



AMANZO'E

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.

Spa & Wellness

Amanzoe

Striving to take the wellness experience of every guest to the next level, Spa & Wellness at Amanzoe combines Western and Eastern medical theory, diagnostics and practices to ensure that every angle is covered in its holistic approach to all-round wellbeing. Transformative wellness experiences are offered through specialist therapies and cutting-edge culinary, aesthetic and performance science in the consultation rooms, spa treatment suites and hydrotherapy facility. The latter features a hammam, sauna, cold plunge pool and steam room.

Health and longevity with minimal time investment is the holy grail for every high achiever. We offer proven fast-track methods and effective personalised short-cut solutions to speed up self-optimisation as much as possible. Our wellness programmes are designed as indispensable frameworks nurturing high performance with support provided and progress racked by an entire team of professionals.



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 Face 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

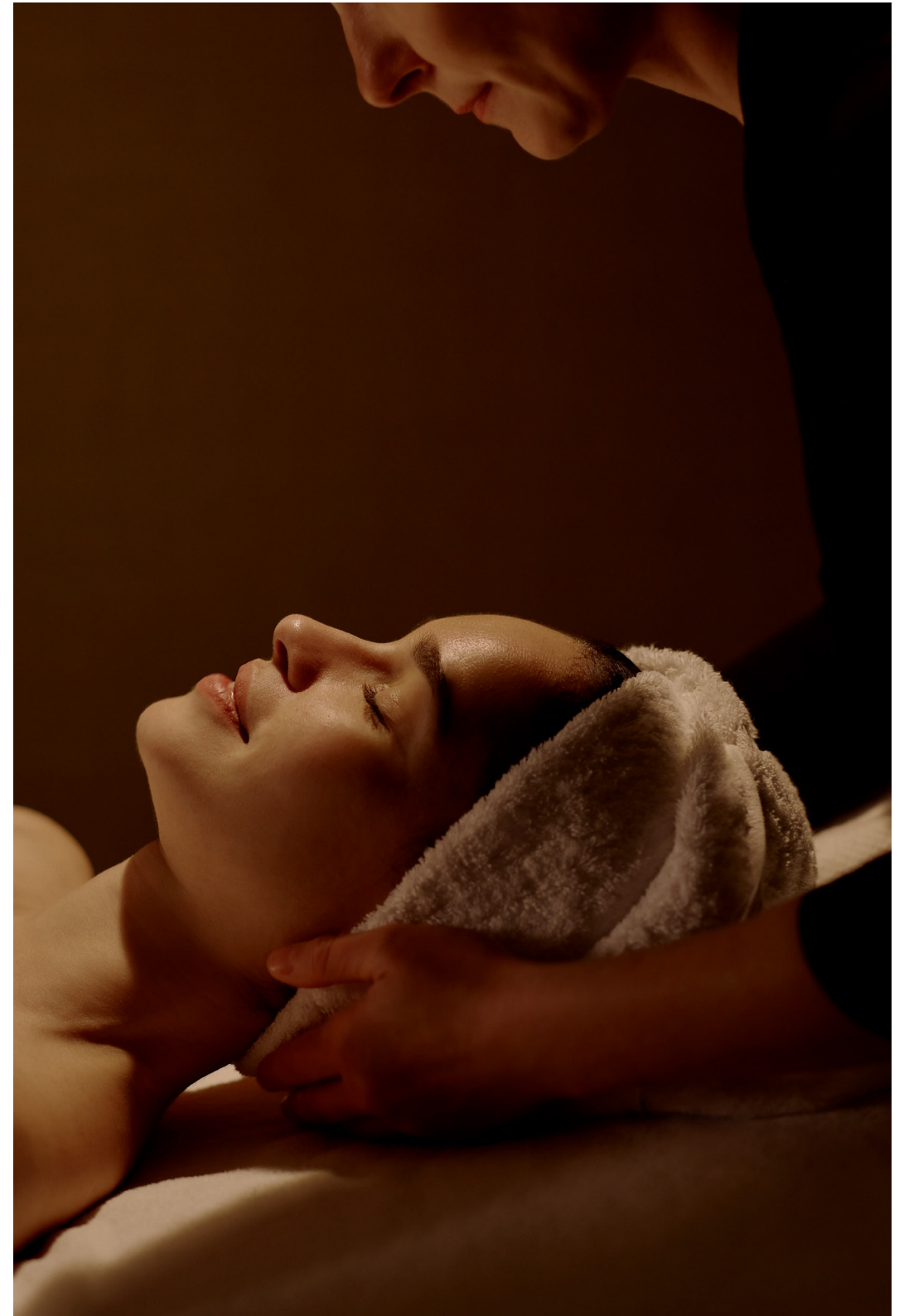
90 minutes (two hours with a bathing ritual)

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. 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 (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.



