



# AMANKORA

THIMPHU 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 – Thimphu

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.

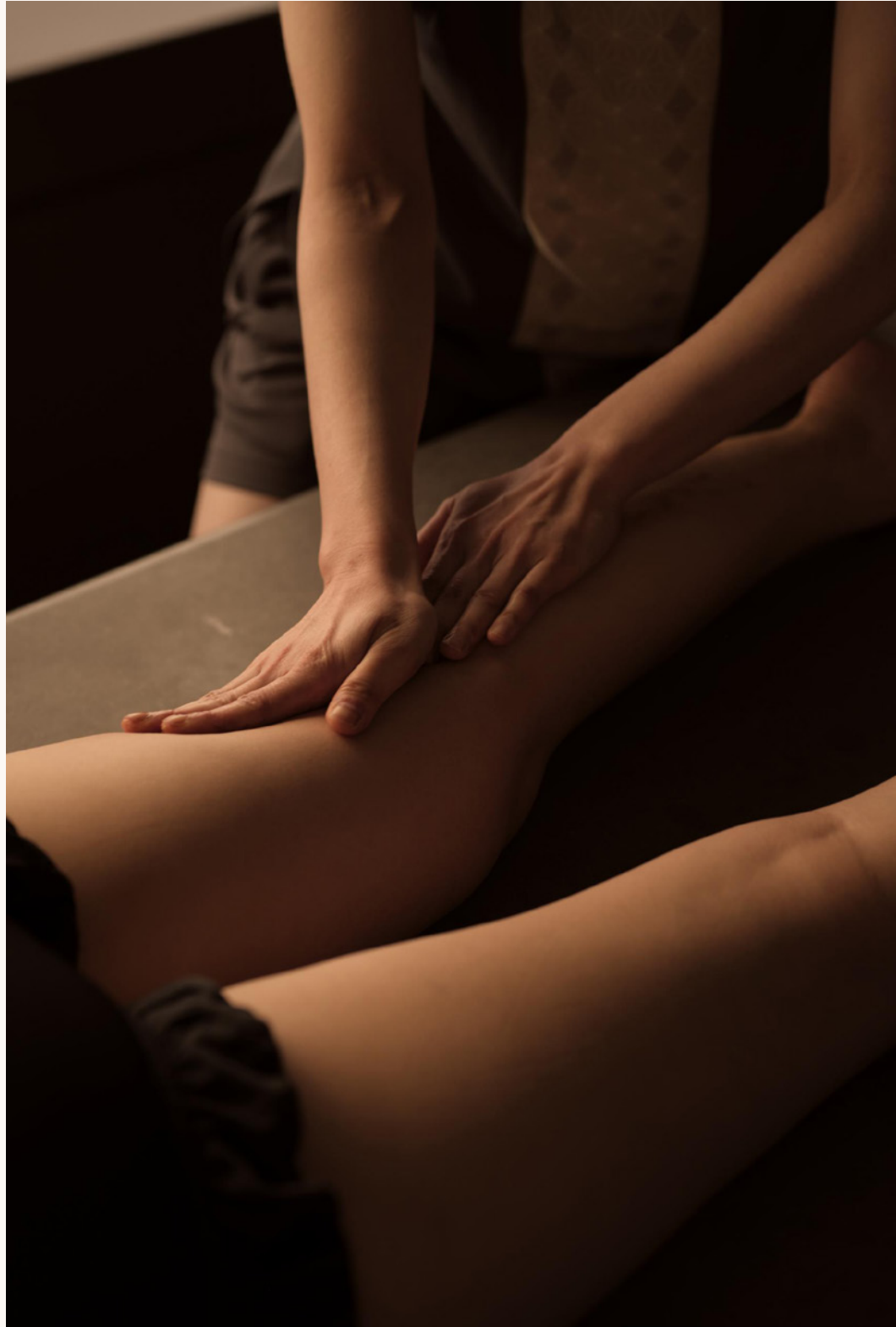
At Amankora Thimphu, a serene spa with three treatment rooms and a steam room offers therapies designed to awaken natural healing and support self-discovery, just moments from the Bhutanese capital.

