

A misty mountain landscape with a traditional building on a cliff and orange flowers in the foreground. The scene is atmospheric, with soft light filtering through the fog. The building is perched on a steep, rocky cliffside, partially obscured by the mist. The foreground is filled with out-of-focus orange flowers, likely marigolds, which add a warm, vibrant touch to the cool, misty tones of the background.

AMANKORA

PARO LODGE
Spa & Wellness Menu



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Aman Spa at Amankora

Aman Wellness

Through a balanced integration of spiritual, mental and physical practice, Aman empowers guests to recognise and fulfil their potential. A holistic endeavour, guided by longevity, the Aman wellness journey is ever-evolving. Providing sanctuaries to return to time and again, Aman Spas around the world have been carefully curated to nurture the physical, mental and spiritual, with the goal of fostering a heightened state of wellness and of being.

Treating the whole – mind, body and spirit – by combining ancient healing modalities and the finest modern therapies, Aman strives to provide guidance, support and knowledge.

Aman Spa

Amankora – Bumthang

Amankora's five lodges blend Himalayan therapies and traditional rituals for physical, mental and spiritual rejuvenation. In harmony with nature, a variety of wellness treatments create a transformative holistic experience across Bhutan.

At Paro Lodge, the healing experience spans five treatment rooms, a hot stone bath, sauna, steam room and a yoga and movement studio, alongside a signature Spa House and Banya Spa House dedicated to private spa experiences.

Hamмам Spa House

Rooted in traditions that trace back to the Roman Empire, hammams hold cultural significance across regions, from the Middle East and Turkey to Morocco.

Offering the ultimate peaceful escape, the Hamмам Spa House at Amankora Paro offers a double treatment room, a spacious living area, cold plunge, outdoor pool, hot bath and a steam room. The experiences include exclusive use of the private space, alongside a bespoke hammam treatment including an exfoliating body scrub and invigorating massage using various soaps and oils to deeply cleanse and refresh the skin. A choice of itineraries offer a selection customised therapies, access to all spa facilities and nourishing refreshments.

Hamмам Treatment

60 minutes

- 60-minute hammam treatment with body scrub and bath experience
- Light refreshments
- Relaxation time in the Spa House

Hamмам Half-Day Journey

Up to four hours

- Hammam treatment
- 90-minute body massage
- Light refreshments and meal



Banya Spa House

Blending into the surrounding landscape, the Banya Spa House rests along the river and features a premium banya. Crafted from Canadian Hemlock wood, accompanied by an outdoor terrace with a cold plunge, warm pool and loungers for post-treatment relaxation.

With panoramic windows overlooking the forest, mountains and river, the sauna blends seamlessly into the landscape. Built entirely from natural materials, it is designed to harness the elements and nurture both body and soul.

Rooted in Eastern European and Scandinavian traditions, the banya experience includes a therapist using oak or birch leaf bundles to massage, stimulate and gently exfoliate the body. Regular visits are associated with enhanced physical and mental wellbeing, as well as firmer, more radiant skin.

Banya Treatment

60 | 90 minutes

Experience a traditional banya sauna treatment by the river, followed by contrast bathing in the plunge pool and relaxation time on the outdoor terrace, accompanied by light refreshments. True to tradition, an expert therapist uses venik (branch clusters) to massage the body in the heated space, fostering energy and revitalisation from top to toe.

- Private banya treatment – 60 minutes for individuals or 90 minutes for couples
- Light refreshments
- Dedicated use of outdoor relaxation terrace including cold plunge

