



ANANTARA

WELLNESS

Highlights

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Wellness at Anantara Riverside

Anantara Wellness signifies a remarkable transformation from the traditional Anantara Spa, embracing a cutting-edge wellness concept that redefines luxury and health. We aim to elevate the wellness experience from mere pampering and relaxation to comprehensive health and wellness programs, including preventative and corrective treatments.

Our dedicated team of highly trained wellness practitioners, including medical professionals and wellness coaches, provide a personalized wellness experience tailored to each guest. Leveraging modern and innovative technologies, such as epigenetic testing, Visia skin analysis, Circle DNA premium tests, telomere length tests, NK cell activity tests, and Gut Microbiome tests, we offer effective health data and purposeful wellness programs.

Personalized wellness consultations with our expert wellness coaches, including nutritionists, lifestyle consultants, naturopaths, medical professionals, and aesthetic consultants, ensure that the unique needs of each guest are met with precision and care.

Located strategically as an urban wellness destination, Anantara Wellness offers the perfect getaway for your wellness journey amidst the hustle and bustle of the city. Our integrative wellness journey ensures guests receive continuous support and care, from pre-arrival consultations to post-departure follow-ups.

Uniquely designed at the property level, Anantara Wellness provides unparalleled experiences that promote balanced and healthier living. By merging ancient healing practices with modern science, including Traditional Thai Medicine, Traditional Chinese Medicine, and Naturopathy, we offer proactive health management solutions.

Embrace the four pillars of wellness—Gastronomy Harmony, Integrative Medicine, Holistic & Preventative Wellness, and Age Reversal—at Anantara Wellness. Discover a sanctuary where luxury converges with holistic health, inviting you to embark on a transformative journey toward well-being.

Our wellness pillars

NUTRITIONAL HARMONY

Focuses on crafting nutritious, delicious, and aesthetically pleasing meals and meal plans that enhance overall well-being. Integrating culinary arts with nutritional science, we offer personalized meal plans tailored to support individuals' health and wellness goals.

INTEGRATIVE MEDICINE

Combines ancient practices and Traditional Chinese Medicine, Traditional Thai Medicine with modern naturopathy approaches, creating a holistic framework that merges traditional wisdom with contemporary health strategies to optimize well-being and vitality.

HOLISTIC AND PREVENTATIVE WELLNESS

Takes a comprehensive approach to health, addressing physical, mental, and emotional well-being. Emphasizing preventive measures such as stress management, thorough medical check-ups, and Vitamin IV drip therapy to maintain health and prevent illness.

AGE REVERSAL

Focuses on advanced aesthetic technology and personalized aesthetic programs designed to rejuvenate and enhance natural beauty.



Wellness consultation

Our Comprehensive Wellness Consultation Program is a pioneering step towards achieving optimal health and well-being. This program is meticulously designed to integrate the best of holistic practices, advanced medical insights, personalized nutrition plans, lifestyle enhancements, and aesthetic treatments.

By working closely with our team of wellness experts, you'll receive a bespoke wellness plan tailored to your specific needs and goals. Whether you seek to boost your immunity, enhance your beauty, achieve weight management, or simply maintain overall health, our program addresses every aspect of your well-being.

MEDICAL CONSULTATION

Personalized sessions with our healthcare professional, to assess your health status, address any concerns, and develop a tailored plan for your well-being. During the consultation, your medical history, current symptoms, and lifestyle factors are reviewed to provide accurate diagnoses, preventive care advice, and treatment recommendations. Medical consultations play a crucial role in promoting health maintenance, disease prevention, and optimal management of existing conditions, ensuring you receive comprehensive and compassionate care.

NUTRITION & LIFESTYLE CONSULTATION

An in-depth session with our nutrition and lifestyle expert, to assess your dietary habits, lifestyle choices, and overall health goals. During the consultation, your current diet, eating patterns, physical activity level, stress levels, and sleep habits are evaluated to identify areas for improvement and develop a customized plan for optimal health and well-being. Nutrition and lifestyle consultations focus on promoting balanced nutrition, healthy eating habits, and lifestyle modifications to support your individual health goals, whether it's weight management, disease prevention, or enhancing overall wellness. By providing practical advice, education, and ongoing support, these consultations empower you to make positive changes to your diet and lifestyle for long-term health and vitality.

HOLISTIC THERAPIES CONSULTATION

Comprehensive session that integrates principles from alternative medicine, Traditional Thai Medicine (TTM), and Traditional Chinese Medicine (TCM) to address your health and wellness needs. During the consultation, our practitioner assesses your physical, emotional, and spiritual well-being, considering your medical history, lifestyle factors, and individual health goals. The goal of the holistic therapy consultation is to restore balance and harmony within the body, promote natural healing, and support overall health and vitality.

AESTHETIC CONSULTATION

One-on-one session with our skincare specialist Aesthetic Doctor to discuss your cosmetic concerns and goals. During this consultation, our practitioner evaluates your skin condition and facial features to understand your unique needs. They then provide personalized recommendations for treatments such as injectables, aesthetic facials with cutting-edge technology, or skincare products to address your concerns and enhance your appearance.

The goal is to create a tailored treatment plan that helps you achieve natural-looking results and boosts your confidence in your appearance.



Diagnostics & Assessments

Unveil the essence of your well-being with our cutting-edge diagnostic assessments, meticulously crafted to illuminate every facet of your health journey. With a comprehensive medical check-up program, we delve deep into the intricacies of your physiology, providing unparalleled insights to guide your path to optimal wellness. From state-of-the-art technology to expert analysis, our assessments offer a tailored experience, empowering you to understand your body's unique needs and potential imbalances. Embrace the elegance of personalized care as we illuminate the roadmap to your well-being, guiding you toward a life of vitality, balance, and fulfillment.

ANTIOXIDANT & VITAMIN SIGNATURE

Our Antioxidant & Vitamin Signature Medical Check-Up offers a detailed evaluation of your body's essential nutrients. This specialized check-up includes comprehensive diagnostic tests to measure antioxidant levels and vitamin deficiencies, along with personalized consultations with our expert medical wellness team. By understanding your specific nutritional needs, we provide tailored recommendations to enhance your overall well-being and vitality.

