



AMANVARI

Spa & Wellness Menu

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Aman Spa at Amanvari

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

Amanvari

Where sea meets desert, Aman Spa at Amanvari emerges as a sanctuary of balance and renewal. Inspired by the raw beauty of Baja's East Cape, it celebrates the elemental harmony of land, ocean and sky in a 660 square metre (7,105 square foot) space where stillness restores, and nature awakens the spirit.

Rooted in Mexico's ancestral wisdom, the spa approach embodies the sacred rhythm of rebirth, a quiet transformation through which the body purifies, the mind releases and the soul realigns.

A serene arrival pavilion leads to the Wellness Lounge, connecting to six individual spa treatment rooms, the Beauty Salon, Fitness Centre and two Hydrotherapy Facilities featuring a hammam, a banya, contrast pools and experiential showers. At the heart of the spa, the Temazcal offers a grounding heat experience.



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 | 90 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.

For those seeking an intense radiance boost, the 90-minute facial also includes the application of Nourishing Gold Algae Eye and Face Masks. With hydrating natural ingredients, and 111SKIN's advanced technology, the gel formula infuses the skin, generating a glowing and refreshed complexion.

Grounding Body Polish & Wrap Ritual

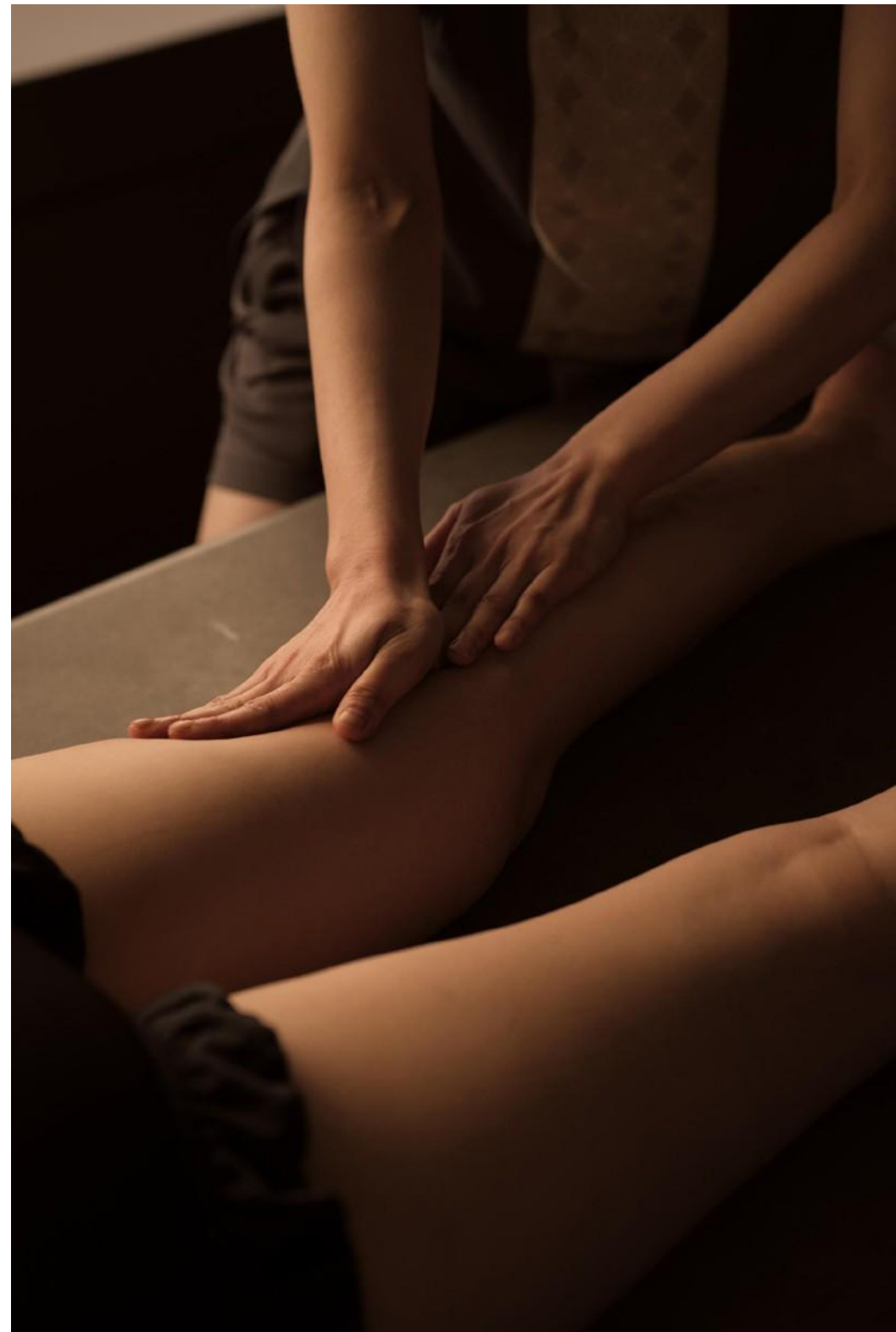
90 minutes

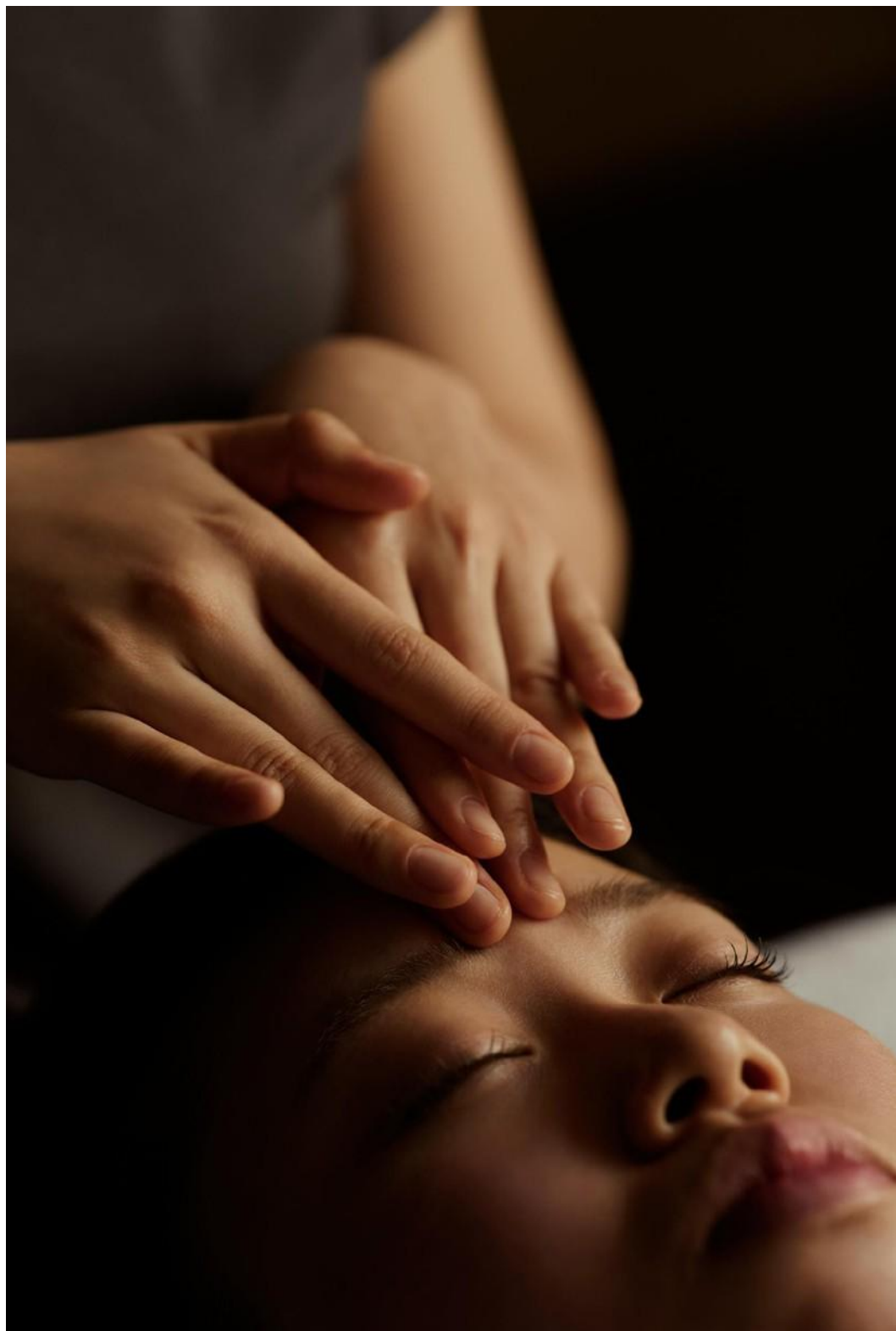
A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin 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 and 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 | 90 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.

For those seeking an intense radiance boost, the 90-minute facial also includes the application of Nourishing Gold Algae Eye and Face Masks. With hydrating natural ingredients, and 111SKIN's advanced technology, the gel formula infuses the skin, generating a glowing and refreshed complexion.

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 and 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 | 90 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.

For those seeking an intense radiance boost, the 90-minute facial also includes the application of Nourishing Gold Algae Eye and Face Masks. With hydrating natural ingredients, and 111SKIN's advanced technology, the gel formula infuses the skin, generating a glowing and refreshed complexion.

