

AMAN
ROSA ALPINA

Spa & Wellness Menu



Contents

Aman Spa	4
Aman Signature Treatments	6
Grounding	8
Purifying	11
Nourishing	12
Aman Advanced Facial	14
Aman Rosa Alpina Signature Treatments	16
Dolomites Spa Journey	18
Body Massages	20
Body Enhancements	22
Facial Enhancements	24
Finishing Touches	26
Movement & Mindfulness	28
Reminders	30



Aman Spa at Aman Rosa Alpina

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 Rosa Alpina

With its spectacular natural surroundings, Aman Rosa Alpina's comprehensive spa provides the perfect setting for wellness retreats dedicated to invigorating body, mind and spirit. Reconnect with nature, breathing in the pristine mountain air, hiking through flower strewn meadows or skiing beneath awe-inspiring peaks. Then, return for restorative time-out indoors, whether a relaxing massage, a refreshing swim or a purifying sauna session.



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 Body Polish & Wrap Ritual

90 minutes

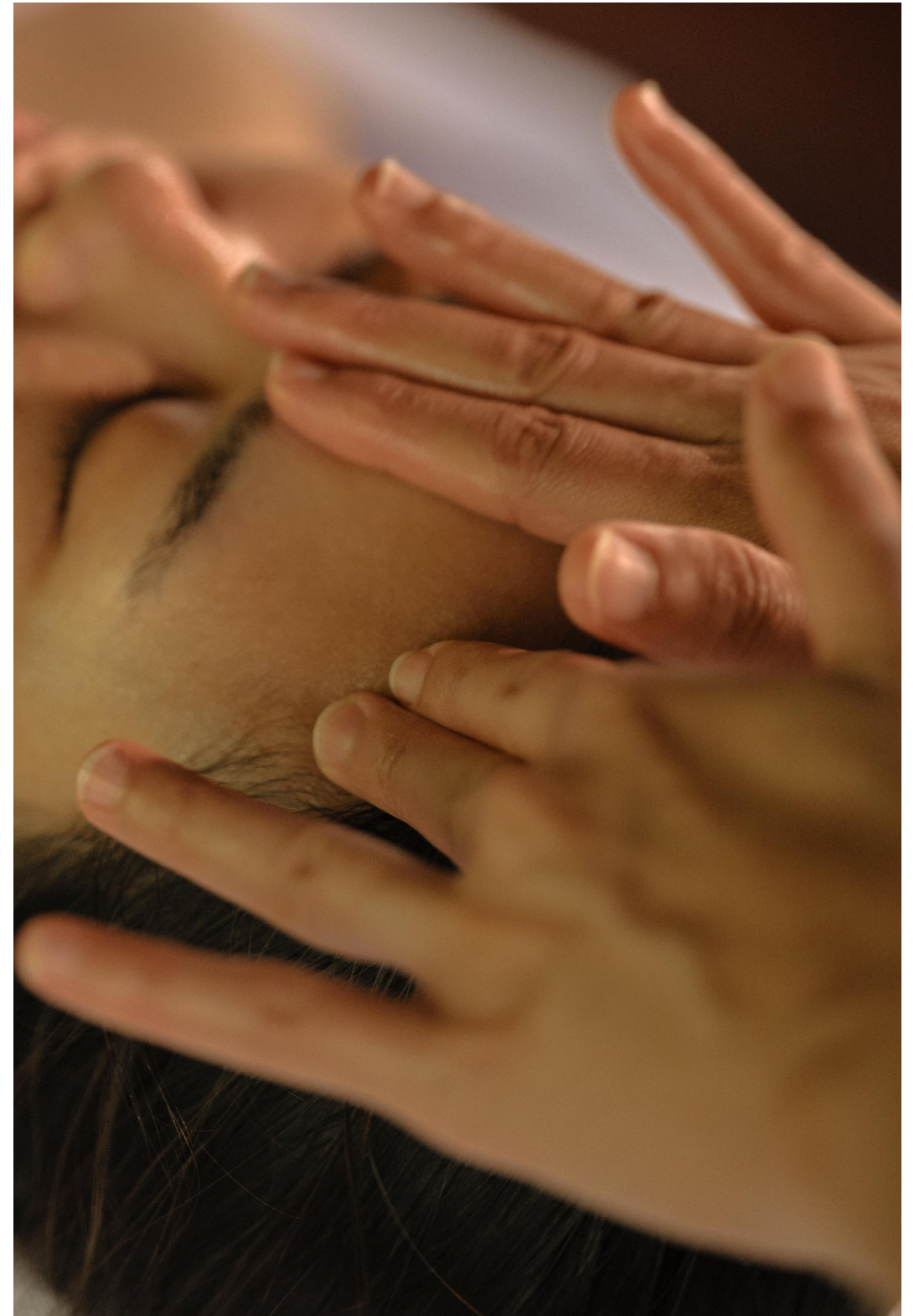
A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin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