ANTIOXIDANT & VITAMIN SIGNATURE

- **Lipid and Water-Soluble Antioxidant**
Our Lipid and Water-Soluble Antioxidant medical test provides a comprehensive assessment of your health by measuring serum levels of vitamins A, E, C, lycopene, beta-carotene, and coenzyme Q10 to evaluate nutrient processing and dietary sufficiency.
- **Micronutrient Profile + Vitamin D2/D3**
Our Micronutrient Profile Test + Vitamin D2/D3 checks your levels of essential vitamins and minerals, helping to identify any nutrient deficiencies and provide insights into your overall health.
- **Premium Antioxidant & Vitamin Signature**
Our Premium Antioxidant & Vitamin Signature offers a comprehensive evaluation of your health by combining two in-depth tests. The Lipid and Water-Soluble Antioxidant test assesses your levels of essential antioxidants like vitamins A, E, C, lycopene, beta-carotene, and coenzyme Q10 to gauge nutrient processing and dietary sufficiency. Complementing this, the Micronutrient Profile + Vitamin D2/D3 test checks your levels of key vitamins and minerals to identify deficiencies and provide a detailed overview of your overall health. Together, these tests offer a thorough understanding of your nutritional status and well-being.

IGG4 FOOD INTOLERANCE

Our IgG4 Food Intolerance Medical Check-Up offers a detailed assessment to identify food sensitivities that may affect your health. This specialized check-up includes comprehensive IgG4 testing and personalized consultations with our expert nutritionists. By pinpointing specific food intolerances, we provide tailored dietary recommendations to enhance your well-being and quality of life.

CIRCLE DNA PREMIUM TEST

Our Circle DNA Premium Test Medical Check-Up provides a comprehensive analysis of your genetic profile. This advanced check-up includes an extensive DNA test and personalized consultations with our medical wellness experts. By uncovering valuable insights about your genetic predispositions, we offer tailored health and lifestyle recommendations to optimize your well-being and longevity.

TELOMERE LENGTH TEST

Our Telomere Length Test Medical Check-Up offers a specialized evaluation of your cellular aging process. This advanced check-up includes precise telomere length measurement and personalized consultations with our expert healthcare providers. By understanding your telomere health, we provide tailored recommendations to support longevity and overall vitality.



NK CELL ACTIVITY TEST

Our NK Cell Activity Test Medical Check-Up provides an in-depth assessment of your immune system's natural killer (NK) cell function. This specialized check-up includes comprehensive testing of NK cell activity and personalized consultations with our medical wellness experts. By evaluating your immune health, we offer tailored recommendations to enhance your body's natural defense mechanisms and overall well-being.

TOXIC HEAVY METAL IN URINE

Our Toxic Heavy Metal in Urine Medical Check-Up offers a thorough evaluation of your exposure to harmful heavy metals. This specialized check-up includes advanced urine testing and personalized consultations with our expert medical wellness professionals. By identifying and addressing heavy metal toxicity, we provide tailored recommendations to improve your health and detoxification processes.

GUT MICROBIOME

Our Gut Microbiome Medical Check-Up provides a comprehensive analysis of your gut health. This specialized check-up includes advanced testing of your gut microbiome and personalized consultations with our expert nutritionists and gastroenterologists. By understanding your unique gut flora, we offer tailored recommendations to enhance your digestive health, immunity, and overall well-being.

VISIA SKIN ANALYSIS

Elevating skincare analysis to a refined art, VISIA Skin Analysis unveils the intricate tapestry of your facial complexion. Employing a series of meticulously captured photographs, it delves deep into your skin's nuances, revealing insights on pigmentation spots, wrinkles, texture, pores, vascularity, and porphyrins. Seamlessly blending science and aesthetics, VISIA offers a visually stunning portrayal of your skin's health while providing an effortlessly comprehensible analysis of any concerns. From this insightful revelation springs forth a bespoke skincare and treatment regimen, precisely tailored to address your unique needs. With its transformative capabilities, VISIA also presents captivating 'before' and 'after' comparisons, allowing you to witness the tangible benefits of your skincare journey with unparalleled clarity.

Holistic & IV vitamin therapies

Experience the pinnacle of wellness with our IV Vitamin Therapies, a luxurious fusion of science and rejuvenation. Delight in the infusion of essential vitamins, minerals, and antioxidants, meticulously tailored to nourish your body from within. Elevate your vitality, enhance your immunity, and revitalize your well-being as you indulge in this bespoke journey of replenishment. Unveil the epitome of elegance and vitality with our exclusive IV Vitamin Therapies, where each drip embodies the essence of holistic rejuvenation.

IV EXPRESS

Short on time but need a quick boost? Our IV Express treatment delivers essential hydration, minerals, and vitamins directly into your bloodstream for fast, effective results — all in just 20 minutes.

20 MINUTES

Designed for those on the go, this quick IV drip helps combat fatigue, dehydration, and stress while restoring energy and mental clarity. Perfect as a pre- or post-travel pick-me-up, or anytime you need a rapid wellness recharge.

IMMUNITY GLOW INFUSION

Revitalizing IV treatment is designed to boost your immune system and enhance your natural radiance. This infusion delivers a potent blend of vitamins, minerals, and antioxidants directly into your bloodstream, providing immediate and effective support for your body's defenses. By strengthening your immune response and promoting overall wellness, the Immunity Glow Infusion helps you feel healthier and more vibrant from the inside out.

STARTING FROM
45 MINUTES

RADIANCE BEAUTY ELIXIR

Crafted to enhance your natural beauty and rejuvenate your skin. This infusion delivers a powerful blend of vitamins, antioxidants, and hydrating nutrients directly into your bloodstream, promoting healthier, more radiant skin from within. The Radiance Beauty Elixir helps to reduce signs of aging, improve skin texture, and leave you with a luminous, youthful glow.

STARTING FROM
45 MINUTES

SLIM SCULPT DRIP

The Slim Sculpt Drip is an innovative IV treatment designed to support your weight management and body sculpting goals. This infusion combines a unique blend of vitamins, minerals, and amino acids that help boost your metabolism, enhance fat burning, and increase energy levels. The Slim Sculpt Drip aids in optimizing your body's natural processes, promoting a leaner, more toned physique.

STARTING FROM
45 MINUTES

NEURO BOOST INFUSION

Specialized IV treatment aimed at enhancing cognitive function and mental clarity. This infusion delivers a synergistic blend of vitamins, amino acids, and antioxidants directly into your bloodstream, supporting brain health and improving focus, memory, and overall mental performance. The Neuro Boost Infusion helps you stay sharp, alert, and mentally energized.