Nourishing Body Polish & Wrap Ritual

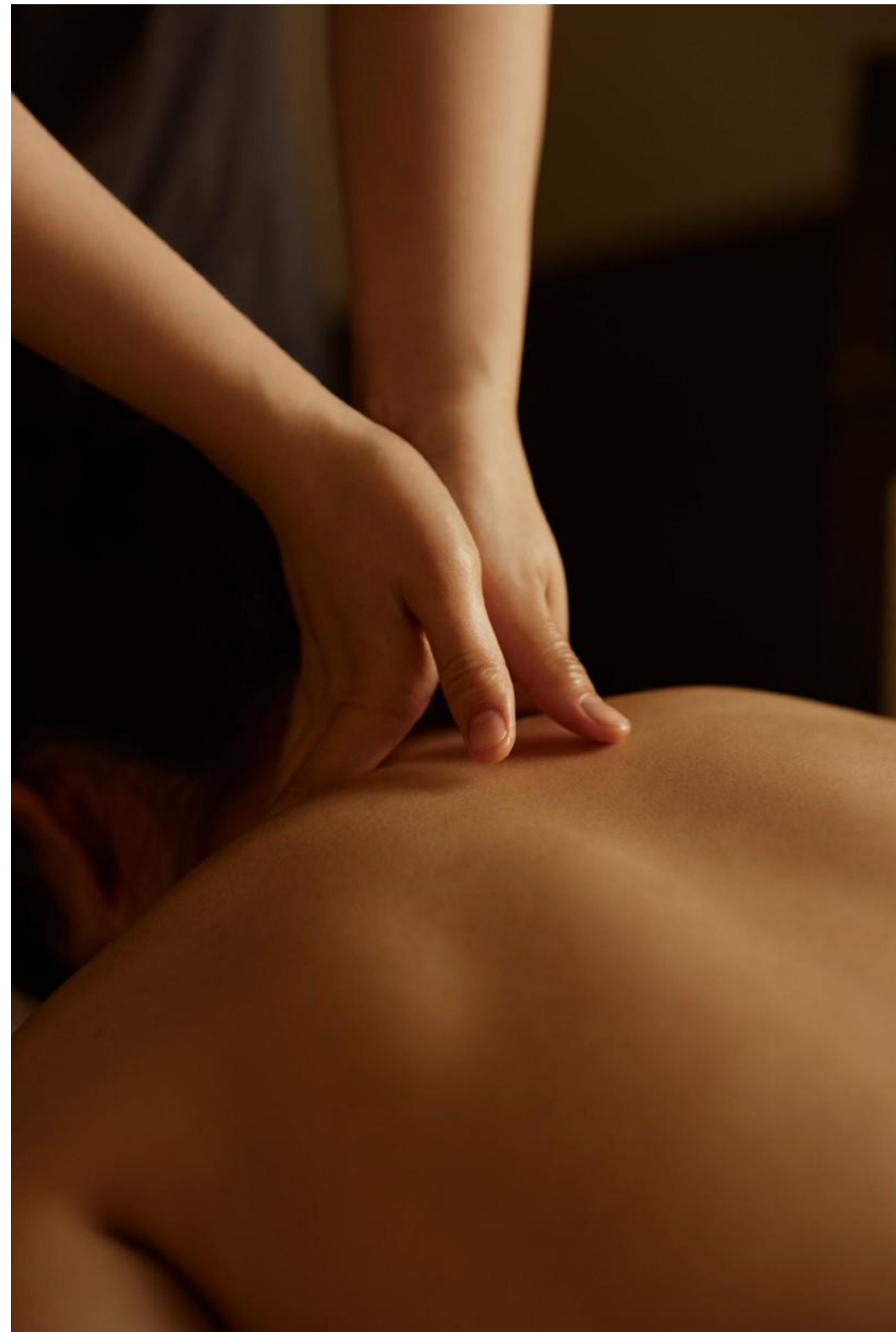
90 minutes

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 and 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.

Amanvari Spa Journeys

The following signature experiences are exclusive to Amanvari. Each is inspired by the ancestral wisdom, elemental landscape and cultural traditions of Baja's East Cape. Rooted in the rhythms of sea and land, these journeys honour the region's heritage and the transformative ritual of the Temazcal, a cornerstone of connection, renewal and purification.

Signature botanical blends - Rebirth, Harmony, Clarity and Equilibrium - guide these treatments. Each blend reflects the emotional and energetic qualities found within Amanvari's local journeys, drawing from regional plants long used for healing, grounding and restoration.

These signature oils and experiences weave together the essence of the region's land, sea and ancestral traditions, offering pathways to reconnect with your surroundings, your senses and yourself.



Temazcal

The Sacred Elemental Doors

90 minutes

Embark on a profound healing ritual from the heart of Mexico. Amanvari's Temazcal is a guided ceremonial journey, a symbolic passage of introspection, release and renewal, deeply connected to The Sacred Elemental Doors. Led by a shaman in a private garden overlooking the desert, this experience bridges ancient wisdom with the present moment.

The journey begins in Amanvari's sacred garden outside the Temazcal. Here, intentions of release and renewal are set. Gently cleansed with sacred copal smoke, participants then enter the warm, herbal-scented darkness of the *ihuicalli* (the Earth's womb), or sweat lodge. Here, glowing volcanic stones (*abuelitas*) radiate heat as guided chants and rhythms lead your path through four elemental doors:

Door One – East | Air | The Gentle Awakening

Soft steam opens your breath and heart.

Door Two – South | Fire | The Great Release

Intense heat purifies, washing away stress and tension.

Door Three – West | Water | The Deep Flow

Herbal mist invites emotional release and introspection.

Door Four – North | Earth | The Silent Rebirth

Grounding warmth integrates your journey in grateful stillness.

Upon exiting the fourth door, participants are wrapped in a soft blanket and invited to rest, before sipping on a fresh herbal infusion and, if desired, taking a cool plunge to preserve the energy.

Desert Damiana

120 minutes

Inspired by the revitalising and aphrodisiac qualities of Baja's native damiana shrub, this ritual begins with a warm infusion of desert botanicals to settle the breath. This is followed by a deeply therapeutic sequence combining deep tissue techniques, hot stone therapy and synchronised stretching designed to release tension and restore energetic flow.

