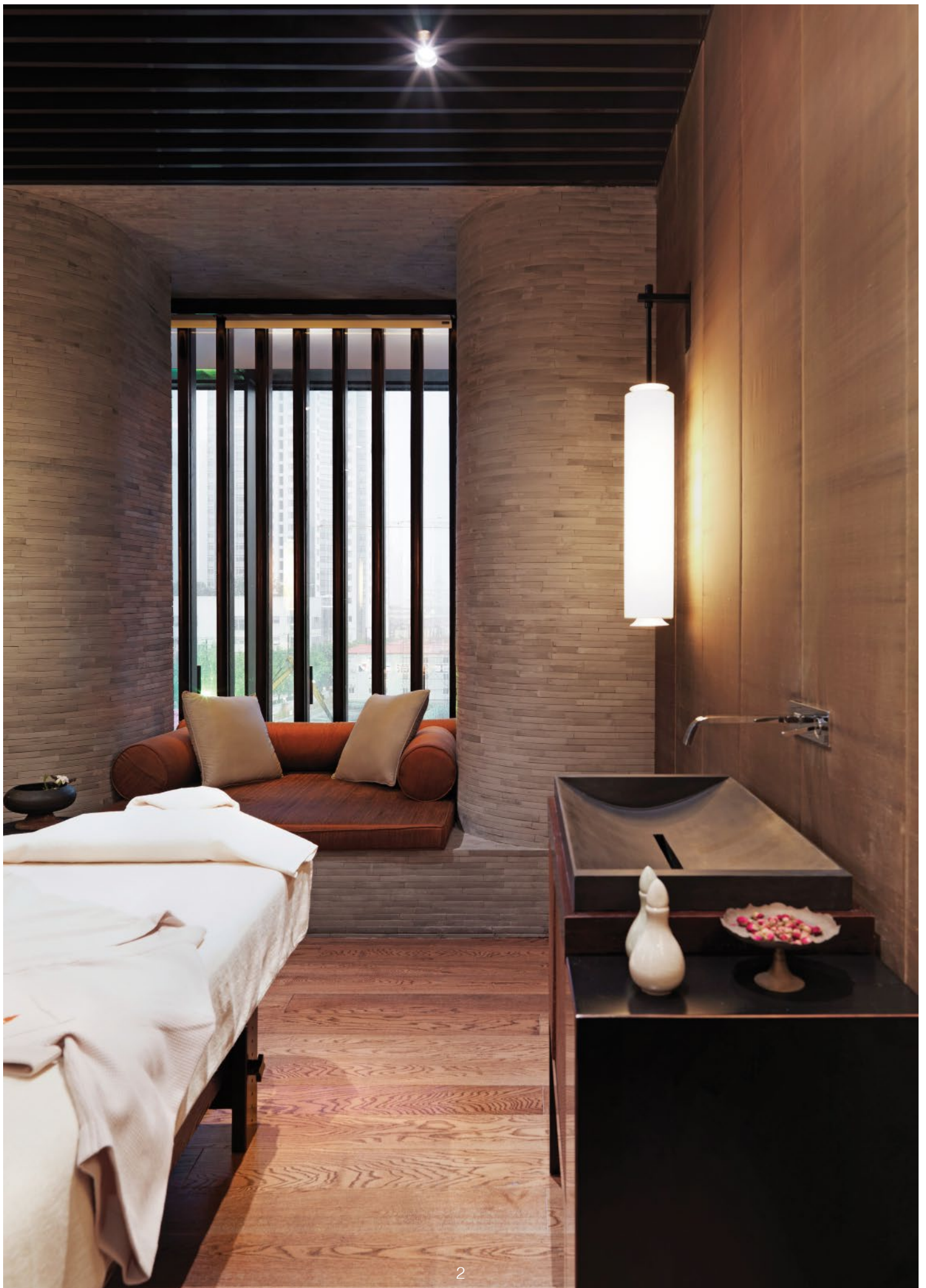




READING BETWEEN THE LEAVES



READING BETWEEN THE LEAVES

Inspired by the healing agents of China's finest tea leaves, Anantara Spa at The Puli envelops authentic spa therapies with a journey connected with exotic, oriental romance.