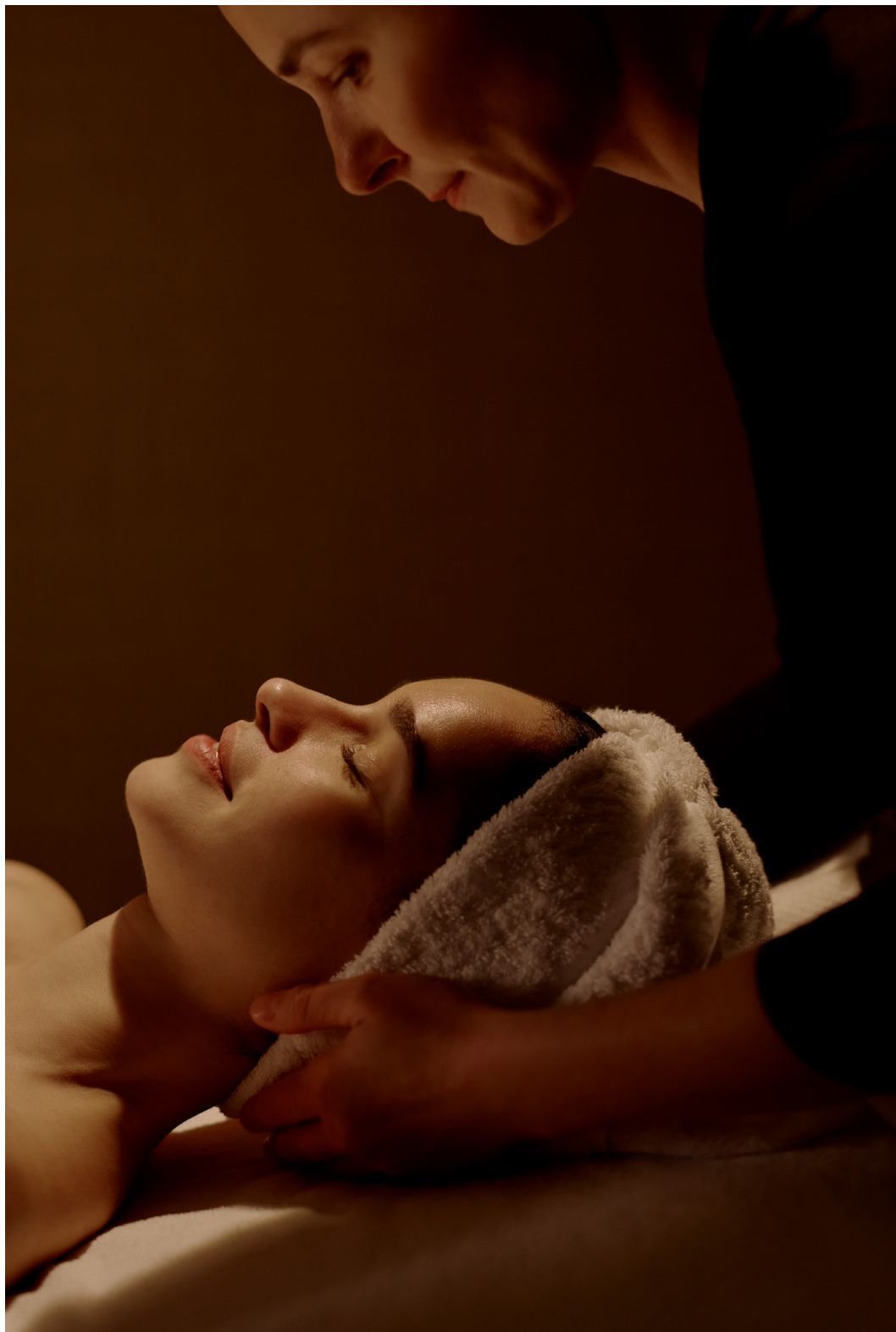
Grounding Face Ritual

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.