STARTING FROM
45 MINUTES

LIVER PURIFY DRIP

The Liver Purify Drip is a detoxifying IV treatment designed to cleanse and support your liver. This infusion delivers a potent combination of vitamins, antioxidants, and amino acids directly into your bloodstream, helping to flush out toxins and enhance liver function. The Liver Purify Drip promotes overall detoxification, leaving you feeling refreshed, revitalized, and more energetic.

STARTING FROM
45 MINUTES



JET-LAG CURE

Restorative IV treatment specifically formulated to help your body recover from the effects of long-distance travel. This infusion delivers a revitalizing mix of vitamins, minerals, and hydration directly into your bloodstream, combating fatigue, dehydration, and disorientation. The Jet Lag Cure helps to reset your internal clock, leaving you feeling refreshed, re-energized, and ready to enjoy your destination.

STARTING FROM
45 MINUTES

AGE DEFY ELIXIR

- 250mg
- 150mg

90 MINUTES
45 MINUTES

Revitalizing infusion designed to combat the effects of aging and promote cellular health. This powerful treatment supports overall well-being by enhancing energy production, aiding in cellular repair, and boosting cognitive function. By replenishing essential nutrients at a cellular level, the Age Defy Elixir helps restore vitality, improve resilience, and support a youthful, radiant glow. Experience deep rejuvenation and embrace a renewed sense of wellness with this advanced infusion therapy.

VITAMIN D SHOT

20 MINUTES

Vitamin D is an essential nutrient that supports immune function, mood balance, bone strength, and overall vitality. Many people are deficient—especially during the colder months or when spending little time in sunlight.

Our Vitamin D Shot (intramuscular injection) or IV infusion delivers a precise, medical-grade dose of Vitamin D directly into your system for optimal absorption and rapid benefits. Unlike oral supplements, this method bypasses the digestive system to restore levels efficiently and effectively.

COLON HYDROTHERAPY

30 – 40 MINUTES

Colon hydrotherapy, also known as colonic irrigation, is a gentle and effective treatment designed to cleanse the colon of toxins, waste, and impurities. During the procedure, warm, filtered water is introduced into the colon through a small, sterile tube, helping to flush out accumulated waste. This process promotes better digestion, enhances nutrient absorption, and supports overall gut health. Colon hydrotherapy can leave you feeling refreshed, revitalized, and more energized.

Aesthetics

Embark on a transformative journey to radiant beauty with our cutting-edge aesthetic treatments, meticulously crafted to unveil your most luminous self. Harnessing the power of advanced technologies like Hydrafacial Syndeo, Ultherapy, and Icoone, alongside the precision of Botox and fillers, our treatments redefine elegance and sophistication. From rejuvenating facials that unveil a flawless complexion to non-invasive skin tightening that defies gravity, each session is a harmonious blend of innovation and luxury. Step into a realm where beauty meets technology and experience the epitome of refinement with our exclusive aesthetic treatments.

ULTHERAPY

Ultherapy Lifting harnesses the power of High Intensity Focused Ultrasound to provide a non-invasive, FDA-approved solution for skin tightening and rejuvenation. Utilizing precise ultrasound waves, this advanced technology targets the SMAS (Superficial Muscular Aponeurotic System) layer, which lies between the fat and muscle tissues. By delivering focused energy to this deeper layer, Ulthera stimulates the production of collagen, effectively restoring the skin's elasticity and firmness.

As we age, the SMAS layer, a vital connective tissue, can weaken, leading to sagging and loss of skin firmness. Ulthera Lifting addresses this by rejuvenating the SMAS layer, thereby enhancing the skin's tightness and smoothness. With just one session, you can experience noticeable lifting and tightening effects, resulting in a more youthful and refined appearance. Enjoy the benefits of this cutting-edge treatment, which revitalizes your skin without the need for invasive surgery.

- Starting from 100 lines
- The final number of lines and treatment duration will be determined based on the assessment by the Aesthetic Doctor.

STARTING FROM
60 MINUTES

HYDRAFACIAL

Experience the transformative power of Hydrafacial, a luxurious, non-invasive treatment that provides immediate, stunning results for all skin types with no downtime. This elegant 3-step process begins with a deep cleanse and gentle peel to uncover a fresh layer of skin, followed by painless suction to remove impurities from pores, and concludes with intense hydration, saturating your skin with nourishing moisturizers.

Powered by patented vortex-fusion technology, Hydrafacial works like a vacuum to gently open pores and dislodge impurities while delivering optimal hydration. This treatment effectively addresses common skin concerns such as fine lines, wrinkles, dullness, dehydration, dark spots, redness, uneven texture, congestion, and post-acne scars. Hydrafacial not only reduces dirt and sebum in pores but also increases skin moisture and resilience over time, making it an ideal companion to other aesthetic treatments like fractional lasers, microneedling, and cosmetic injections. Embrace the beauty of radiant, revitalized skin with HydraFacial.



HYDRAFACIAL – PLATINUM

Indulge in the pinnacle of skincare with the HydraFacial Platinum, our most advanced and premium 60-minute treatment. This luxurious session features everything from the Signature and Deluxe HydraFacial's, enhanced with lymphatic drainage massage, specialty boosters, and LED light therapy. Experience unparalleled skin rejuvenation as this comprehensive facial detoxifies, deeply cleanses, extracts, and hydrates your skin. Lymphatic therapy reduces puffiness and enhances circulation, while LED light therapy stimulates collagen production for firmer, tighter skin. The Platinum HydraFacial targets fine lines, uneven skin tone, and inflammation, leaving your complexion revitalized, radiant, and visibly transformed. Perfect for those seeking the highest level of skincare, this top-tier treatment ensures your skin achieves its ultimate potential in health and beauty.

60 MINUTES

HYDRAFACIAL – DELUXE

The HydraFacial Deluxe deeply cleanses, exfoliates, extracts, and hydrates your skin with powerful serums and a customizable booster, enhanced by LED light therapy for targeted, radiant results. This treatment offers deeper exfoliation and extraction for smoother, more radiant skin, while specialized booster serums address specific concerns like age refinement, radiance, restoration, and clarity. The added LED light therapy reduces inflammation, promotes healing, and improves overall skin health, making it ideal for those seeking comprehensive skincare benefits in a single session.