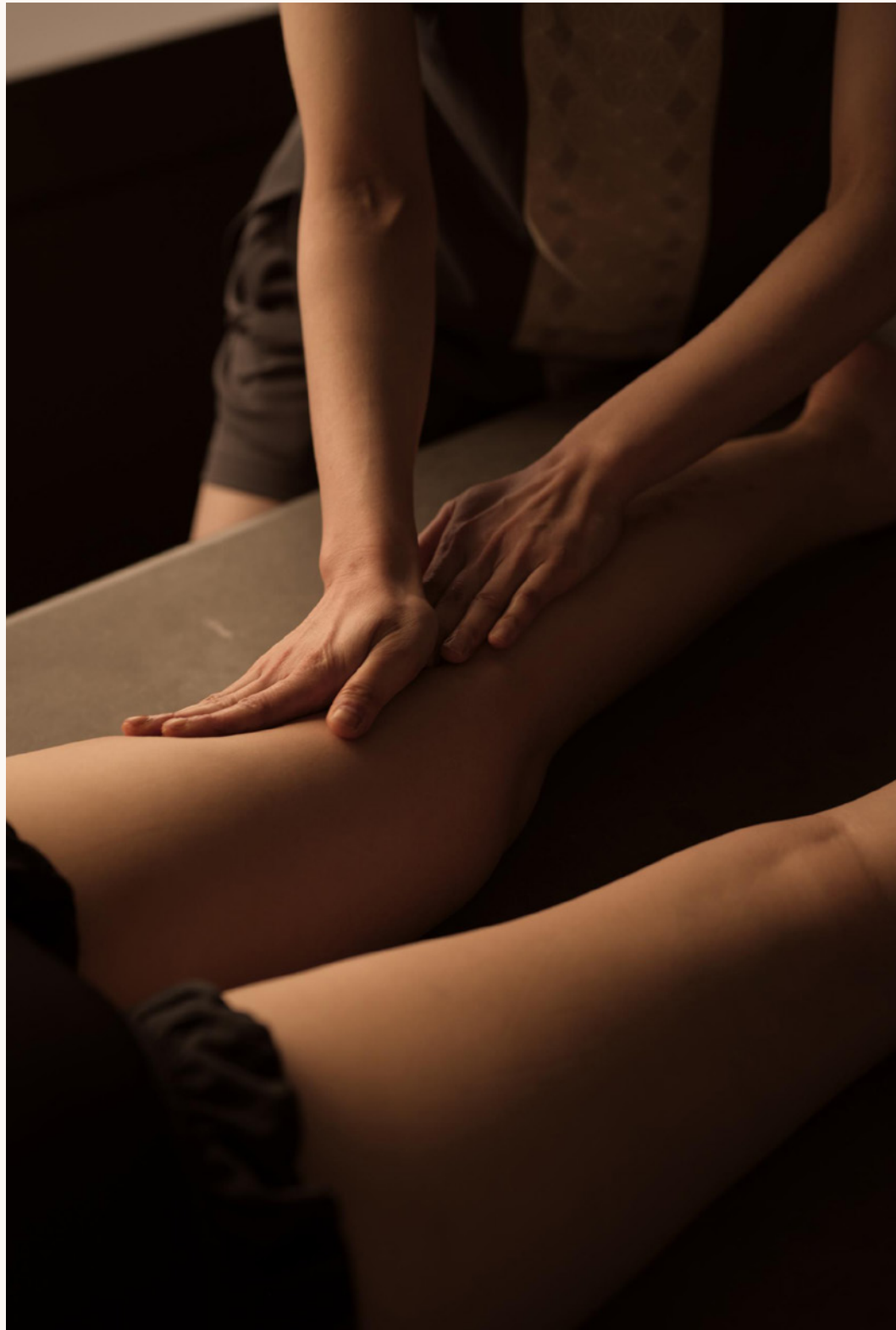


Aman Signature Treatments

Available at Aman Spa destinations around the world, these Signature Treatments reflect the Grounding, Purifying and Nourishing pathways of the Aman Skincare product range. Each treatment is designed to support your individual needs while targeting specific concerns and personal wellness goals.

A deeply relaxing, mineral-rich Foot Ritual acts as a prelude to each – a symbolic act of service that fosters trust ahead of the treatments to come.





Grounding

Grounding treatments work as a balm for the busyness of everyday modern life. They impart a feeling of safety, offering reassurance and reconnection.

Grounding Massage Ritual

60 | 90 minutes

A Ku Nye full-body massage honours ancient Tibetan healing tradition to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

Grounding Face Ritual

60 minutes

Suitable for normal, dry and combination skin, this facial incorporates rose-quartz crystals to promote healing, frankincense to aid rejuvenation and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a mask of Peruvian black mud and amethyst crystal, and a Tibetan head massage.