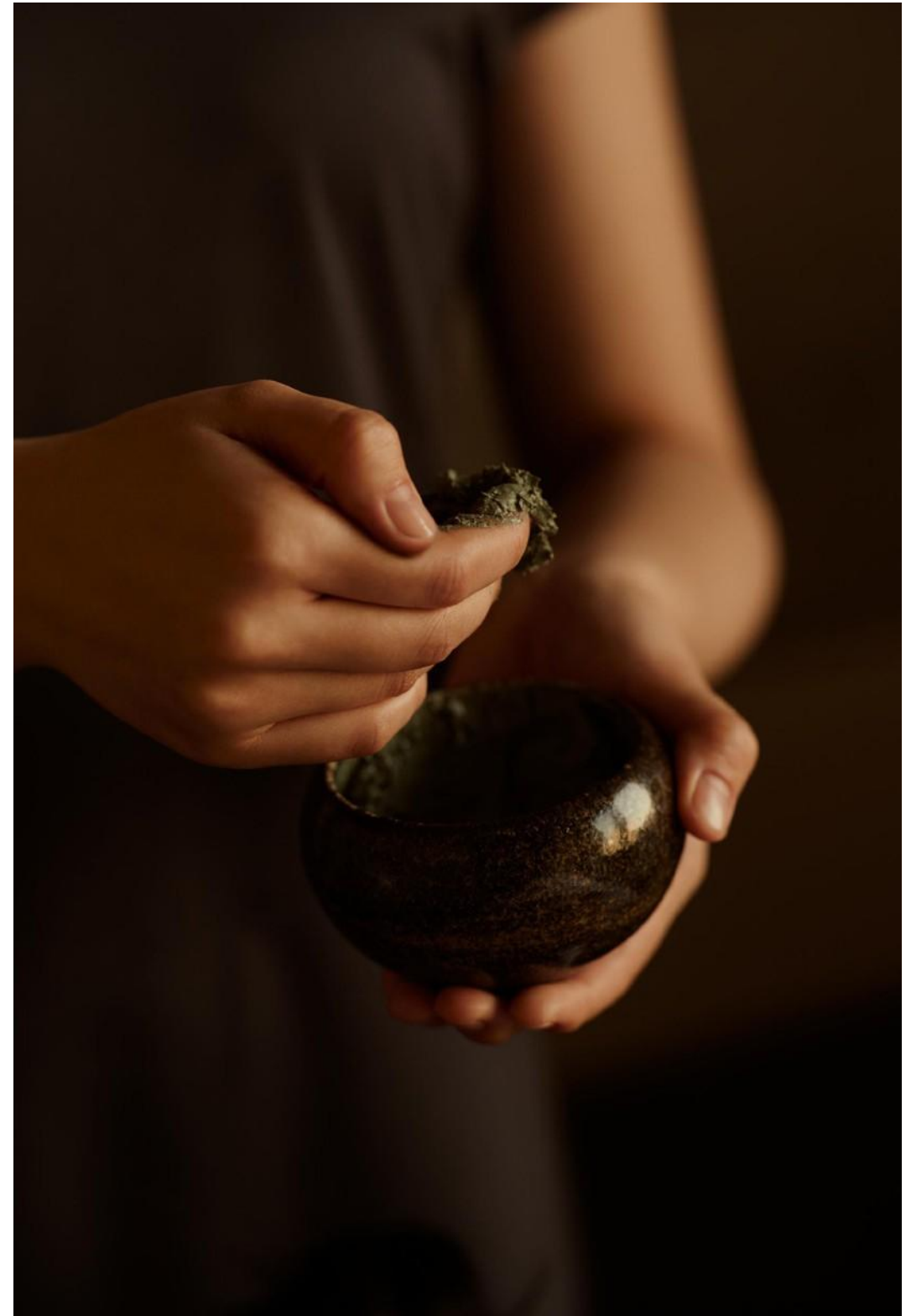
A nourishing blend of damiana, desert rosemary and jojoba oil enhances bodywork with its uplifting, heart-opening properties. The ritual concludes with a handcrafted damiana herbal tea, creating a moment of shared stillness and renewed connection.

