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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.

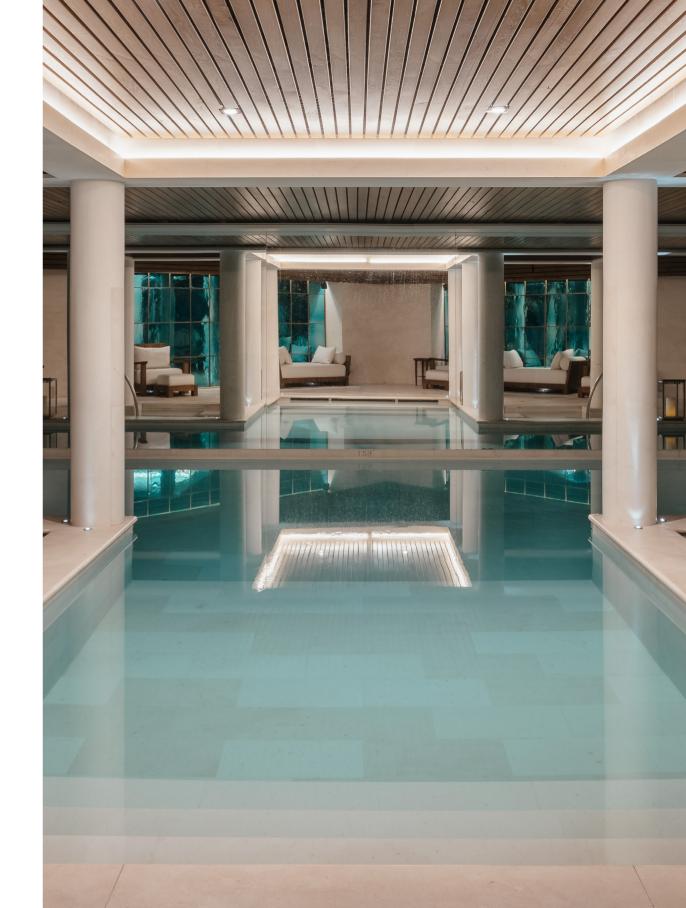
Providing sanctuaries to return to time and again, Aman Spas around the world have been carefully curated to nurture the physical, mental and spiritual, with the goal of fostering a heightened state of wellness and of being.

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

Aman Le Mélézin

Aman Spa at Aman Le Mélézin features five treatment suites and a generous wellness area spread across two floors of the property. Two double treatment suites, two single treatment suites (one with steam shower) and a Thai massage suite are accompanied by a state-of-the-art Technogym-equipped fitness room and a Yoga Studio. A subterranean pool with Jacuzzi, cold plunge pool, experience showers, a traditional wooden sauna and stone hammam complete our comprehensive wellness facilities.



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

80 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 80 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 SIGNATURE TREATMENTS AMAN SIGNATURE TREATMENTS

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 spirit.

Purifying Massage Ritual

80 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 Body Polish & Wrap Ritual

80 minutes

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.

Nourishing

Nourishing treatments nurture the body and encourage the healing of emotional and mental wounds, reuniting guests with their rue authentic self.

Nourishing Massage Ritual

80 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 Body Polish & Wrap Ritual

80 minutes

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 antiinflammatory argan oil. The treatment ends with a Sacred Heart Balm, applied to the whole body.

Aman Le Mélézin Treatments

Aman Le Mélézin Signature

110 minutes

This rejuvenating treatment is a welcome recovery after a day on the slopes. It begins with dry skin brushing which gives your whole body a circulatory boost, aiding blood flow and encouraging oxygen back to the skin's surface. A combination of hot stones and a hot oil massage follows, releasing muscular tension and eliminating lactic acid build-up. Finally, rehydrate and nourish your skin with a facial boost, the ideal antidote to the drying effects of the Alpine elements.

Holistic Massage

50 / 80 minutes

Using their intuition and a range of diverse techniques, our spa therapists will tailor this therapeutic massage to address each individual's specific tension areas with a unique blend of warm oils and long, slow strokes. We encourage you to communicate your needs and preferences so that your therapist may determine the best course of treatment.

