

A photograph of a white domed building, likely a temple or spa, with palm trees and a forest in the background. The building has a large central dome and a smaller one to the right. The scene is set in a lush, green environment with a clear sky.

AMANBAGH

Spa & Wellness Menu



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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.

Aman Spa & Wellness

Amanbagh

Utterly serene, Amanbagh's holistic Aman Spa & Wellness, located within the resort's lush gardens, is a deeply cocooning place in which to reconnect.

Expert wellness specialists offer a range of therapies and treatments, while the in-house Ayurvedic physician can personally curate multi-day individual wellness immersions drawing on the wisdom of this ancient healing philosophy.



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

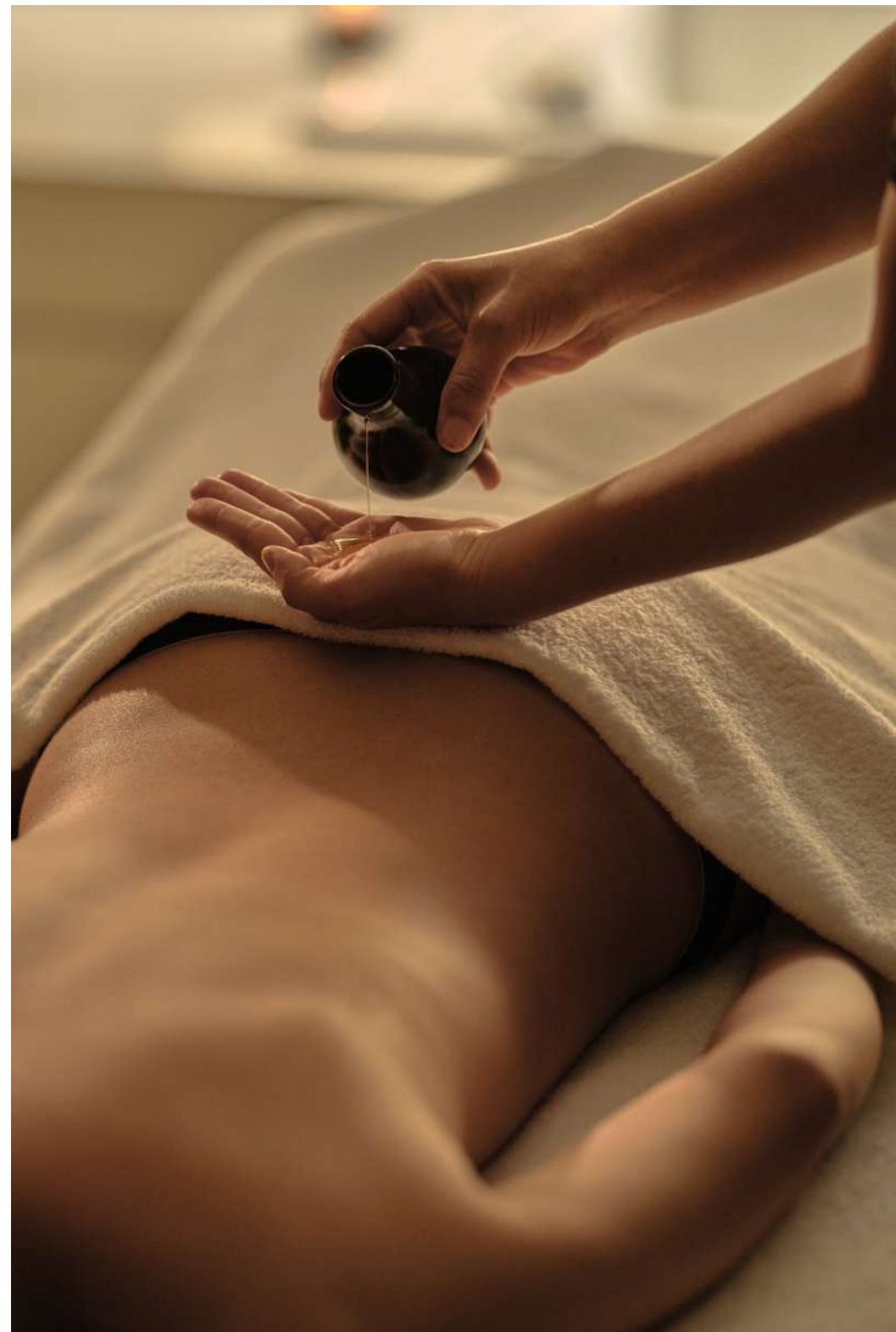
60 | 90 minutes

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 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.