Grounding Body Polish & Wrap Ritual

90 minutes

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of silky Smoked Body Butter.

Grounding Journey

180 minutes

Each Grounding treatment is powerful in isolation, but their effects are magnified when experienced together. Incorporating elements of all three Grounding treatments, the Grounding Journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Facial Ritual. Each one ensures guests feel connected, centred and ready to reach a place of perfect contentment.

Purifying

Purifying treatments act as a powerful spiritual cleanser, lending protection, clearing stagnant energy and stabilising the heart and mind. Old energies and emotions are ushered away, creating new space for mind, body and soul.

Purifying Massage Ritual

60 | 90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic-drainage techniques, it manipulates lymph nodes and vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

Purifying Face Ritual

60 minutes

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

Purifying Body Polish & Wrap Ritual

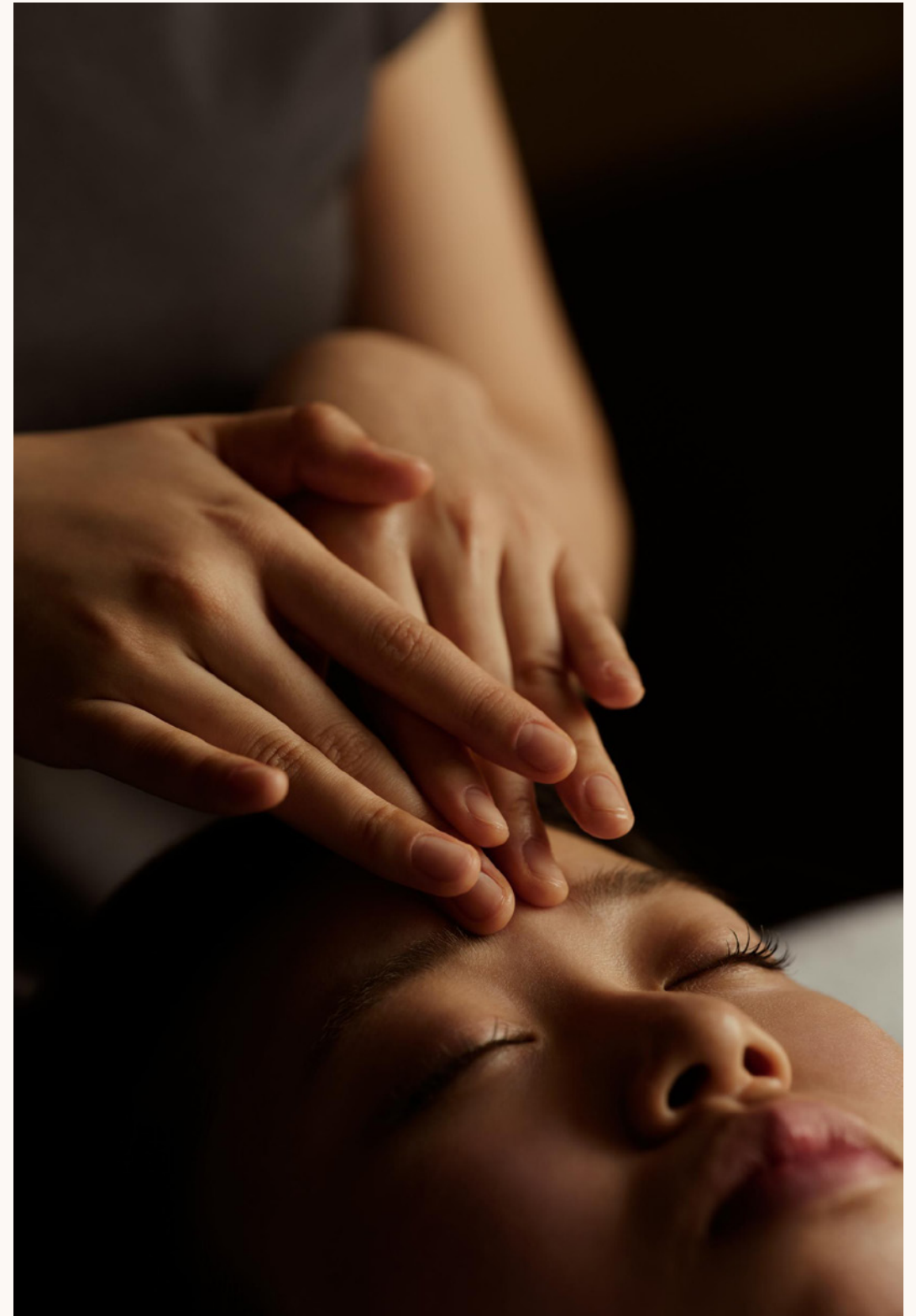
90 minutes

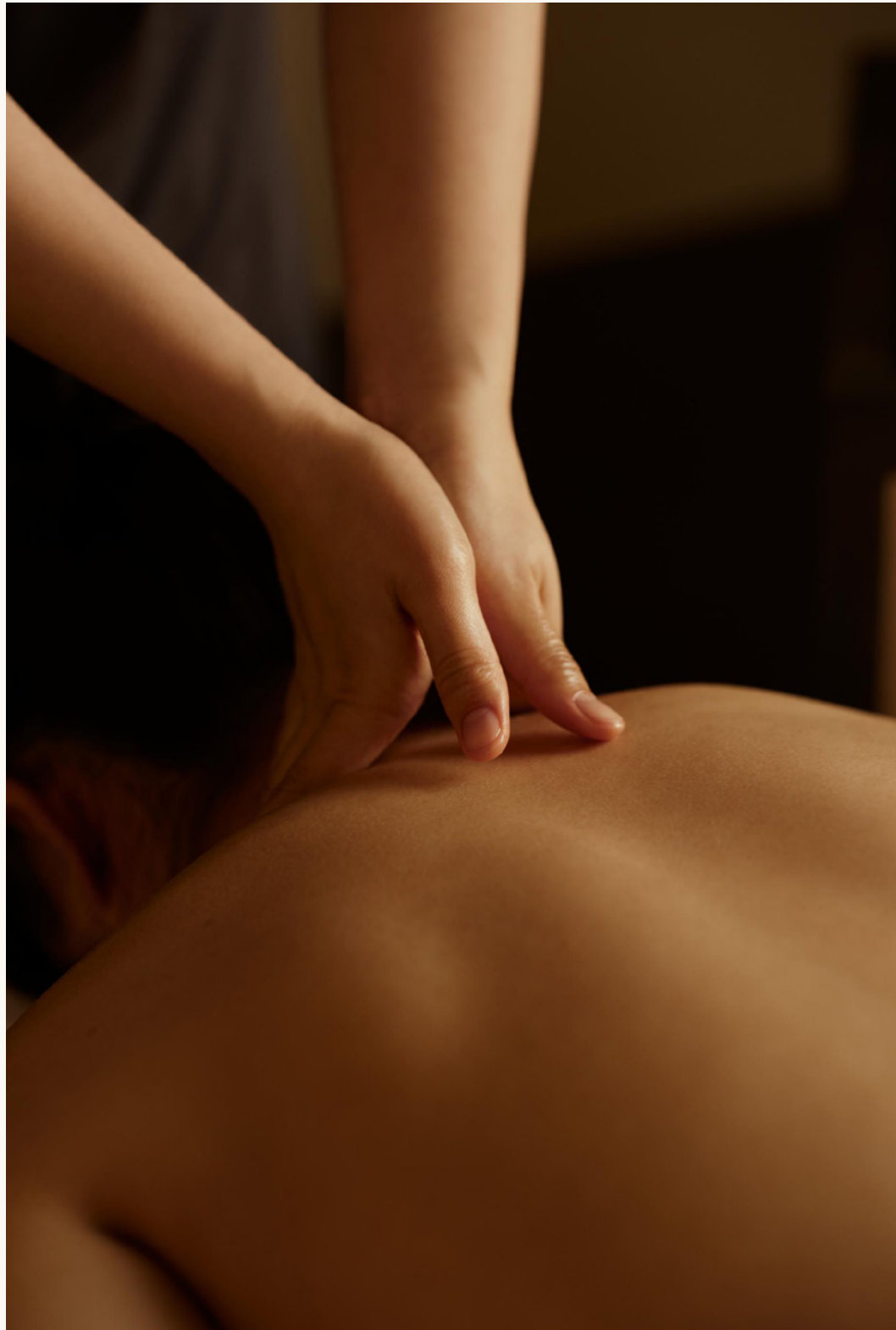
This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz, known as a master healer for its ability to attune energy levels. Seaweed-packed fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine-flora mud wrap includes deep cleansing kaolin, mineral-rich sea lavender and seaweed for boosting collagen levels. The treatment ends with a Palo Santo Salve, applied over the whole body.