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 Body Polish & Wrap Ritual

90 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.

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.

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 Body Polish & Wrap Ritual

90 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 anti-inflammatory argan oil. The treatment ends with a Sacred Heart Balm, applied to the whole body.

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.



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.



Aman Rosa Alpina Signature Treatments

Aromatherapy is a journey of total wellbeing, engaging all the senses and awakening deep emotions through the unique fragrances of essential oils. The most effective manual techniques work in harmony with potent botanical extracts, delivering immediate and visible results.

Designed to counteract the effects of physiological ageing, stress and muscular tension, Aman Rosa Alpina's Signature Treatments harness the powers of aromatherapy formulas by MEI, leaving the body and mind with a profound sense of renewal and relaxation.

Representing the pinnacle of Italian phytocosmetics excellence, each MEI product has been carefully chosen to amplify the benefits of each Signature Treatment.

Dolomites Body Ritual

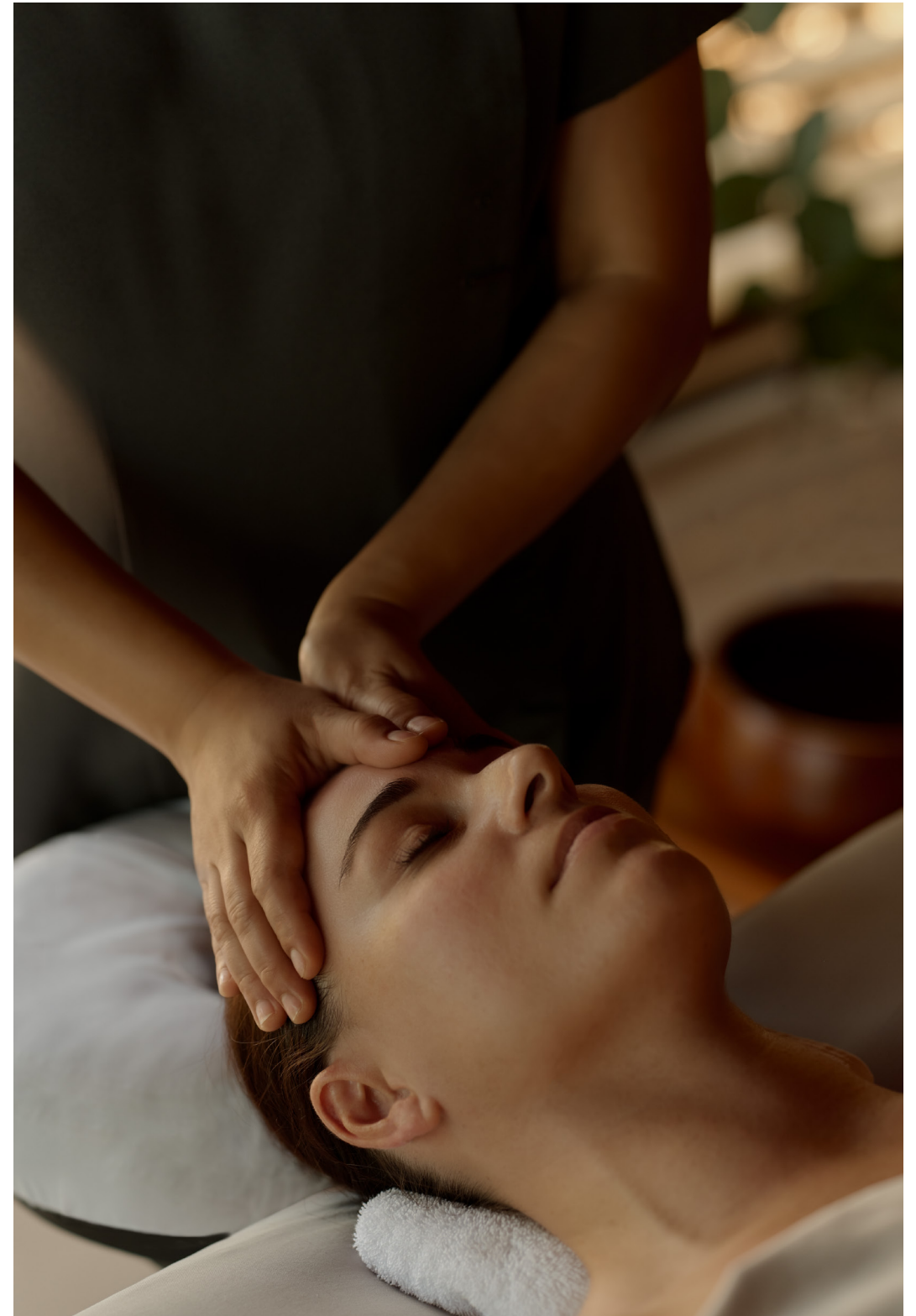
90 | 120 minutes

A sensory journey inspired by the raw beauty of the Dolomites, this revitalising treatment begins with a welcome ritual, followed by an energising body scrub with salt crystals and pure MEI peppermint and spearmint essential oils. A regenerating, detoxifying massage reduces stress and restores before the ritual concludes with a soothing cup of green tea infused with jasmine and mint.

Well-Ageing Facial

90 minutes

Reveal a more youthful, lifted appearance with this plumping facial, designed to combat visible signs of ageing and skin laxity. The treatment begins with a welcome ritual and aromatic dry brushing, followed by a purifying cleanse. Next, the powerful AD+ Intensive Treatment serum smooths wrinkles with a lifting massage to enhance the absorption of active ingredients and stimulate cell renewal.