Presenting a menu inspired by the renowned properties of artisan tea that is woven into the very fabric of Chinese history and ritual; custom spa therapies have been paired with four tea purities to enhance each benefit of your spa experience, guiding your journey through peace, prosperity and wellness.

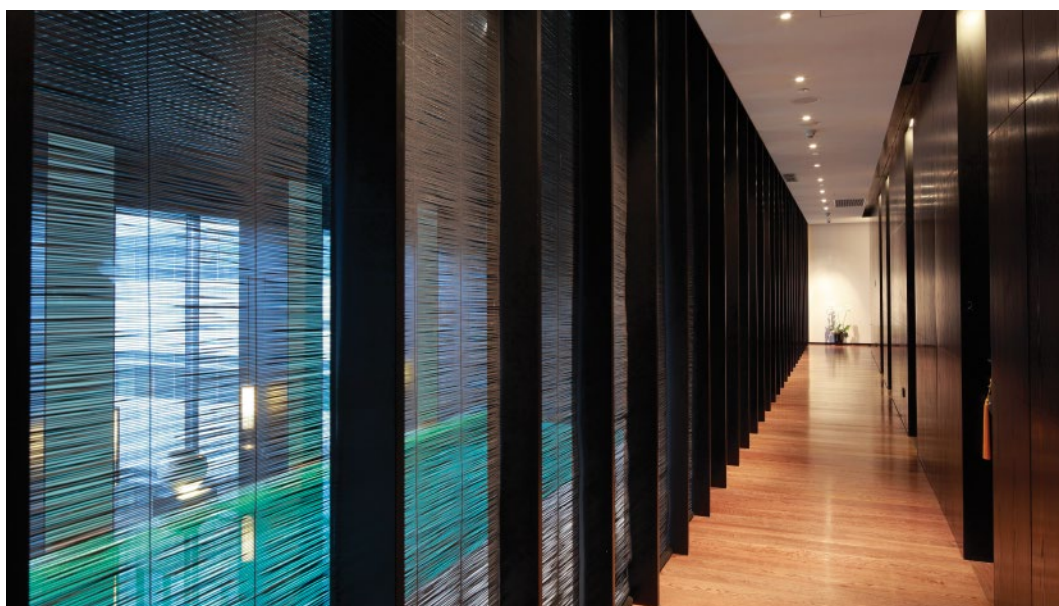
Discover treatments that draw on the detoxifying powers of Green Tea, the balancing force of White Tea, the enhancing properties of Chrysanthemum Tea and the beautifying spirit of Rose Tea.

Sip on your personal pot while indulging in the romantic blend of Chinese antiquities and modern day Shanghai.

At Anantara Spa, the greatest journeys are felt, not told...

Opening Hours: 10:00 am - 10:00 pm

Last appointment taken at 10:00 pm



SIGNATURE EXPERINCE

Drawing on Anantara Spa's world class expertise, the finest indigenous wellness traditions and unique holistic therapies, our collection of highly specialist rituals blend luxurious pampering with powerful, long lasting benefits for body, mind and soul.

	WEEKDAY	WEEKEND
<p>ANANTARA SIGNATURE MASSAGE (60 / 90 Minutes)</p> <p>Purpose-designed wringing, kneading, stretching and effleurage combined with our signature blend of oils stimulate the circulation and promote deep relaxation of the muscles. Reflexology is also incorporated to remove blockages of energy, or prana, along the meridian lines, thus relieving tension, improving circulation, and releasing stress from tired muscles.</p>	1,080/1,520	1,180/1,680
<p>ANTI-CELLULITE BODY SHAPING AND FIRMING TREATMENT (75 Minutes)</p> <p>A highly effective therapy to smooth away cellulite, which results from the accumulation of water and toxins, this specialist treatment harnesses the potency of aromatherapy grade essential oils to detoxify and stimulate the lymphatic system. The hormone balancing and diuretic properties of these luxury oils are combined with slimming and firming massage techniques that help to regenerate collagen and elastin, producing visible results from the very first session. Skin tone and texture are dramatically enhanced, while this intensely relaxing treatment feels blissfully pampering.</p>	1,200	1,320
<p>THERMAL ENERGY THERAPY (120 Minutes)</p> <p>This thermotherapy treatment uses infrared technology and nature multi mineral energy, including nature carbon. The nursing of heat stimulation constantly moving in different parts of the body from point-to-point, to deeply resonance with the mineral from the body fluid, and the carbon from the human bone, in order to distribute the heat into the deep layer of the human body and maintain the good body temperature for more than 6 hours. This process brings body a strong activation, of sympathetic nerves, promote the formation of reparative the "heat shock protein", which is an important anti-aging protein which has the anti aging, and also can help find out body hidden problem of the body lesions by the thermal sensitive feedback. Combining with a finger pressure therapy, this fabulous 120mins treatment can help promote blood circulation, softening muscle nugget and nodules, enhance the body temperature, improve the peripheral vascular dilatation, poor circulation, and finally, improve the body immunity to against diseases.</p>	1,880	2,060



