



AMANZO'E

Spa & Wellness Menu
2026



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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.

Spa & Wellness

Amanzoe

The ancient Greek physician, Hippocrates (460-370BC), is known as the Father of Modern Medicine for freeing medicine from the shackles of magic, superstition and the supernatural. He stated that illness was not caused by the gods, but by environmental factors, diet and lifestyle. He believed in the healing power of nature and that the human body has the power to heal itself. ‘The natural healing force within each of us is the greatest force in getting well.’

Hippocrates placed great emphasis on strengthening and building up the body’s inherent resistance to disease. For this, he prescribed a healthy diet, gymnastics, exercise, massage, hydrotherapy and sea bathing.

A 2,850-square-metre sanctuary, Aman Spa and Wellness at Amanzoe combines these Hippocratic elements with therapeutic treatments drawn from ancient healing traditions the world over. Only all-natural products are used, and a broad variety of proven movement modalities help treat the individual as an integrated whole.

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 (two hours with a bathing ritual)

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 | 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 (two hours with a bathing ritual)

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 | 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.

Nourishing Body Polish & Wrap Ritual

90 minutes (two hours with a bathing ritual)

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.





Amanzoe Signature Treatments

Each treatment is designed to support your individual needs while targeting specific concerns and personal wellness goals.

Anatripsis

120 minutes

An'ă-trip'sis

[G. a rubbing, fr. Anatribō, fr. ana, intensive, + tribō, to rub]

The holistic healing philosophy of Greek medicine states that man is essentially a product of the natural environment and that good health is found when living in harmony with nature. Hippocrates believed that massage firms up muscles and organs that are too lax, while relaxing muscles, joints and organs that are too stiff, rigid or tense. Amanzoe's signature journey, Anatripsis, promotes lost harmony by integrating ancient healing techniques and locally sourced natural products. This treatment begins with full body acupressure to relax muscles and joints and to soothe pain and discomfort. Dry skin brushing follows, providing a circulatory boost, aiding blood flow and getting oxygen back to the surface of the skin. A combination of warm olive oil and local beeswax is then used for a deeply relaxing massage, along with cupping, helping the function of the immune system and the body's natural ability to heal itself. The Anatripsis journey ends with a laurel oil head massage which quiets the mind and encourages inner peace.