45 MINUTES

HYDRAFACIAL – SIGNATURE

Perfect for those new to HydraFacial's or seeking a quick yet effective skincare solution, this 30-minute advanced facial refreshes, hydrates, and rejuvenates your skin with gentle exfoliation, pore extraction, and an infusion of antioxidants, peptides, and hyaluronic acid for a radiant glow.

30 MINUTES

COLLAGEN BIOSTIMULATOR

Advanced injectable cosmetic filler, a biocompatible synthetic material that stimulates your body's natural collagen production. Ideal for correcting facial volume loss in areas like the cheeks, temples, and jawline, Sculptra offers gradual and long-lasting results. Unlike traditional fillers, it works over multiple treatment sessions spaced several weeks apart, allowing for a natural, subtle enhancement that restores youthful contours and improves skin texture. Experience the elegance and refined approach to facial rejuvenation that delivers enduring beauty and a revitalized appearance.

STARTING FROM
30 MINUTES

MESOTHERAPY

MESO Treatment is a minimally invasive cosmetic procedure that injects a blend of vitamins, minerals, and nutrients directly into the skin's mesodermal layer. This targeted approach nourishes and rejuvenates the skin, promoting hydration, firmness, and improved texture. Ideal for addressing fine lines, wrinkles, acne scars, and pigmentation irregularities, MESO Treatment offers a non-surgical solution for achieving a youthful and radiant complexion. Experience the elegance of MESO Treatment and reveal smoother, healthier, and more vibrant skin.

STARTING FROM
30 MINUTES

EXOSOME

Exosome Treatment is at the cutting edge of skin rejuvenation, using tiny vesicles to carry essential nutrients, immune factors, and genetic materials between cells. These vesicles boost stem cell production and support tissue healing, promoting healthy regeneration and restoring balance to aging skin.

Ideal for enhancing an anti-aging routine, Exosome Treatment offers the benefits of multiple standard sessions in one. It reduces inflammation, revives dull skin, and increases hydration, preserving the skin's hue, texture, and luminosity. Fast-acting, safe, and non-invasive, this therapy provides instant rejuvenation and protection against environmental damage, resulting in a radiant, youthful complexion.

- Face & Neck
- Hair Restoration

BOTOX

At Anantara Wellness, our tailored Botox treatments effectively address wrinkles and fine lines, particularly on the forehead, around the eyes, and between the eyebrows. Made from Botulinum Toxin Type A, Botox relaxes targeted facial muscles by temporarily stopping them from contracting, resulting in smoother skin and a youthful appearance. The treatment also allows for natural facial expressions and can reduce muscle mass in areas like the jawline for facial slimming and contouring. Experience the rejuvenating benefits of Botox at Anantara Wellness.

- 50 unit
- 100 unit

STARTING FROM
30 MINUTES

STARTING FROM
15 MINUTES



FILLER

Filler Treatment is a popular cosmetic procedure designed to restore volume, smooth wrinkles, and enhance facial contours. Using hyaluronic acid or other biocompatible materials, fillers are injected into targeted areas to plump up the skin, reducing the appearance of fine lines and wrinkles. The results are immediate, offering a natural-looking enhancement with minimal downtime. Filler Treatment provides a non-surgical solution to achieve a youthful, refreshed appearance and restore balance to your facial features.

**Please consult with our Aesthetic Doctor to determine the ideal filler dosage tailored to your needs.*

PLATELET RICH PLASMA (PRP)

Platelet Rich Plasma (PRP) Treatment uses your own blood to rejuvenate your skin. A small amount of blood is drawn, processed to concentrate the platelets, and then injected into targeted areas. This boosts collagen production, enhances skin repair, and improves texture and tone. Ideal for reducing fine lines and revitalizing skin, PRP is a non-surgical, minimally invasive procedure with minimal downtime, offering a natural and effective way to achieve a youthful, radiant complexion.

- Face and neck
- Hair restoration

STARTING FROM
30 MINUTES

STARTING FROM
30 MINUTES

PROFHILO - 2 CC

HYDRATE • TIGHTEN • GLOW
Collagen Bioremodeling

Profhilo® is an award-winning injectable treatment designed to deeply hydrate the skin and improve its firmness, elasticity, and overall radiance.

Unlike traditional dermal fillers, Profhilo® works by stimulating the production of collagen and elastin, naturally bioremodeling the skin from within.

Using a unique, high-concentration hyaluronic acid formula, Profhilo® spreads smoothly under the skin to restore hydration, improve texture, and create a youthful, refreshed glow — without changing your natural facial contours.

STARTING FROM
30 MINUTES

SKINMTX

SkinMTX® is a premium skincare brand known for its dermatological-grade formulations that deliver proven, sustainable results. Combining cutting-edge innovations with superior safety, SkinMTX® offers potent solutions trusted by dermatologists, aesthetic doctors, and medi-spas worldwide.

SkinMTX® bridges the gap between beauty products and prescription treatments, using research-proven ingredients that are safer than harsh chemicals. This ensures fast, effective results with minimal risks and side effects. Designed with Swiss expertise, SkinMTX® uses high-quality ingredients to enhance skin health, extend youthfulness, and protect against future damage.



TELOMATRIX™ PROFESSIONAL

This relaxing, “no downtime” treatment infuses skin with the restorative and uplifting benefits of Nobel Prize Awarded inspired ingredients, TeloZyme Complex™. Fine lines and wrinkles don’t stand a chance with this signature age-defying treatment. It helps to boost overall health and vitality by rebuilding volume straight from the core skin’s structural framework.

Suitable for: Fine lines and wrinkles, dry/ dehydrated, dull/tired, all mature skin types.

60 MINUTES

PURISMART™ PROFESSIONAL

An intensive treatment scientifically formulated to combat all of the factors that lead to breakouts. This treatment effectively improves skin clarity and reduce acne blemishes, smooth the skin’s texture, promote healthy cell renewal, remove impurities and excess oil and help calm inflammation to facilitate healing.

Suitable for: Oily skin, acne-prone, congested skin.

60 MINUTES

RADICALWHITE™ CLARITY PROFESSIONAL

The brightening facial designed to help improve photo damaged skin and post inflammatory hyper-pigmentation caused by acne lesions. Not only does this treatment improve the appearance of hyper-pigmentation, help fight free radical damage and brighten the complexion, but it also helps stimulate collagen production to help tighten the skin and reduce fine lines and wrinkles.

