

# Experience Anantara Spa Chiang Mai's Exclusive New Lanna Ritual Signature Treatment



The award winning Anantara Spa brand is renowned for its pampering and therapeutic indigenous treatments, and at Anantara Chiang Mai Resort & Spa this authentic philosophy is perfectly expressed in the brand new signature spa treatment; the Lanna Ritual.

Lasting for 90 blissful minutes, this unique treatment has been carefully crafted to celebrate northern Thailand's healing wellness heritage, and is available exclusively at Anantara Chiang Mai Resort & Spa.

Performed by highly skilled therapists with an intuitive, personalised approach, the Lanna Ritual incorporates holistic traditions that have been passed down through the generations in Thailand. Beginning with a cleansing herbal foot bath, a warm herbal poultice is then applied to relax the feet and lower legs and reduce swelling, followed by a refreshing mint spray. For the full body massage, healing northern Thai plai massage oil is combined with Thai, Burmese and Chinese massage techniques to free energy blockages and enhance overall wellbeing, ending with a mini pressure point facial treatment to stimulate the circulation, relax muscles and rejuvenate vitality. The spa guest then awakens gently to the soothing sound of a singing bowl, leading into an inner healing ritual to conclude this distinctive spa experience. The guest washes their hands in a bowl of Thai flowers and herbs to clear negative energy and makes a wish by writing their name on a golden heart shaped Bodhi leaf, which symbolises love, peace and wisdom, to hang on a temple tree or at home.

Guests are invited to relax after their treatment with a herbal tea and healthy snack, enjoyed either on a daybed in the air conditioned comfort of the indoor relaxation lounge overlooking the resort's riverside pool, or up on the spa's rooftop deck on a sun lounger shaded by an umbrella with a lofty view of the Mae Ping River.

## Lanna Ritual

Herbal Foot Bath Ritual, Warm Herbal Poultice and Mint Spray • Anantara Lanna Massage • Mindfulness Ritual • Refreshment

THB 4,500++ for 90 minutes treatment

\*Price is subject to 10% service charge and applicable government tax.

For reservations or more information, please contact Anantara Spa at Anantara Chiang Mai Resort & Spa:

Tel: +66 (0)53 253 333 Ext. 3431

Email: [spa.chiangmai@anantara.com](mailto:spa.chiangmai@anantara.com)

Anantara Chiang Mai Resort & Spa

123-123/1 Charoen Prathet Road, Changklan, Muang, Chaing Mai 50100 Thailand

Tel: +66 (0) 53 253 333 Email: [chiangmai@anantara.com](mailto:chiangmai@anantara.com)