ANANTARA SIGNATURE FACIAL

(60 Minutes)

Designed specifically for the needs of dry, dull, oily, sun damaged skin and those living in extreme climates. Four types of masks are combined individually to help to infuse the skin with intense moisture, while improving its ability to retain it, or help control T-zone oiliness. This facial instantly smoothes, moisturizes, rebalances, evens skin tone and promotes a youthful appearance. Highly recommended for harsh weather conditions, as well as after air travel.

WEEKDAY

1,080

WEEKEND

1,180

DEEP TISSUE ANTI-AGING FACIAL

(75 Minutes)

This is a deep tissue anti-aging (V shaping) facial treatment which works not only on the skin, but most important also on the muscles. When muscles are stimulated correctly, the energy produced intensifies the micro circulation, resulting in optimum oxygenation and increased flow of nutrients. Better nourished and hydrated, the muscles regain their natural properties of elasticity, stretch and tone. The skin's fibroblasts produce more collagen and elastin. Suppleness and firmness are regained, wrinkles diminish and the complexion blossoms with radiance.

1,280

1,400

SIGNATURE PURIFYING FACIAL FOR MEN

(60 Minutes)

This treatment helps control excessive oil production and remove clogging impurities from the skin. Targeted bio-actives regulate sebum production, inhibit bacteria and reduce inflammation, resulting in clean, clear and balanced skin. Perfect for a man's skin, this facial provides the full spectrum of skin benefits as nature intended.

1,080

1,180



SPA JOURNEYS

Escape the limits of space and time with these carefully crafted journeys. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

BALANCING WHITE TEA

White tea is rich in potent anti-oxidants that will purge your body and skin of contaminants and your mind of worldly cares. This treatment combines the natural powers of white tea with the moisturising properties of avocado and the healing power of Aromatic Massage, leaving the skin feeling supple, smooth and vibrant.

WHITE TEA MOISTURISER JOURNEY

(120 Minutes)

Floral Foot Ritual - White Tea & Avocado Wrap - Aromatic Massage - Refreshment

WEEKDAY

1,760

WEEKEND

1,940

DETOXIFYING GREEN TEA

Green tea is a staple of Traditional Chinese Medicine and is used to treat aches, pains, headaches and depression, as is perhaps best known as a detoxifier, an immune enhancer and an energizer. This treatment combines a series of green tea therapies specially selected to revive and cleanse the body and mind.

GREEN TEA PURIFICATION JOURNEY

(120 Minutes)

Floral Foot Ritual - Green Tea Scrub - Deep Tissue Massage - Refreshment.

1,760

1,940





CLARIFYING CHRYSANTHEMUM TEA

From East to West, chrysanthemum tea is prized for its medicinal properties and has been used as treatment for flu and fever, headache, bloodshot eyes, congestion and even vertigo. This specially formulated treatment combines the Signature massage and Chrysanthemum tea & Pearl Body Wrap to relax and energize the body.

CHRYSANTHEMUM TEA CLEANSING JOURNEY

(120 Minutes)

Floral Foot Ritual - Chrysanthemum Tea & Pearl Body Wrap - Anantara Signature Massage - Refreshment.

WEEKDAY

1,760

WEEKEND

1,940

BEAUTIFYING ROSE TEA

There is no better gift on earth for the body, mind and spirit than beautifying rose tea. While clearing toxins and heat from the body and fighting infection, this natural elixir hydrates, relaxes, and soothes the skin back to its naturally beautiful appearance.