Suitable for: Pigmented, dull, uneven skin tone, acne marks and sun-damaged skin

60 MINUTES

MEDIFIX™ PEEL SYSTEM

This smart Peel system significantly improves the appearance of fine lines, wrinkles, pore size, laxity, and stubborn discoloration. The precise formulation activates safe exfoliation, evenly penetrating the skin with depth-control technology for maximal cell renewal efficacy with minimal side effects.

Suitable for: All skin types and most skin tones

60 MINUTES

ICOONE® LASER

ICOONE is a groundbreaking technology that provides personalized skin care through its advanced Multi Alveolar Micro Stimulation with the action of LED and LASER light sources, which gently stimulates connective tissue.

This unique approach offers effective treatment for a variety of skin concerns, including cellulite, firmness, anti-aging, facial and chest lifting, body contouring, and alleviating tired legs.

Visible results can be seen from the very first session. ICOONE is a painless, 100% natural treatment suitable for all skin types, including the most delicate areas such as the eye contour, neckline, inner arms, inner thighs, knees, and ankles.



ICOONE® – BODY RE-MODELLING SESSION

- Base Program + One Selected Treatment Area**
Our re-modeling session revitalizes your body by re-oxygenating tissues, improving lymphatic and body circulation, reducing cellulite, promoting skin regeneration, and enhancing tissue elasticity, preparing you for a targeted and comprehensive body re-modeling program. For a more extensive treatment, you may add on specific target areas.

Add-On Treatment Areas (10 – 20 Minutes/area)
 - Buttocks
 - Knee, calves, and ankles
 - Upper body and neck
 - Abdominal
 - Upper arms
 - Inner thigh
 - Localised area

30 – 40 MINUTES
- Silhouette**
Experience the elegant transformation of your silhouette, sculpting and harmonizing your figure from shoulders to below the buttocks, tailored exclusively for women, regardless of body mass or adipose tissue.

30 – 40 MINUTES
- Men Zone**
Revitalize and sculpt your waist, toning and firming the tissues for a refined, rejuvenated appearance, tailored exclusively for men.

30 – 40 MINUTES

ICOONE® – CUSTOMIZE SESSION (FACE)

Indulge in the transformative power of Icoone® with our Customize Session for the face, tailored to address your specific needs. Discover the elegance of personalized care with Icoone®.

- Focused Program**
Focused program, which allows you to select two specific areas or concerns to address, such as the upper chest, face and neck, wrinkles and fine lines, facial expressions, chin area, deep wrinkles, or puffy areas.

30 MINUTES
- Premium Program**
Premium Program, which covers the entire spectrum, including upper chest, neck, facial expressions, chin area, firming and tightening, deep wrinkles, and puffy areas.

90 MINUTES

ADDITIONAL PROGRAM

Experience the transformative Icoone® Customize Session for the body with the Targeted Medi Program. This intensive program offers specialized treatments for various healthcare needs, including vascular problems, lymph insufficiency, and improved tissue quality. It mobilizes, softens, moisturizes, drains, and stimulates cell regeneration, aiding in scar formation and improving skin elasticity. The program also supports digestive health, muscle relaxation, and the elimination of metabolic waste. Additional benefits include muscle stimulation for the back and neck, post-birth tissue toning, general reflexology, blood circulation revitalization, and preparation for sports. Enjoy a comprehensive and personalized approach to wellness with Icoone®.

10 MINUTES /
PROGRAM



Traditional Thai medicine

Journey into a realm of ancient wisdom and profound healing with our Traditional Thai Medicine treatments, where centuries-old practices blend seamlessly with modern wellness. Discover a sanctuary of healing rituals and herbal remedies that restore balance, promote vitality, and nurture holistic well-being. Each treatment is a harmonious journey guided by ancient traditions, aimed at rejuvenating both body and spirit. Experience the essence of Thailand’s rich cultural heritage and embark on a path to renewed vitality and inner harmony with our exclusive Traditional Thai Medicine treatments.

ROYAL STYLE THERAPEUTIC MASSAGE

FOR TARGETED PAIN RELIEF

Developed as a respectful massage for royalty, this elegant therapy uses targeted acupressure and warm herbal compresses to ease muscle tension and inflammation and improve joint mobility.

Acupressure points vary according to individual symptoms, based on meridian lines; our expert TTM practitioners will focus on any areas of concern to help relieve pain and rehabilitate from injury.

30 / 60 / 90
MINUTES

THERAPEUTIC HERBAL OIL MASSAGE

FOR DEEP AND RESTORATIVE SLEEP

Drawing from the purest roots of Thai Traditional Medicine, this calming treatment applies warm aromatherapy herbs to spinal acupressure points.

Gentle pressure on the Sen (Thai meridian line) balances the Lom (wind element), relieving muscle tension and quietening the mind, ready for a restful evening and a good night’s sleep.

60 / 90 MINUTES

TRADITIONAL THAI HAMMER MASSAGE

THAI ANCIENT HAMMER MASSAGE FOR MUSCLE AND BODY RECOVERY

Developed as a respectful ancient massage from the north of Thailand, this therapy uses targeted acupressure points and a wooden hammer to ease muscle tension and recovery elements flow. Acupressure points vary according to individual symptoms, based on meridian lines.

60 MINUTES

THAI FACIAL HERBAL STEAM THERAPY

ENHANCE RESPIRATORY HEALTH AND BOOST IMMUNITY

Experience the purifying properties of herbal steam combined with the time-honoured healing benefits of traditional Thai medicinal plants. This therapeutic treatment features a blend of potent herbs such as turmeric, galangal, phlai, kaffir lime, lemongrass, and camphor, designed to clear nasal passages, improve respiratory function, relieve aches and pains, and strengthen the immune system. The invigorating steam enhances blood circulation, leaving you feeling refreshed, revitalised, and free from stress.

60 MINUTES

THERMAL THAI HERBAL THERAPY

THAI OIL POULTICE FOR MUSCLE & JOINT RELEASE

This traditional treatment uses a Thai herbal compress with hot oil on the body to balance the wind element to relieve muscle-ache, inflammation, and loosen the joints by leveraging on ancient herbs and a royal Thai massage.

