

Spa House Menu



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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 wellness experiences ranging 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 & Hammam Treatments

Banya Treatment

Banya Spa House
60 minutes

The Banya Treatment utilises hot and cold temperature contrasts to promote detoxification and relaxation. Within the wood-clad sauna, dry heat encourages perspiration, releasing impurities, stimulating circulation and strengthening respiratory function. *Veniks*, fragrant bundles of birch leaves, are lightly heated and soaked before being applied to the body in brushing motions to stimulate the skin while releasing calming essential oils, supporting lymphatic flow and relieving muscle tension.

Guided transitions from the heated session to the cooling bucket shower and cold plunge offer contrast in temperature. The final immersion culminates in a warm bath where you are held and gently swayed, improving blood flow.

Hammam Treatment

Hammam Spa House
60 minutes

Hammams 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.

Banya Spa House Experiences

Banya Spa House Experiences comprise a sequence of bathing rituals, complemented by tailored wellness programming and a dedicated culinary paring.

Three-Hour Journey

Three hours

- One Banya Treatment
- One 60-minute customised full-body massage
- Relaxing time spent within the Spa House
- Spa House amenities include the banya, outdoor terrace with hot bath and cold plunge pool, and indoor lounge areas and with 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 Programme

Nine hours

- One Banya Treatment
- 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 include 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 Programme

Six hours

- One Banya Treatment
- 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 include 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





Hammam Spa House Experiences

Hammam Spa House Experiences comprise a sequence of bathing rituals, complemented by tailored wellness programming a a dedicated culinary paring.

Three-Hour Journey

Three hours

- One Hammam Treatment with a body scrub and bath experience
- One 60-minute customised full-body massage
- Relaxing time spent within the Spa House
- Spa House amenities include the hammam, outdoor terrace with hot bath and cold plunge pool, and indoor lounge areas and with 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 Programme

Six hours

- One Hammam Treatment with a body scrub and bath experience
- One 60-minute customised full-body massage
- Relaxing time spent within the Spa House
- Spa House amenities include 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 Programme

Nine hours

- One Hammam Treatment with a body scrub and bath experience
- One 90-minute Aman New York Signature Massage
- One 30-minute customised facial
- Relaxing time spent within the Spa House
- Spa House amenities include 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 Enhancements

Spa House Retreat with Couples Massage

Two to Three hour

Within the Spa House's double treatment rooms, share in a unique wellness experience together combining a relaxing couples massage with time spent in the Spa House, enjoyed at your leisure.

Inclusions (for two guests)

- Two 60-, 90- or 120-minute massages
- Use of the Spa House amenities (one hour)

Private Spa House Facility

Two to 12 hours

Enjoy exclusive access to the Banya or Hammam Spa House, enhancing a range of bespoke spa treatments.

Inclusions

- 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
- Opulent bathroom and changing room with rain shower
- Refreshing snacks and tea, with the option to order from a dedicated culinary menu of nourishing dishes and beverages





AMAN NEW YORK

730 Fifth Avenue, New York, NY 10019

Tel: +1 212 557 7020
Email: reservations.ny@amanspa.com