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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.

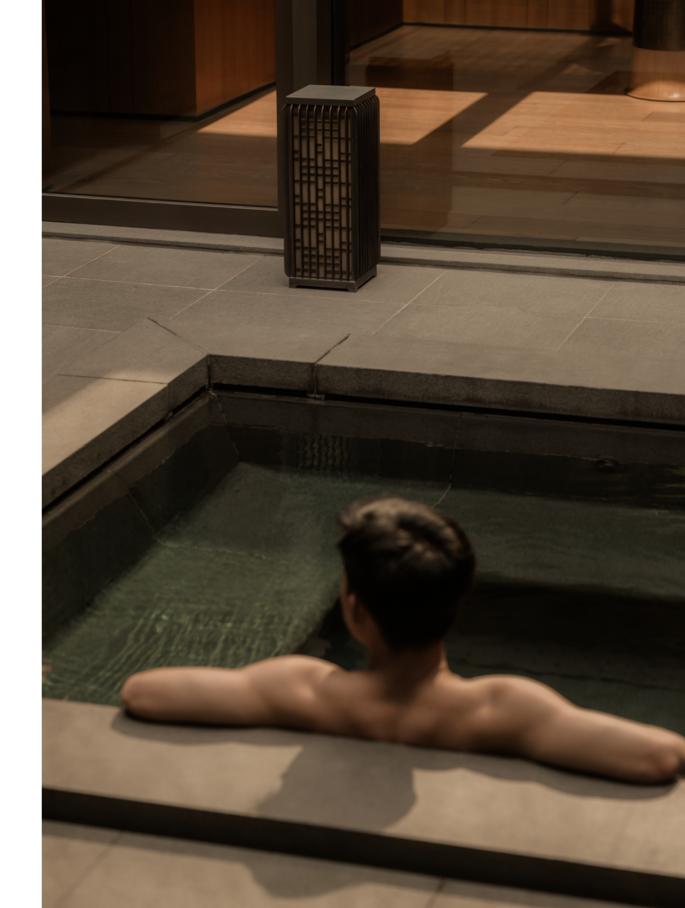
Treating the whole – mind, body and spirit – by combining ancient healing modalities and the finest modern therapies, Aman strives to provide guidance, support and knowledge.

### Spa & Wellness

Amanyangyun

Inspired by the historic architecture of the property's Antique Villas, the 2,840-square-metre Aman Spa & Wellness at Amanyangyun is nonetheless an ultra-modern wellness destination with impressive facilities. Designed around a tranquil 640-square-metre courtyard, it offers 10 spa treatment rooms (two double and eight single); six relaxation lounges; and extensive thermal facilities, including Banya and Hammam Spa Houses. A 20-metre heated indoor swimming pool is complemented by a 57-metre outdoor swimming pool with a relaxation terrace and forest views. A hair and beauty salon offers finishing touches, while a vast movement facility incorporates a light-filled Fitness Centre and Movement Studio.

The treatments, experiences, journeys and rituals on offer reflect the link between the past and the present, drawing inspiration from the origins of the resort, its proximity to Shanghai and the traditional healing practices of China. Whether you seek a shift in wellbeing related to stress, weight or energy, or just desire some indulgent time out, Amanyangyun's expert therapists will respond to individual needs with personalised treatment programmes and expert fitness advice.





## Spa Houses

Offering the ultimate tranquil escape, Amanyangyun's private Spa Houses offer a range of enhanced hydrotherapy facilities including a Banya sauna, steam room, indoor Jacuzzi, a cold plunge pool and ice fountain. To complement these revitalising amenities, a large private lounge provides space for relaxation, as well as a private outdoor Jacuzzi.

#### Hammam

With origins in the Roman Empire, hammams hold cultural significance across regions, from the Middle East and Turkey to Morocco. The treatment includes a steam bath experience, body scrub and invigorating massage, with various soaps and oils used to exfoliate and cleanse the skin.

#### Banva

Rooted in Eastern European and Scandinavian culture, the Banya Sauna Treatment includes time in the sauna room where oak or birch leaves, known as *veniks*, are used to massage, stimulate and exfoliate the skin.

The Spa Houses are designed for private or group sessions. To personalise your group sessions or celebrations, a maximum of four guests can be arranged with advance reservation.