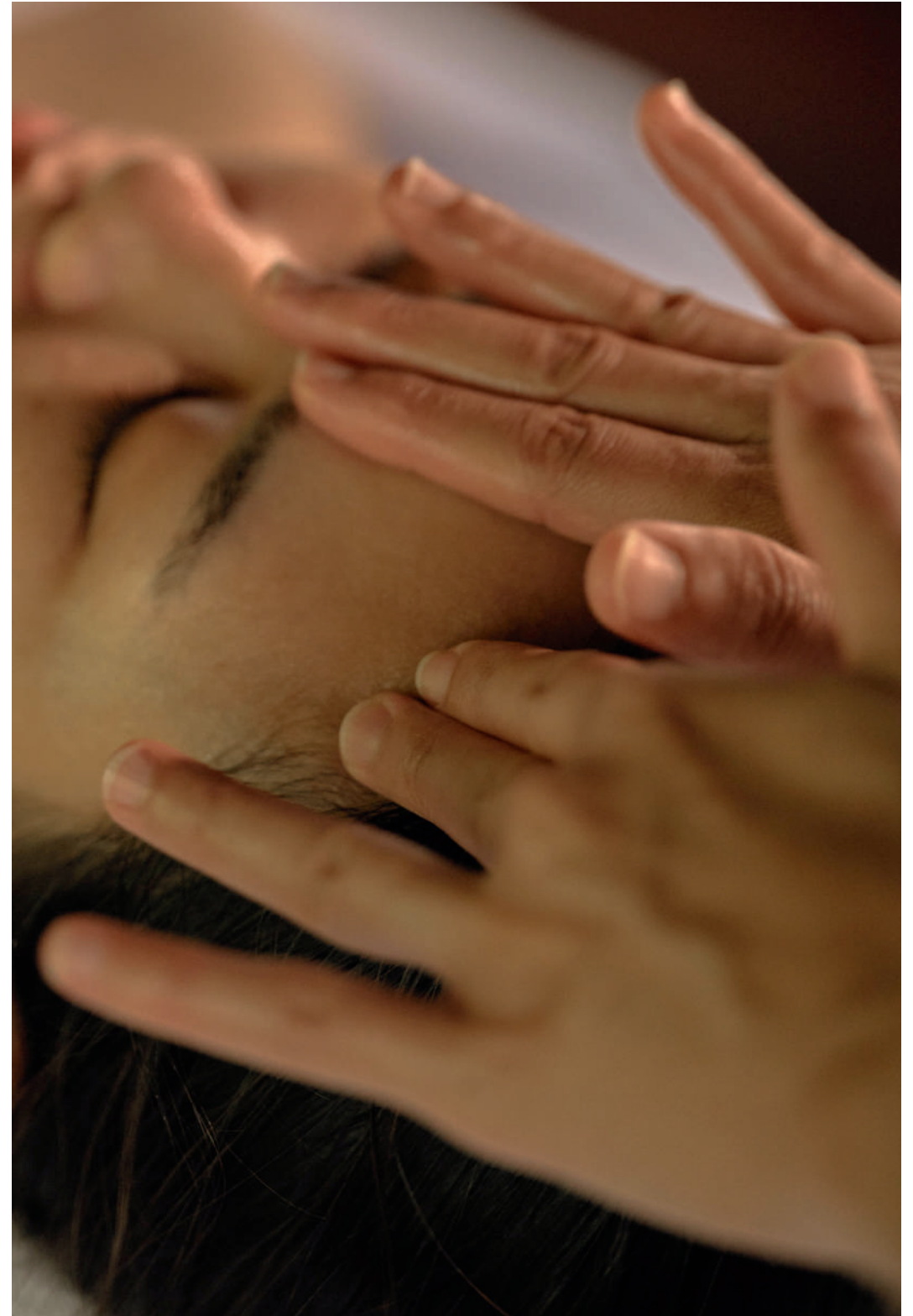


Aman Advanced Facial

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.



Amanbagh Body Treatments

Amanbagh Signature Massage

60 | 90 minutes

Our reviving signature massage adapted to your mood and body, is a unique combination of Swedish and deep tissue massage techniques that work to unravel tension and calm the entire nervous system. The treatment starts with holding a crystal that helps to re-balance the body energy while sound therapy promotes stillness and happiness.

Deep Tissue Massage

90 minutes

Deep Tissue massage applies deeper pressure and works on the deeper layer of the muscle tissues, tendons and fascia to ease tension and reduce chronic muscle pain and helps to release toxins.

Amanbagh Spa Journey

90 | 120 minutes

A personalised experience, where skilled therapists create bespoke formulas blending aromatic herbs and plants with unscented oils to create a revitalising scrub followed by a full-body massage.

Hot Stone Massage

90 minutes

Using a combination of smooth, warm stones, soothing oils and healing hands, this deeply penetrating massage works to soothe and relax tender muscles and emotions. Hot stones are placed on key energy points of the body, evoking an aura of warmth and drawing out tightness.

Moisturising Candle Massage

75 minutes

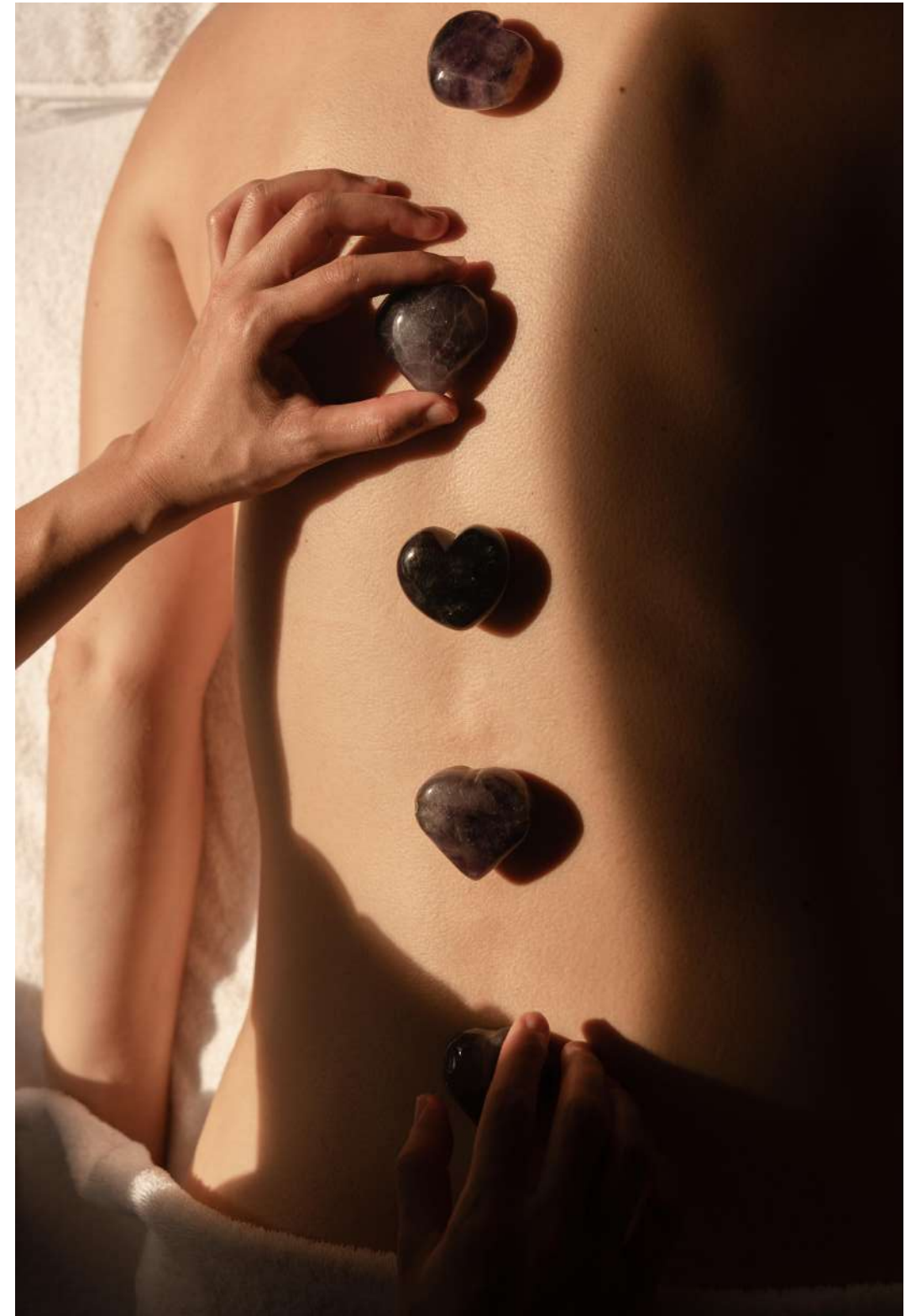
The deeply relaxing treatment combines the nourishing benefits of warm, melted massage candles with the calming effects of aromatherapy. Infused with essential oils, the candle wax transforms into a hydrating oil that softens and moisturises the skin while enhancing circulation and easing muscle tension. The gentle warmth, soothing scents and ambient candlelight create a serene environment, promoting overall relaxation and stress relief.

