



ĀMAN

SVETI STEFAN

Spa & Wellness Menu



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Aman Spa at Aman Sveti Stefan

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

The Aman Spa at Sveti Stefan is located on the mainland, overlooking the idyllic private bay of Queen's Beach in Montenegro. Surrounded by native pines, fig and olive trees, it is truly a haven of wellbeing, just steps from the private suites of Villa Miločer.

Spanning almost 2,500 square metres (27,000 square feet), our extensive facilities include four double-treatment rooms, a manicure and pedicure studio, facial and waxing studio and a heated 24-metre indoor-outdoor swimming pool. The space also offers a fully-equipped fitness facility with a state-of-the-art gym and yoga and Pilates studio alongside three hydrotherapy rooms with steam, sauna and plunge pools, which can be reserved for private use.

Drawing from Montenegro's natural abundance of over 650 recognised medical species of herbs, the local tradition of wild ancient harvesting and modern science, our treatments work to gently restore the body, mind and soul.

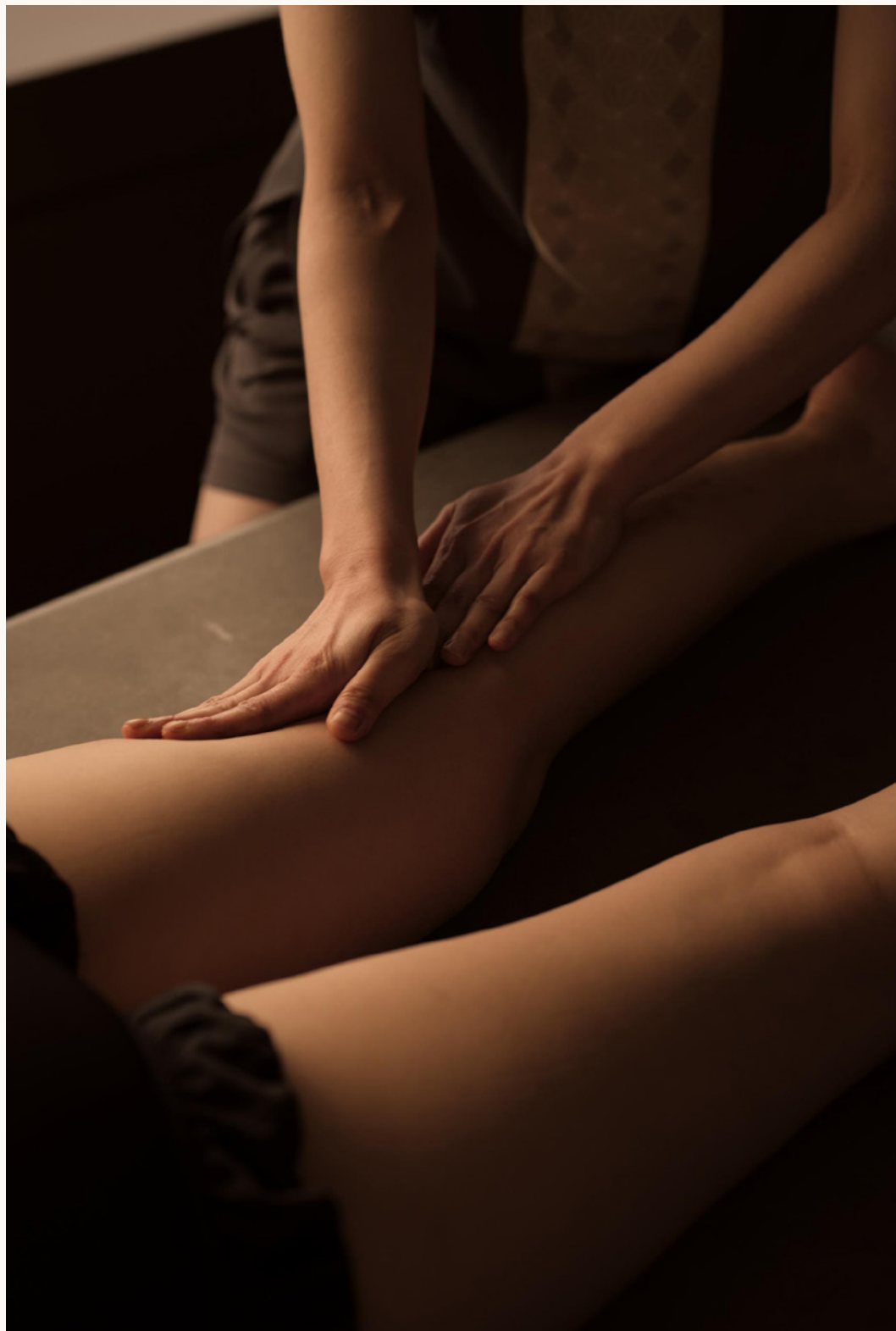
We invite you to visit us for a complimentary consultation to create your personalised spa experience.