Mediterranean Glow

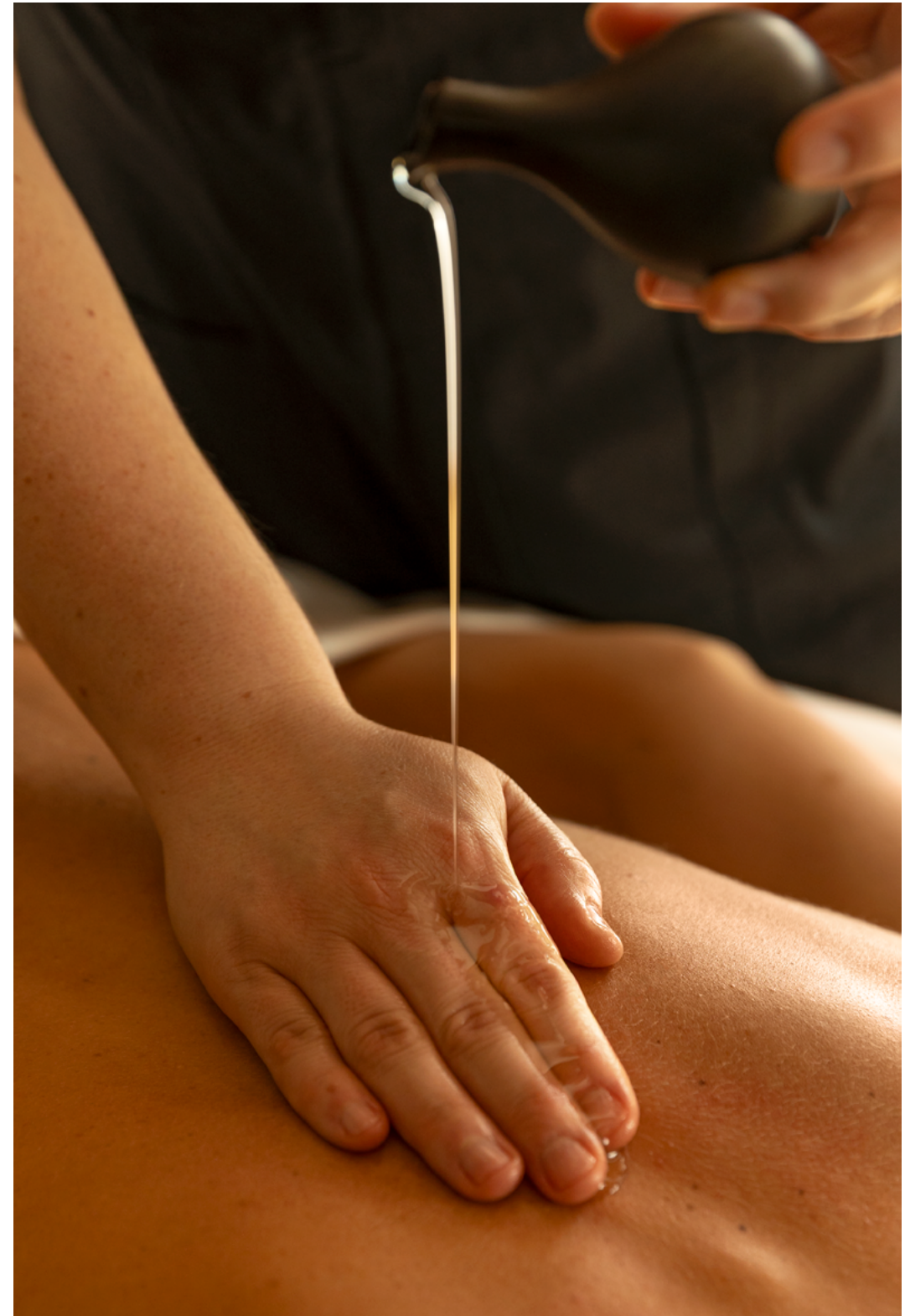
90 minutes

Embark on a rejuvenating journey for the skin and senses with a harmonious blend of exfoliation, detoxification and deep nourishment. The experience begins with an optional steam session, where the soothing infusion of essential oils calms the mind and preps the skin for treatment. Next, a revitalising sea salt and olive oil scrub gently exfoliates and hydrates. Sea salt buffs away dull skin revealing a radiant complexion, while nutrient-rich olive oil replenishes moisture, leaving skin soft and supple. Following the scrub, a purifying marine flora mud wrap infused with sea lavender, seaweed and sea lettuce works to detoxify, nourish and restore skin, with omega plankton delivering vital nutrients for protection. The ritual concludes with a warm olive oil massage, enhancing relaxation and locking in hydration for a luminous, healthy glow.

Amanzoe Purification Hammam Ritual

120 minutes

This immersive hammam journey is a ceremony of renewal, inspired by ancient Greek purification traditions. The ritual begins with a warm aromatic mist, infused with wild mountain tea, sage and fresh bay leaves – a purifying blend once used in ancient Asklepieia to cleanse the body and clear the mind. Olive leaf black soap is applied to soften and prepare the skin before a traditional exfoliation using a fine olive and grapeseed scrub, honouring the sacred plants of the Peloponnese. Warm water is then poured, washing away tension and restoring a profound sense of clarity. The ritual continues with a nourishing massage using fresh olive oil, enriched with thyme and rosemary, to hydrate the skin and awaken the senses. A final moment of stillness is offered with a cool lavender compress placed over the forehead – a symbolic gesture of renewal, echoing ancient Greek purification rituals.





Aesthetic Treatments

MesoJet

This versatile skin rejuvenation system incorporates supersonic sub-dermal infusions of anti-ageing compounds with a skin tightening radio frequency known as ThermiShape technology. It gently exfoliates while extracting skin impurities, infusing bioactive nutrients and toning the skin through fibroblast activation. Customised treatment serums are delivered 1.4 mm deep into the skin via a high-pressured stream of microdroplets at a speed of 200 metres per second without causing any injury to the epidermis. A series of treatments dramatically improves skin tone and texture, while fine lines and other signs of ageing appear instantly diminished.

Jet Facial

60 minutes

This deeply hydrating and moisturising treatment includes gentle lymphatic drainage and exfoliation using detoxifying and soothing saline water. Followed by mandelic acid application, the skin is left free from dead cells, appearing nourished and freshly glowing. After the exfoliation one of five efficacious serums is infused, its action tailored to the skin needs of each individual, spanning anti-ageing to luminous.