## Banya Spa House Experiences

### Banya Sauna Treatment

2.5 hours

Begin with a sauna to soothe tense muscles, detoxify and relax, where oak or eucalyptus leaves, known as *venik*, are used to massage, stimulate and exfoliate the skin. This is followed by a refreshing ice bath to help strengthen the immune system. Finally, the therapist uses state-of-the-art spa equipment to revitalise your senses and rejuvenate your vitality. After your treatment, enjoy refreshing herbal teas and healthy snacks in the relaxing lounge.

- Time in the Banya Spa House
- · Banya Sauna Treatment
- · Body scrub experience
- · Refreshments and snacks
- · Wellness meal

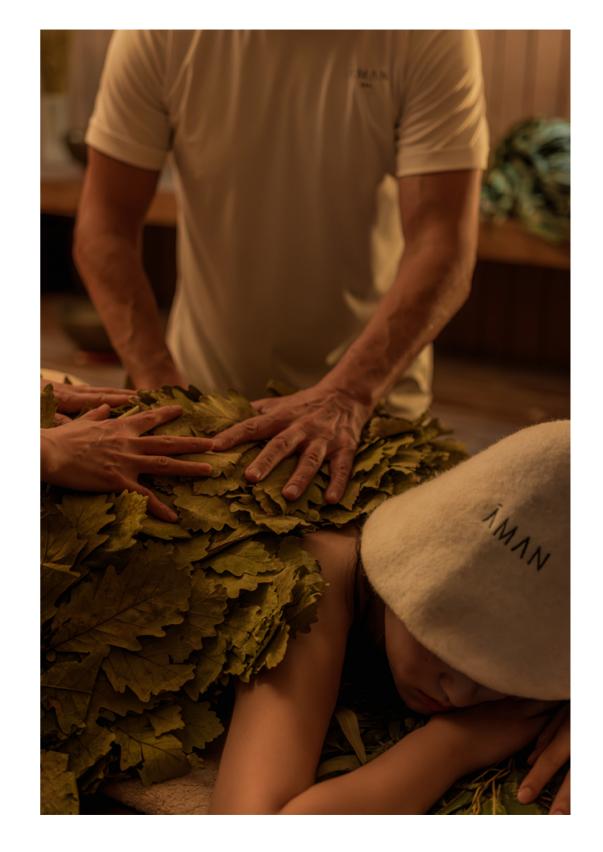
### Banya Journey

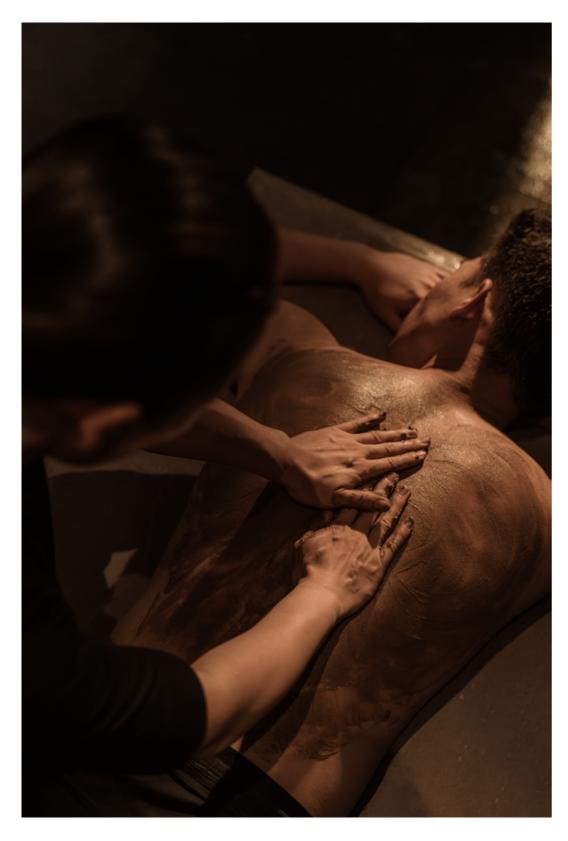
4 hours

- · Time in the Banya Spa House
- · Banya Sauna Treatment
- · Grounding Massage Ritual
- · Refreshments and snacks
- · Wellness meal

## Upgrade to Banya Spa House

- Use of Spa House facilities
- · Refreshments and snacks
- One glass of Champagne per guest
- · Maximum of four guests





## Hammam Spa House Experiences

### Hammam Treatment

2.5 hours

Centred around the ancient ritual of an exfoliating and cleansing body scrub, the hammam experience begins with a rich black olive soap, applied with kessa gloves on a heated marble slab. The application of a body mask to remineralise your skin follows. The treatment is completed with a hydrating mask for the face and an argan oil scalp massage to leave your entire body feeling soft and refreshed.