Henna

30 minutes

A traditional form of skin decoration, mehndi or henna is a ceremonial art form typically applied for celebrations such as weddings or Hindu festivals. Intricate and beautiful, a local artist will use your feet or hands as a blank canvas for creativity. The art will fade over a period of weeks until it disappears.

Please note that appointments are subject to the availability of our local artist.



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.

Back Massage

30 minutes

A highly effective massage designed to reduce shoulder tightness and relieve back pain by working gently but firmly on tight spots. Your treatment concludes with a relaxing head massage.

Foot Massage

30 minutes

Performed on the soles of your feet, this wonderful massage works to restore the natural flow of energy in the body and calm the entire nervous system.

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 Massage

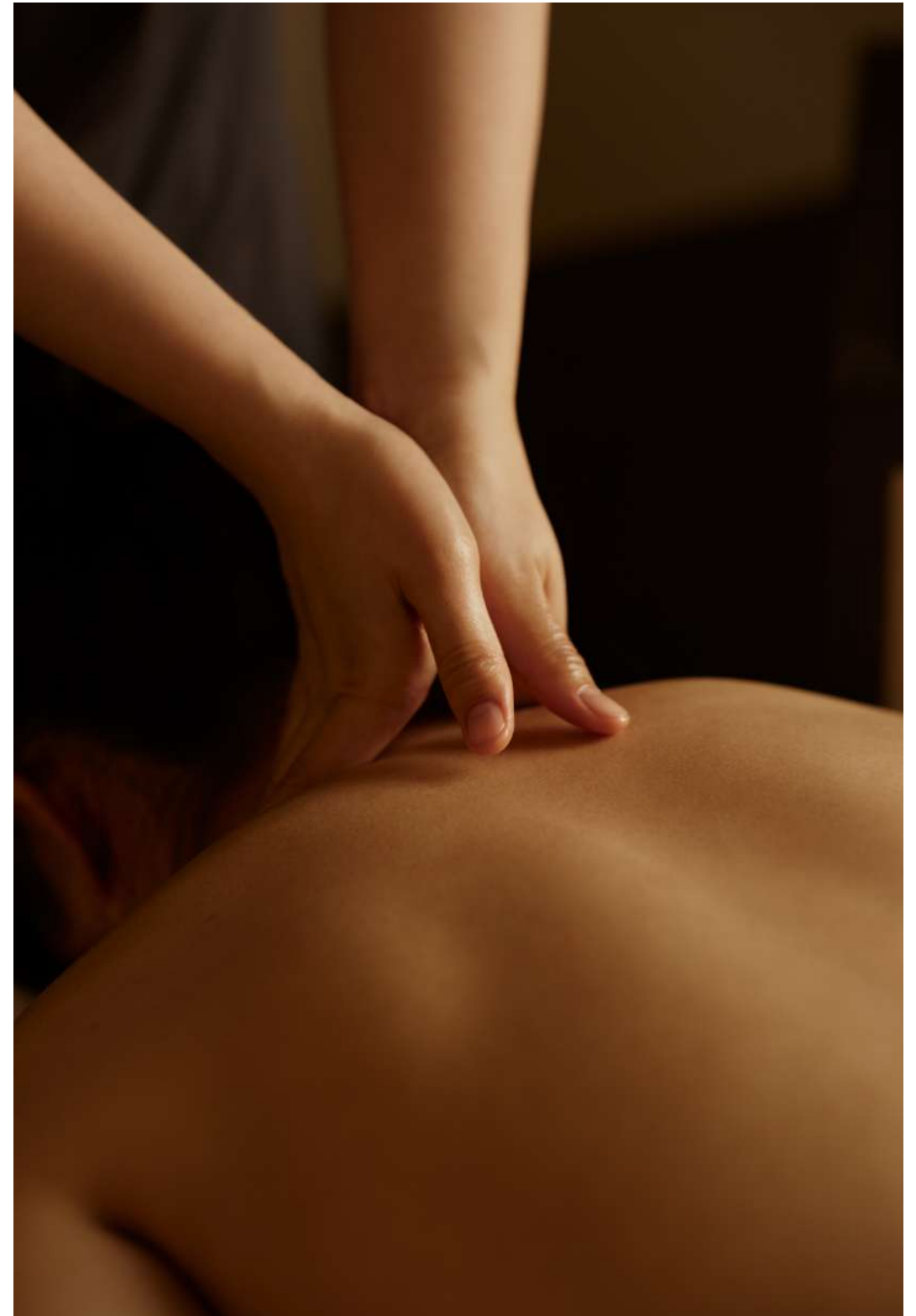
30 minutes

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.