Hot Stone Massage

80 minutes

The combination of warming stones and massage soothes and relaxes tender muscles. Hot basalt stones are placed on and under the body, gliding over the body to generate heat. This ensures the benefits of the massage are felt at the deepest level possible.

Traditional Thai Massage

50 / 80 minutes

Restore movement and flexibility through manipulative stretches and acupressure massage, releasing muscular tension. Performed over loose, comfortable clothing to allow movement, the treatment is uniquely relaxing yet energising and is known for clearing energy pathways while improving postural alignment and eliminating muscle pain.

Après-Ski Foot Massage

50 minutes

This 50-minute foot and leg massage begins with vigorous dry brushing to stimulate circulation and clear lactic acid build-up. Incorporating deep tissue massaging techniques and application of cold stones, this treatment works to reduce pain and discomfort linked to inflammation while promoting relaxation. Gentle stretching concludes the treatment.

Prenatal Massage

50 / 80 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.



Enhancements

Designed as an addition to your spa experience, choose from any of the following options to enhance your treatment.

Body Scrub

30 minutes

Ideal before your massage for stimulating circulation, exfoliating dead skin cells and to prepare the skin for the nourishing qualities of our massage oils.

Head Massage

30 minutes

Helps to improve circulation of blood to the head and the face while offering feelings of deep relaxation.

Foot Massage

30 minutes

Foot acupressure for energy and rejuvenation.

Hand Mask

30 minutes

Deeply nourishes hands for softer, more hydrated skin.

Foot mask

30 minutes

A rejuvenating, hydrating mask for dry and tired feet.

Aman 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.

Aman Nourishing Gold Algae Eye Mask

15 minutes

The hydrogel formula infuses the under-eye area withhydrating and radiance-boosting ingredients for a glowing and refreshed complexion. For anyone looking to boost radiance and refresh the under-eye area.



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Facial Treatments

Aman Advanced Facial

60 / 80 minutes

A wholly 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 loosen and remove oil, dirt and cellular debris from the pores, supported by the use of microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness and promote a gentle glow. The use of red and blue light therapy follows – a safe natural way to provide multiple benefits to your skin before the treatment concludes with the application of the Aman Nourishing Gold Algae Face Mask to achieve and exceptional glow.

The facial can be extended to 90 minutes in length, incorporating a longer scalp massage for relaxation, alongside a facial massage and hydra-active Mineral Mask to boost hydration.

Aman Express Facial

40 minutes

Using the Aman Essential product range, this condensed version of the Aman Advanced Facial is best suited to those seeking a fast and effective way to refresh their skin and achieve a radiant complexion.

Finishing Touches

Hands & Feet

Our feet absorb a great deal of stress that can result in poor circulation and swelling. Similarly, our hands are exposed to the elements and are often dry and tight due to being used in almost every daily action that we undertake. Our hand and foot treatments have been developed with this in mind and are suitable for men and women alike.