## 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.

## 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

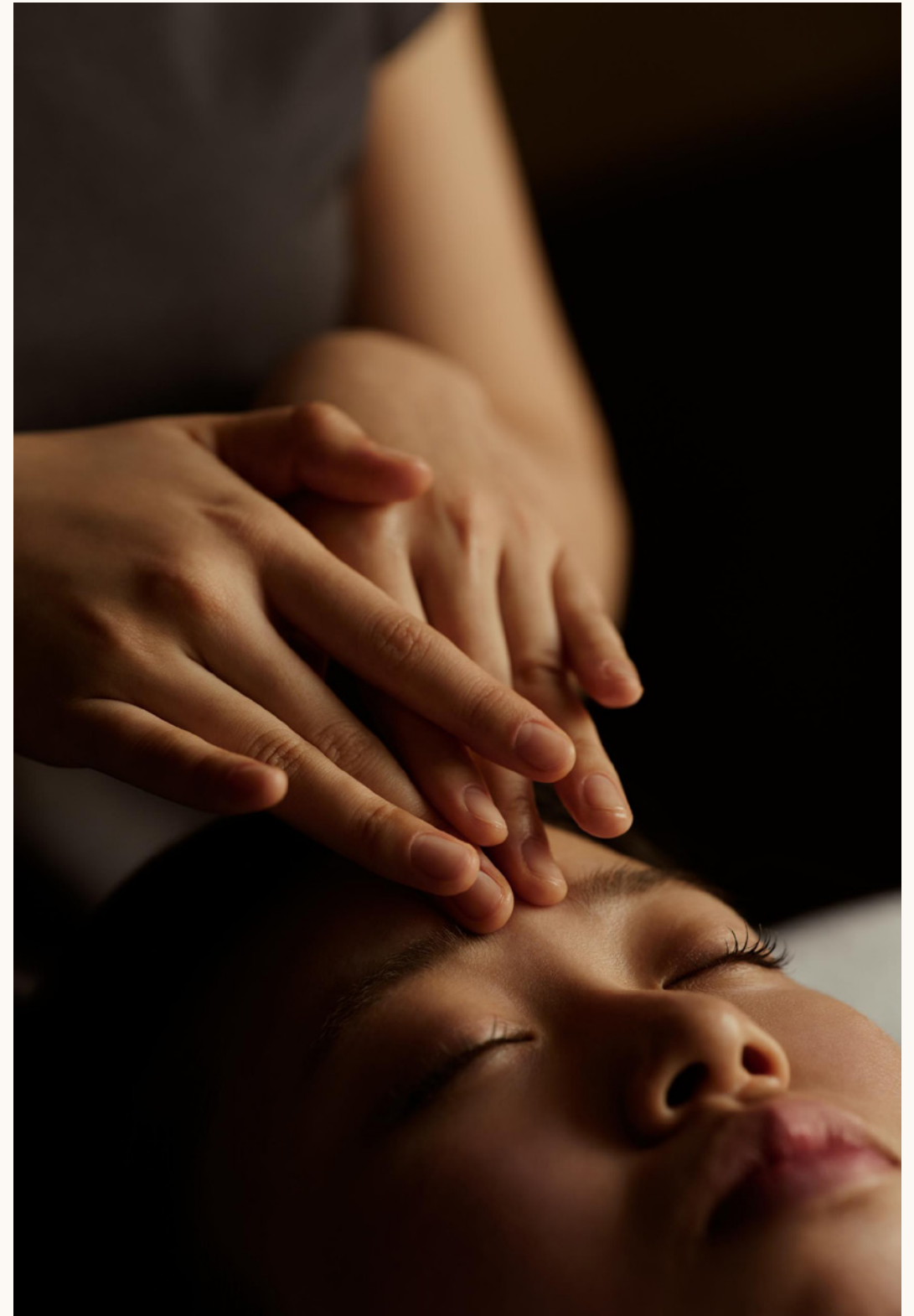
60 | 90 minutes

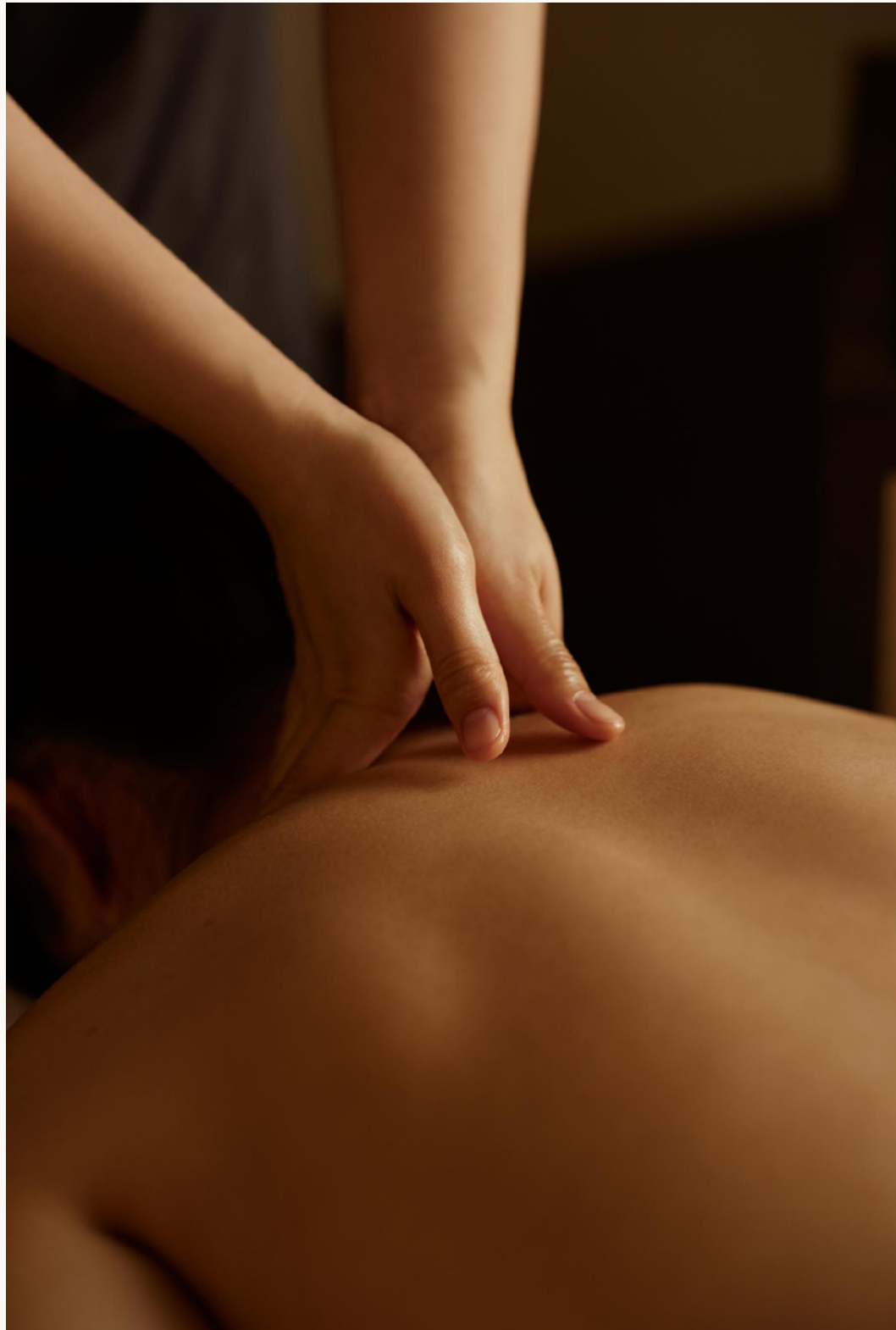
This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic-drainage techniques, it manipulates lymph nodes and vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

### 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.





## 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.

## 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

## 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 breath-work 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.

## Hot Oil Head Massage 60 minutes

This signature treatment is based on the ancient healing system of Ayurveda. Warmed coconut oil nourishes the hair and the scalp, while the back, neck and shoulder massage offers a relaxing addition to this luxurious treatment. Deep thumb pressure, friction and soothing strokes, combined with the warmth of the oil, helps to reduce tension, improves circulation and flushes out physical and emotional toxins.