- Luminosity Enhancing
- Botox-Effect
- Anti-Acne
- Anti-Ageing
- Sensitive Skin

At the end of the treatment, a skin perfecter serum, rich in active ingredients, is delicately applied.

Red Carpet Jet Facial

90 minutes

The most potent anti-ageing treatment, this treatment is ideal for mature skin or as a last minute beauty enhancer. Performed three-four hours before a special occasion, this power-boost facial offers double the nourishment with not one, but two formulations for rejuvenated skin. Delivering advanced anti-ageing results, Anti-Ageing Power Bi-Phasic is used as a dual-phase treatment that combines two complementary serum complexes in one session, with hyaluronic acids, bio-peptides and vegetal stem cells.

Radio Frequency Body Treatments

These powerful body treatments combine radio frequency and massage to great effect. Several sessions are recommended to ensure the best result, with a maximum frequency of three sessions per week recommended per area, alternated with manual massage.

Treatable areas include:

- Back of thighs and buttocks
- Front of thighs
- Abdomen
- Arms

Anti-Cellulite & Slimming

60 minutes

Indulge in a deeply revitalising treatment designed to stimulate lymphatic flow and gently open node channels, supporting the natural elimination of released fats and toxins. This luxurious experience enhances circulation, reduces fluid retention and refines the appearance of cellulite while promoting a smoother, more sculpted silhouette.

The skin is left feeling firmer, toned and beautifully rejuvenated, with a renewed sense of lightness and wellbeing. For optimal, long-lasting results, a course of treatments is recommended.

Skin Rejuvenation & Tightening

60 minutes

Indulge in a deeply restorative treatment designed to revive skin vitality, enhance tone and restore a youthful sense of volume. Mineral-rich elements work in harmony to relax the nervous system and uplift the senses, creating a truly holistic experience.

Combined with expertly applied manual massage, this luxurious ritual melts away tension while promoting improved circulation and skin firmness. The result is a smoother, more radiant complexion, with skin that feels lifted, replenished and beautifully renewed.

Jet & Radio Frequency Combined Facial

90 minutes

Experience the benefits of electric massage tools in the expert hands of a massage therapist. Technology, a soothing cool roller ball and intuitive touch combine to deliver relaxing, recharging and tension relieving results.

Add-Ons:

Boosters

15 minutes

Recommended for taking treatment results even further, two choices are available:

- Vitamin C is a powerful antioxidant, enhances skin brightness and complexion, stimulates collagen production. Also suitable for acne-prone and oily skin.
- Vitamin B5 has a strong firming action, improving skin elasticity. Calms and soothes irritated skin by deeply moisturising.

Magic Mode

15 minutes

A device setting recommended to treat wrinkles and expression lines, as well as spots caused by sun exposure and ageing, making them less visible. In addition to the above facials, a customised treatment can be created to suit your needs. Please ask reception should you need one.





Body Treatments

Holistic Massage

60 | 90 minutes

A deeply nurturing, full-body massage designed to restore balance, ease muscular tension and calm the nervous system. Using a flowing combination of slow, rhythmic movements and intuitive therapeutic techniques, this personalised treatment adapts to your body's needs in the moment. Ideal for those seeking deep rest, stress relief and gentle physical renewal.

Steam & Warm Stones Massage

120 minutes

A deeply calming ritual designed to ease the body and quiet the mind in preparation for natural rest. The experience begins with a 20-minute herbal steam infused with lavender, lemon balm, Greek mountain tea and rose petals, gently opening the senses and releasing the tension. This is followed by a 90-minute soothing massage using magnesium-rich oil and warm stones. The comforting heat and slow, grounding techniques help melt muscular fatigue, settle the nervous system and restore inner balance-supporting deeper relaxation and improved sleep quality.

Deep Tissue Massage

60 | 90 minutes

The Deep Tissue Massage uses firm pressure and slow strokes to reach deeper layers of muscle, fascia and tendons. As well as relieving chronic aches and pains and contracted areas such as the neck, shoulders, upper/lower back and legs, it also increases circulation and helps to detox the body and balance the mind.

Thai Massage

90 minutes

Performed over loose clothing, this ancient bodywork therapy improves movement and flexibility through manipulative stretches and acupressure techniques that release muscular tension. Uniquely relaxing yet energising, it is known for clearing energy pathways while improving postural alignment and eliminating muscle pain.