ROSE TEA BEAUTIFICATION JOURNEY

(120 Minutes)

Floral Foot Ritual - Rose Tea Body Scrub - Anantara Signature Facial - Refreshment.

1,760

1,940





MASSAGES

AROMATIC MASSAGE

(60 / 90 Minutes)

Blending the best of aromatherapy and Swedish massage, this is the perfect remedy for jetlag. Choose from specially blended essential oils and surrender to our therapist's touch as your mind eases into a state of utter calm and grace.

WEEKDAY

1,080/1,520

WEEKEND

1,180/1,680

DEEP TISSUE MASSAGE

(60 / 90 Minutes)

Employing classic Swedish massage strokes, this therapy works deeply into the muscles, stretching and releasing tension in the fascia that could cause restricted movement and pain, and is the essential treatment for those desiring to improve flexibility, prevent injury, and hasten the healing of sore or pulled muscles.

1,080/1,520

1,180/1,680

TRADITIONAL CHINESE MASSAGE

(60 / 90 Minutes)

By applying a combination of the ancient Chinese massage techniques of Tui (pushing), Na (pulling and dragging), An (rapid rhythmic pressure), Pai (tapping), Cha (rubbing), Zhen (vibrating), Bo (vertical pressure), and Dian Xue (acupressure), the flow of energy through the meridians is restored, muscles are relaxed and fatigue dissipates.

980/1,380

1,080/1,520

	WEEKDAY	WEEKEND
<p>TRADITIONAL THAI MASSAGE (60 / 90 Minutes)</p> <p>Anyone searching for optimal health and the restoration of dwindling vitality should experience this ancient therapy. Conducted in a meditative environment, your therapist uses fingers, thumbs, elbows, arms and feet to apply passive stretching techniques and gentle acupressure along the energy lines, allowing your body's internal energy to flow freely once again.</p>	980/1,380	1,080/1,520
<p>ORIENTAL FOOT MASSAGE (60 Minutes)</p> <p>In this age-old therapy, pressure is applied with the thumbs and fingers to specific zones on the feet that link to our internal organs to induce relief from stress and tension. A dynamic blend of stimulation and relaxation, the result fosters overall well-being.</p>	880	960
<p>ORIENTAL HEAD MASSAGE (60 Minutes)</p> <p>Clear your mind of incessant thoughts as tension build up is gradually released by massaging meridian points on the scalp, shoulders and neck-Instant relief for headache sufferers, office executives, or those that expend a lot of mental energy.</p>	880	960



BODY TREATMENTS

BODY SCRUBS

GREEN TEA SCRUB

(60 Minutes)

Indulge all your senses as you are covered and polished with this potent antibacterial and detoxifying treatment, and witness the vibrant, healthy glow that is dramatically apparent as the fine granules deep-cleanse and leave the skin smooth, healthy and soft.

WEEKDAY

880

WEEKEND

960

ROSE TEA BODY SCRUB

(60 Minutes)

By applying light effleurage with delicate cleansing beads, dead skin is removed, circulation on the skin's surface is enhanced and the senses come alive with the fragrance of rose water.

880

960

BODY WRAPS

WHITE TEA & AVOCADO BODY WRAP

(60 Minutes)

This deep - moisturising wrap incorporates all the penetrating power of avocado to convey essential vitamins and nourishment to the glands that lie just beneath the skin. Enriched with Vitamins E and B, the wrap is also a wonderful nutrient booster.

880

960

CHRYSANTHEMUM TEA & PEARL BODY WRAP

(60 Minutes)

Light effleurage is applied to pressure points on the scalp with this creamy olive extract-enriched exfoliant, allowing it to deep-cleanse, moisturise and relax while stimulating and toning the skin.