## 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

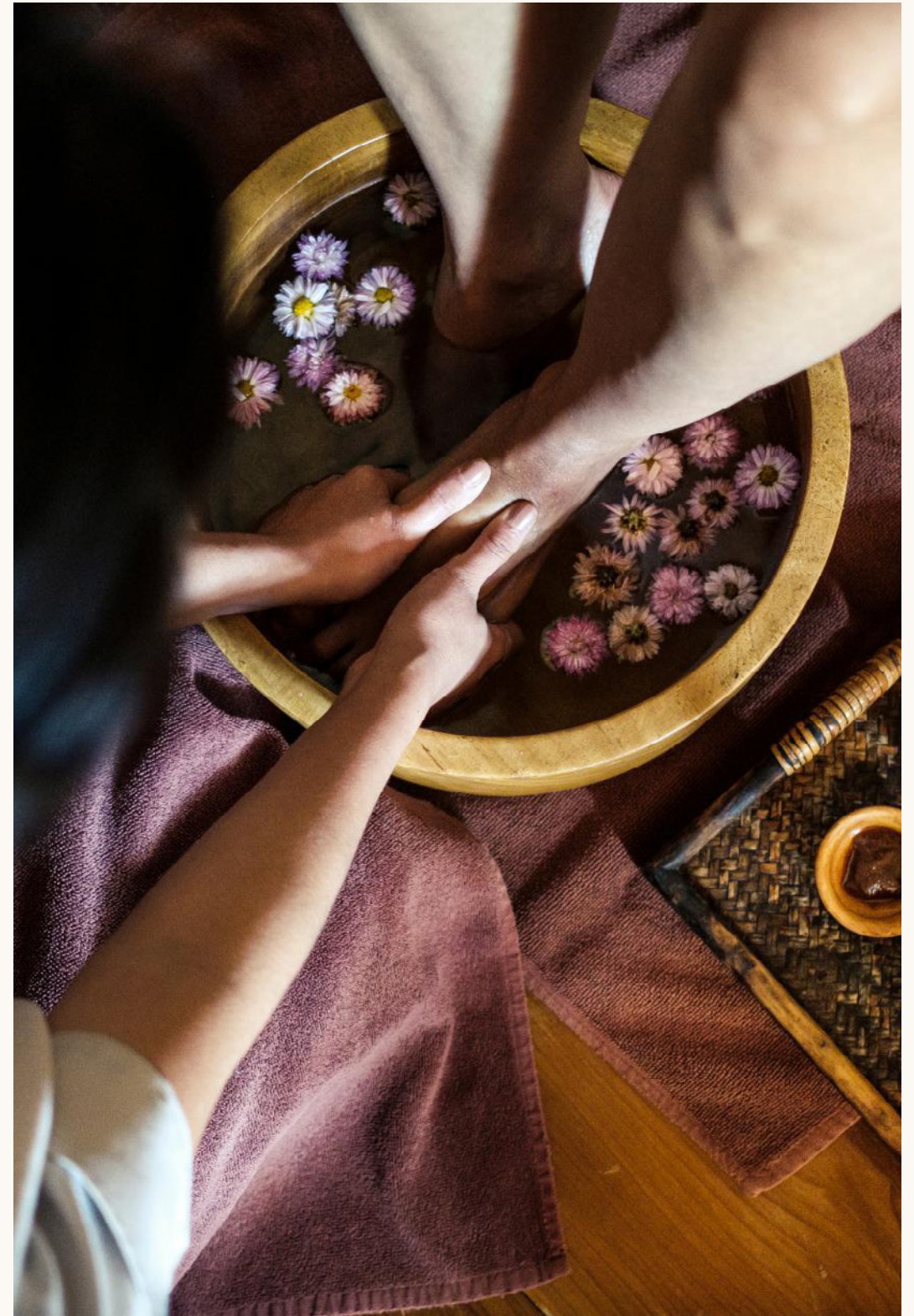
30 minutes

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.





## 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.

# 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 '303' 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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