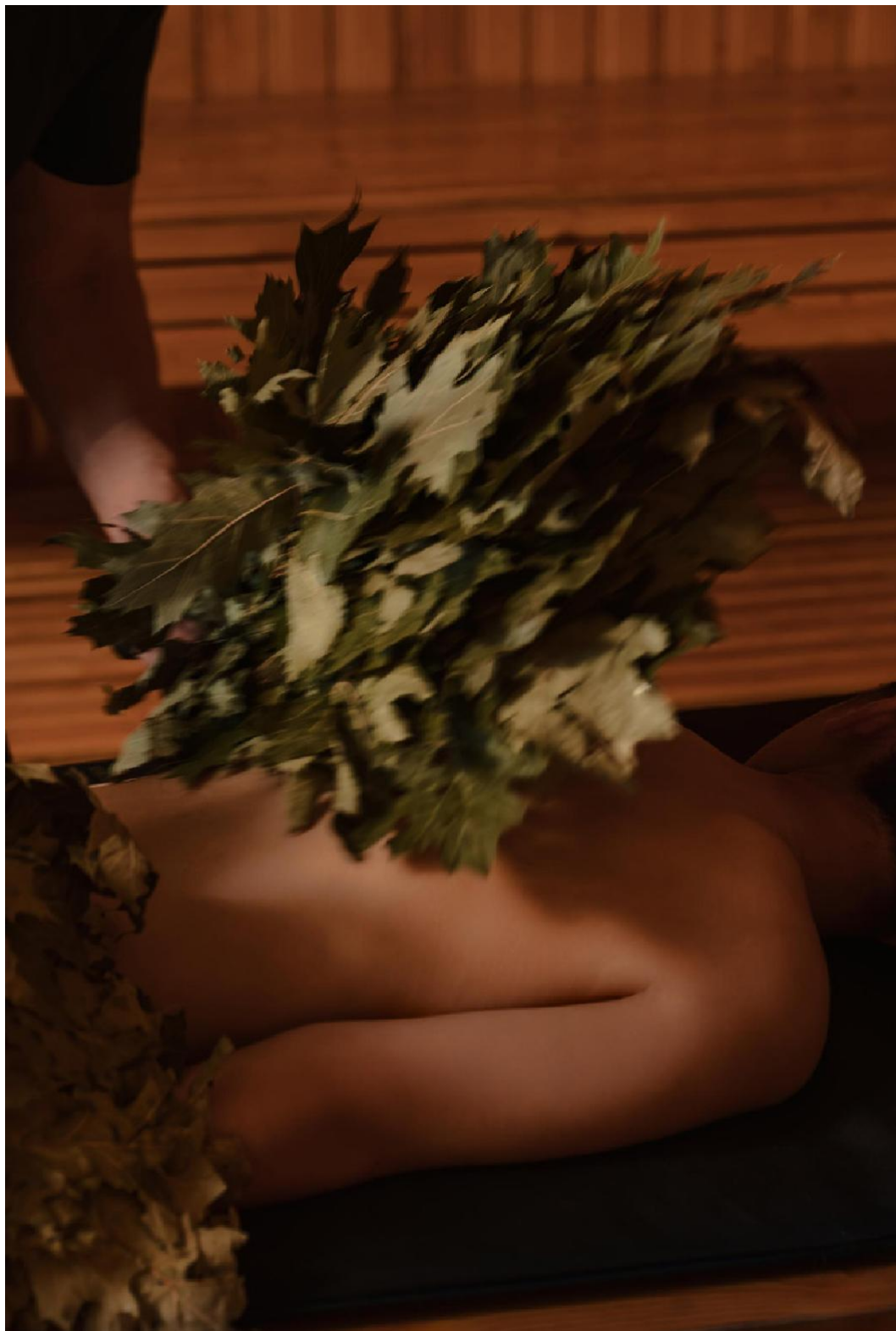
Oasis Rejuvenation Ritual

90 minutes

Created to soothe sun-exposed skin and restore deep comfort after time spent in the sun, this cooling therapy blends traditional desert botanicals with calming restorative techniques. The ritual begins with a gentle massage to reduce heat and ease inflammation, followed by the application of fresh aloe vera, salvia and calendula plants long used in the region for their hydrating and reparative qualities.

A soothing body wrap enriched with mint and grape-seed oil cocoon the skin, promoting repair while delivering a refreshing sensory experience. The treatment concludes with gentle hydration and a cooling aromatic finish, leaving the body calm, replenished and restored.





Hydrotherapy Facilities

Each hydrotherapy facility offers a fully personalised journey. These thermal experiences of banya and hammam sit alongside signature regional elements, inspired by the ancestral traditions of East Cape, creating a holistic pathway that honours both heritage and nature.

Banya Experience

60 minutes

A treatment centered on the therapeutic power of contrasting temperatures. Amanvari's Banya Experience is set within a wood-clad desert sauna overlooking the tranquil landscape of Baja's East Cape. Inside, oak or native Baja birch leaves (venik) are used to guide and modulate the heat, massaging, stimulating and gently exfoliating the skin. Cooling refreshments are complemented by quiet moments spent on a private terrace embracing the elements.

Hammam Experience

60 minutes

Honoured across centuries in Middle Eastern and North African traditions, the classic hammam steam ritual is reinterpreted at Amanvari, reflecting the stillness and elemental beauty of its surrounds. Within a marble-clad steam room, guests move through a sequence of cleansing heat and refreshing coolness. With exclusive use of the Hammam Hydrotherapy Facility, guests are invited to personalise their journey, creating a deeply rejuvenating experience rooted in nature, culture and the timeless rhythms of the desert and the sea.

Private Experience

60 minutes

The perfect complement to any spa experience, choose from two private facilities, one featuring a sauna and the other a steam room. Suitable for up to four people.

Body Treatments

Swedish Massage

60 | 90 minutes

A classic restorative treatment designed to ease tension and promote deep relaxation through long, flowing strokes and gentle kneading. This soothing massage enhances circulation, melts muscular fatigue and calms the nervous system, creating an overall sense of lightness and clarity. Ideal for guests seeking gentle therapeutic relief.

Reflexology

60 minutes

Inspired by the ancient belief that the feet mirror the body's internal landscape, this grounding ritual focuses on key reflex points to restore balance and encourage natural healing. Using gentle pressure techniques and warm desert botanicals, the treatment stimulates circulation, eases fatigue and supports the flow of vital energy throughout the body.

Prenatal Massage

60 minutes

A gentle, restorative treatment designed for expectant mothers, using prenatal massage techniques to ease tension, improve circulation and support overall comfort. Infused with Baja lavender, chamomile and nourishing jojoba, this calming ritual promotes deep relaxation and connection.