Purifying Journey

180 minutes

This in-depth journey embraces purification on every level, from cleansing the skin and detoxifying the body, to clearing negative energy and focusing the mind. Incorporating elements of all three of the above treatments, this journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual, and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace.





Nourishing

Nourishing treatments nurture the body and encourage the healing of emotional and mental wounds, reuniting guests with their true authentic self.

Nourishing Massage Ritual

60 | 90 minutes

A deeply relaxing experience, this treatment incorporates chakra balancing technique and marma points therapy to balance energy, releasing negativity and bringing the body back to a state of awareness and equilibrium. On a physical level, the rhythmic massage dissipates muscular tension.

Nourishing Face Ritual

60 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana, described as the universal life energy that enters the body via breath.

Nourishing Body Polish & Wrap Ritual

90 minutes

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone and rejuvenate – in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich clay, toning rose hydrolat and anti-inflammatory argan oil. The treatment ends with a Sacred Heart Balm, applied to the whole body.

Nourishing Journey

180 minutes

This journey aims to combine elements of these Nourishing treatments in an immersive experience. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Body and mind are left restored, and a deep sense of renewal endures.

Aman Advanced Facial

60 minutes

A rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin, the exclusive Aman Advanced Facial combines effective formulas made in Japan, with exfoliation and manual lifting techniques to stimulate facial muscles, welcoming tighter, brighter skin.

The treatment begins with ultrasonic scrubbing to cleanse pores, supported by the use of microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness.

The use of red and blue light therapy follows, before the treatment concludes with the application of the Aman Nourishing Gold Algae Face and Eye Masks to achieve an exceptional glow.



Amankora Signature Treatments

Couples Massage

A private Couples Massage at the Spa House. Select any massage from the Paro Lodge spa menu, and enjoy 30 minutes of access to Spa House hydrotherapy facilities as part of the experience. An additional charge of USD 50 per person applies to the chosen massage.

Jet Lag Reviver

90 minutes

Recommended for those recovering from a long journey or busy lifestyle. The treatment consists of a deeply relaxing hot stone massage focusing on deep pressure points, a neck, shoulder and scalp massage to reduce tension and promote relaxation, plus a nourishing facial massage to re-energise the skin.

To finish, foot reflexology promotes circulation while a short breathwork session will seek to improve and stimulate your lymphatic system, helping flush out toxins while decreasing swelling and inflammation.

Hot Stone Massage

90 minutes

A combination of warm stones and massage penetrates deeply into the body to soothe and relax muscles. Heated basalt stones act as an extension of the hands as they glide over the body as part of this flowing massage technique, allowing the benefits to be felt at a deeper level.

Thai Massage

90 minutes

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is uniquely relaxing yet energising and is a highly effective therapeutic treatment. It is performed over loose, comfortable clothing.

Trekker Massage

60 minutes

The perfect response to a long day of walking, this massage concentrates on the foot's reflexology points and the muscles in the legs, using stimulating peppermint and rosemary to soothe tiredness and revitalise the body and mind.

Himalayan Hot Stone Bath

60 minutes

Amankora Paro's own Himalayan hot-stone bath is inspired by a traditional, therapeutic treatment, where natural river stones are heated and lowered into the bath to release beneficial minerals, while the local Khempa herb infuses the water with its healing properties. Kindly allow a few hours' notice to prepare the bath and the stones.

Amankora Holistic Massage

30 | 60 | 90 minutes

Our therapists combine unique healing touch with a range of diverse techniques to create a tailor-made treatment, which can either focus on specific areas of tension or promote an overall sense of relaxation and wellbeing.





Enhancements

Designed as an addition to your spa experience, choose from any of the following options to enhance your treatment.