Locally Inspired Signature Treatments

Anatripsis

120 minutes

An'ā-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.

Our signature journey 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 journey ends with a laurel oil head massage which quiets the mind and encourages inner peace.

Mediterranean Glow Ritual

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.





Body Massages & Rituals

Hammam

60 | 75 minutes

Hamмам ritual is performed in a heated room with steam where the 100% natural Savon Noir, known as ‘black soap’ or ‘sabon beldi’, is applied. The black soap is a traditional cleansing soap made from crushed olives and olive oil. The soap is infused with eucalyptus, which provides antibacterial and antiseptic properties and ensures deep pore cleansing. 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.

Aromatherapy Holistic Massage

60 | 90 minutes

Combining the natural therapeutic properties of essential oils and the healing power of massage therapy, this aroma-based oil massage will leave you feeling deeply relaxed and revitalised. Using their intuition and a range of diverse techniques, our spa therapists will tailor this therapeutic massage to individual needs with a unique blend of warm oils and long, slow strokes.

Massage Add-Ons:

- Nourishing Gold Algae Face or Eye Mask
- LED Mask
- Head or Foot Massage (30 minutes)

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, upper/lower back and legs, it also increases circulation and helps to detox the body and balance the mind.

Massage Add-Ons:

- Nourishing Gold Algae Face or Eye Mask
- LED Mask
- Head or Foot Massage (30 minutes)

Hot Basalt Stones Massage

90 minutes

The combination of warm basalt stones and massage penetrates deeply into the body to soothe and relax tender muscles. Hot stones are placed on and under the body to generate heat and draw out tightness, while others are used as an extension of the therapist’s hands, gliding over the body to induce a deep sense of wellbeing.

Massage Add-Ons:

- Nourishing Gold Algae Face or Eye Mask
- LED Mask
- Head or Foot Massage (30 minutes)

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.

Massage Add-Ons:

- Head or Foot Massage (30 minutes)

Intuitive Healing Massage

60 | 90 minutes

Available from 20 May, 2025

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. Whether you're looking to de-stress or address a particular issue, we recommend adding one of the following treatments to your choice of massage:

- 30-minute scalp massage to improve circulation to the head and face
- 30-minute soothing hand and arm massage to release any blockages or pain
- 30-minute relaxing foot massage for energy and rejuvenation



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 a choice of 90-minute personalised treatment tailored to your 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 for 60 minutes, accompanied by a thoughtfully curated selection of drinks and refreshments to add to the indulgence. A 60-minute massage follows, allowing you to unwind together side-by-side, resulting in harmony of body and mind.

Add-Ons:

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

Prenatal Treatments

A woman's body goes through many changes during pregnancy; Amanzoe's one-of-a-kind prenatal experiences soothe and relax both mother and child during this special time. Only suitable for those in their second and third trimesters.

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.

Amanzoe Rejuvenation

90 | 120 minutes

This deeply relaxing body treatment is designed to target areas prone to stress and tightness during pregnancy. A gentle body exfoliation with pure unprocessed Greek salt is followed by a nourishing massage with unscented oil to leave you feeling totally revitalised and refreshed.

The 120-minute journey is completed with Greek yoghurt and raw honey body envelopment.

Prenatal 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 application of an exfoliating face scrub and cryo bulbs to eliminate puffiness. The treatment concludes with the application of the Aman Nourishing Gold Algae Face and Eye Masks to achieve an exceptional glow.

Beauty Science

Amanzoe's wellness approach combines traditional massages and relaxation treatments with advanced technologies to offer a range of non-invasive solutions for face and body rejuvenation. Utilising radio frequency technology, treatments include slimming/detoxifying sessions and unique lymphatic massage techniques for body shaping and detoxifications, as well as skin tightening, collagen increasing and cellulite reduction.

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.