880

960







FACIALS TREATMENTS

	WEEKDAY	WEEKEND
<p>HYDRATING DEEP MOISTURE FACIAL (90 Minutes) <i>Dry Skin</i></p> <p>Quench dry, dehydrated skin with the soothing fruits and flowers of Southeast Asia. Organic, fair-trade cultivated and custom distilled Jasmine, along with organic Papaya, Jojoba and Shea Butter will restore lasting hydration and elasticity while protecting skin from free radical damage. Fine lines and uneven skin texture are smoothed by Clove Bud, Lychee, Rosewood and Tumeric. The healing power of Jasmine and other South Pacific plant ingredients replenish and sustain skin's moisture level for a smooth texture and healthy, even tone.</p>	1,380	1,520
<p>INTENSIVE BRIGHTENING FACIAL (90 Minutes) <i>Dull skin</i></p> <p>Experience nature's most powerful skin-brightening facial, designed to impart even tone and radiant clarity. This ultra-revitalizing facial includes peptide rich masks to boost radiance plus fight the appearance of fine lines followed by a luxurious anti oxidant facial massage. This facial closes with a series of skin brightening serums and moisturizers to leave your complexion beautifully radiant and visibly even-toned.</p>	1,380	1,520
<p>CALMING FACIAL (90 Minutes) <i>Sensitive Skin</i></p> <p>Drench the skin in nature's purest, most comforting botanicals from Morocco. Organic Desert Fig Seed Oil, from the moisture rich seeds of the Prickly Pear Cactus Fig, is rich in Omega 6 essential fatty acids and provides extraordinary levels of healing hydration to the most sensitive, reactive skins. Organic Nopal Leaf, Argan Seed Oil, Moroccan Chamomile and unfermented Red Tea, along with other soothing organic plants ingredients, will calm, strengthen and protect the skin, while infusing the skin with healing moisture.</p>	1,380	1,520



REJUVENATING ANTI-OXIDANT FACIAL

(90 Minutes)

Mature Skin

Nourish and revitalize skin with a facial inspired by the restorative fruits and plants of the Amazon. This facial will firm, smooth and renew elasticity. Organic, Fair-Trade Cocoa Bean, known for its unique ability to stimulate cell renewal, helps promote microcirculation and repair skin's moisture barrier. Natural, organic moisturizers Cocoa Bean, Acai, Buriti, Andiroba, and Muru Muru Butter will smooth fine lines and firm skin tone for healthy, radiant, and youthful skin.

WEEKDAY

1,380

WEEKEND

1,520

NATURE'S MOST PURE FACIAL

(90 Minutes)

Combination Skin

In the religious culture of Eastern Asia, Blue Lotus symbolizes purity of mind and body. Blue Lotus, and other healing plants and flowers of Eastern Asia, inspired this balancing, clarifying and restorative treatment. Sun-dried Indian Rhassoul Clay is incorporated for its deep-cleansing properties. A Vedic Marma Cleansing Technique combined with wild-crafted Indian Blue Lotus, bamboo, and ginger provide essential nutrition, replenish amino acids and purify the skin as it restores balance. The rare Blue Lotus infuses skin with all-natural vitamins, minerals and amino acids; essential nutrition for a pure, healthy complexion.

1,380

1,520

ETIQUETTE

- Please arrive for your appointment 15 minutes prior to your treatment time.
- Our spa manager and spa consultants are available to advise you on which treatments best suit your needs. In order for us to make the most appropriate recommendations, please complete the spa consultation card.
- Please note that the spa is unsuitable for small children and babies as we try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend leaving your personal belongings in your room safe, but if you happen to bring or wear them to the spa, a safe box will be provided for you.
- Should you arrive late for your appointment the treatment time may have to be reduced depending on availability. Every effort will be made to provide you with the full treatment time. We appreciate your understanding.
- Pregnant women and nursing mothers are not suitable to enjoy any massage treatment. A guest who uses alcohol or appearing intoxicated will be denied access to the spa.
- For men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- If you would like to cancel your appointment, please do so at least 4 hours prior to the treatment, otherwise a 100% charge will be incurred.
- The spa environment is one of tranquility and relaxation. Please respect the peacefulness and privacy of other spa guests. Kindly refrain from smoking or using your mobile phone when you are in or near the spa. Thank you.
- Guests with high blood pressure, heart conditions, allergies or other medical complications are advised to consult the doctor before signing up for any treatments. Please notify our spa consultants of any existing medical conditions.

Weekday Pricing (Monday to Friday), Weekend Pricing (Saturday to Sunday and Public Holiday)

Rates are subject to 10% service charge and applicable prevailing Value Added Tax (VAT) applied by the Government of People's Republic of China as of 1 May 2016. VAT is subject to change as per People's Republic of China's law and policy without prior notice.



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