Aman Signature Treatments

Available at Aman Spa destinations around the world, 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.

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.

Nourishing Massage Ritual

60 | 90 minutes

A deeply relaxing experience, this treatment incorporates chakra balancing technique and marma point 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.

Facial Treatments

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.

Prenatal Facial

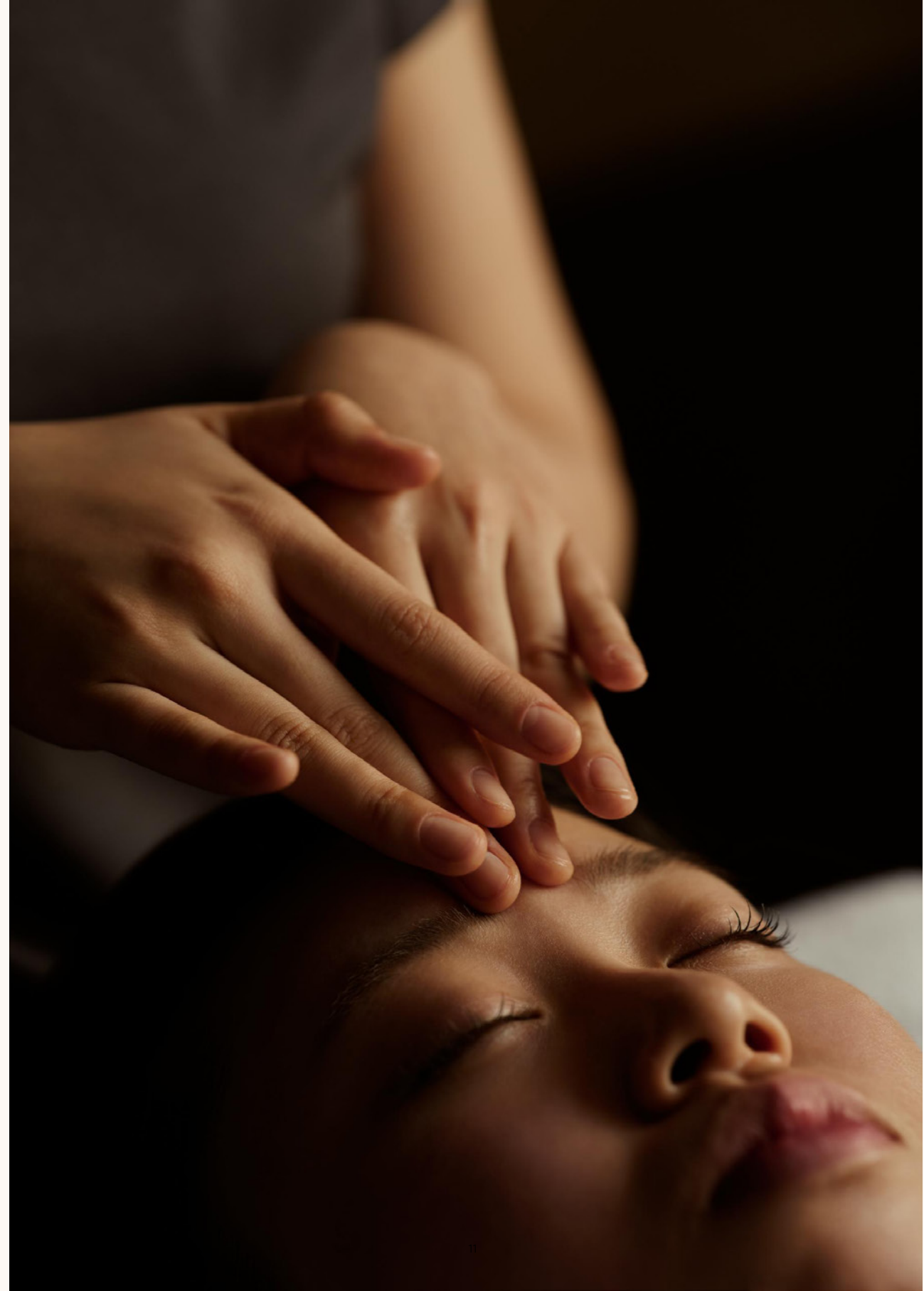
60 minutes

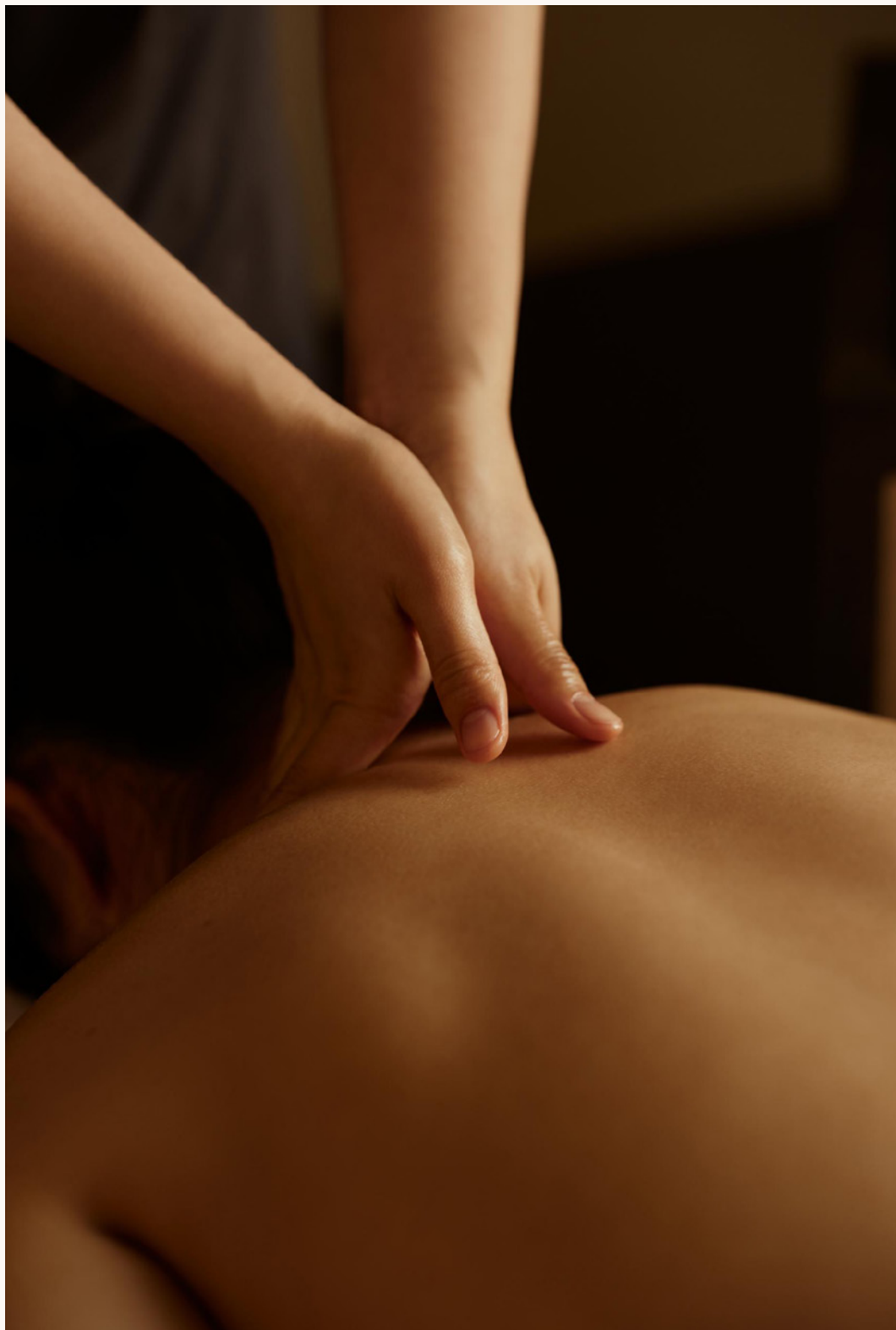
To help rebalance the skin during this time of hormonal change, this facial is perfect for expectant mothers. Using Aman Skincare products made with sustainably sourced and natural ingredients, the treatment works to instantly restore skin's youthfulness and radiance, revealing an overall improvement in complexion.