Hot Stone

30 minutes

Enhance your experience with warm, smooth stones applied to melt away tension, boost circulation and deepen relaxation. Perfect for soothing tired muscles and achieving ultimate tranquility.



Ayurvedic Treatments

Ayurvedic Consultation

45 minutes

Ayurveda recognises that everyone is unique, with their own distinct constitution and needs. Our Ayurvedic physician conducts a comprehensive assessment of your Prakriti (body type), health status and lifestyle to design a tailored plan for restoration and vitality. Through customised treatments and holistic guidance, we align every aspect of your wellbeing with your body's natural rhythms, offering a roadmap to optimal wellness and supporting you on your journey to balance in mind, body and spirit.

Abhyanga

60 minutes

Ayurveda believes that massage with warm herbal oil should be a part of daily life. Abhyanga means 'to anoint', and specific oils are chosen for the head and body according to your body type. The natural healing qualities of the herbal oils, together with traditional massage techniques, deeply cleanse and rejuvenate, improving the overall appearance of the skin and relieving stress. This massage helps to harmonise imbalances in all three doshas.

Pinda Sweda

60 minutes

A treatment performed according to dosha type (Vata, Pitta or Kapha) this massage incorporates warm medicated oil and warm herbal bundles filled with ingredients prescribed by our Ayurvedic physician. A combination of herbal powders or freshly prepared leaves, lemon or medicated Navara rice all work to cleanse toxins from the body, improve circulation and soothe the likes of sciatica, rheumatism and other musculoskeletal issues. The treatment is also incredibly effective at releasing tense shoulders.

Shirodhara

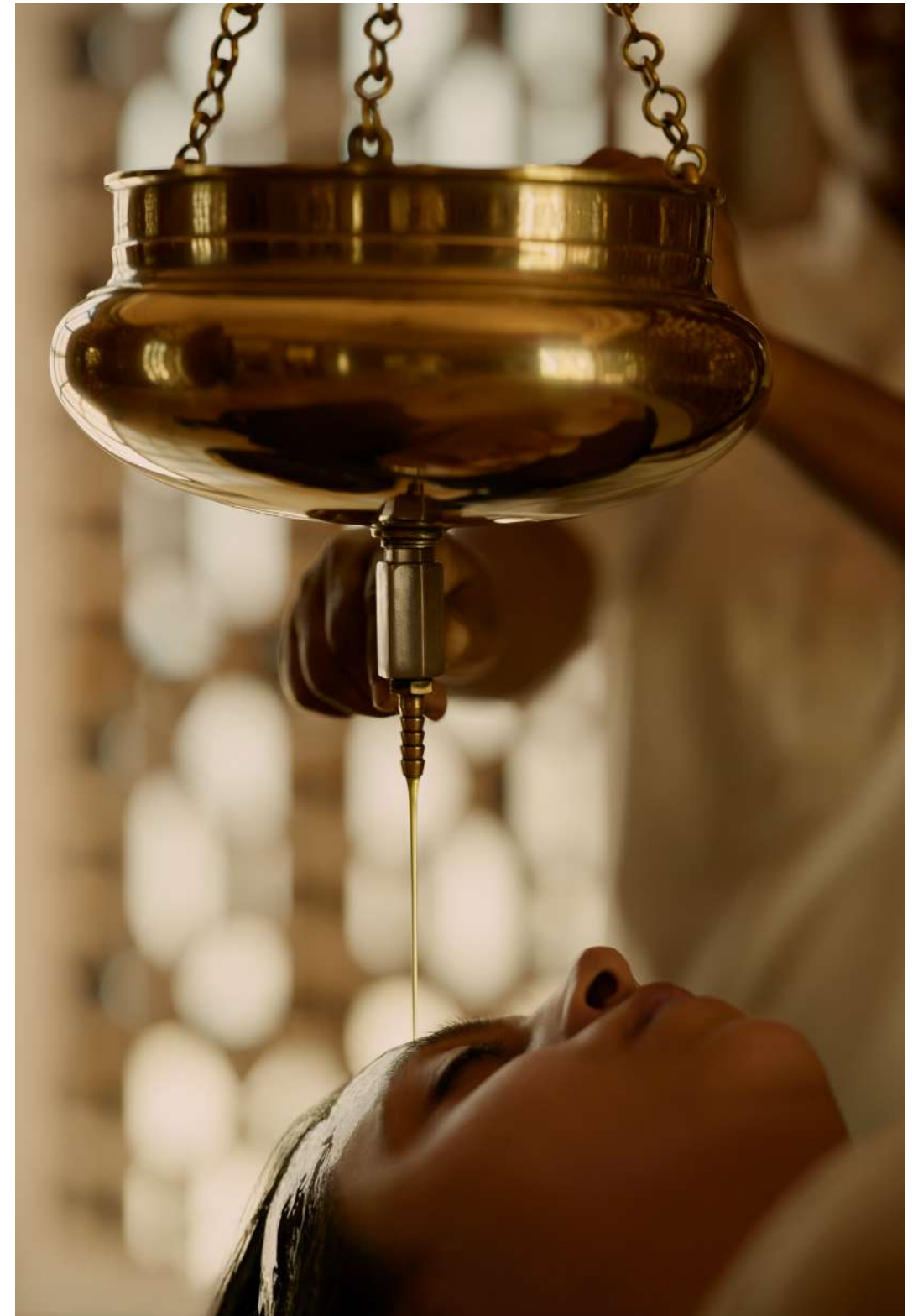
60 minutes

In this calming, healing therapy, a steady stream of warm medicated oil is allowed to flow from a specific height onto the forehead and the entire scalp region before a gently releasing head massage. This is one of the most popular Ayurvedic therapies: It not only enhances mental relaxation, but also cools the head, improves the functioning of the five senses and helps with insomnia, migraines, stress, anxiety and depression. It is also a great jet lag reliever.

Add-Ons: Shiro/Mukha/Pada Massage

30 minutes

A deeply relaxing treatment working on the body's Marma points with warm herbal oils, focusing on either the head, face or feet, or a combination of all three.