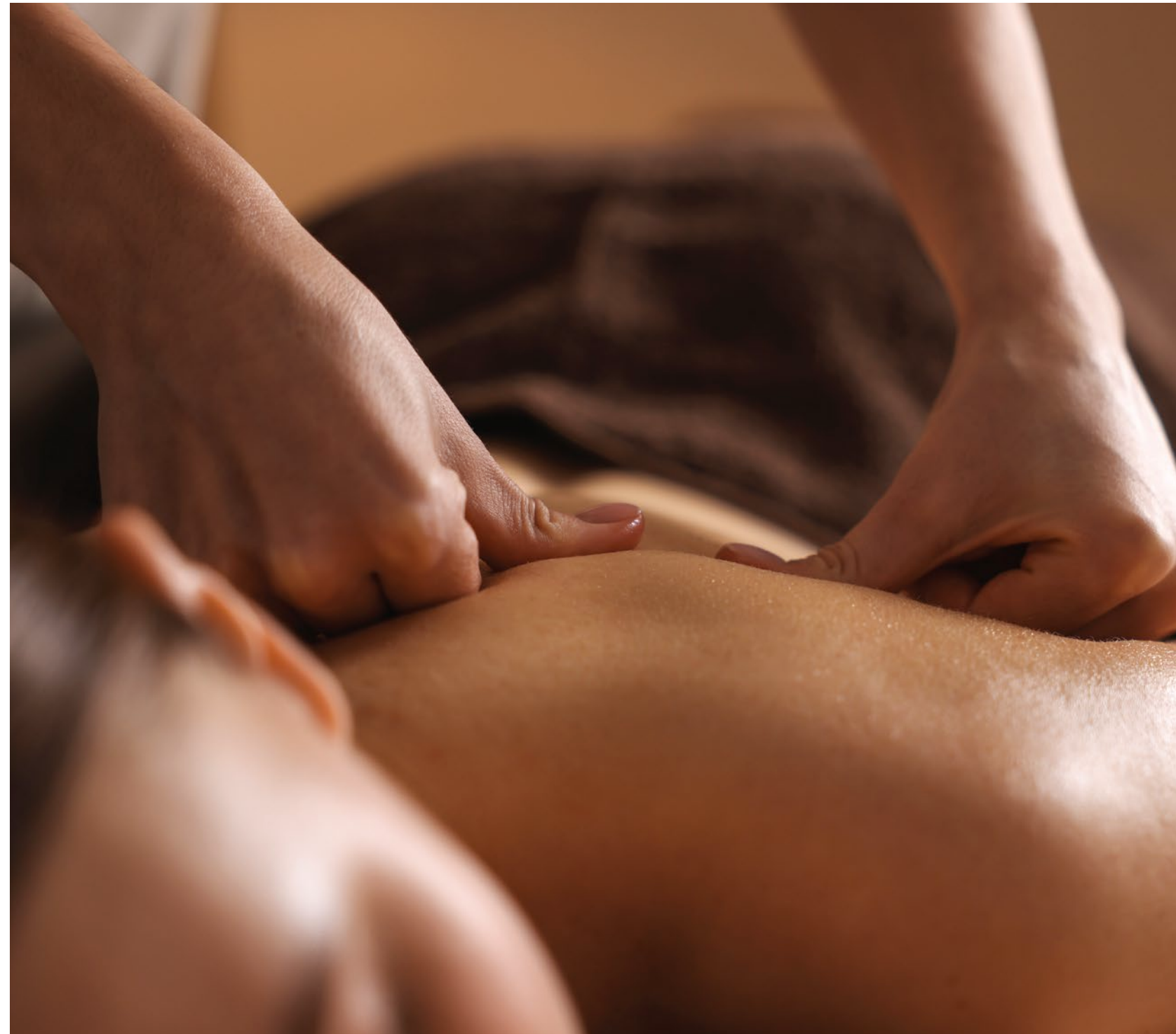
60 MINUTES

COOLING HERBAL EYE PASTE & SCALP MASSAGE

RELIEVE MIGRAINE SYMPTOMS AND COOL EXCESS HEAT

This ancient Thai treatment uses a soothing cold herbal remedy applied to the eyes to reduce excess heat, alleviating discomfort from dryness, soreness, and strained vision. Complemented by a therapeutic head massage, the therapy rebalances the wind element in the face and scalp, offering relief from migraines and restoring harmony to the body and mind.

60 MINUTES



ANCIENT THAI ABDOMINAL HERBAL THERAPY

REBALANCE GUT HEALTH AND BODY ELEMENTS

This traditional Thai therapy harnesses the power of hot herbal remedies combined with the ancient fire technique to alleviate excess gas and relieve muscle tightness in the abdomen. The session concludes with a therapeutic abdominal massage designed to stimulate the body's wind and fire elements, promoting harmony and balance across the body's natural elements.

60 MINUTES

REPRODUCTIVE HEALTH HEALING

MEN & WOMEN HEALTH'S THERAPY FOR REVITALISING ENERGY

Lom (or Wind) is one of the fundamental four elements in Traditional Thai Medicine, responsible for the energy required by the body in order to function. This acupressure points massage focuses on the back, lower body, and stomach. Designed to improve the balance of Lom, prevent urination issues, and ease the flow of male energy. For women, it improves blood circulation, symptoms of PMS and menopause. From preparing for conception by optimising the flow of Fai and Nam (fire and water elements) to reducing pain, it supports inner balance and vitality across every stage of the female life journey.

90 MINUTES

THAI HERBAL FOOT BATH RITUAL

THAI HERBAL FOOT BATH RITUAL

Immerse your feet in a warm, soothing infusion of natural Thai herbs specially selected to relax the body, calm the mind, and invigorate tired soles. This rejuvenating foot soak blends Thai aromatic botanicals such as sea holly leaves, ginger, lemongrass, and bergamot—each known for their healing, anti-inflammatory, and stress-relieving properties. As the warmth of the water opens your pores, the herbs gently detoxify, soften the skin, and improve circulation.

30 MINUTES

Traditional Chinese medicine

Embark on a journey of holistic healing and timeless wisdom with our Traditional Chinese Medicine treatments. Rooted in ancient traditions and centuries of wisdom, these therapies offer a harmonious blend of herbal remedies, acupuncture, and therapeutic techniques to restore balance and vitality. Let the gentle touch of tradition guide you towards inner harmony, as each treatment revitalizes your body, mind, and spirit. Step into a sanctuary of tranquility and experience the transformative power of Traditional Chinese Medicine, where ancient practices meet modern wellness for a truly rejuvenating experience.