Further rejuvenate the skin, alleviate stress and anxiety and relieve sore muscles with a contrasting hydrotherapy circuit. Rotate through the cold showers, indoor and outdoor Jacuzzis and cold plunge pool, before arriving to the lounge to enjoy nourishing herbal tea and refreshments.

- Time in the Hammam Spa House
- · Hammam Treatment
- · Refreshments and snacks
- · Wellness meal

### Hammam Journey

4 hours

- · Time in the Hammam
- · Hammam Treatment
- · Grounding Massage Ritual
- Refreshments and snacks
- · Wellness meal

## Upgrade to Hammam Spa House 2 hours

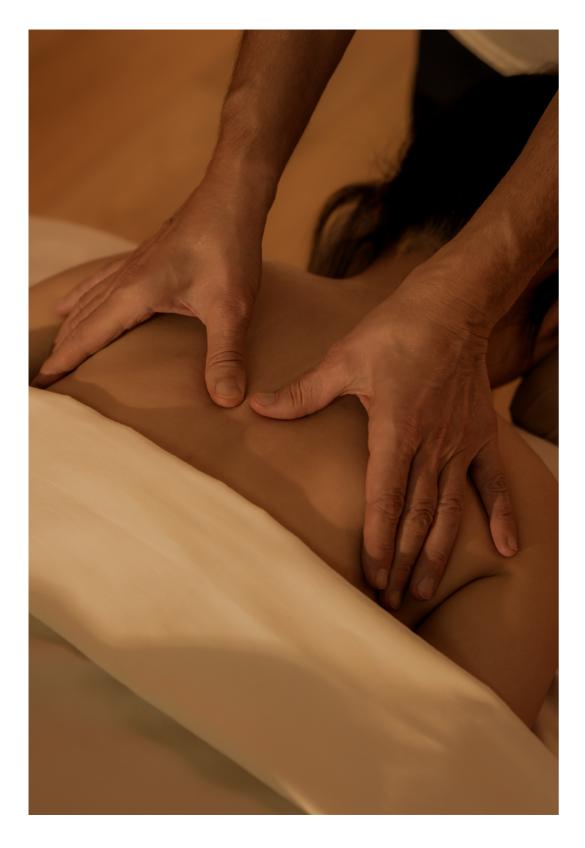
- · Use of Spa House facilities
- · Refreshments and snacks
- · One glass of Champagne per guest
- · Maximum of four guests



## Aman Signature Treatments

Available at Aman Spa destinations around the world, these Signature Treatments reflect the Grounding, Purifying and Nourishing pathways of the Aman Skincare product range. Each treatment is designed to support your individual needs while targeting specific concerns and personal wellness goals.

A deeply relaxing, mineral-rich Foot Ritual acts as a prelude to each – a symbolic act of service that fosters trust ahead of the treatments to come.



### Grounding

Grounding treatments work as a balm for the busyness of everyday modern life. They impart a feeling of safety, offering reassurance and reconnection.

### Grounding Massage Ritual

60 | 90 Minutes

A Ku Nye full-body massage honours ancient Tibetan healing tradition to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

### **Grounding Face Ritual**

60 | 90 Minutes

Suitable for normal, dry and combination skin, this facial incorporates rose-quartz crystals to promote healing, frankincense to aid rejuvenation and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a mask of Peruvian black mud and amethyst crystal, and a Tibetan head massage.

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

## Grounding Body Polish & Wrap Ritual 90 minutes

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

### Grounding Journey

180 minutes

Each Grounding treatment is powerful in isolation, but their effects are magnified when experienced together. Incorporating elements of all three Grounding treatments, the Grounding Journey begins with the Body Polish & 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.