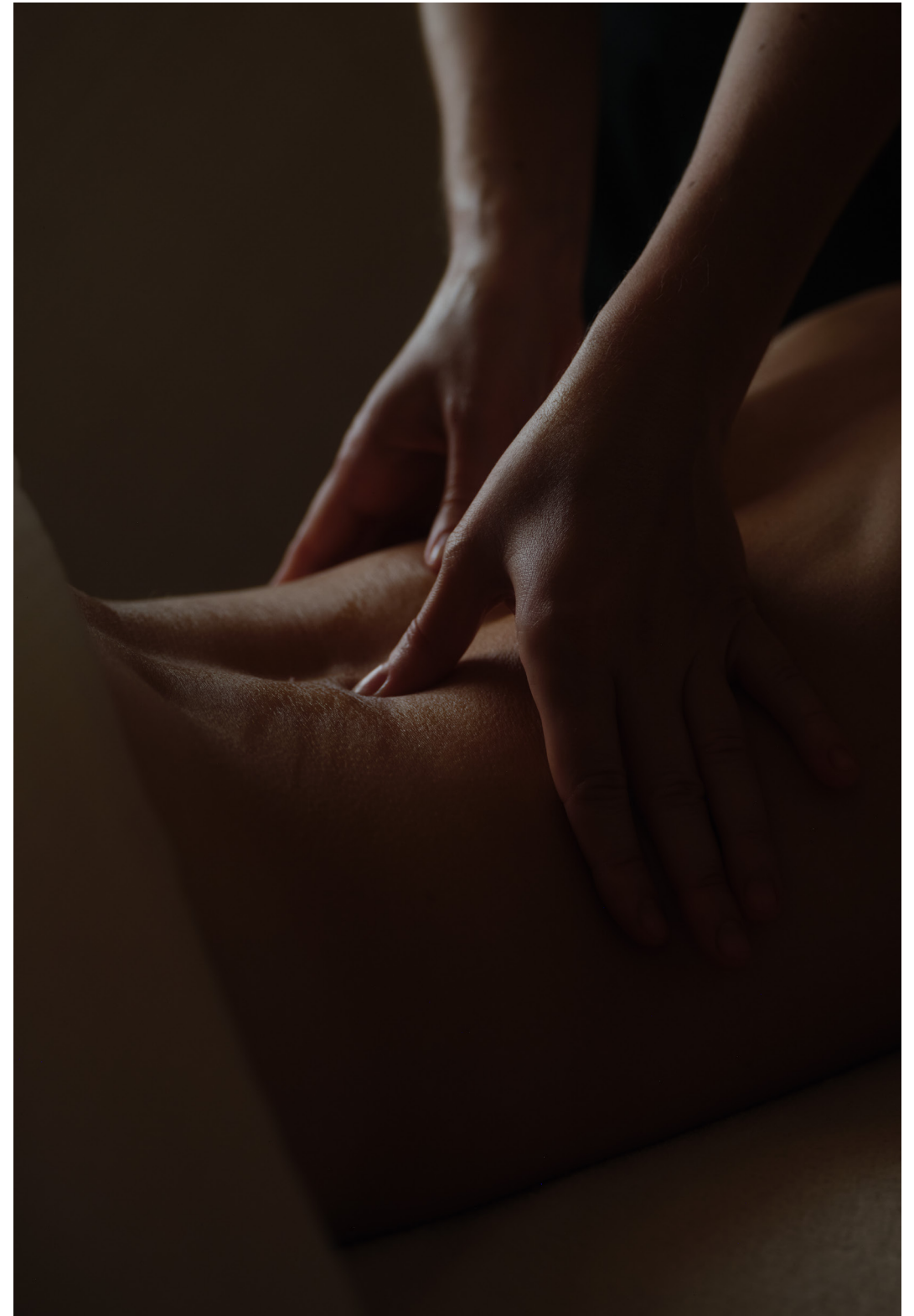
Dolomites Spa Journey

4 hours 30 minutes

Personalised to meet individual needs, the four-and-a-half-hour Dolomites Spa Journey is crafted to relax, rejuvenate and energise, leaving the skin radiant, the mind sharp and the body revitalised.

The experience includes:

- One tailored 90-minute Private Training session, customised to enhance the connection between mind and body
- One 30-minute dry-brushing peel, stimulating lymphatic flow and detoxifying the body
- One personalised 90-minute massage using a blend of essential oils
- One 60-minute Well-Ageing Facial Treatment, the perfect finishing touch to this restorative journey



Body Massages

Whether your aim is to unwind, rejuvenate or feel completely revitalised, our team of expert therapists combines their skills with oils infused with high-quality essential extracts to provide massages that soothe all aches and pains.

Relax

60 | 90 minutes

A relaxing and nurturing full body massage working on the superficial layers of the muscles. Designed to calm the nervous system and soothe the soul.

Detox

60 | 90 minutes

Superficial massage strokes move fluids out of body tissue and into the lymphatic system, stimulating the detoxifying process and greatly enhancing the immune system function. As well as encouraging a profound state of relaxation, the massage also reduces muscle tension, detoxes the body and helps to promote weight loss.

Zen Fusion

60 | 90 minutes

An uplifting blend of Eastern inspired techniques with traditional Swedish massage work to rebalance energy and relax tired and fatigued muscles for an invigorating effect on both body and mind. The perfect choice for those seeking a tailored massage, therapists have the freedom to combine a range of strokes and motions to suit individual needs.

Alpine Muscle Relief

60 | 90 minutes

Derived from its namesake flower, arnica is known for its anti-inflammatory properties, which help reduce swelling and bruising and relieve muscle pain. This massage treatment blends an aromatic wildflower and lavender oil with local alpine arnica to relieve tension, increase circulation and leave you feeling completely rested.

