



ĀMAN
NEW YORK

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Spa Houses

An experience like no other in Manhattan, Aman New York's two private Spa Houses offer a personal retreat, providing a host of curated wellness experiences and treatments that range from the traditional banya or hammam treatments and Spa House journeys with paired body and facial treatments to bespoke couples massages or exclusive use of the indoor and outdoor spaces.

Amenities

- Banya sauna and vichy shower or hammam steam room
- Cold-bucket shower
- Outdoor terrace with hot bath and cold plunge pools, oversized day bed, lounge area with seating for two and centrepiece firepit, covered by a canopy for year-round use
- Interior lounge with oversized day bed and seating for two
- Double treatment room, with the option to reserve two massage or facial treatments together
- Opulent bathroom and changing room with rain shower
- Refreshing snacks and tea, as well as the option to order from a dedicated culinary menu of nourishing dishes and beverages

Available to reserve from 9am to 9pm



Banya Treatment (60 minutes)

Rooted in Eastern European culture, the banya treatment utilises hot and cold temperature contrasts to effectuate a profound detoxification and relaxation.

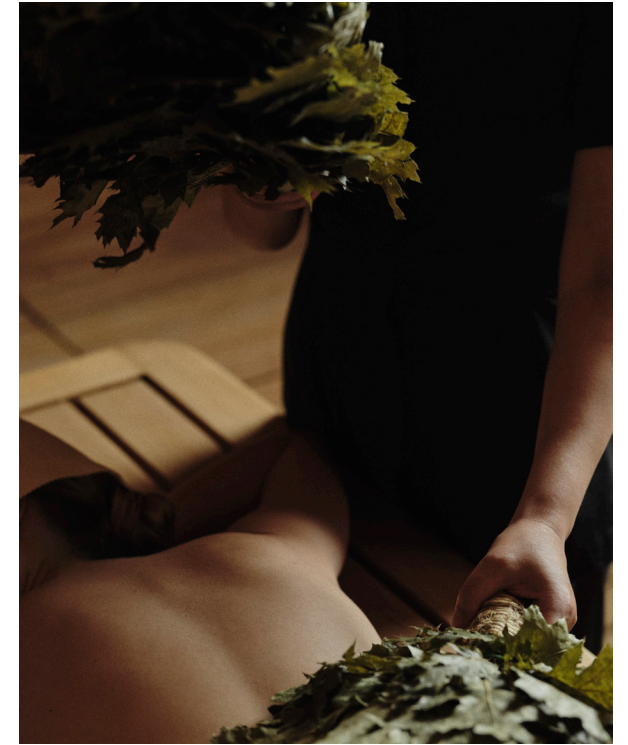
Within the wood-clad sauna, dry heat encourages deep perspiration, releasing impurities, stimulating circulation and strengthening respiratory function. *Veniks*, fragrant bundles of oak or birch leaves, are lightly heated and soaked before applied to the body in percussive brushing motions to stimulate the skin while releasing essential oils that calm the mind, supporting lymphatic flow and relieving muscle tension. Eucalyptus leaves, chilled in ice water, are placed upon the head to ground the nervous system.

Guided transitions from the sauna session to the cooling bucket shower and cold plunge create a healing contrast, culminating in a final immersion, where the body is given time to recover as it is held and gently swayed in the warmth of the hot bath, improving blood flow to the skin and tissues as well as reducing blood pressure.

After experiencing these rounds of heat and concentrated physical sensation, the mind and body are guided into an all-encompassing meditative state.

Inclusions

- One Banya Treatment performed by banya specialist



Banya Spa House Journeys

The Banya Journey complements the ritual, extending it into an immersive journey throughout the Banya Spa House.

Following the traditional banya treatment, guests enjoy moments of rest on the verdant terrace, wrapped in goat fur, naturally insulating warmth and sustaining the ritual's benefits a while longer. The experience is complemented by a selection of seasonal vegetables, grains and fruits, and as tradition follows, a spoonful of honey served while the body relaxes.