Candle Massage

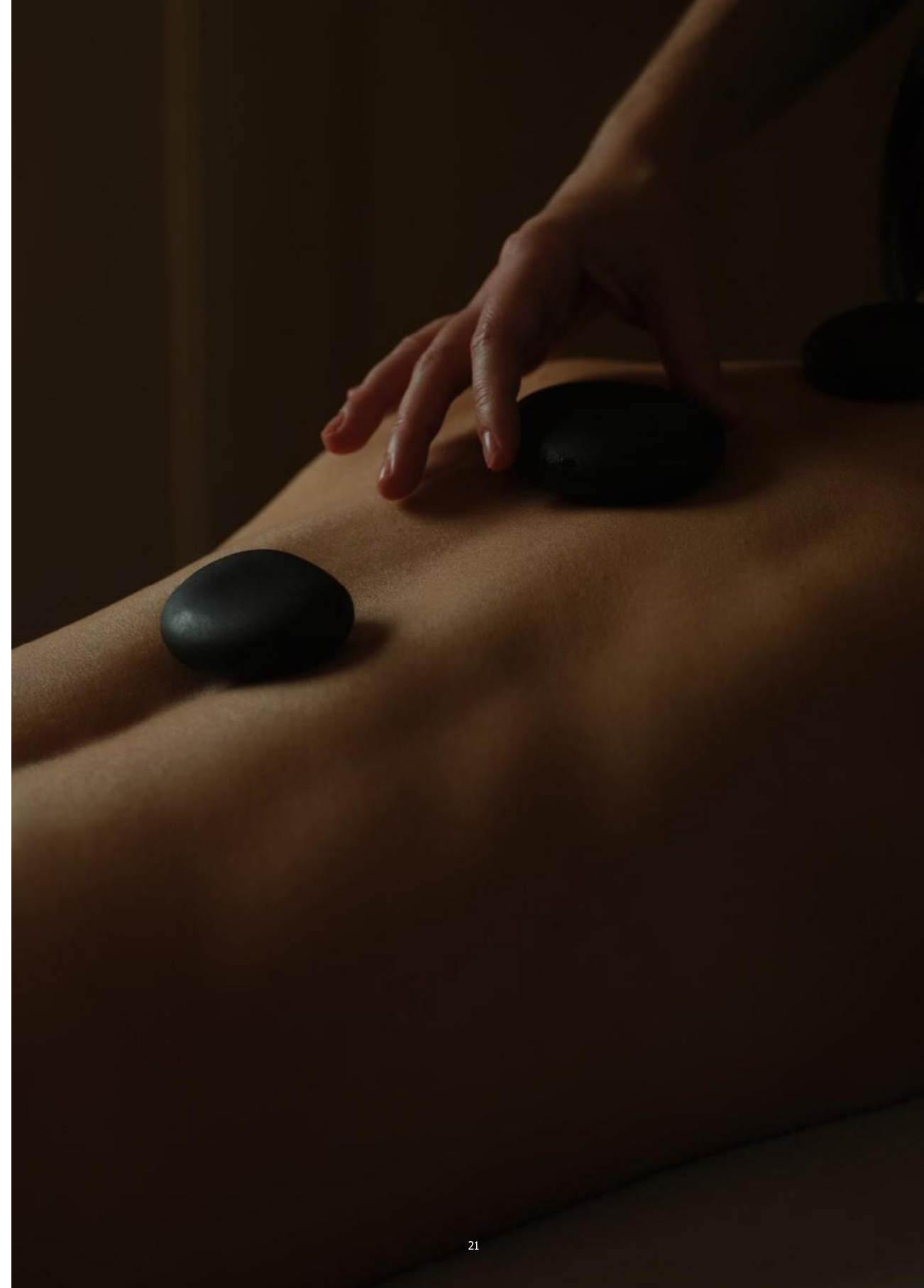
60 | 90 minutes

Inspired by the desert's gentle ember-like glow, this ritual restores calm and inner balance. A warm botanical candle melts into a silky oil that deeply nourishes the skin as soothing, flowing strokes release tension in the body.

Hot Stone Massage

90 minutes

Drawing on the grounding energy of Baja's volcanic terrain, this deeply soothing therapy helps to melt muscular tension. Warm, hand-polished stones are placed along key energy pathways to encourage circulation, release accumulated stress and gently soften the body's deeper layers. Slow, flowing strokes combined with precise heat create a comforting warmth that quiets the mind and supports full-body restoration. Inspired by the elemental balance of East Cape, this ritual offers a meditative escape, leaving the body relaxed.





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

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

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.

Cryo CBD Massage

30 minutes

Pamper tired muscles with a Cryo CBD Massage. Using the Cryo Ball Massage Roller, a recovery and prevention tool expertly crafted to alleviate muscle pain, inflammation and soreness, this 30-minute session specifically targets stubborn knots.

Hot Stone Massage

30 minutes

Heated stones gently penetrate the body's deeper layers, softening tight areas, improving circulation and encouraging a profound sense of relaxation.

Back Massage

30 minutes

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

Body Polish

30 minutes

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

Finishing Touches

Amanvari offers exclusive Davines Naturaltech Head Spa rituals designed to restore balance, clarity and nourishment to both scalp and hair. Crafted in Italy with high-performing botanical actives, phytoceuticals and environmentally conscious formulations, Davines products address a wide range of scalp concerns while enhancing overall vitality and shine.

Please note, Hair Spa Services do not include blow dry.

Purifying Head Spa

60 minutes

A clarifying scalp treatment using Davines purifying formulas to remove buildup and rebalance dry or oily scalps.

