet that removes the cuticles, shaping, painting and softening of the skin.

Manicure US\$ 25 – 45min

Pedicure US\$ 30 – 60min

Mani pedi combo US\$ 50 – 105min



US\$ 20 – 30min



US\$ 20 – 30min

US\$ 20 – 30min

Mini pedicure US\$ 15 – 30min



PACKAGES

1 DAY AYURVEDIC PACKAGE

- » Herbal body scrub (60min)
- » Ayurvedic face massage with gee oil (30min)
- » Ayurvedic full body massage with Steam bath (90min)

US\$ 80
(AFTER 23% DISCOUNT)

3 DAY AYURVEDIC PACKAGE

- » Shirodhara (30min) + Leg massage (30min)
- » Special back massage (45min)
- » Ayurvedic full body massage with Steam bath (90min)

US\$ 115
(AFTER 20% DISCOUNT)

5 DAY AYURVEDIC PACKAGE

- » Shirodhara (30min) + Head neck and shoulder (30min)
- » Shirodhara (30min) + Foot massage (30min)
- » Shirodhara (30min) + Back massage (30min)
- » Pinda Sweda with Steam bath (90min)
- » Ayurvedic full body massage with Steam bath (90min)

US\$ 200
(AFTER 28% DISCOUNT)

5 DAY RELAX PACKAGE

- » Full body relaxation - 60min
- » Foot reflexology - 60min
- » Deep tissue back massage - 45min
- » Body scrub - 60min
- » Signature facial - 60min

US\$ 150
(AFTER 21% DISCOUNT)



REASONS TO GET A MASSAGE

- improved relaxation.
- reduction of stress hormones.
- improved blood circulation.
- stimulation of the lymphatic system.
- reduced muscle tension.
- improved recovery of soft tissue injuries.
- increased joint range of motion.
- improved skin tone.
- reduced anxiety and depression.

*“ Experience the magic of our hands and
the depth of your relaxation ”*



We Welcome your valuable feedback here

Мы приветствуем ваши ценные отзывы здесь

Wir freuen uns über Ihr wertvolles Feedback



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