Intuitive Healing

90 minutes

Enter a state of blissful equilibrium in body and mind with this balancing therapeutic massage. Guided by intuition, your therapist will incorporate various modalities, possibly including crystals, incense and sage, to ensure that you find the healing and relaxation you seek.

Moroccan Hammam Ritual

60 | 75 minutes

The Moroccan Hammam Ritual is performed in a heated room with steam where the 100% natural Savon Noir is applied. The black soap is a traditional cleansing soap made from crushed olives and olive oil, and soap is infused with eucalyptus, which provides antibacterial and antiseptic properties. The treatment is followed by deep cleansing with a kessa glove which leaves your skin glowing. The traditional ‘Rhassoul’ or ‘Ghassoul’ natural rock clay sourced in the Atlas Mountains of Morocco is then applied as a full body mask to nourish and hydrate your skin. Finally, an exfoliating facial scrub is applied, followed by a face mask to rebalance skin and even texture.

Prenatal Treatments

Prenatal Massage

60 | 90 minutes

Designed to provide physical and emotional support through nurturing touch, this gentle massage eases tension and soothes nerves while also decreasing swelling, reducing sciatic pain and improving lymphatic and blood circulation.

Prenatal Facial

60 minutes

To help rebalance the skin during this time of hormonal change, this facial is thoughtfully designed for expectant mothers. Using Aman Essential Skin products crafted from sustainably sourced, natural ingredients, the treatment helps restore the skin’s youthful glow and vitality, leaving the complexion visibly refreshed, radiant and deeply nourished.





Couples Treatments

Intimate Escape

90 minutes

Share a deeply relaxing experience, starting with a 60-minute Deep Tissue or Holistic Massage, designed to ease tension and restore balance. Next, indulge in a 30-minute Hydrating Facial, leaving skin refreshed and glowing. The perfect blend of treatments to leave you both feeling wholly rejuvenated.

Timeless Tranquillity

120 minutes

Enjoy your choice of 90-minute personalised treatment tailored to individual needs before retreating to the comfort of your own private steam room or bathtub for 30 minutes. With heat and aromatherapy to enhance the feeling of relaxation, stress is diminished and body, mind and spirit are revitalised.

Ultimate Couples Escape

120 minutes

The ultimate romantic retreat, find time to reconnect in your own heated pool and steam room area, where a thoughtfully curated selection of drinks and refreshments enriches the experience. A 60-minute massage follows, allowing you to unwind together side-by-side, resulting in harmony of body and mind.

Add-Ons:

- Bottle of Champagne
- Additional 30 minutes in the relaxation area

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

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

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 or Foot Massage

30 minutes

Head

A relaxing scalp massage designed to release tension, stimulate circulation and calm the mind, promoting deep relaxation during your treatment.

Foot

A soothing foot massage focusing on pressure points to relieve tension, improve circulation and provide grounding relaxation for the entire body.

LED Mask

A targeted LED Mask treatment designed to stimulate skin renewal, improve tone and support collagen production. The perfect enhancement to boost radiance and promote a visibly healthier complexion.