Nourishing Gold Algae Face Mask

15 minutes

Designed to infuse the skin with hydrating ingredients, the Aman 111SKIN hydrogel face mask can be easily integrated into any face or body treatment to instantly reveal a glowing, smooth and refreshed complexion.

Nourishing Gold Algae Eye Mask

15 minutes

The hydrogel formula infuses the under-eye area with hydrating and radiance-boosting ingredients for a glowing and refreshed complexion. For anyone looking to boost radiance and refresh the under-eye area.

Head & Scalp Massage

30 minutes

A deeply relaxing experience designed to alleviate tension and enhance overall wellbeing. Soothes away stress and improves sleep, leaving you feeling calm and ready to embrace each day with renewed energy.

Back Massage

30 minutes

Targeting the back muscles, this massage aims to release tension, ease lingering knots and ensure you feel taller, more relaxed and able to move with greater fluidity.

Foot Massage

30 minutes

An ancient practice promoting relaxation and improving circulation, as well as general health, foot reflexology involves applying pressure to specific points on the feet believed to correspond to different organs and systems in the body. The perfect add-on after a day of sightseeing.

Body Exfoliation

30 minutes

Tailored to your specific skin type with natural exfoliants and a choice of techniques, resulting in smoother, softer and more radiant skin.

Movement & Mindfulness

Yoga

60 | 90 minutes

Yoga is an ancient practice that originated in India over three thousand years ago, designed to cultivate harmony between the body, mind and spirit. Rooted in a philosophy that encourages self-awareness, mindfulness and balance, yoga aims to help individuals reach their highest potential while promoting lasting health, vitality, and inner peace. Through regular practice, yoga can enhance physical strength and flexibility, improve posture and circulation, support mental clarity and emotional resilience, and foster a deeper sense of overall wellbeing. Each session encourages a connection with the breath, mindful movement and conscious relaxation, allowing participants to release stress, restore energy and achieve a sense of equilibrium in both body and mind.

To ensure your preferred session is available, we recommend booking yoga classes at least three days in advance.

Chakra Balancing

70 minutes

An ancient energy-healing ritual that restores harmony within the body's seven chakras using the therapeutic sounds of Tibetan singing bowls, Tingsha bells and Koshi chimes. The layered vibrations, combined with mindful breathing and gentle touch, help release energetic blockages and encourage the natural flow of energy throughout the body. The journey concludes with calming stretches, leaving you relaxed, centered and deeply revitalised.



Facilities

Treatment Rooms

Spa therapies are enjoyed in four individual spa treatment rooms and one double treatment room. All are accompanied by outdoor hot stone baths. Perfect for those seeking a private experience, treatments can also be arranged in the Hammam Spa House or Igloo Sauna.

Movement Studio

Amankora's Paro Spa is complemented by a Movement Studio overlooking the calming Himalayan blue pine forest, where personal fitness and health goals can be achieved by our in-house specialists in a range of modalities - from yoga and meditation to fitness training.

Steam

The cleansing and relaxation benefits of steaming are well known. Steam rooms create an environment that encourages deep breathing. As a result, one can break up congestion inside the sinuses and lungs while also promoting skin health and boosting the immune system.

Sauna

Much has been made of the health benefits of sauna. Physically, nothing is more reinvigorating than a deep and healthy sweat. Tension fades. Muscles unwind. Mentally, you emerge relaxed, revived and ready for whatever the day may bring.



Reminders

Operating Hours

Spa

Daily from 2pm to 10pm
(Last treatment ends at 10pm)

Appointments

Booking in advance is recommended to avoid disappointment. Please dial extension '211' to contact the spa directly.

Treatment Preparation

We recommend that guests arrive 15 minutes prior to their scheduled treatments, allowing time to complete a holistic consultation and relax in the spa's environment.

Spa Environment

The minimum age for spa treatments or use of the gym is 16. Guests under the age of 16 are required to have parental consent prior to their booking being accepted.

Guest Attire

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for treatments when required.

Valuables

Please leave valuables in the safe in your suite.