Aman Manicure

Aman Pedicure

Colour Change

Waxing

Face

Back/Shoulders/Chest

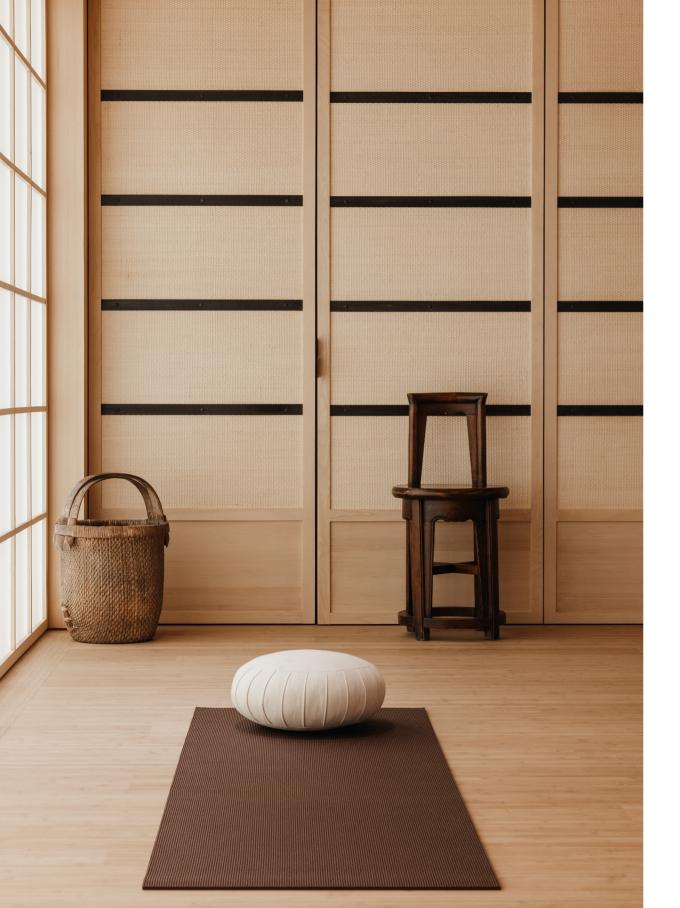
Legs

Half Leg

Bikini Wax

Brazilian Wax





Movement

Hatha Yoga

Includes mix of *asanas* (poses), *pranayama* (breathing exercises) and meditation in order to find the balance between strength and flexibility, physical and mental energy, the breath and the body.

Ashtanga Yoga

Consists of a sequence of specific poses, transitioning from one to another with fluidity and synchronisation of the breath, providing flexibility and muscle building. Intense and fast, it appeals to people in good physical condition.

Yin Yoga

This form of yoga refers to a sequence of specific postures, held passively for several minutes to offer increased flexibility and recovery. It goes deeper to stretch the connective tissue of the joints, in order to relieve tension, blockages and pain.

Vinyasa Yoga

Offers a gentle flow for exploring the body and mind connection, while moving in harmony. Suitable for all fitness levels, Vinyasa encourages improvements in flexibility and stability as well as harmony between body and mind.

Meditation

Meditation is a mental practice that guides us to inner peace through the appeasement of the mind. Practiced in various ways, it helps to pacify one's emotions and increase one's ability to concentrate, offering increased alertness and better memory.

Pranayama (Breathwork)

Pranayama includes various techniques for controlling and developing the body's vital energy, mainly through breathing. Through the practice of Pranayama, the mind becomes clearer, emotions are channelled and concentration and memory abilities are increased.

Wellness & Recovery

Aman Le Mélézin, in partnership with Therabody, offers sessions and treatments to elevate your performance on the slopes and maximise your recovery.

Theragun Deep Tissue/Sports Massage 50 / 80 minutes

A deep muscle treatment, to melt away tension and release soreness empowering you to care for your body daily. This treatment targets key trigger points to help decrease tension or soreness, increase flexibility and improve range of motion, while putting the body into a state of relaxation.

Theragun Add-On

20 minutes

Enhance your massage by adding a deeper muscle treatment with the Theragun percussive therapy. This method will assist with further relaxation and and greater body awareness, bringing about a more complete massage experience and improve overall wellbeing.

Recovery Air Session

30 minutes

Bring a new level of revival and recovery to your facial or massage treatment. Therabody RecoveryAir pneumatic compression supports blood and lymphatic circulation, relieving muscle fatigue and reducing muscle soreness.





Wellness & Recovery

Inspired by a traditional Japanese practice known as Suna Ryoho, where people would bury themselves in the sand to eliminate impurities, the Iyashi Dôme is a device which uses unique technology to rejuvenate the skin, reduce muscular and joint pain, help with recovery and body toning.

30 minutes Packages available on request

Rejuvenate

As the Iyashi Dôme emits infrared rays, which penetrate the body up to 40mm deep, it encourages you to sweat out impurities created from pollution, stress, certain foods and lifestyle choices.

Feel Healthier

The patented Black Carbon technology stimulates the body with long-wave infrared rays. These targeted rays stimulate your metabolism while inside the dome.