## Results-Oriented Facials

### 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 Mask to achieve an exceptional glow.

## Opulence Brightening Oxygen Facial 60 | 90 minutes

The Intraceuticals System delivers a high concentration of oxygen to the skin, this time in the form of Aman's Opulence Serum. Harnessing Hyaluronic Acid Technology, this treatment combines botanical brighteners and super-concentrated Vitamin C to brighten and balance dull, uneven skin. Pigmentation is minimised, leaving your skin luminous, toned and more radiant. Results are not only instant but continue to improve in the following days.





## Amanyangyun Signature Treatments

## Agarwood & Singing Bowl Healing 100 minutes

Prized for its fragrance, agarwood is a gift from nature that is becoming increasingly rare. In this unique spa journey, warm bowl therapy combining a blend of agarwood, patchouli and jasmine essential oils to leave you feeling balanced and relaxed and your skin renewed.

### Zen Wood

100 minutes

The combination of warm natural birch, Aman signature oils and the sound of rain sticks will instil a deep sense of peace and wellbeing, engaging all five senses and helping to clear the mind and balance the body. The massage will build from gentle to strong, gradually easing tension, relaxing muscles and restoring vital energy to its natural equilibrium.

### Amanyangyun Seasonal Journey

120 minutes

According to the theoretical system of Traditional Chinese Medicine, the four seasons are closely connected to our health. Affecting our physical and mental state, each season bestows unique characteristics. This two-hour treatment adapts with the seasons, commencing with a revitalising body scrub. Working along meridian lines, a massage using a warm herbal compress follows. Customised according to the season, the compress comprises of a selection of seasonal herbs to help balance *qi*. The treatment concludes with a warming herbal tea.

## Amanyangyun Massages

In Traditional Chinese Medicine (TCM), knowledge of the human body is based on Taoism, which emphasises the oneness of nature and all beings. The balance of yin and yang is intrinsic to Taoism and to TCM, impacting how the body's life force (qi) runs through 12 meridians, or energy pathways, in the body. Dotted along these meridians are up to 2,000 acupoints – the locations where qi rises close to the surface of the body. When qi flows freely through the meridians, the body is balanced and healthy, but if this vital force becomes blocked or weakened, through diet or stress, for example, this imbalance can result in physical, mental or emotional ill health. To regain balance, TCM employs therapies ranging from herbal medicine to acupuncture, as well as a variety of massage techniques.

### Meridian Therapy

60 | 90 minutes

This relaxing acupressure massage therapy seeks to unblock and balance the meridian lines of the body. Long flowing strokes focusing on the meridians are interspersed with specific pressure on acupressure points. A choice of aromatherapy oils is available.

### Traditional Chinese Massage

60 minutes

A fundamental traditional treatment in China, Tui Na is a strong deep-tissue massage that works to relax the body while also restoring the balance of *qi*. In TCM, pain in the body is seen as the result of blockages, and Tui Na seeks to remove these by increasing circulation and focusing on certain acupressure points, boosting the body's self-healing capabilities. Relaxing yet energising, the massage is performed over loose comfortable clothing without the application of oil.

### Himalayan Crystal Salt Healing

100 minutes

Pink Himalayan salt stones are heated during the massage to allow the minerals to absorb into the body to alleviate stress and tension. The mineral content in Himalayan salt provides exfoliation and improves circulation, leaving your skin looking smooth and soft.

### Leg Massage

60 minutes

This deeply relaxing massage involves warm heated stones and the application of pressure to the feet with specific thumb, finger and hand techniques. It is based on the TCM system of zones and reflex areas that reflect an image of the body on the feet, with the premise that such work effects a physical change to the body.