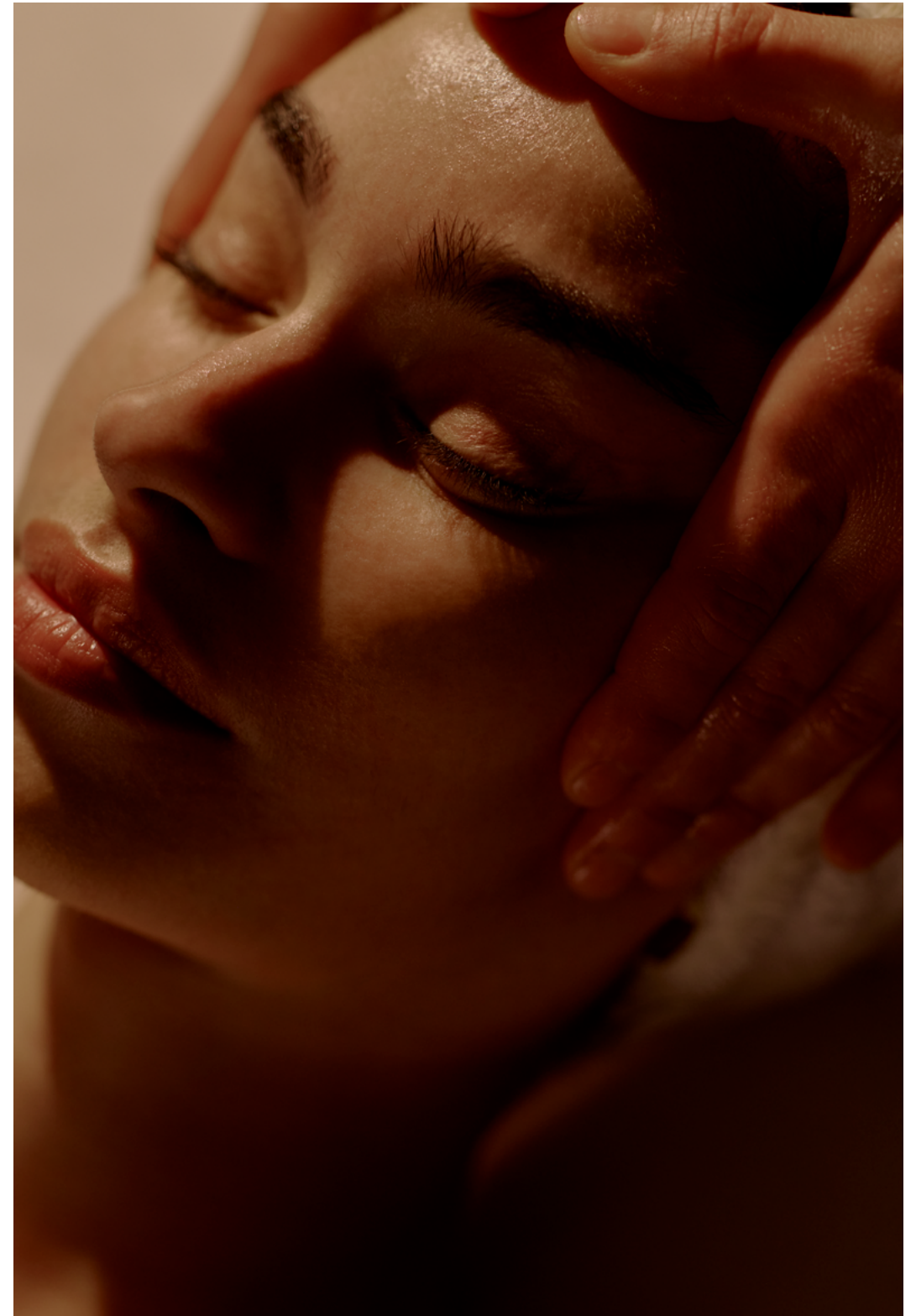
Hand & Foot Masks

A deeply and foot masks to hydrate, soften and restore the skin. Ideal as an add-on to any body treatment for enhanced nourishment and lasting smoothness nourishing treatment using professional hand.

Private Relaxation

30 | 60 minutes

Find time to reconnect in your own heated pool and steam room area for 30/60 minutes, accompanied by a thoughtfully curated selection of drinks and refreshments to add to the indulgence.





Aman Juniors

Swimming

60 minutes

Learning to swim is a key life skill that contributes immensely to the confidence, fitness and safety of your child. Our experienced instructors will ensure your child enjoys the learning process in Amanzoe's main swimming pool. Those who can already swim can master the subtleties of different strokes. Suitable for ages three and up.

Aman Yoginis

30 minutes

Yoga is a great way for children to increase awareness of themselves, others and the world around them, while also having fun. Yoga instills confidence while improving strength and balance, engaging a child's natural, boundless energy and conveying valuable lessons in positive thinking and self-acceptance.

Natural Olive Oil Massage

30 minutes

A soothing full body massage using local olive oil. Deeply relaxing and ideal for dehydrated skin.

Chocolate Therapy

40 minutes

Treat little ones to a delightful Chocolate Therapy session featuring a luxurious body mask made from a mixture of cocoa powder and water. As the mask is applied, children will enjoy a light, relaxing massage that enhances relaxation and adds to the indulgence.

Junior Mani/Pedi

30 minutes

This treat offers a choice of mini-manicure, mini-pedicure or mini mani-pedi combination, and begins with a massage of the hands and/or feet. This is followed by the trimming and shaping of nails and then optional colour application.

Hair Braiding & Styling

60 minutes

In this creative hair experience with our expert stylists, little ones can choose from an array of playful braids and fashion-forward hairstyles, perfect for a day of adventure or relaxation.

Fitness & Movement

Personal Training

60 | 90 minutes

Whether your goals revolve around fitness, weight management or training for a specific event, our personal trainers are intuitive experts who will assess your strengths and weakness, identify areas that could be improved upon and curate a personalised plan to help you achieve them. Training sessions can take place indoors or out and may include a variety of modalities that answer your needs.

