



Anodas Spa

Anodas Spa

SPA philosophy

Discover a sanctuary of pure bliss and tranquility when you visit The Anodas. The Anodas spa offers a contemporary range of both Eastern and Western spa favorites that will ensure that you're every need is met.

The secrets of Asian beauty are unveiled in an exquisite range of spa delights that is supported by centuries of tradition and modern science. European spa treatments available to those who want them.

ANODAS spa

Come. A rejuvenating spa experience awaits you at The Anodas Spa at Nora Chaweng Hotel Koh Samui. Discover the ultimate in pure bliss and tranquility. A sanctuary for you to relax unwinds, recharge and rejuvenate.

Discover the secrets and luxury of Asian – inspired spa treats. Feel your stress and strain slip away. Your complete relaxation is our only aim.

Visit us at The Anodas Spa today. It is an experience that you will surely return to again and again.

Spa Philosophy



Facial:

Baht/Net

Tropical Fruit and Flower Facial 60 minutes 1,850.-

A mesmerizing ANODAS experience based on the brilliant osmosis of healing Therapies.....

- Royal Thai massage
- Energy massage points
- Chakra rebalancing

And Asian secrets of organic natural beauty using rare & exquisite Thai aroma – formulations of *White Orchid*, *Jasmine*, *Green Tea* and *Bamboo Shoot* extracts for exceptional results.

Start with the exfoliating properties of *Papaya* and *Tamarind* extracts to smooth & soften the epidermis, while pure *fossilized seaweed* gently removes dirt and pollution from the deeper layers of the skin. Next enjoy the Eastern healing benefits of a Royal Thai massage that lulls you into a deep sleep by massaging marma points inspired by Ayurvedic healing principals, while reducing puffiness and promoting an immediate lift-sensation.

A natural toning and tightening mask completes the treatment. This organic facial treatment will leave your skin deeply cleansed, revitalized with a brighter complexion and a more relaxed mind.

Choose from one of four facials:

Balance Facial Treatment

Balancing organic facial for normal to oily skin with an exotic synergy of *white orchid* extract and *jasmine* essential oil to purify & decongest oily skin.

Comfort Facial Treatment

Quenching organic facial for normal to dry skin with an intriguing blend of *green tea* and *bamboo shoot* extract to heal dull & congested complexion and hydrate thirsty skin.

Anti-Wrinkle Facial Treatment

Regenerative organic facial for sensitive and aging skin with a stimulating blend of *Pandan leaf* and *Pink Lotus* extract to alleviate fine lines wrinkles and assist cell renewal & oxygenation.

Rejuvenating Facial Treatment 60 minutes 2,150.-

Nurturing organic facial for dehydrated combination skin with a rejuvenating blend of *Lotus flower* and *neroli* extract to reduce dryness and improve circulation.

Facial Treatment for Men 60 minutes 1,850.-

Enjoy a deep exfoliation to remove impurities and help lift ingrown hairs, followed by a quenching facial mask to re-hydrate the epidermis. This advanced treatment incorporates a vital energy point massage through the application of a cranial herbal poultice over the back, neck shoulders and head, which ease away stress and tensions. Finally, restore health and vitality to the face with a floral elixir and a hydrating gel, which enhances muscle tone and leaves the skin fresh and supple.

F facials



Oil Massage:

		Baht/Net
Aromatherapy Massage	60 minutes	1,750.-

Experience the healing effects of Asian aromatherapy in a relaxing and restorative massage that combines the sense of tropical smells with the soothing value of acupressure massage. Individually chosen to suit your personal requirements, the essential oils will rebalance your vital energies restoring harmony and calm to your body and mind.

Choose one from our three signature aromatherapy blends:

- * **Relaxing Massage:** Relaxing body oil massage with a synergy of lemongrass and orange essential oil that will embark your body and mind on a journey of ultimate relaxation and wellness.
- * **Purifying Massage:** Purifying body oil massage with a synergy of cajeput and petit grain essential oil that will leave your body deeply detoxified with a replenished mind.
- * **Energizing Massage:** Energizing body oil massage with a synergy of mandarin and peppermint essential oil that will ease away tensions and aching muscles to bring your senses with a renewed vitality

Thai Herbal Heat Compress	90 minutes	2,200.
----------------------------------	-------------------	---------------

Drift away tensions while enjoying this unforgettable traditional hot Thai massage, unchanged since Thailand Ayutthaya period (14 th-18 th. Century) When a hot pack was administered to war-soldiers returning home with muscle and bruises. The balancing poultice opens the pores and brings a deep medicinal heat to the muscles to release tensions and revitalize your mind. Then an invigorating massage with a synergy of peppermint and mandarin essential oils will take your body on a journey of total renewal.

Oil Massages



Anodas Traditional:

Baht/Net

Royal Nora Thai Massage **60 minutes** **1,100.-**

Experience an exotic and unique traditional Thai Massage. Try an ancient art to relieve pain and stress accumulated in sore muscles. Focus is applied on pressure point, muscles, joints and ligaments to provide you with a wonderful healing experience.

Prasuthon Foot Massage **45 minutes** **950.-**

Balancing your body naturally, the feet will be stimulated on the reflex zones. This specialized foot massage assists in the relief of stress and tension, helps to improve circulation and fosters a restoration of the body's natural state of equilibrium.