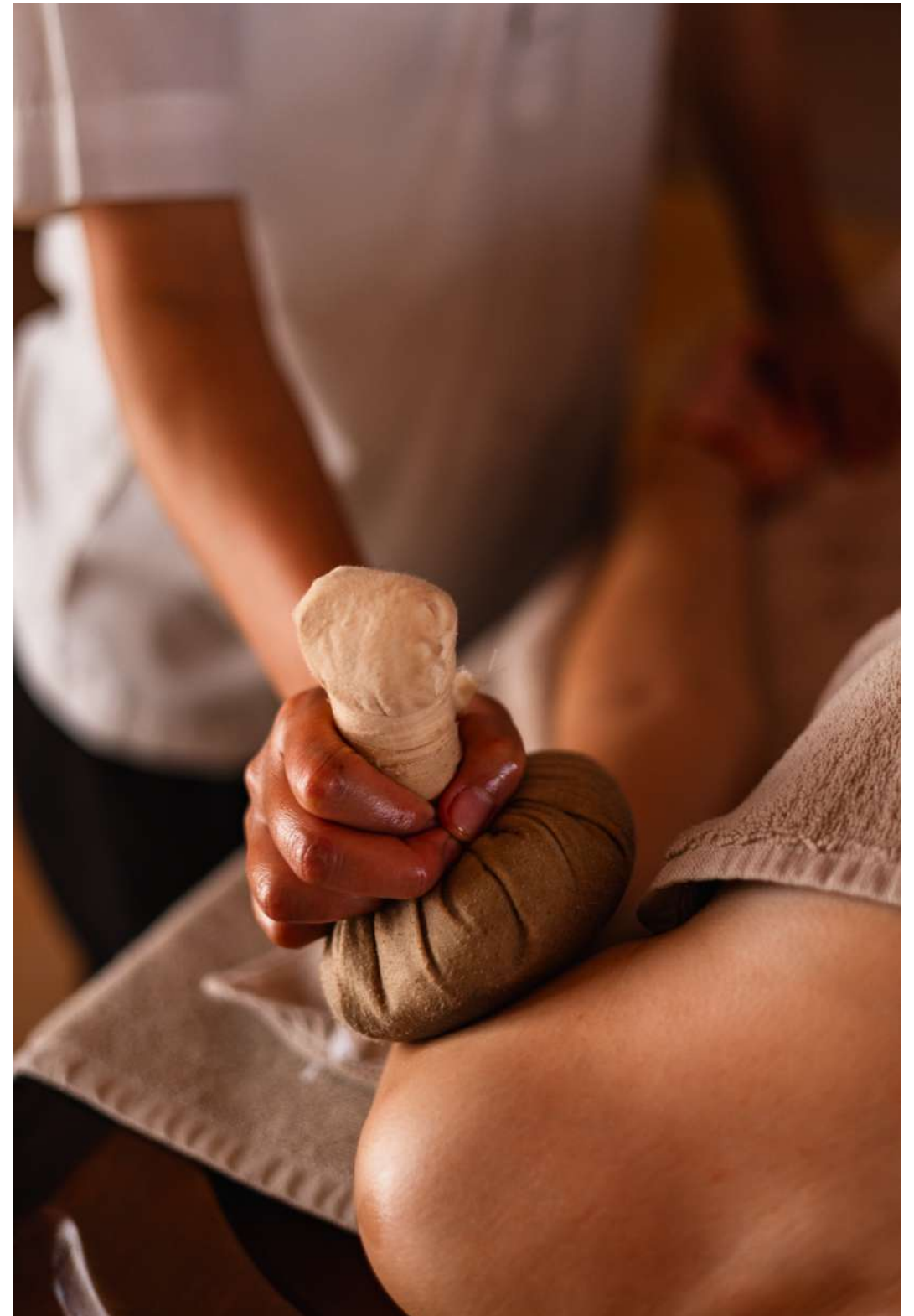
Personalised Ayurvedic Journey

90 | 120 minutes

Designed in line with your individual needs, based on an in-depth consultation, this revitalising Ayurvedic experience includes specialised therapies such as Pizzichil, Udvartana, Sarvangdhara, Nasyam and Anuvasan Vasti, each targeted towards deep healing and inner renewal.

For additional information on other Ayurvedic treatments beyond those listed in this menu, please consult with our physician.

** For guests seeking to fully immerse themselves in transformative Ayurvedic Journeys, our resident physician can also create bespoke programmes ranging from three to 21 days. Please feel free to ask our team for more information.*



Finishing Touches

Classic Manicure

60 minutes

Includes varnish removal, shaping, soaking, buffing and a relaxing hand massage.