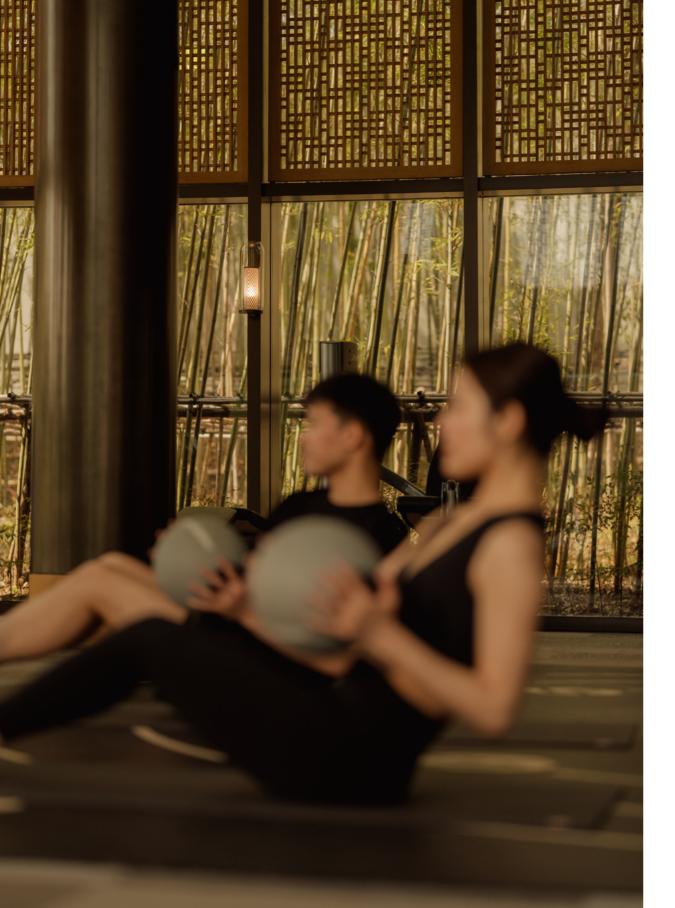




## Spa Enhancements

Spa enhancements are complementary mini-treatments designed to elevate your spa experience. These 30-minute add-ons must be booked alongside a primary treatment.

- · Targeted Massage
- The Express Facial
- Eye Revitalising Treatment
- Body Scrub



# Movement & Mindfulness

### Personal Training

60 minutes

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

### Yoga

60 minutes

Yoga is a form of physical exercise that originated from ancient India. Through asanas (postures), pranayama (breathing exercises), meditation, movement that regulates the flow of qi, and exercises that improve body flexibility and balance, you can control your mind and body, and develop a healthier, more balance outlook.

### Pilates

60 minutes

Designed to stretch, strengthen and balance the body, the low impact Pilates exercise method was created by Joseph Pilates in the early 20th century. Pilates places particular focus on core stability and breathing patterns, rapidly correcting postural and muscular imbalances and improving overall strength and flexibility.

### Tai Chi

60 minutes

Originating in China, Tai Chi combines breathwork with flowing movements to encourage the flow of qi. A martial art, Tai Chi involves sequences of forms and postures that can be practiced with or without weapons. As well as increasing lymphatic flow, Tai Chi can help to balance hormones, release tension in the muscles and joints, calm the mind, reduce stress, improve sleep and assist with weight loss.

### Sound Healing

60 minutes

Singing bowl healing therapy employs different audio frequencies to work on the physical, emotional and etheric bodies, loosening blocked energy and restoring a clear and balanced state of mind and body. Ideal for those wishing to relieve stress and anxiety or simply looking to relax and rejuvenate.

### **Facilities**

Spa & Wellness at Amanyangyun encompasses 2,840 square metres, providing a combination of wellness services including treatments, Banya and Hammam Spa Houses, a fitness centre, indoor and outdoor swimming pools and a Movement Studio.

### **Treatment Rooms**

Treatments are enjoyed in eight individual spa treatment rooms, two double treatment rooms for couples or the unique Spa Houses – ideal for halfor full-day wellness journeys.

### Jacuzzi

Relax and unwind with our revitalising Jacuzzi experience as warm, bubbling waters help soothe tired muscles, enhance circulation and promote deep relaxation. Perfect for relieving stress and recharging the body, this soothing soak is ideal before or after massage and spa treatments, enhancing your wellness journey with a sense of calm and renewal.