Three-Hour Itinerary

3 hours

- One Banya Treatment performed by banya specialist
- One 60-minute customised full-body massage
- Relaxing time spent within the Spa House
- Spa House amenities, including the banya, terrace and indoor lounge areas and oversized beds, outdoor hot bath and cold plunge pools, vichy shower and opulent bathroom and changing room with rain shower
- Refreshing snacks, tea and selection of food and drink customary to the banya ritual

Half-Day Itinerary

6 hours

- One Banya Treatment performed by banya specialist
- One body scrub and cleanse in the vichy shower
- One 60-minute customised full-body massage
- Relaxing time spent within the Spa House
- Spa House amenities, including the banya, terrace and indoor lounge areas and oversized beds, outdoor hot bath and cold plunge pools, vichy shower and opulent bathroom and changing room with rain shower
- Refreshing snacks, tea and selection of food and drink customary to the banya ritual

Full-Day Itinerary

9 hours

- One Banya Treatment performed by banya specialist
- One body scrub and cleanse in the vichy shower
- One 90-minute Aman New York Signature Massage
- One 30-minute customised facial
- Relaxing time spent within the Spa House
- Spa House amenities, including the banya, terrace and indoor lounge areas and oversized beds, outdoor hot bath and cold plunge pools, vichy shower and opulent bathroom and changing room with rain shower
- Refreshing snacks, tea and selection of food and drink customary to the banya ritual



Hamмам Treatment (60 minutes)

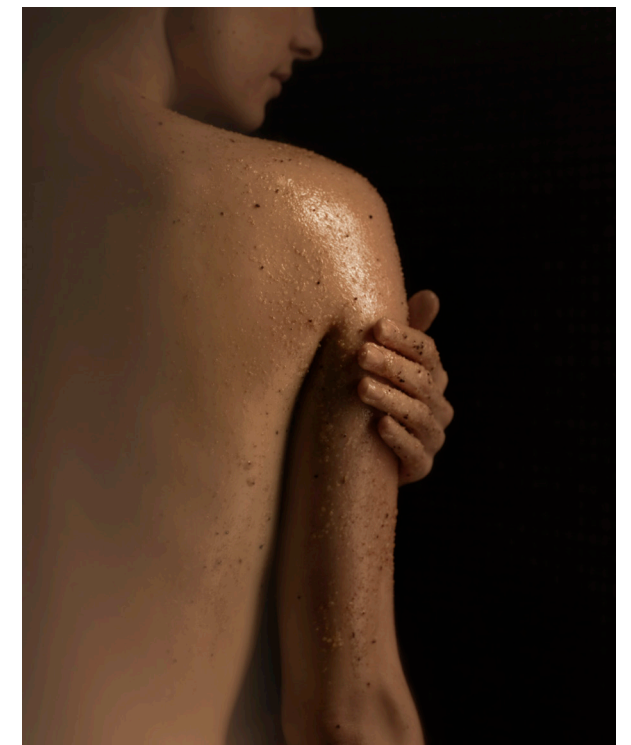
Hammams, with origins in the Roman Empire, hold cultural significance across regions, from the Middle East and Turkey to Morocco, where they have long served as spaces for both ritual purification and social gathering.

The hammam treatment takes place in the marble-clad steam room and includes a steam bath experience and full-body scrub, cleanse and massage. Traditional domed ceilings, thermal stone surfaces and hand-cut mosaic tilework create an immersive and calming environment and allow heat to radiate evenly throughout the space.

Guests begin by laying on a heated marble slab as steam surrounds the body, opening the pores and promoting deep hydration. The hammam therapist then performs a gentle body scrub utilising a traditional mit to stimulate circulation, and a cleansing ritual with black soap, preparing the body for an invigorating massage which completes the experience.

Inclusions

- One Hammam Treatment performed by hammam therapist



Hamмам Spa House Journeys

The Hammam Journey expands upon the ritual, extending the treatment into an immersive journey throughout the Hammam Spa House.

Centred on the ancient practice of a full-body exfoliating cleanse and scrub, the journey unfolds through a sequence of bathing rituals, including the hot bath and cold plunge on the outdoor terrace, as well as tailored wellness programming and a dedicated culinary pairing.