Pilates (Mat or Reformer)

60 | 90 minutes

Pilates places particular focus on core stability and breathing patterns, rapidly correcting postural and muscular imbalances and improving overall strength and flexibility. Before starting instruction for Pilates, you will be required to undergo an assessment session that analyses postural alignment, strength and flexibility. In identifying your strengths and weaknesses, we can then develop a programme suited to your individual needs and goals. Private instruction is available for all levels, from those who have never exercised before to professional athletes.

Outdoor Outrace

60 | 90 minutes

Challenge yourself and reap the benefits with our new outdoor racing circuit that works every muscle group to provide an excellent full-body workout as well as adrenalin-fuelled fun. Our multi-station tower combines multiple training solutions: from suspension to functional training, and from calisthenics to strength training, to ensure a complete workout in stunning natural surroundings.

Boxing, Kickboxing and Muay Thai

60 minutes

A dynamic, full-body training session combining technique, conditioning and stress release through boxing, kickboxing or Muay Thai. Guided by our instructor, each session is tailored to your level – from beginners learning the fundamentals to experienced guests refining power, speed and coordination. Expect a powerful cardiovascular workout that builds strength, agility and confidence while helping to release tension and boosts energy. Suitable for all levels.

Tennis or Pickleball

60 | 90 minutes

Amanzoe has two floodlit tennis courts available on a complimentary basis. As well as rackets, balls and shoes (if required), Amanzoe can also provide tennis instruction and hitting partners through an external company. This requires prior arrangement. Please contact the spa reception to book a tennis court.





Conditioning & Recovery

CELLGYM® Session

30 minutes

CELLGYM® is designed to improve energy efficiency, performance and recovery, and to strengthen our cells to better cope with these everyday challenges. It works by simulating the effects of high-altitude training from which professional athletes have long been benefiting. In doing so, the technology can induce complete relaxation and an almost meditative state in as little as 30 minutes.

Taking into account age, genetics and fitness level, the therapy is completely customisable and can be experienced while sitting or lying down. Breathing through a specialised mask, you will consume a combination of oxygen-rich and oxygen-reduced air, helping to enhance your energy production.

Dynamic Stretching

30 minutes

Combining guided breathwork, deep assisted stretching, myofascial release and a functional mobility flow to enhance flexibility, reduce stiffness and achieve faster recovery.

Aqua Conditioning

60 minutes

A low-impact, water-based movement session using aqua bikes, floating mats and resistance props to enhance muscle tone, joint mobility and cardiovascular efficiency. Ideal for active guests.

Floating Stability

60 minutes

A private, water-supported conditioning session performed in floating mats in our indoor pool. Using slow, controlled movements and breath awareness, this session strengthens the core and improves balance, while the water reduces joint impact. An ideal session for posture improvement, athletic conditioning and functional stability.

Recovery Boots - Compression Therapy

30 minutes

A passive lower-body recovery treatment using sequential compression boots to enhance circulation, reduce muscle fatigue and support lymphatic drainage. Ideal after physical activity, travel or prolonged sitting.

Recovery Package

120 minutes

Recovery & Mobility Therapy	20 minutes
Contrast Therapy	20 minutes
Magnesium Oil & Warm Stones	60 minutes
Calming Massage	

This journey begins with a targeted recovery and mobility therapy followed by contrast therapy (sauna, steam room and cold plunge) that stimulates circulation and supports muscular repair. Concluding the treatment, a 60-minute magnesium oil and warm stone massage, that calms the nervous system, releases deep tension and leaves the body grounded, restored and ready for your stay.

Mindfulness & Movement

The Healing Power of Sound Retreat

180 minutes

Embark on this transformative three-hour retreat, designed to harmonise mind, body and spirit. Taking place in the serene privacy of our Soundbath Suite, the journey blends ancient traditions with modern relaxation techniques to bring balance and tranquillity.

The retreat includes the following:

- Personalised orientation
- Breathwork, soundbath and chakra cleansing session
- Detoxifying steam room session
- Floating meditation in heated outdoor pool
- Traditional tea ritual
- Aromatherapy Massage (60 minutes)

Yoga

60 | 90 minutes

Yoga can be what you want it to be. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, it is also a mindset and a way of living. Private instruction is available for all levels, from complete beginners to experienced yogis.