After-Sun Facial

45 minutes

A calming treatment designed to comfort and revitalise the skin after time under the sun's rays. This cooling, replenishing facial gently cleanses and nourishes while delivering intense hydration to help ease the feeling of dryness and visible redness.





Body Treatments

Holistic Massage

60 | 90 minutes

In this aromatherapy-based oil massage, our therapists combine diverse techniques with their intuition to deliver a personalised and customised therapeutic experience. Guests are encouraged to communicate their needs and preferences so our therapists can determine the best course of treatment.

Traditional Thai Massage

60 | 90 minutes

Restore movement and flexibility through manipulative stretches and acupressure massage, releasing muscular tension. This body work therapy is performed over loose comfortable clothing to allow movement, resulting in a uniquely relaxing yet energising and highly effective treatment.

Deep Tissue Massage

60 | 90 minutes

Deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle, fascia (the connective tissue surrounding muscles) and tendons. As well as relieving chronic aches and pains and contracted areas such as the neck, shoulders, back and legs, it also increases circulation, helps detox the body and balance the mind.

Foot Massage

45 minutes

After a full day exploring the natural beauty of Montenegro, this restorative foot massage helps soothe tired, aching feet and relieve tension in the lower legs. Using medium to firm pressure, the treatment stimulates circulation, releases built-up fatigue and promotes deep relaxation, leaving you feeling refreshed and energised.

After-Sun Body Treatment

45 minutes

Originally created to soothe sun-exposed skin, this cooling body wrap is also a deeply refreshing and restorative experience for all skin types. Designed to hydrate, calm inflammation and rebalance the skin, the treatment begins with a chilled lavender-infused towel compress to instantly cool and relax the body.

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.

Body Polish

30 minutes

This bespoke body scrub, tailored to your specific skin type, uses Aman Signature products to exfoliate, brighten and improve texture. With Himalayan salts and semi-precious stones, skin is left feeling smooth, soft and more radiant.

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.

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.