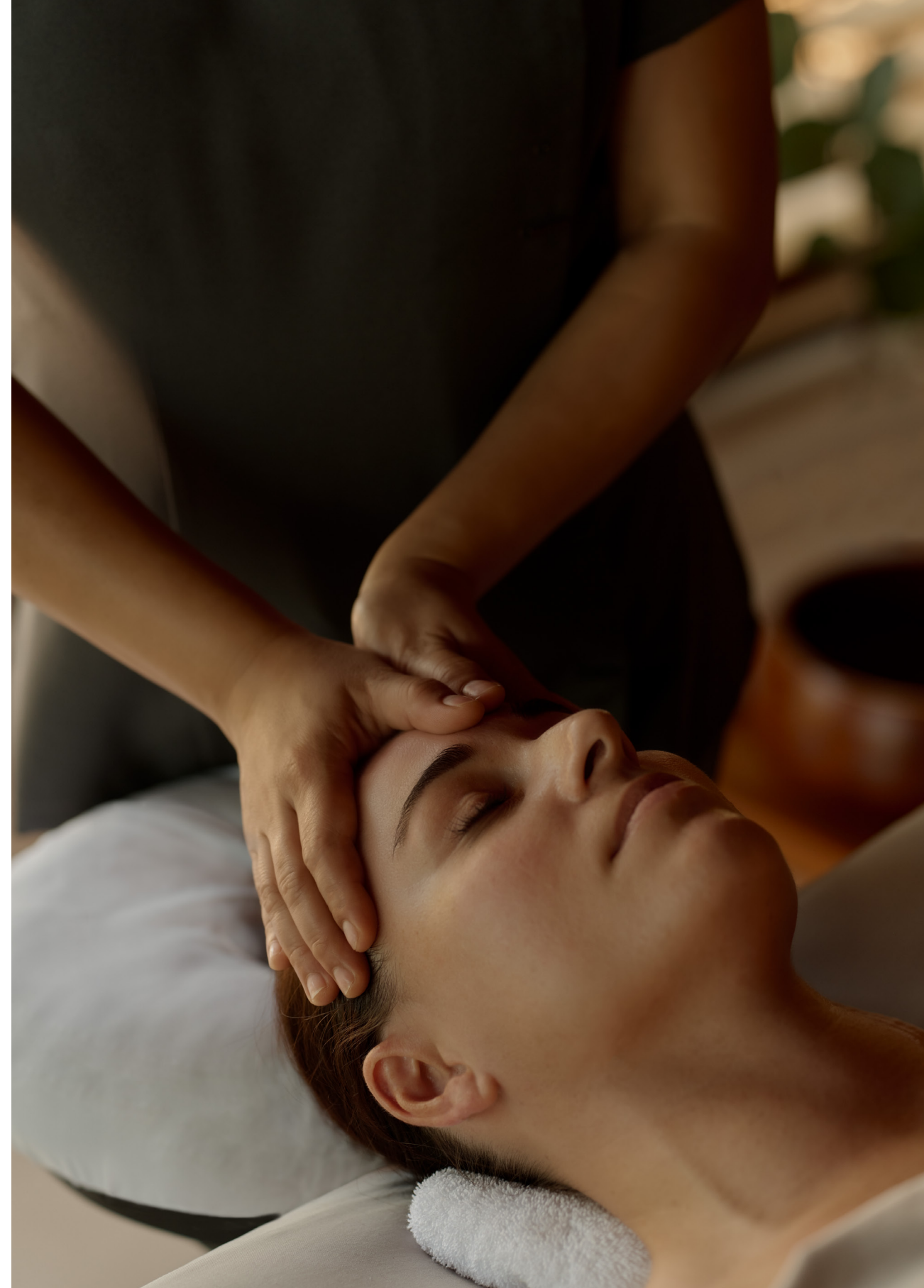
Jet Facial

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 precious serums is infused, its action tailored to the skin needs of each individual:

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

At the end of the treatment a final skin perfecting serum rich in anti-wrinkle and brightening active ingredients is applied by means of a delicate massage.





Red Carpet Jet Facial

90 minutes

The most potent anti-ageing treatment on the menu, 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

60 minutes

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.

Areas that can be treated include:

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

Anti-Cellulite & Slimming

60 minutes

Stimulates the lymphatic flow and opens node channels to ensure drainage of the fat released during the session.

Skin Rejuvenation & Tightening

60 minutes

Restores volume and tone. Minerals relax nerves and are emotionally uplifting. In this treatment, these stones are combined with manual massage to create a thoroughly soothing experience.

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** – 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.

Biohacking

Cellgym® Interval Hypoxia Hyperoxia Therapy (IHHT)

45 minutes

Our bodies are made up of billions of cells and each one needs the right amount of energy for us to live our healthiest lives. Today, however, our physical ability to generate energy is severely compromised by the challenges of our modern lifestyles, such as stress and lack of exercise or sleep.

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.

As well as a reduction in fatigue, benefits include improved metabolism and assistance with weight management. Each session is approximately 45 minutes long but can be combined with other treatments or nutritional boosters to amplify certain effects.

Active Energy

120 minutes

Ensuring the best possible results from an exercise session, the Active Energy package includes a combination of active and passive training, followed by a protein drink in the relaxing atmosphere of the spa. Cellgym® therapy significantly enhances the benefits of the fitness session, while the protein drink provides cells with the building materials they need to tone and build the muscle structure.

Fitness Session
(Personal Training, Yoga, Pilates)
Cellgym® Session
Protein Drink

Relaxation

90 minutes

Enter a state of absolute relaxation, in which the body releases all tension and the nervous system is balanced. Following the Cellgym® session the benefits of massage are enhanced, working to deeply reset the muscles. A green smoothie rich in vitamins, minerals and satiating dietary fibre follows the treatment, helping to nourish the body.