### 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.

### Fitness Centre & Movement Studio

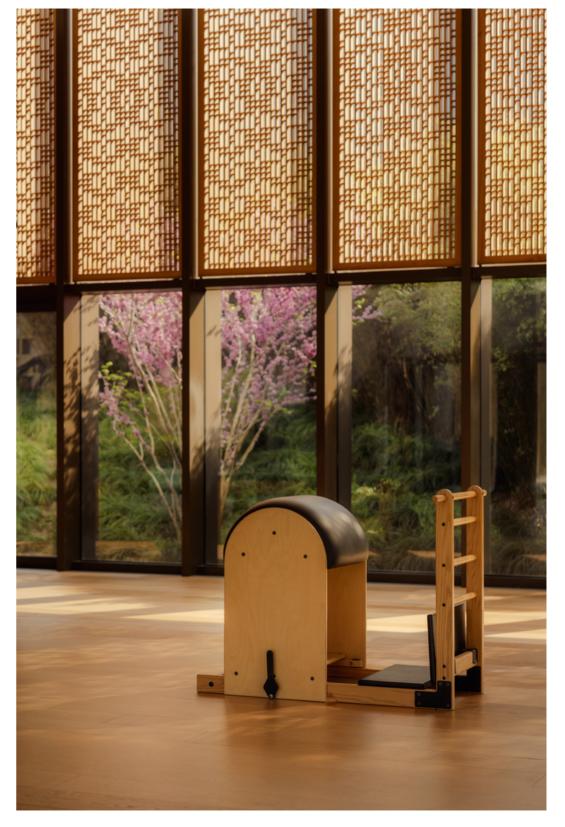
The spacious, light-filled Fitness Centre is equipped with the latest in cardiovascular and weight-training machinery, while the Movement Studio offers Allegro Reformers and other Pilates-specific equipment, as well as an expansive area for multi-purpose wellness activities.

### **Swimming Pools**

A 20-metre heated indoor swimming pool is complemented by a 57-metre outdoor swimming pool with forest views.

### 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

Spa

Daily from 10am to 10pm (Last treatment booking time is 9.30pm)

### Fitness Centre

Daily from 7am to 10pm



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### Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time and service is available. Please dial extension '6306' to make a reservation.

### **Special Considerations**

Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any queries and inform staff of any medical or health concerns.

### **Treatment Preparation**

Guests are kindly requested to arrive at least 30 minutes before their treatment is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

### Age Requirement

Our facilities are designed for use primarily by adults. Please bear in mind the following restrictions for children. For the swimming pool, children under the age of five are not permitted, and children under the age of 14 must be supervised by an adult. Children under the age of 14 may not use the hydro facilities or take spa treatments. Children aged between 14 and 16 may use these facilities and/or take spa treatments, only when a waiver is signed. The minimum age for a spa treatment is 16 years. Guests under the age of 16 are required to have parental consent prior to the booking being accepted.

### **Cancellation Policy**

We understand that schedules change, and we will do our best to accommodate you. Once your spa time is reserved, we kindly ask for a minimum cancellation notice of six hours. Cancellations made within six 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.

#### Valuables

Please leave valuables in the safe in your suite.

### In-Room Massage

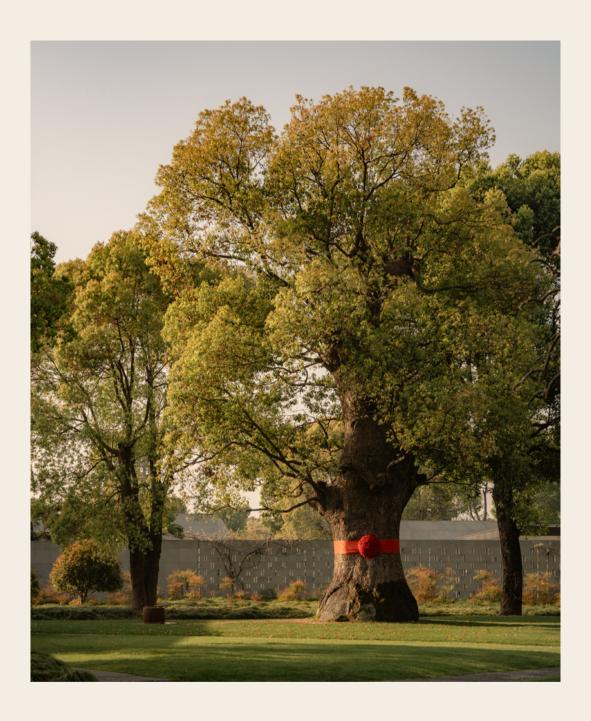
In-room massages are only available under special conditions and incur an additional 100% surcharge per session.

### Spa Environment

Smoking and the use of mobile phones are prohibited in and around the spa.

### Pricing

All prices are subject to local tax and 15% service charge. Spa reservations after operation hours are subject to an additional 50% surcharge.



### AMANYANGYUN

6161 Yuanjiang Road, Minhang Qu Shanghai Shi, 201111, China

Tel: +86 21 8011 9999 Email: amanyangyun.res@aman.com