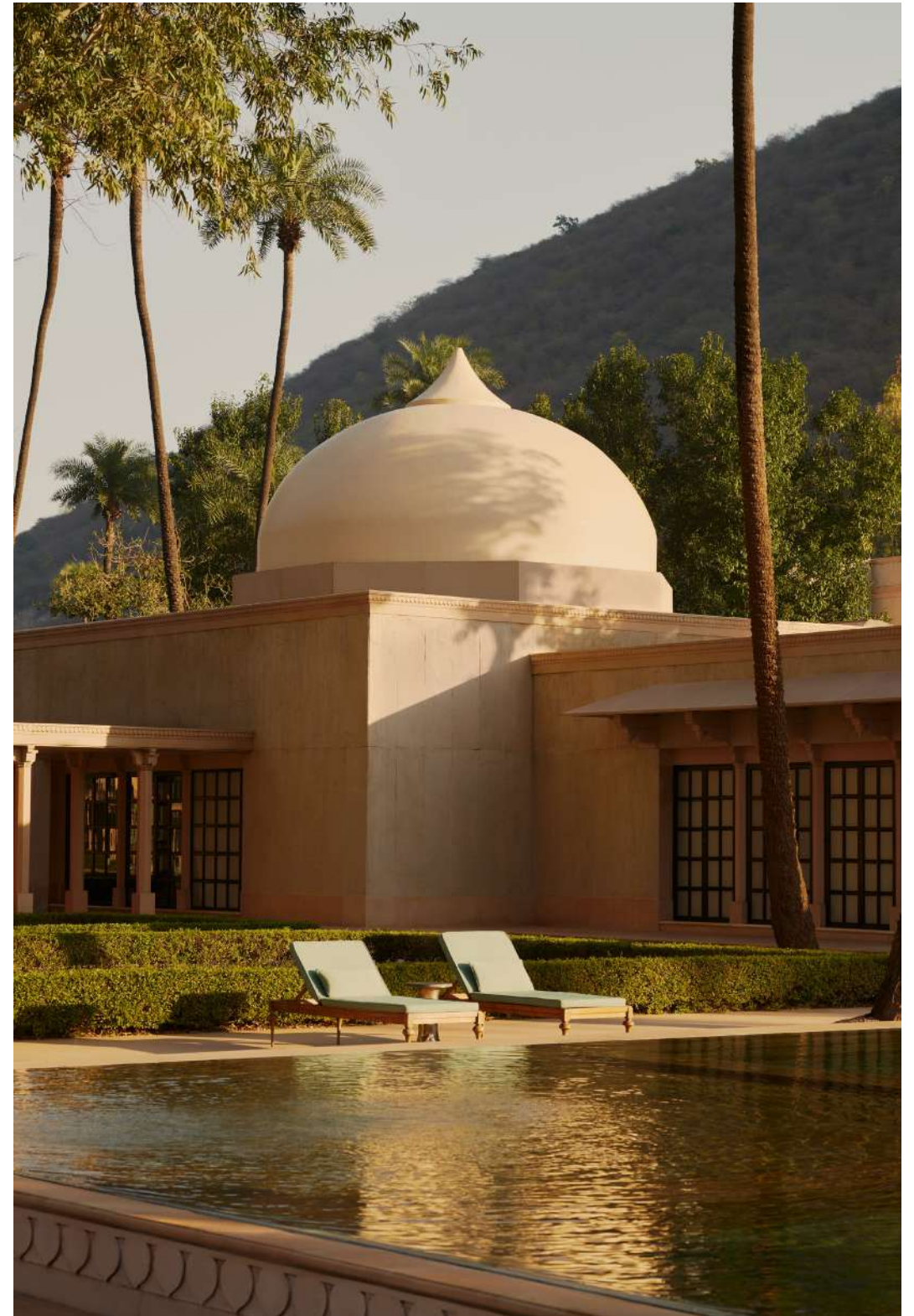
Classic Pedicure

75 minutes

Includes varnish removal, shaping, soaking, buffing and a relaxing foot massage.

Nail Polish

Includes a base- and top-coat.



Movement & Mindfulness

Yoga

60 minutes

Yoga is a tradition that originated in India over three thousand years ago. Its purpose is to help us achieve our highest potential and to experience enduring health, happiness and wellness. With regular practice, quality of life, physical health and mental wellbeing are improved.

Our resident yoga instructor will personalise each session according to your specific needs. Classes include asana (postures), mudras (gestures), pranayama (breathing techniques) and relaxation.

Aqua Yoga

60 minutes

A unique form of yoga practiced in water, creating a low-impact workout that is gentle on the joints while still engaging the muscles. Exclusive to Amanbagh's Pool Pavilion guests.

Yoga Nidra

45 minutes

Yoga Nidra, or 'yogic sleep', takes you into a state of deep inner awareness and higher consciousness. As you let go of your attachment to the physical world and travel inside, you release mental anxiety and reach a state of deep relaxation akin to the space between waking and sleeping.