Cellgym® Session
Massage Treatment
Green Smoothie





Fitness & Athletics

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.

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.

Symmetria: Amanzoe's Signature Workout

30 | 60 minutes

Inspired by the ancient Greek pursuit of physical excellence, Symmetria is a dynamic, full-body workout that seamlessly blends endurance, strength, balance and flexibility. Rooted in calisthenics—a discipline that dates back to Ancient Greece—this session uses bodyweight exercises to build functional strength and enhance mobility with little to no equipment.

Designed for all fitness levels, Symmetria challenges both body and mind, helping you cultivate power, control, and symmetry in movement. Experience a workout that honours the past while elevating your present.

Tennis

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.

Recovery & Rejuvenation

150 minutes

Perfect for guests seeking muscle recovery and deep relaxation this rejuvenating experience begins with a 30 minute guided Stretching & Mobility session to enhance flexibility and release tension. Next, unwind in a private steam room promoting detoxification before enjoying a 90 minute deep tissue massage to relieve stress and improve mobility. The session ends with a refreshing recovery smoothie.



Aqua Fitness & Rehabilitation
60 minutes

Performed in Amanzoe’s dedicated indoor pool, aqua fitness utilises water as a natural resistance tool. This form of exercise includes aqua bikes, floating mats and props that help to burn body fat while increasing circulation and help in rehabilitating muscles and joints.

Floating Flow
60 minutes

Discover a unique fusion of yoga, Pilates and breathwork on the water. These floating fitness sessions combine movement and mindfulness to improve balance, strength and promote overall relaxation leaving you rebalanced and refreshed.

Add-Ons:
To improve recovery following any of our Fitness & Athletics sessions, guests can choose from the following:

- | | |
|---------------------------------|------------|
| Private Hammam Treatment | 60 minutes |
| Deep Tissue Massage | 60 minutes |
| Cellgym® Session | 30 minutes |





Movement & Mindfulness

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)

Hatha 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.

Vinyasa Flow

60 | 90 minutes

This class is known for its fluid- and movement-intensive practice. It helps expel toxins and re-energises the body. Mentally, the synchronised breathing relaxes the mind and helps release any blockage of energy flow throughout the body.

Breathwork

30 minutes

Breathing is the only automatic function in the body that we can also control. An unmatched tool for improving quality of life and enhancing wellbeing, focusing on the breath through different breathing techniques is a simple and effective way of managing anxiety, releasing stress, improving focus, sleeping better, recovering from exertion and dealing with one's emotions.

Soundbath

45 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.

Pilates (Reformer/Mat)

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.

Yin Yoga

60 minutes

This slow-paced, meditative style of yoga focuses on deep stretching and relaxation. Promoting flexibility, Yin Yoga helps improve circulation and encourages mindfulness by cultivating stillness and inner awareness.

Ashtanga Yoga

60 minutes

A dynamic and structured style of yoga that follows a set sequence of postures, linking breath with movement in a continuous flow. An ideal practice for those seeking a meditative yet rigorous and transformative yoga session.





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.

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.

Natural Olive Oil Massage

30 minutes

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

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.

Finishing Touches

We are on our feet all day and they absorb a great deal of pressure which can contribute to poor circulation and swelling. Similarly, our hands are exposed to the elements and are often extremely dry and tight due to being used in almost every daily action that we undertake. Our hand and feet treatments have been developed with this in mind and are suitable for both men and women.

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

Exfoliation and soak, massage, balm application, manicure 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

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

Exfoliation and soak, massage, cream application, pedicure and choice of nail polish (optional).



Makeup

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

Hair Removal

Lip/Chin/Underarm/Eyebrows	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

Hair Treatment	15 minutes
A dose of deep hydration and comfort to relieve hair and scalp by using Miriam Quevedo Haircare. Ideal for all hair types.	
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

Facilities

Amanzoe's spa encompasses 2,850 square metres, providing a combination of wellness services including treatments, integrated movement programmes, aesthetic therapies and relaxation.

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/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, nothing is more reinvigorating than a deep and healthy sweat. Tension fades. Muscles unwind. 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

Operating Hours

Spa
Daily from 10am to 8pm

Fitness Centre
Daily from 7am to 10pm. Please contact a Guest Assistant for access at any time outside of these hours.

** Last booking is at 7pm.*

Appointments

Out of hours spa appointments are subject to availability and incur an additional charge. Please dial extension ‘4’ to make a reservation. We highly recommend booking your treatment in advance to get your preferred time and service.

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.

Spa Environment

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

Treatment Preparation

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.

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.



Age Policy

For children aged between four to 16 receiving spa treatments, a parent or guardian must accompany them in the treatment room, and a waiver must be signed prior to the service. Please note, children under the age of 16 are not permitted to use the gym facilities.

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.

External Guests

Upon request and availability.

Pricing

All prices are in Euros and are inclusive of tax.



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