Rebalancing Head Spa

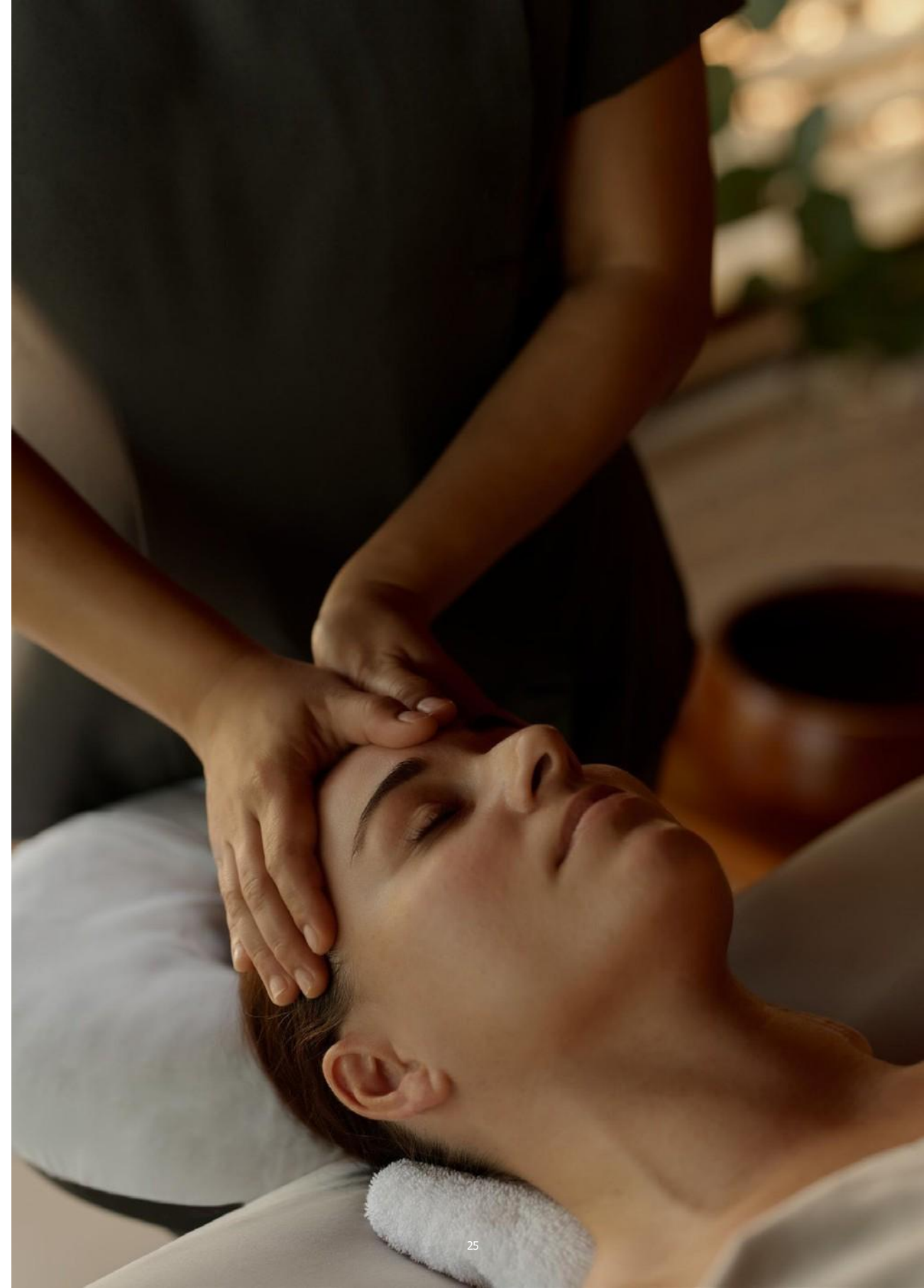
60 minutes

A harmonising ritual designed to regulate excessive sebum and restore scalp equilibrium. Featuring Davines rebalancing products, complemented by calming, ocean-rhythmic movements.

Calming Head Spa

60 minutes

A soothing experience for sensitive or reactive scalps. Davines calming formulations ease discomfort and reduce redness, while gentle techniques offer deepened serenity.





Movement

The Fitness Centre at Amanvari is designed in harmony with the calm, elemental landscape and features state-of-the-art Technogym equipment for cardiovascular, strength and functional training. Adjacent to the Fitness Centre, the Movement Studio provides a serene space for mobility, stretching and mindfulness practices. Each session is curated to support alignment, strength and fluidity of movement, encouraging guests to reconnect with their bodies.

Personal Training

60 minutes

Work on specific fitness goals with a professional trainer, opting for a functional training or HIIT session tailored to your needs.

Functional Training

60 minutes

Train your muscles to work together with maximum efficiency. Simulating common movements, core stability, calisthenics and plyometrics training modes strengthen performance.

Yoga

60 minutes

Yoga is a timeless practice that harmonises the mind, body and spirit through a series of physical postures, breathing techniques and meditation. A variety of styles for all levels are available.

Mat Pilates

60 minutes

Pilates is a dynamic and highly effective exercise system designed to improve strength, flexibility, balance and overall body awareness. Developed in the early 20th century by Joseph Pilates, this method focuses on controlled movements, alignment and breath control to create a harmonious and efficient body.

Mindfulness

Mindfulness and meditation lie at the heart of Amanvari’s approach to inner balance, offering practices that cultivate clarity, emotional ease and a deeper sense of presence. Rooted in timeless traditions and inspired by the quiet rhythms of the East Cape, these techniques guide attention toward the breath and the present moment, allowing guests to soften stress and reconnect with their inner landscape.

Meditation

60 minutes

Meditation is the ability to be fully present, and to not be overly reactive or overwhelmed by what is going on around us. While mindfulness is something we all naturally possess, it is more readily available to us when we practice daily. Meditation is an approach to training the mind. Through meditation, you can become more mindful of how your thoughts and feelings tend to move in particular patterns. With practice, an inner balance develops. Many different types of meditation exist, many of which developed as religious practices thousands of years ago.

Meditation Circle

60 minutes

Designed as an intimate, guided ceremony, the Meditation Circle invites guests to honour meaningful moments in life — from mother-to-be celebrations and birthdays to bridal gatherings, anniversaries and personal milestones. Hosted in a serene setting, this fully personalised practice blends breathwork, mindful intention-setting and grounding meditative techniques tailored to the group’s occasion and emotional focus. Soft botanicals, gentle aromatherapy and purposeful guidance create a space for connection, reflection and shared presence. The experience concludes with a unifying ritual to seal intentions and celebrate the moment together.

Sound Therapy

60 minutes

Sound healing is a timeless practice that uses therapeutic vibrations to promote physical, emotional and spiritual wellbeing. Rooted in ancient traditions from Himalayan and Tibetan cultures, singing bowls crafted from metal alloys have long been used to guide meditation and support energetic balance. Crystal bowls, made from pure quartz, offer a refined and contemporary expression of this lineage, producing clear, resonant tones that harmonies with the body’s energy centers. At Amanvari, sound healing can be experienced in a variety of forms.

Chakra Balancing

60 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 the mindful breathing and gentle touch, helps release energetic blockages and encourage the natural flow of energy throughout the body. The Journey concludes with calming stretches, leaving you relaxed, centred and deeply revitalised.



Facilities

Temazcal

A sacred Mexican sweat lodge designed to cleanse the body, calm the mind and renew the spirit. Guided by a ceremonial leader, this immersive experience honours the four elements – earth, water, fire and air – through heat, herbal steam, breathwork and intention-setting rituals.

Private Treatment Suites

The spa features six individual treatment suites, each serving as a serene sanctuary for your wellness journey. For your ultimate comfort and privacy, every room is equipped with its own dedicated dressing area, restroom and shower.