Cancellation Policy

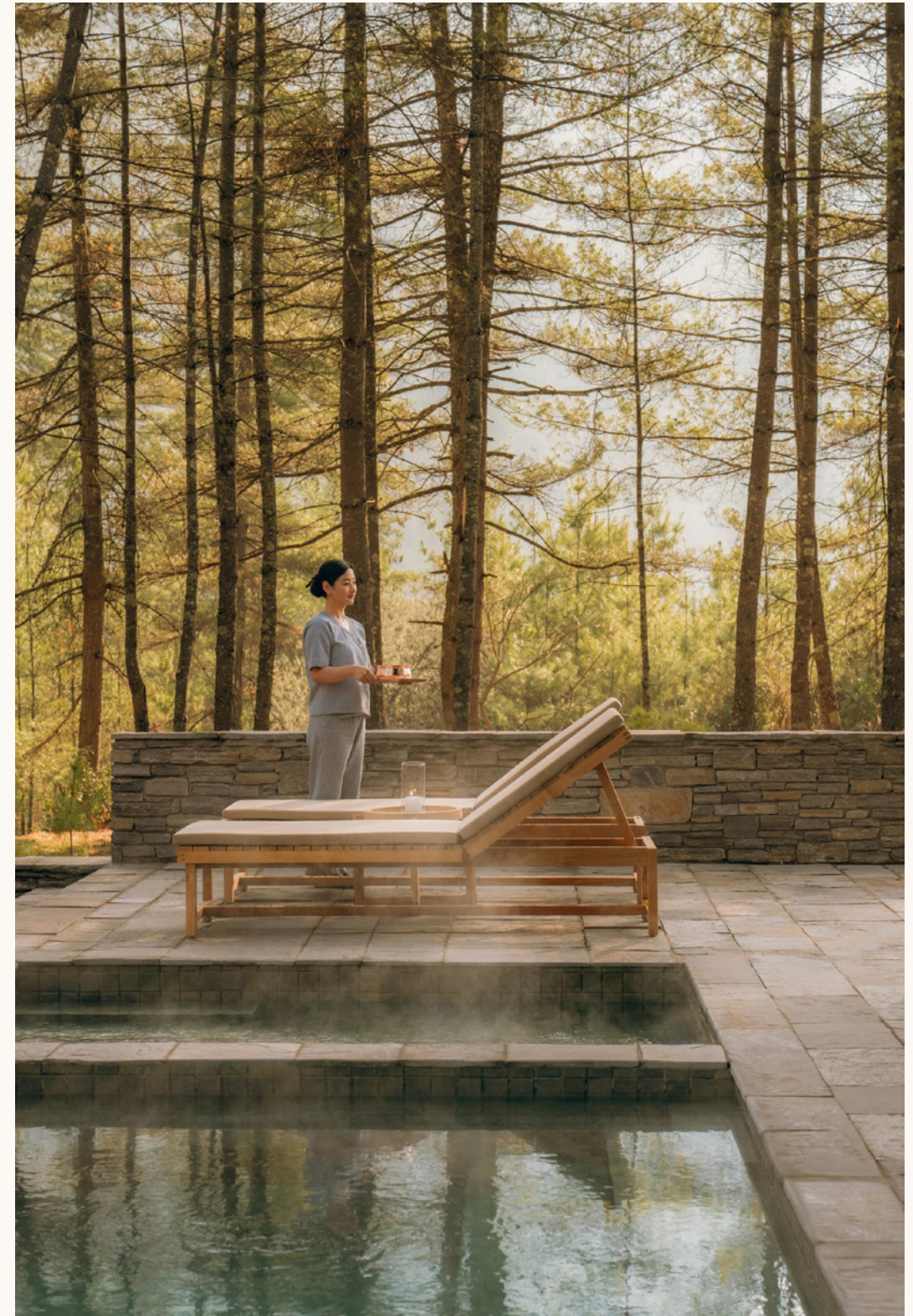
We understand that schedules change, and we will do our best to accommodate you. Once your spa time is reserved, we kindly ask for a minimum cancellation notice of four hours for spa treatments and wellness activities. Cancellations made within the respective notice period will be subject to 100% charge for the booked service.

Special Considerations

Our holistic consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any medical or health concerns.

Pricing

All prices are subject to local tax and service charge.





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