Pranayama

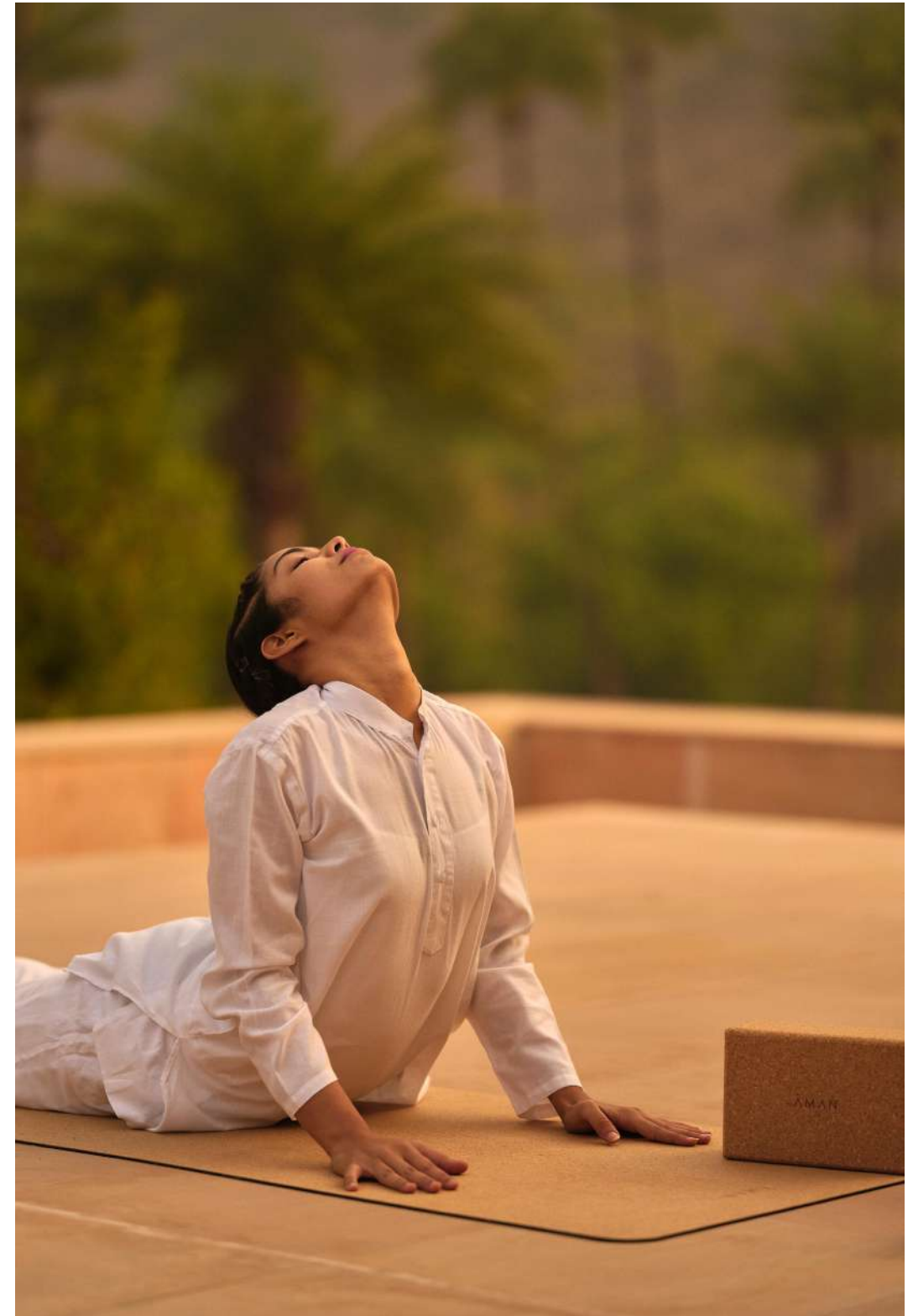
45 minutes

Immerse yourself in a holistic journey of yoga and meditation, designed to restore balance and vitality. From Hatha's grounding techniques to Ashtanga's strength-building flow and Vinyasa's rhythmic harmony, experience movement that nurtures both body and mind. Elevate your practice with Pranayama, an ancient breathwork technique that boosts energy, mental clarity and inner peace.

Fire Meditation

45 minutes

This ancient Fire Meditation, said to have originated around 1500 BC, combines fire and mantra chanting with deep symbolism to help fulfill a specific desire of an individual, a family or a society.



Amanbagh Spiritual Illumination

Yogic Experience Journey

Let the ancient traditions of yoga guide your path to harmony and self-discovery. Cleanse and revitalise through deep detox practices, aligning breath, movement and nature's healing energy. Elevate your journey with personalised retreats, embracing true balance in mind, body and spirit.

Shadkarma Detox Ritual - A Purification Experience

45 minutes

Embark on a transformative wellness journey with our exclusive Shadkarma Detox Ritual, inspired by ancient yogic purification techniques. This powerful detox process is designed to cleanse, energise and restore balance to your body, mind and spirit.

The six steps to ultimate detox:

Neti - Sinus Revitalisation – A gentle nasal cleanse using saline water to clear congestion and enhance breathing.

Dhauti - Digestive Purification – A deep cleanse that detoxifies the digestive system, promoting gut health.

Nauli - Core Activation – A dynamic abdominal massage that stimulates digestion and strengthens the core.

Basti - Intestinal Renewal – A therapeutic colon cleanse that eliminates toxins for improved gut balance.

Kapalabhati - Energy Boosting Breathwork – A powerful breathing technique that clears impurities and revitalises energy.

Trataka - Clarity & Focus Enhancement – A meditative eye cleansing practice to sharpen concentration and inner vision.