ACUPUNCTURE

Experience the ancient art of acupuncture, a time-honored practice of Traditional Chinese Medicine. This treatment involves the precise insertion of fine, sterile needles into carefully selected points on the body to harmonize the flow of Qi, or vital energy, through the meridians. Your session begins with an in-depth consultation to uncover your unique health needs, followed by a personalized assessment that includes tongue and pulse diagnosis. As you recline in a serene and comfortable setting, our skilled acupuncturist will gently place the needles, allowing you to enter a state of deep relaxation. Over the course of 30 to 60 minutes, the subtle stimulation works to alleviate pain, reduce stress, enhance immune function, and promote overall well-being. Our acupuncture treatment offers a holistic approach to restoring balance and vitality, ensuring a rejuvenating experience for body and mind.

- Acupuncture
- Acupuncture and Moxibustion
- Acupuncture and Tui Na massage
- Acupuncture and Gua Sha facial
- Acupuncture and Chi Nei Tsang

30 MINUTES
60 MINUTES
60 MINUTES
60 MINUTES
60 MINUTES

GUA SHA FACIAL THERAPY

Indulge in the luxurious Gua Sha Treatment, a traditional Chinese therapy that uses a smooth jade or rose quartz tool to gently massage the face. This elegant technique promotes circulation, reduces puffiness, and enhances lymphatic drainage, resulting in a sculpted, radiant complexion. The soothing, rhythmic strokes of the Gua Sha tool not only rejuvenate the skin but also provide deep relaxation and a sense of inner balance. Ideal for revitalizing tired skin and achieving a natural, healthy glow, this treatment is a perfect blend of beauty and well-being.

60 MINUTES

CHI NEI TSANG

Discover the transformative benefits of Chi Nei Tsang, a sophisticated abdominal therapy rooted in ancient Chinese medicine. This gentle yet profound treatment focuses on the visceral organs, using specialized techniques to release deep-seated tension, enhance energy flow, and promote detoxification. Through skilled, mindful touch, Chi Nei Tsang harmonizes the body's internal systems, alleviates stress, and supports emotional balance. The result is a renewed sense of vitality and well-being, as this elegant practice nurtures both the physical and emotional aspects of health.

60 MINUTES



TUI NA MASSAGE

Experience the refined art of Tui Na Massage, a traditional Chinese therapy that combines rhythmic movements, deep pressure, and targeted acupressure to restore balance and vitality. This elegant treatment involves skilled manipulation of the muscles and meridian points to alleviate pain, enhance circulation, and release tension. The harmonious blend of soothing strokes and invigorating techniques promotes relaxation, revitalizes the body, and fosters a profound sense of well-being. Ideal for addressing both physical and emotional stress, Tui Na Massage offers a holistic approach to achieving harmony and rejuvenation.

45 MINUTES

CUPPING THERAPY

Experience the rejuvenating effects of Cupping Therapy, a refined treatment that utilizes glass or silicone cups to create a gentle suction on the skin. This elegant technique enhances blood flow, reduces muscle tension, and promotes detoxification by drawing toxins and stagnant blood to the surface. As the cups glide over your body or remain in place, you will feel a soothing, invigorating sensation that leaves the skin glowing and revitalized. Ideal for relieving stress, alleviating pain, and enhancing overall well-being, Cupping Therapy is a harmonious blend of ancient tradition and modern relaxation.

10 – 15 MINUTES

FIRE CUPPING

Immerse yourself in the sophisticated experience of Fire Cupping Therapy, an ancient technique that combines the art of cupping with the gentle warmth of fire. This treatment involves placing glass cups on the skin, where a flame creates a vacuum effect, drawing blood and toxins to the surface. The warm sensation of the cups provides a soothing and invigorating massage, enhancing circulation, easing muscle tension, and promoting deep relaxation. The result is a revitalized complexion and a profound sense of well-being, as this time-honored practice harmoniously blends therapeutic warmth with restorative benefits.

30 – 45 MINUTES

MOXIBUSTION

Experience the warming embrace of Moxibustion, an elegant therapy that employs the gentle burning of mugwort (artemisia) near specific acupuncture points to enhance healing and balance. This ancient practice involves placing a small amount of moxa on or near the skin, where its warming effects stimulate circulation, boost energy flow, and alleviate discomfort. The subtle, soothing heat penetrates deeply, promoting relaxation and supporting the body's natural ability to restore itself. Ideal for addressing a variety of conditions, Moxibustion offers a harmonizing blend of warmth and wellness, enriching your path to holistic health.

30 MINUTES

Nutritionist & Naturopath

Indulge in a holistic wellness journey guided by our dedicated team of nutritionists and naturopaths, where the art of nourishment meets the science of natural healing. Tailored to your individual needs, our treatments seamlessly blend personalized dietary guidance, herbal remedies, and lifestyle adjustments to promote optimal health and vitality. Experience the elegance of holistic care as you embrace the transformative power of nature's remedies, guided by our expert practitioners. Trust in our holistic approach to wellness, where every session is a harmonious fusion of ancient wisdom and modern science, designed to nurture your body, mind, and spirit.

BACH FLOWER REMEDY PRESCRIPTION

EMOTIONAL BALANCE THROUGH THE HEALING POWER OF FLOWERS

Based on Dr. Edward Bach's system of 38 botanical remedies, the treatment uses flower extracts to support and balance your emotions, promote harmony, and address psychological causes of illness: fear, uncertainty, lack of interest in the present, loneliness, oversensitivity, sadness or despair, and over-care for others at the expense of self.

60 MINUTES

CELL WELLBEING EPIGENETIC TEST

Embark on a journey of self-discovery by delving into the depths of your genetic data. Experience the transformative power of epigenetic hair testing, conducted with precision through our advanced bio profiler. Gain invaluable insights into your body's intricate balance of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants, and contaminants. Uncover the subtle influences of daily nutrition and environmental factors on your cellular health, guided by a personalized consultation with our esteemed wellness experts. Empower yourself to transcend your epigenetic expression, embracing a life of vitality and resilience through tailored interventions tailored to your unique genetic profile.

Wellness etiquette

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our Wellness Concierge team at ext. 1544. We highly recommend booking your appointment in advance to ensure your desired convenient timing.

ARRIVAL TIME

Please allow sufficient time before your treatment to complete your health assessment form and registration process. We recommend arriving up to 15 minutes in advance so that you can change and enjoy a moment of relaxation in our tranquil surroundings before your treatment. Please be advised that late arrivals may result in a reduction of your treatment time to ensure timely service for all our guests.