Reduce Pain

The Iyashi Dôme is great for muscle- and joint-pain relief and sports recovery. A 30-minute session after exercise will aid muscle recovery, offering reduced soreness the following day.

Our Iyashi Dôme is the most premium model with an oxygen-enriched air diffusion system combined with organic essential oils, boosting relaxation and cellular oxygenation levels in order to accelerate the cleansing process.

Aman Juniors Experiences

Aman Junior spa treatments are available daily from 10am to 3pm. Children from six to 14 years of age are welcome under adult supervision.

Aman Junior Massage

30 minutes

This gentle massage invites relaxation and rejuvenation and is available in 30 or 50 minutes durations.

Face Time

30 minutes

Developed especially for our junior guests, this soothing facial begins with a relaxing massage of the face, shoulders and neck.

Junior Mani/Pedi

30 minutes

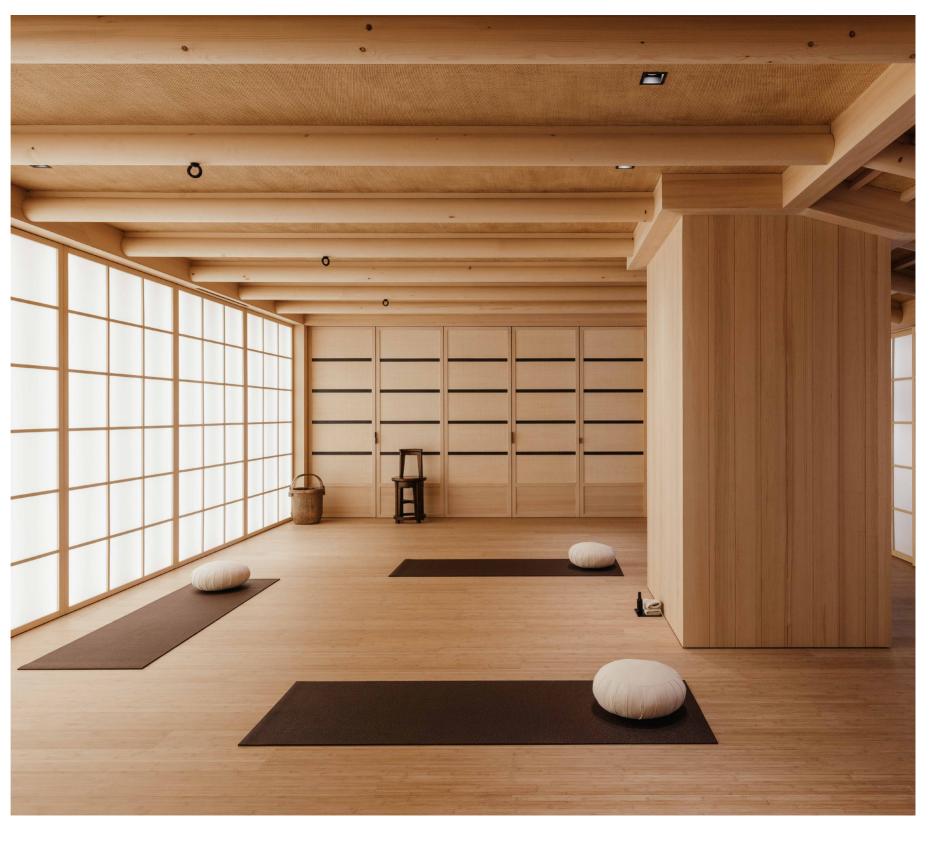
This treatment offers a choice of mini-manicure, mini-pedicure or a mini mani-pedi combination, and begins with a massage of the hands and/or feet. This is followed by the trimming and shaping of nails and then optional colour application.

Introduction to Yoga

8 - 14 years

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 instils confidence while improving strength and balance, engaging a child's natural, boundless energy and conveying valuable lessons in positive thinking and self-acceptance.



Spa Reminders



Operating Hours

Spa

DAILY FROM 10AM TO 9PM LAST TREATMENT AT 8PM

Fitness CentreOPEN 24 HOURS

Swimming Pool

Sauna & Hammam
DAILY FROM 11AM TO 9PM

DAILY FROM 9AM TO 9PM

Appointments

We strongly recommend that you book your treatment in advance to ensure that your preferred time and service are available. Non-residents are welcome for spa treatments between 10am – 3pm upon reservation only.