Sports Recovery

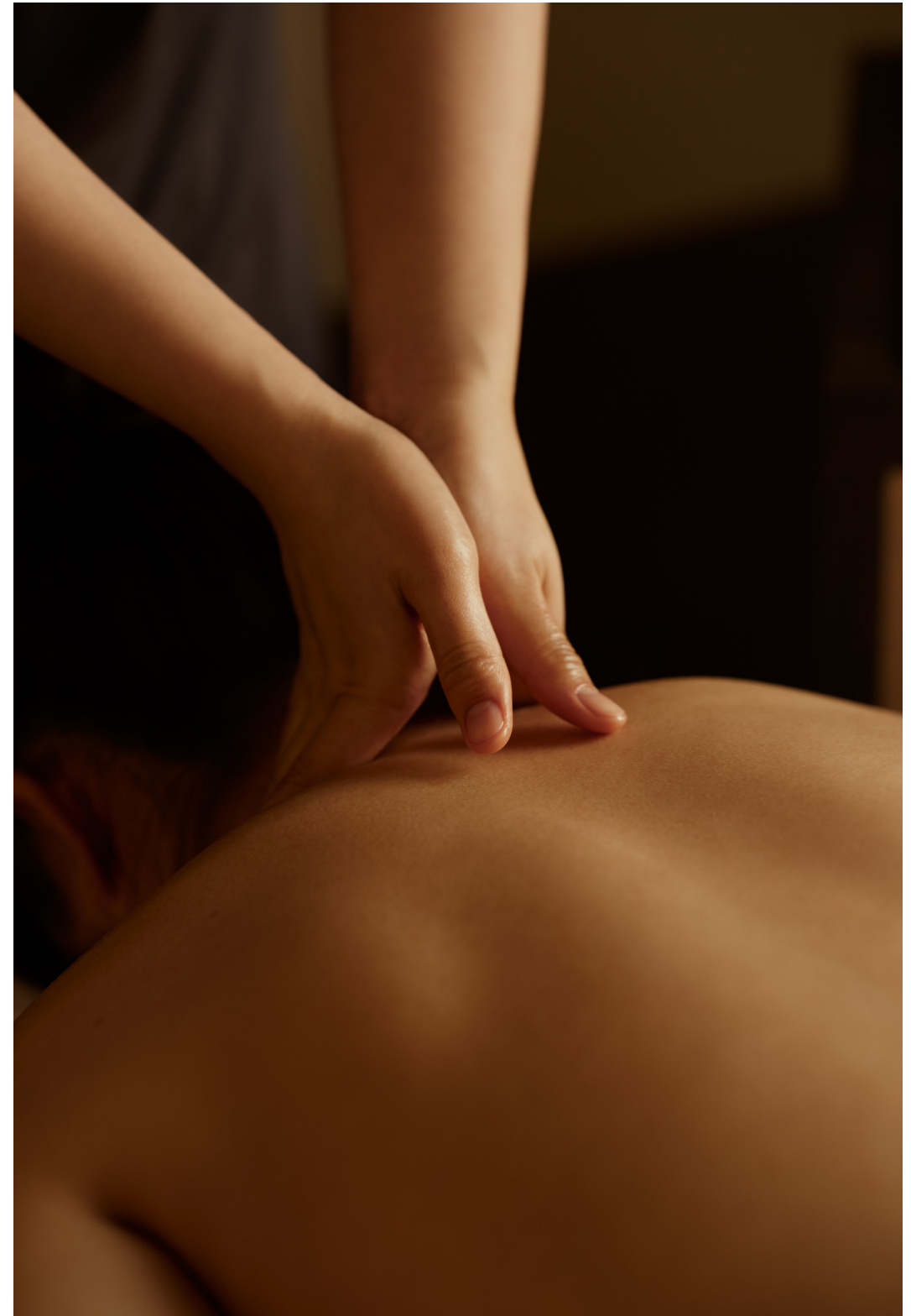
60 | 90 minutes

Post exercise muscle soreness is targeted using an innovative massage gun, combined with a deep tissue massage to release lactic acid, improve circulation and relieve sore muscles. This treatment is perfect for athletes, or after a day in the mountains, enabling future performance with minimal discomfort.

Manual Stretching

45 minutes

The best way to prepare or to end an injury-free session of skiing or hiking, manual stretching involves an expert therapist using carefully controlled pressure to deliberately flex or stretch specific muscles and tendons. The aim is to improve muscle flexibility and range of motion.



Body Enhancements

Our 30-minute enhancements are short, yet indulgent treatments created to elevate your spa experience through delightful scents, soothing textures and temperature contrasts. They can be added before or after any main treatment to enhance its benefits.

Arnica Body Wrap

30 minutes

This regenerating arnica wrap is utterly cossetting, harnessing the potent power of Alpine arnica to soothe tired muscle and nourish the skin.

Cool Relief

30 minutes

This juniper gel application has draining, anti-inflammatory, remineralising and tissue-tonifying effects. Ideal after a day on the mountains or a long journey, leaving legs revitalised and light as a feather.

Sole Revival

30 minutes

Unwind as we envelop tired feet in hot towels and apply gentle pressure with stretches to relieve tension, followed by a soothing foot massage using a nourishing moisturising cream.