Sound Therapy

60 minutes

The session promotes deep relaxation, stress relief and emotional healing using sound frequencies to enhance mindfulness and balance energy.

Meditation

30 minutes

An age-old method of gaining perspective, increasing self-awareness and managing stress, meditation involves bringing your full attention within and returning to your breath. While there are many different ways to meditate, we invite you to come in peace and acceptance to benefit from our guided sitting meditation.

Dawn of Stillness

90 minutes

A serene morning ritual that combines gentle movement, water and sound. The session begins with soft sunrise yoga to awaken the body, open the breath and release overnight tension. Guests then move into a serene floating meditation, where the body is effortlessly supported by water, inviting weightless relaxation and inner quiet. While floating, subtle sound healing vibrations surround the senses, guiding the mind into clarity, balance and calm. This harmonious experience gently energizes the body while grounding the mind, setting a peaceful tone for the day ahead.

Signature Asklepieion Healing Journey

150 minutes

Inspired by the ancient Greek healing temples of Asklepios, this immersive ritual guides you through a deeply restorative journey for body and mind. Combining purification, gentle mobility, meditation, herbal steam and therapeutic touch, the experience encourages physical release, mental clarity and emotional balance. A modern interpretation of sacred healing traditions designed to leave you grounded, renewed and profoundly restored.

Katharsis Ritual	5 minutes
Guided Mobility Session	10-15 minutes
Gentle Meditation	20 minutes
Aromatic Mountain Tea Steam	15 minutes
Anatripsis Treatment	90 minutes

In Nature

Ververonda Lagoon

75 minutes

Distance 7km | Elevation 51m | Difficulty (4/10)

A gentle coastal trail set between sea and hills, offering serene views over the Ververonda Lagoon and the surrounding landscape. This scenic walk invites guests to slow down, breathe deeply and reconnect with nature in a calm and effortless way. Ideal for those seeking a relaxed outdoor experience, the route blends soft terrain, open sky and tranquil waters – creating a soothing, meditative journey rather than a demanding hike.

Katafyki Gorge

75 minutes

Distance 5.5km | Elevation 173m | Difficulty (4/10)

A beautiful natural landscape located between the villages of Fournoi and Ermioni. This easy and scenic trail is suitable for all guests and families, offering a gentle walk through impressive rock formations and shaded forest paths. Surrounded by native pines, laurels, myrtles and hints of local orchids, the gorge's vegetation creates a tranquil natural tapestry. The wild beauty of the gorge, combined with its rare endemic plants, makes this an unforgettable nature experience.

Monastery of Agios Dimitrios Avgo

210 minutes

Distance 14km | Elevation approximately 350m
Difficulty (6/10)

The monastery of Agios Dimitrios of Avgo is built above the valley of Iria, at the northern slopes of mount Avgo. A memorable hike that starts from the village of Pelei, crosses beautiful mountains and leads to the monastery. Carved into the rocks, the monastery's main building consists of the ground floor and two upper floors, which connect via a narrow stone staircase. A stairway leads to the top of the monastery from where there is a stunning view of the valley and Iria.





Prophet Elias Chapel Uphill

120 minutes

Distance 4km | Elevation approx 400m

Difficulty (8/10)

A challenging and rewarding ascent to the hilltop chapel of Prophet Elias, offering sweeping panoramic views across the Argolic landscape. This invigorating trail is best suited for active guests, combining steady uphill terrain with sections that require balance, focus and physical endurance. The effort is beautifully rewarded at the summit with a sense of accomplishment and breathtaking scenery.

Bisti Forest

30 minutes

Distance 1.5km | Elevation approx 110m

Difficulty (3/10)

A tranquil coastal forest walk at the tip of the Ermioni peninsula, where pine-scented trails meet sweeping views of the Argolic Gulf and Hydra Island. This gentle nature experience winds through shaded pine woodland and along dramatic sea-facing viewpoints, offering a peaceful immersion in the region's natural beauty. Ideal for guests of all ages, this easy walk combines fresh sea air, soft terrain and scenic panoramas in a short yet rewarding outdoor escape.

Amanzoe Beach Club Korakia

90 minutes

Distance 6km | Elevation approx 200m

Difficulty (6/10)

A scenic circular coastal walk connecting Amanzoe Beach Club with Korakia, following gentle paths through olive groves and fragrant pine forest. This uplifting route reveals panoramic views over the Argolic Gulf, Porto Heli and Spetses island, blending sea breeze, sun-warmed earth and the timeless beauty of the Greek landscape. Ideal for guests seeking light movement with rewarding scenery, this experience combines nature, fresh air and expansive coastal vistas in a relaxed yet energising outdoor journey.