Finishing Touches

Nail Services

Express Manicure

30 minutes

Express Pedicure

30 minutes

Manicure

60 minutes

Pedicure

60 minutes

Gel Manicure

60 minutes

Gel Pedicure

60 minutes

Nail Polish

15 minutes

Gel Polish

15 minutes

Gel Removal

20 minutes

Hair Salon Services

Shampoo & Blow-Dry

(Short | Long Hair)

Haircut

(Ladies | Men)

Movement

Mindfulness and meditation are powerful practices that promote mental clarity, emotional balance and overall wellbeing. Rooted in ancient traditions, these techniques involve focusing attention and cultivating a present- moment awareness, allowing individuals to experience life more fully and respond to stress with greater calm and resilience. Mindfulness, often associated with Buddhist practices, encourages a non-judgmental awareness of thoughts, feelings and sensations, fostering a deeper connection with oneself and the surrounding world

Please kindly note that advance booking is required for these sessions.

Personal Training

60 minutes

Our private training sessions are one-on-one, personalised training experiences led by a certified coach. Each session is designed to support your unique fitness goals with expert guidance, motivation and accountability—while making sure workouts are safe, effective and enjoyable.

Yoga

60 minutes

Rooted in a tradition that began in India more than three thousand years ago, yoga is a holistic practice designed to support the realisation of one's highest potential. Through mindful movement and breath, regular practice enhances physical vitality, mental clarity and an enduring sense of wellbeing.

Pilates

60 minutes

The low-impact Pilates exercise method was created by Joseph Pilates in the early 20th century. Pilates is a physical movement programme, designed to stretch, strengthen and balance the body. The session focuses on core stability and breathing patterns, rapidly correcting postural and muscular imbalances and improving overall strength and flexibility.





Facilities

Overlooking calm Adriatic waters, the comprehensive Aman Spa at Aman Sveti Stefan is located within the idyllic private bay of Queen's Beach. The standalone facility is complemented by a Fitness Centre, hydrotherapy facilities and a 24-metre indoor-outdoor swimming pool.

Treatment Rooms

Treatments are enjoyed in the comfort of four individual spa treatment rooms, each with its own private dressing room, treatment area, shower and bathroom.

Fitness Centre & Movement Studios

The spacious, light-filled Fitness Centre is equipped with the latest in cardiovascular and weight-training machinery, while the east-facing Yoga Pavilion overlooks rolling hills cloaked in olive groves. The Pilates Studio offers Allegro Reformers and other Pilates-specific equipment, perfect for dedicated sessions.

Hydrotherapy Facilities

Steam

The cleansing and relaxation benefits of steaming are well renowned. 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

The benefits of sauna have long been celebrated. Physically, nothing is more reinvigorating than a deep and healthy sweat. Tension fades. Muscles unwind. Mentally, you emerge relaxed, revived and ready for the day's next adventure.

Cold Plunge

Cold water immersion is a ritual that has been recognised for its health benefits for thousands of years, present in both Traditional Chinese Medicine and even used by the ancient Greeks and Romans. Cold water plunging addresses muscle inflammation and facilitates recovery and can be combined with sessions in the steam room and sauna for contrast therapy.

Indoor-Outdoor Swimming Pool

Flanked by beds for lounging, the spa's 24-metre (79 foot) pool extends out from its floor-to-ceiling glass interior, allowing guests to move freely between two distinct spaces. Outside, views extend across the bay to the Adriatic and beyond.

Reminders

Operating Hours

Spa
Daily from 9am to 7pm

Fitness Centre
Daily 9am to 7pm

** Last treatment ends at 6.30pm*

Appointments

Booking in advance is recommended to avoid disappointment. Please dial extension ‘240’ or +382 033 420000.

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 six hours for spa treatments and 24 hours for wellness and fitness 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.