Yoga & Meditation in Timeless Landscapes

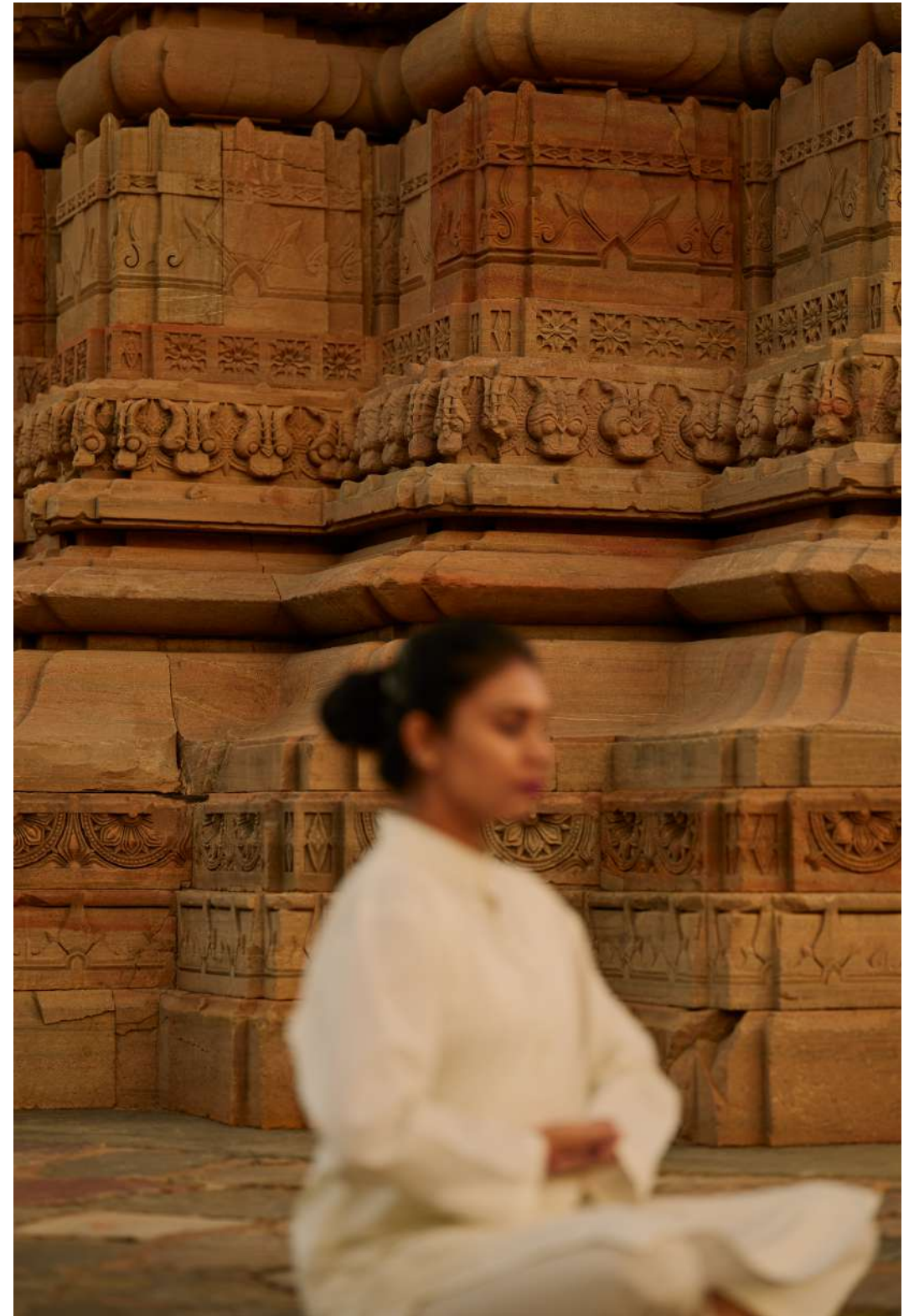
90 minutes

Embark on a soulful journey where movement, breath and mindfulness align with the beauty of history and nature in inspiring locations around Amanbagh:

Somsagar Lake - Experience deep renewal by practicing yoga beside the lake's tranquil waters, infused with centuries of serenity. An ancient shrine and wildlife-rich surroundings set the perfect stage for relaxation.

Bhangarh Fort - In the ruins of a once-thriving city, surrounded by the mysterious energy of this legendary fortress, find clarity and stillness through guided meditation. Mindfulness becomes a powerful connection to the past, allowing introspection.

Pratapgarh Fort - Awaken your senses in a setting of grandeur. Flow through yoga sequences in historic open-air chambers, immersing yourself in centuries-old wisdom. Meditate with breathtaking views, absorbing the strength of a fortress built for resilience.



Reminders

Operating Hours

Spa

Daily from 9am to 9pm

Fitness Centre

Open 24 hours

** Last booking at 7.30pm*

Appointments

Booking in advance is recommended to avoid disappointment. Please dial extension '4' for spa directly.

Treatment Preparation

We recommend guests arrive 15 minutes prior to 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 13. 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

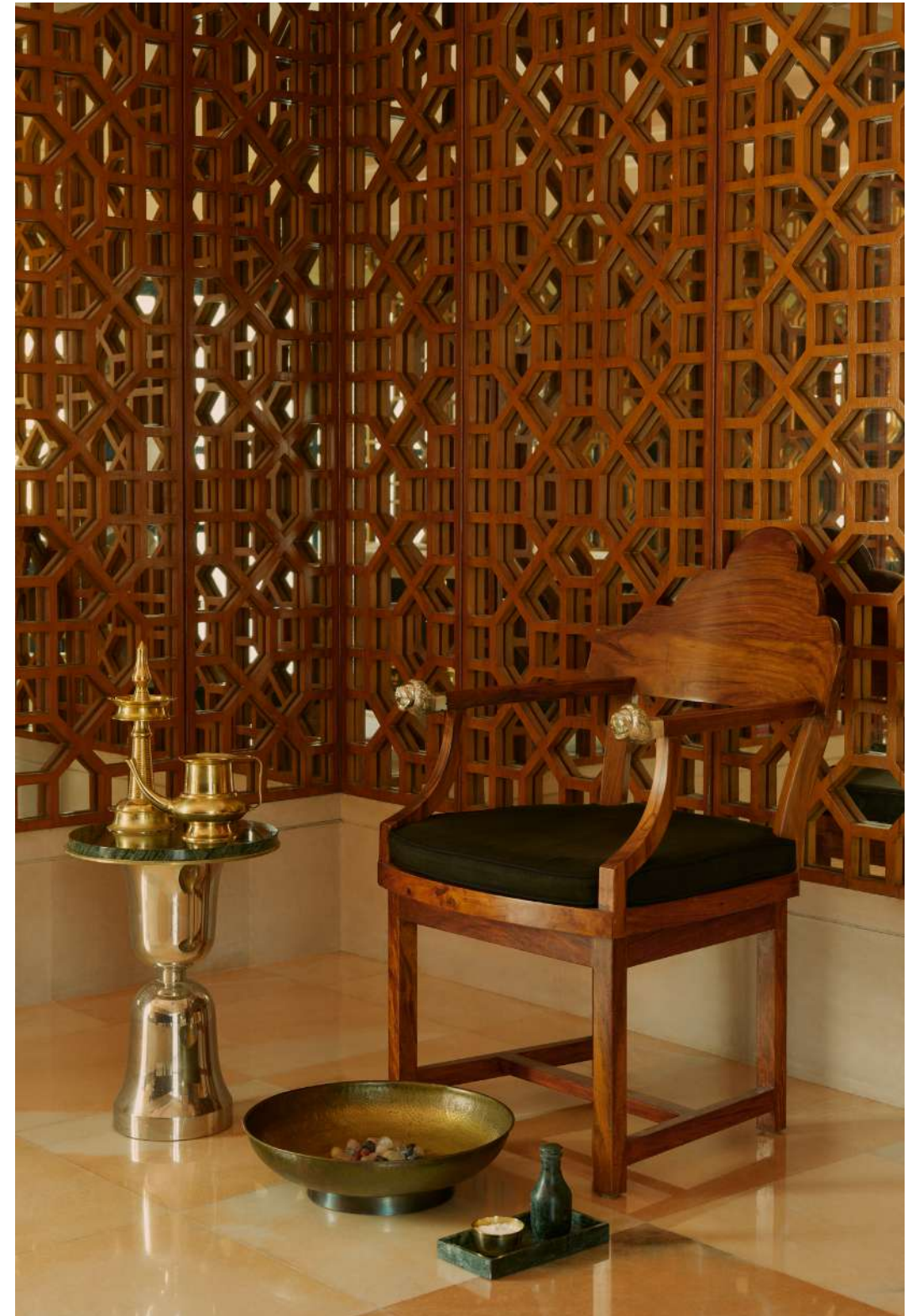
We understand that schedules change, and we will do our best to accommodate you. Once your spa time is reserved, we kindly ask for a minimum cancellation notice of four hours for spa treatments and 24 hours for wellness activities.

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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