Finishing Touches

Aman Manicures

(Regular or Shellac), 60 | 90 minutes

Release tension from the hands and restore a noticeably younger, smoother appearance with this blissful combination of scrub, balm and relaxing hand massage. Treatment ritual includes exfoliation and soak, massage, balm application, manicure and choice of nail polish (optional).

Aman Pedicures

(Regular or Shellac), 60 | 90 minutes

A relaxing treat for tired feet, comprising an energising and detoxifying scrub and soak. A gentle foot massage follows to stimulate vital energy and soften the skin. Treatment ritual includes exfoliation and soak, massage, cream application, pedicure and choice of nail polish (optional).

Nail Polish Change	30 minutes
Shellac Removal	15 minutes
Manicure for Men	45 minutes
Pedicure for Men	45 minutes

Makeup

Daytime Look	45 minutes
Evening Look	60 minutes
Wedding or Photo Shoot	60 minutes

Hair Removal

Lip/Chin/Underarm/Eyebrow	15 minutes
Bikini	30 minutes
Brazilian/Hollywood	60 minutes
Half Leg	30 minutes
Full Leg	45 minutes
Back/Chest for Men	45 minutes
Beard Trimming	15 minutes
Eyebrow Trimming	10 minutes

Haircare

Wash & Blow-Dry	45 minutes
Wash, Cut & Style for Men	20 minutes
Haircut for Women	30 minutes
Haircut for Children	30 minutes
Highlights & Colouring	60 90 minutes
Wedding Hairstyle	60 90 minutes





Spa Facilities

Treatment Rooms

We have nine treatment rooms, five double, two outdoor (one of which is for Thai massage), one for Watsu treatment and one for facial treatments. In addition, there is a Finishing Salon that provides hair styling, manicure and pedicure and waxing services.

Fitness Centre, Yoga Pavilion & Pilates Studio

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.

Sauna

Much has been made of the health benefits of sauna. Physically, a deep and healthy sweat reinvigorates the body as tension fades and muscles relax. Mentally, you emerge relaxed, revived and ready for whatever the day may bring.

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. It also promotes skin health and boosts the immune system.

Cold Plunge

The benefits of immersing yourself in cold water have been recognised for thousands of years in Traditional Chinese Medicine and even by the ancient Greeks and Romans. Cold water addresses muscle inflammation and facilitates recovery. It is also extremely refreshing after a steam or sauna.

Reminders

Operation Hours

Spa
Daily from 10am to 8pm

Fitness centre
Daily from 7am to 10pm

Appointments
Booking in advance is recommended to avoid disappointment. Please dial extension ‘4’ to make a reservation.

Special Considerations

Most treatments can be adapted to accommodate pregnancy or injury. If you are pregnant, we will guide you through suitable treatments; massages are modified for expectant mothers following the first trimester (12 weeks). Please contact us with queries and share any medical or health concerns.

Treatment Preperation

We recommend that you arrive 15 minutes prior to your scheduled treatment time, allowing time to complete your holistic health assessment and enjoy a cup of fresh herbal tea or a cooling beverage.

Cancellation Policy

We understand that schedules change and we will do our best to accommodate your needs. Since your spa time is reserved especially for you, we kindly ask you to give a minimum of four hours cancellation notice so someone else may enjoy that time. Cancellations made within four hours will be subject to the full charge of the treatment booked.

Spa Environment

Please refrain from smoking and turn your mobile phone off or to a silent setting while in or around the spa.

Age Policy

Children under the age of 13 are not permitted to receive spa treatments. For those aged between 13-16, a parent or guardian must accompany the child in the treatment room for the entire treatment and a waiver must be signed. For children between the ages of 10-16, express nail treatments are also available. A parent or guardian must be present for the entire treatment and the waiver must be signed.

In-Room Treatments

Please note that our spa offers some treatments at your pavilion or villa with an additional charge.

Valuables

Please leave your valuables in the safe provided in your pavilion.



Pricing

All prices are in Euros and are inclusive of tax.

Late Arrivals

Out of respect for other guests’ reservation times, please be aware that we are unable to extend your treatment time in the case of a late arrival.

External Guests

Upon request and availability.



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