Arrival

Please arrive in your robe at the Spa reception at least 15 minutes prior to your scheduled treatment. This will allow you to enjoy the relaxing environment and have a brief discussion about your treatment expectations. Treatments begin and end on time in order to not inconvenience the next guest. Robes and slippers are provided for use during your visit. It is advisable to wear undergarments beneath your robe. Our therapists are trained in professional draping to cover you appropriately during treatments to maintain your privacy.

Spa Environment

Please refrain from smoking and using your mobile phone in the treatment area or reception. We opt for a quiet setting when in or around the Spa to respect others, so ask you to keep your mobile devices quiet. Alcohol and smoking are not allowed. The Spa team reserves the right to deny access to anyone whose clothing or behavior may disturb other Spa clients.

Etiquette

It is customary for guests to remove their shoes before entering and to shower before using the hot and cold wet facilities. Slippers are provided for locker and outdoor areas. For comfort and hygiene, guests are required to sit on a towel in the sauna and the hammam.

In-Room Treatments

In-room treatments are available at an additional charge of 50%. Any appointment arranged outside the Spa opening hours will incur an extra charge of 50%.

Cancellation Policy

We understand that schedules change and will do our best to meet your needs. As your spa time is reserved specially for you, we kindly ask you to give cancellation notice at least 24 hours in advance. Cancellations made within 24 hours will incur 50% charge. Cancellations within 12 hours (as well as no-shows) will be subject to the full charge of the booked treatment.

Special Considerations

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

Age Policy

All persons under the age of 18 who wish to receive a Spa treatment or use the facilities are considered minors and must be accompanied by a parent or legal guardian. The minimum age for taking a Spa treatment or using the gym is 13 years old. Guests under the age of 18 must have a parental agreement before the reservation is accepted.

Pricing

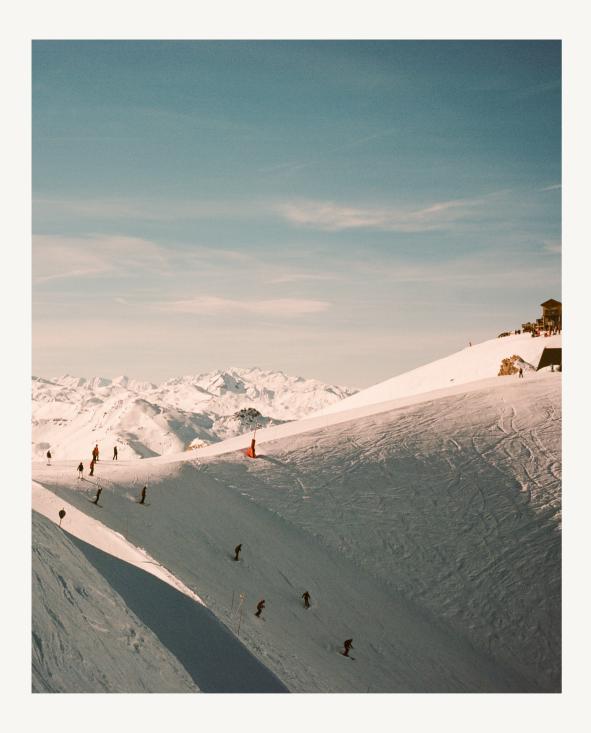
All prices are net and include taxes and service. We accept all major credit cards, or you can charge your treatment to your room. Prices are subject to change without prior notice.

Hydrothermal Facilities

Please stay hydrated by drinking plenty of water when using the thermal facilities and pay attention to certain health precautions. Out of respect for all our guests, we ask you to keep your modesty covered with a towel and use your bathrobe in the other areas of the Spa.

Valuables

We advise you not to bring or carry valuables when using our Spa facilities. Although we strive to take care of your property, we assume no responsibility for any loss or damage to personal items.



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