Back and Shoulders Massage **30 minutes** **750.-**

Restore glory back to your crown! This massage concentrates on the back, neck and shoulder areas to get rid of nervous tension and relieve tired muscles, With Traditional Thai massage.

Anodas Traditional



Wraps:

Baht/Net

Anodas anti-oxidant Green Tea Wrap 60 minutes 1,850.-

Give your body a chance to stay young longer, with Anodas signature blend of Thai white clay well know for its soothing & purifying effect and organically grown green tea full of anti-oxidants and vitamins. Enjoy a relaxing head massage while the nutritive ingredients gently permeate your body.

Complete Detox 90 minutes 2,500.-

Let your senses experience this wonderful tropical treat. The synergy of cajeput and orange removes impurities and dead cells to prepare your skin for a body wrap containing 100% natural papaya and Aloe Vera extracts that will eliminate toxic wastes and decongest your body by activating perspiration. Then, let your mind distress with a purifying aromatherapy massage using a unique blend of cajeput and petit grain essential oils.

This treatment is ideally suited to refine your skin and boost metabolism, leaving your body deeply cleansed and your mind with a renewed vitality.

Rejuvenating Body Delight 90 minutes 2,500.-

Give your body a new skin. This treatment starts with a moisturizing body scrub to remove dead skin cells and gently prepare your skin for a replenishing body wrap. The natural extracts of pineapple and tamarind are acting in synergy to rebalance your skin moisture and restore your vital energies. A relaxing massage using lemongrass essential oil is then applied on pressure points, muscles, joints and ligaments to provide you with a wonderful healing experience.

This treatment is ideally suited to gently ease away tensions and stimulate your body by promoting relaxation and rejuvenating the senses.

Sunset Tropical Wrap 45 minutes 1,500.-

Feel the heat seep out of your body with a quenching wrap of freshly mashed pandan leaves & cucumber and lavender essential oil to cool, heal and regenerate. A Thai bergamot and mint gel complements the treatment to soothe and refresh your skin, leaving it silky smooth.

Wraps



Scrubs:

Baht/Net

Brightening Scrub

60 minutes

1,750.-

A treatment specifically designed to deep cleanse and purify the body with a total skin exfoliation using natural fruit acid, which removes dead skin cells and whitens complexion. The treatment incorporates a replenishing body lotion to hydrate and leave the skin soft and supple.

Purifying Scrub

60 minutes

1,750.-

This exceptional skin softening body exfoliation combines sea salts from the Andaman sea and a purifying body oil of cajuput and petit grain to leave the skin feeling fresh, smooth and revitalized

Hand and Foot :

Silky smooth Hand Treatment

60 minutes

1,500.-

Pamper your hands with the same botanical healers Thai women are using to beautify their hands before ceremonies. This treatment starts with a gentle papaya and tamarind exfoliation to prepare your hands for a rejuvenating wrap that will nourishes the cuticles & nails, refine the texture of the hands and diminish dark spots. A relaxing massage is then applied to your hands and forearms to release all the tensions. This luxurious treatment will leave your hands softened, smoothed and moisturized.

Foot Beauty Rituals

60 minutes

1,500.-

Experience heavenly feet rituals that will embark you to new relaxation era. This treatment starts with a gentle exfoliation to prepare your feet to soak in a warm bath with lemongrass essential oil that will relieve stiffness and heaviness.

An invigorating foot massage with peppermint essential oils completes the treatment to envelop you feet with a feeling of exquisite lightness and freshness.

Scrubs





Baths:

		Baht/Net
Serenity Bath	90 minutes	2,200.-

Soak in a serenity herbal bath to release tensions before enjoying a relaxing massage with a blend of lemongrass and sweet orange for a total stress release experience.

Romance Bath	90 minutes (for two persons)	3,900.-
--------------	---------------------------------	---------

Relieve tensions and stress with a soothing massage before plunging into a heavenly scented bath, with essential oil and milk to soften your skin and floating flowers to uplift your spirits.

BATHS



ANODAS PACKAGES

Baht/Net

HONEYMOON PACKAGE

3 hours

4,999.-

- Jacuzzi
- Aromatic Marine Scrub
- Aromatherapy Facial
- Rejuvenating Facial

ANODAS SENSATION

2 hours 30 minutes

3,999.-

- Coffee Blend & Yoghurt Scrub
- Aromatherapy Massage
- Rejuvenating Facial
- Free Herbal Steam

SENSES OF ANODAS

2 hours 30 minutes

3,999.-

- Aromatic Salt Scrub
- Aromatic Moor Mud Wrap
- Aromatherapy Massage
- Free Herbal

HEAVEN ON EARTH

1 hours 30 minutes

2,999.-

- Aromatic Marine Scrub
- Aromatherapy Massage
- Free Herbal Steam

TOTAL RELAX

2 hours

2,999.-

- Chocolate Body Scrub
- Rejuvenating Facial
- Free Herbal Steam

TOTAL BLISS

2 hours

2,999.-

- Aromatherapy Massage
- Rejuvenating Facial
- Free Herbal Steam

Anodas Packages