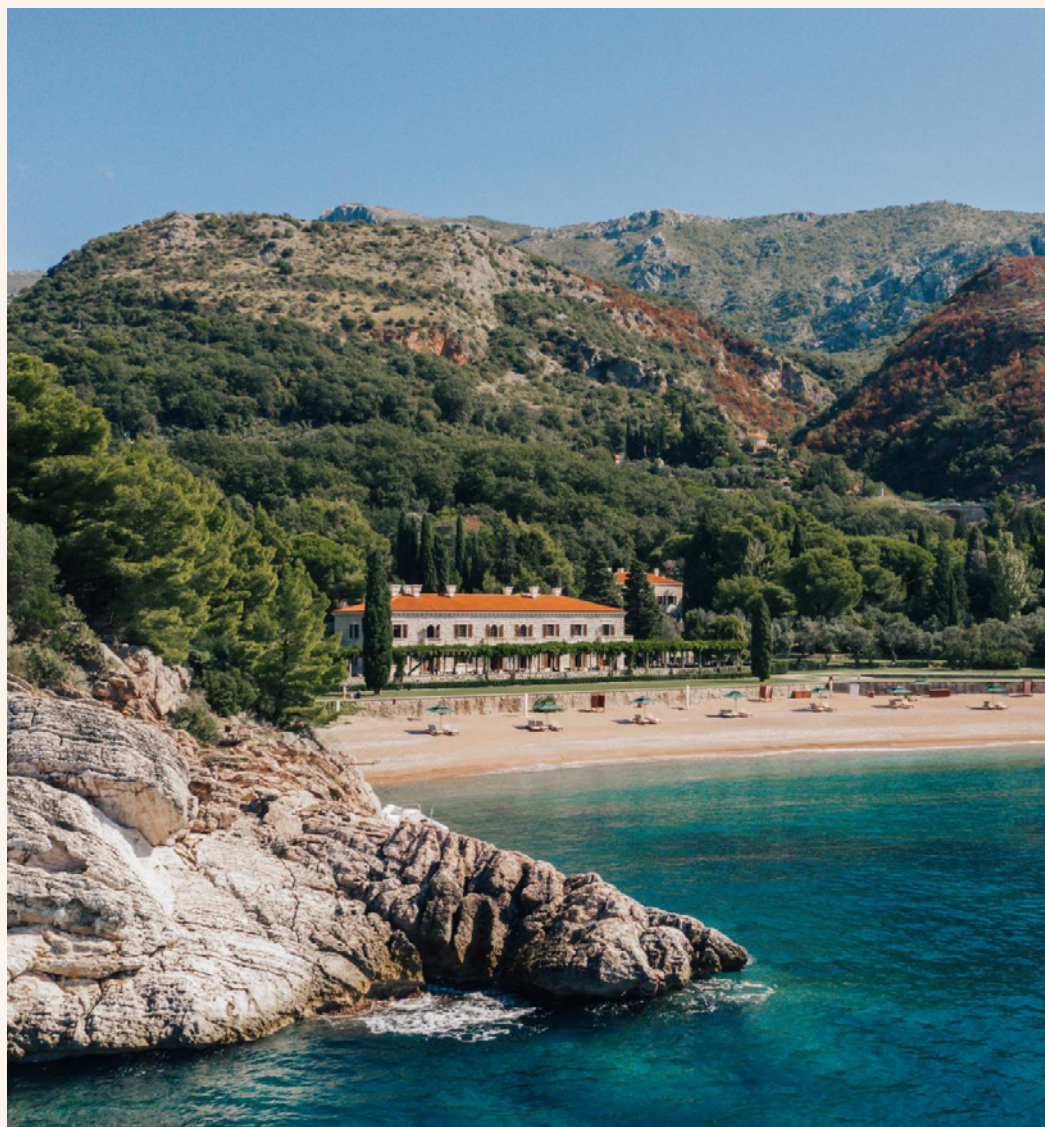
Pricing

All prices are inclusive of local tax and subject to service charge. Spa reservations outside of operation hours are subject to an additional 50% surcharge.

In-room Massage

In-room massage service is available and subject to an additional 50% surcharge.





AMAN SVETI STEFAN

Sveti Stefan, 85315,
Montenegro

Tel: • +382 33 420 000
Email: villamilocer@aman.com

aman.com