HEALTH CONDITIONS

Please inform our Wellness Concierge and Wellness Practitioner of any pre-existing medical conditions. Guests with conditions such as high blood pressure, heart conditions, allergies, pregnancy, or any other medical complications are strongly advised to consult a doctor before booking treatments. Your safety and well-being are of the utmost importance to us, and we appreciate your cooperation.

CHILDREN'S POLICY

In our efforts to maintain a tranquil atmosphere for the benefit of all our guests, the wellness centre is generally unsuitable for babies and small children unless they are receiving treatments. We greatly appreciate your understanding and cooperation.

CANCELLATION POLICY

We kindly request a minimum of 24 hours' notice for cancellations. Failure to provide this notice may result in a 50% charge to your account, while a no-show will incur a 100% charge. We greatly appreciate your understanding.

VALUABLES

The wellness centre accepts no responsibility for the loss of valuables and jewelry at any time on the wellness premises. We recommend that you leave all your jewelry in your room before coming to the wellness centre.

AFTERCARE

To ensure the best results, please strictly follow your Doctor and wellness practitioner's pre- and post-treatment advice.

Price list

WELLNESS CONSULTATION

MEDICAL CONSULTATION	2,530
NUTRITION & LIFESTYLE CONSULTATION	2,530
HOLISTIC THERAPIES CONSULTATION	2,530
AESTHETIC CONSULTATION	2,530

DIAGNOSTICS & ASSESSMENTS

LIPID AND WATER-SOLUBLE ANTIOXIDANT	11,000
MICRONUTRIENT PROFILE + VITAMIN D2/D3	27,500
PREMIUM ANTIOXIDANT & VITAMIN SIGNATURE	35,200
IGG4 FOOD INTOLERANCE	31,900
CIRCLE DNA PREMIUM TEST	40,700
TELOMERE LENGTH TEST	15,400
NK CELL ACTIVITY TEST	29,700
TOXIC HEAVY METAL IN URINE	6,600
GUT MICROBIOME	23,100
VISIA SKIN ANALYSIS	2,200

HOLISTIC AND IV VITAMIN THERAPIES

IV EXPRESS	2,200
IMMUNITY GLOW INFUSION	4,290
RADIANCE BEAUTY ELIXIR	4,290
SLIM SCULPT DRIP	4,290
NEURO BOOST INFUSION	4,290
LIVER PURIFY DRIP	4,290
JET-LAG CURE	4,290
AGE DEFY ELIXIR 250 MG	11,000
AGE DEFY ELIXIR 150 MG	8,800
VITAMIN D SHOT	5,500
COLON HYDROTHERAPY	4,400

AESTHETICS

ULTHERAPY

- | | |
|---------------------------|-------------------|
| • STARTING FROM 100 LINES | START FROM 13,200 |
|---------------------------|-------------------|

HYDRAFACIAL

- | | |
|--------------------------|--------|
| • PLATINUM 60 minutes | 12,650 |
| • DELUXE 45 minutes | 10,450 |
| • SIGNATURE 30 minutes | 8,250 |

Prices are in Thai baht and inclusive of 10% service charge.

AESTHETICS

COLLAGEN BIOSTIMULATOR

- PER SESSION 39,600

MESOTHERAPY

- PER SESSION PER VIAL START FROM 12,100

EXOSOME

- FACE & NECK 23,100
- HAIR RESTORATION 29,700

BOTOX

- 50 UNIT 25,300
- 100 UNIT 38,500

FILLER

START FROM 25,300

PROFHILO - 2 CC

35,200

PLATELET RICH PLASMA (PRP)

22,000

AESTHETICS

SKINMTX®

- TELOMATRIX™ PROFESSIONAL 6,930
- PURISMART™ PROFESSIONAL 5,830
- RADICAL WHITE CLARITY PROFESSIONAL 5,830
- MEDIFIX PEEL SYSTEM 8,800

ICOONE® - BODY RE-MODELLING SESSION

- PROGRAM + ONE SELECTED TREATMENT AREA | 60 minutes 6,490
- ADD-ON TREATMENT AREAS | 10 – 20 minutes 1,980
- SILHOUETTE | 60 minutes 6,490
- MEN ZONE | 60 minutes 6,490

ICOONE® - CUSTOMIZE SESSION (FACE)

- FOCUSED PROGRAM | 60 minutes 8,250
- PREMIUM PROGRAM | 60 minutes 8,580

ADD-ON

- LED LIGHT THERAPY 1,980

Prices are in Thai baht and inclusive of 10% service charge.

TRADITIONAL THAI MEDICINE

ROYAL STYLE THERAPEUTIC MASSAGE	
• 30 minutes	3,300
• 60 minutes	4,400
• 90 minutes	5,500
THERAPEUTIC HERBAL OIL MASSAGE	
• 60 minutes	4,400
• 90 minutes	5,500
TRADITIONAL THAI HAMMER MASSAGE 60 minutes	4,400
THAI FACIAL HERBAL STEAM THERAPY 60 minutes	4,400
THERMAL THAI HERBAL THERAPY 60 minutes	4,400
COOLING HERBAL EYE PASTE & SCALP MASSAGE 60 minutes	4,400
ANCIENT THAI ABDOMINAL HERBAL THERAPY 60 minutes	5,500
REPRODUCTIVE HEALTH HEALING 90 minutes	5,500
THAI HERBAL FOOT BATH RITUAL 30 minutes	1,650

TRADITIONAL CHINESE MEDICINE

ACUPUNCTURE 30 minutes	3,850
ACUPUNCTURE AND MOXIBUSTION 60 minutes	4,400
ACUPUNCTURE AND TUI NA MASSAGE 60 minutes	4,400
ACUPUNCTURE AND GUA SHA FACIAL 60 minutes	4,400
ACUPUNCTURE AND CHI NEI TSANG 60 minutes	4,400
GUA SHA FACIAL THERAPY 60 minutes	4,400
CHI NEI TSANG 60 minutes	4,400
TUI NA MASSAGE 45 minutes	4,400
CUPPING THERAPY 30 minutes	3,300
FIRE CUPPING 30 minutes	3,300
MOXIBUSTION 30 minutes	3,300

NUTRITIONIST & NATUROPATHY

BACH FLOWER REMEDY PRESCRIPTION	2,200
CELL WELLBEING EPIGENETIC TEST	6,050

Prices are in Thai baht and inclusive of 10% service charge.

ANANTARA WELLNESS AT ANANTARA RIVERSIDE BANGKOK RESORT

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