Hydrotherapy Facilities

Two hydrotherapy facilities offer a hot and cold plunge pool, experience shower and dedicated sauna or steam room. The facilities are also available for private bookings.

Outdoor Yoga Pavillion

Connect with the elements in the dedicated outdoor pavilion, a serene, open-air space designed for yoga, guided meditation and restorative sound therapy sessions.

Fitness Centre & Movement Studio

Enclosed in glass, our state-of-the-art Fitness Centre offers panoramic desert views, transforming workouts into restorative experiences. Accessible 24 hours, the facility features premium Technogym equipment, including advanced cardiovascular machines,

weight-training systems and free weights. The multi-functional Movement Studio rests adjacent, offering a dedicated, private space for Yoga, Pilates and personalised stretching sessions.

Outdoor Relaxation Area

Our open-air relaxation space provides a tranquil environment to unwind and let the benefits of your treatment take hold.

Beauty Salon

Offering exclusive Davines Naturaltech Head Spa treatments, the Beauty Salon features a Yume unit.

Reminders

Operating Hours

Spa
Daily from 9am to 8pm
(Last treatment reservation at 7.30pm)

Fitness Studio
24 hours

Appointments

Guests are encouraged to book treatments in advance to ensure that their preferred time and services are available. Please dial extension ‘4171’ for spa or call +52 624 124 1381 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 12 hours for spa treatments and 24 hours for wellness activities.

Cancellations made within the respective notice period will be subject to 100% charge for the booked service.

**For spa packages and journeys or large groups/parties, a minimum of 24-hours notice is required.*

Special Considerations

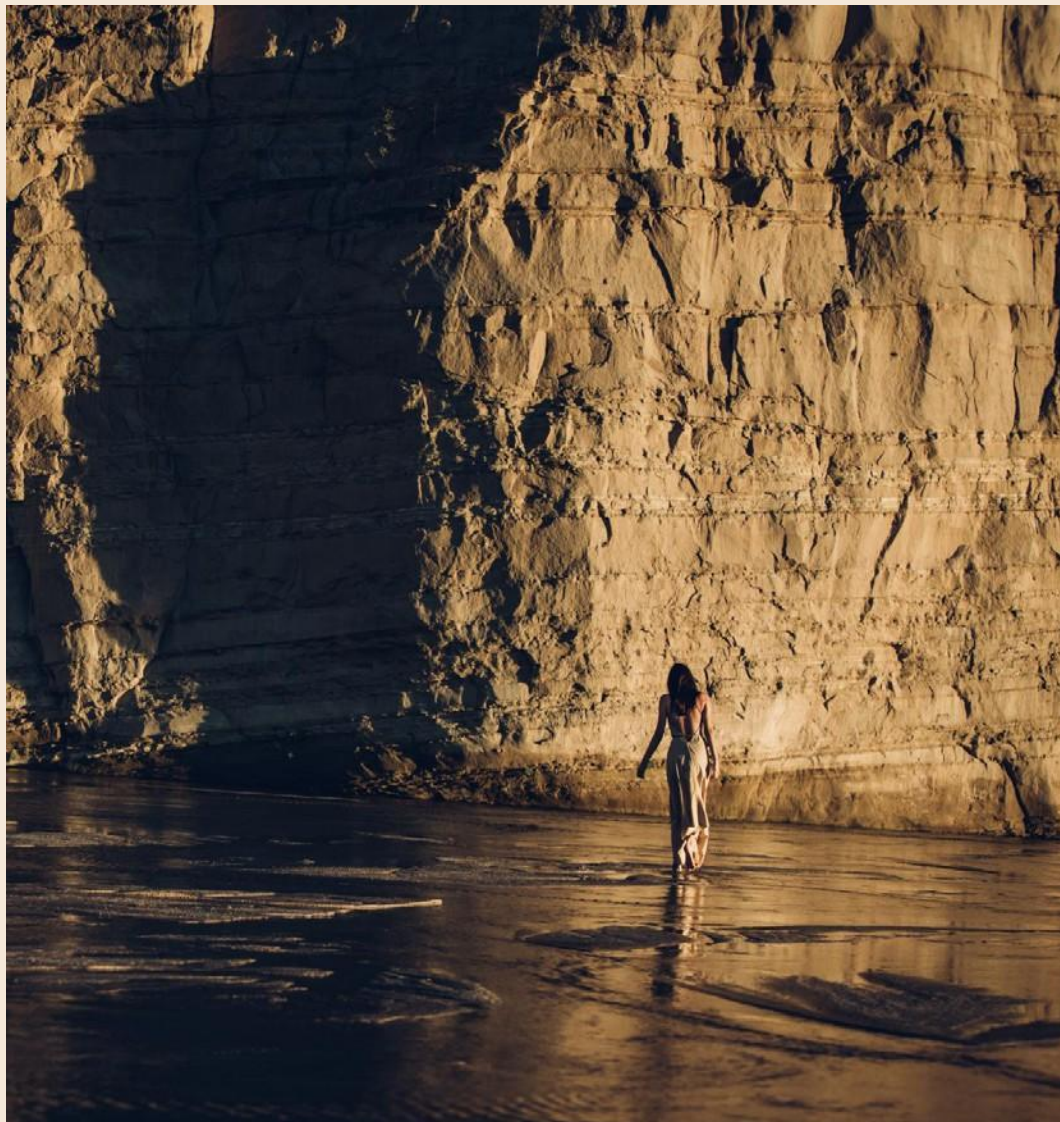
Our holistic consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any medical or health concerns.

In-Casita Treatments

We offer massages and wellness activities in the privacy of your accommodation. Please note a surcharge applies to each session or treatment.

Pricing

All prices include 16% local tax and a15% service charge. Spa reservations outside of operation hours are subject to an additional 50% surcharge.



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