Three-Hour Itinerary

3 hours

- One Hammam Treatment with a body scrub and bath experience performed by hammam therapist
- One 60-minute customised full-body massage
- Relaxing time spent within the Spa House
- Spa House amenities, including the hammam, terrace and indoor lounge areas and oversized beds, outdoor hot bath and cold plunge pools and opulent bathroom and changing room with rain shower
- Refreshing snacks, tea and selection of food and drink customary to the hammam ritual

Half-Day Itinerary

6 hours

- One Hammam Treatment with a body scrub and bath experience performed by hammam therapist
- One 60-minute customised full-body massage
- Relaxing time spent within the Spa House
- Spa House amenities, including the hammam, terrace and indoor lounge areas and oversized beds, outdoor hot bath and cold plunge pools and opulent bathroom and changing room with rain shower
- Refreshing snacks, tea and selection of food and drink customary to the hammam ritual

Full-Day Itinerary

9 hours

- One Hammam Treatment with a body scrub and bath experience performed by hammam therapist
- One 90-minute Aman New York Signature Massage
- One 30-minute customised facial
- Relaxing time spent within the Spa House
- Spa House amenities, including the hammam, terrace and indoor lounge areas and oversized beds, outdoor hot bath and cold plunge pools and opulent bathroom and changing room with rain shower
- Refreshing snacks, tea and selection of food and drink customary to the hammam ritual



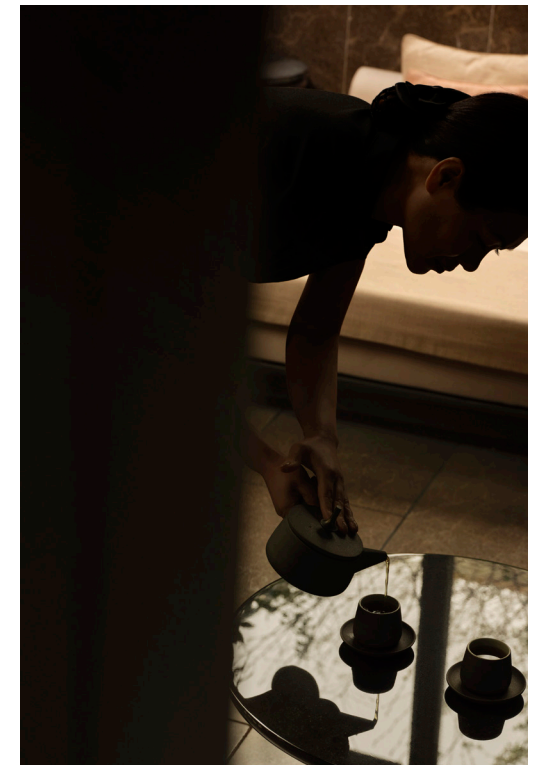
Spa House Retreat

A veritable oasis in the heart of Manhattan, the Banya or Hammam Spa House is available for exclusive use at your leisure, offering full access to its amenities and the attentive service of your personal spa butler. Ideal for those looking to retreat from the city's frenetic pace, guests can embark on a personalised wellness journey and experience a range of bespoke treatments within the Spa House.

Inclusions

From a minimum of 2 hours up to 12 hours

- Relaxing time spent within the Spa House
- Either the banya sauna and vichy shower or hammam steam room
- Cold-bucket shower
- Outdoor terrace with hot bath and cold plunge pools, oversized day bed, lounge area with seating for two and centrepiece firepit
- Interior lounge with oversized day bed and seating for two
- Double treatment room, with the option to reserve two massage or facial treatments together
- Opulent bathroom and changing room with rain shower
- Refreshing snacks and tea, as well as the option to order from a dedicated culinary menu of nourishing dishes and beverages



Bespoke Couples Massage

Within the Spa House's double treatment room, share in a wellness experience together with a relaxing couples massage, enriched by time spent in the Spa House at your leisure.

Inclusions

2 to 3 hours

For two guests

- Two 60-, 90- or 120-minute massages
- One-hour use of Spa House amenities at leisure



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