Scalp Therapy

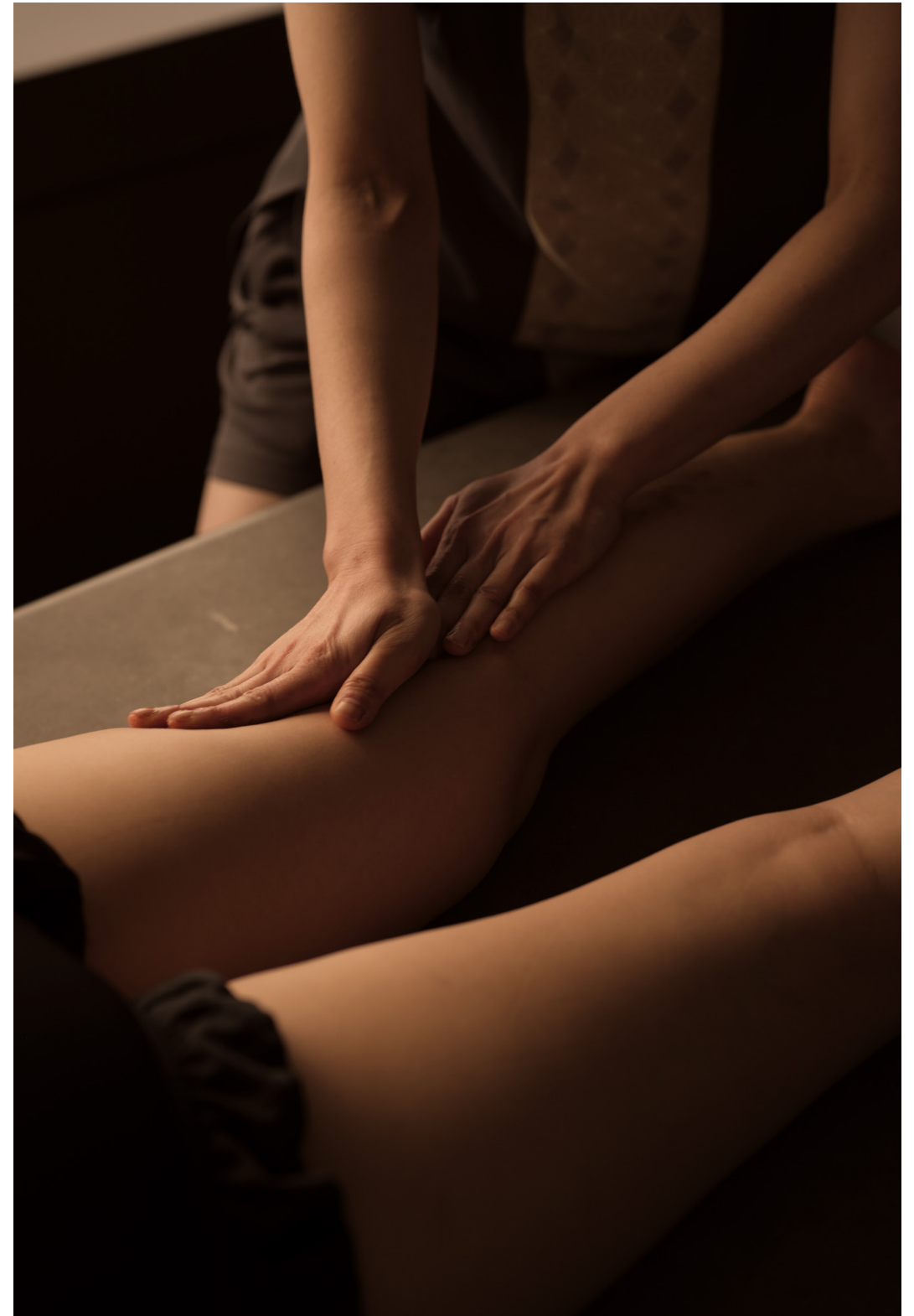
30 minutes

Breathe deeply while warm argan oil is gently poured and massaged into your scalp and hair. Rich in natural herbs that help strengthen hair, the oil not only induces a meditative state but works to restore the scalp's protective barrier.

Targeted Massage

30 minutes

Ease tension where you need it most with this fast-acting, de-stressing treatment. Personalised to each guest's unique preferences, the massage uses potent aromatherapy blends to ease muscle tension, reenergise the body and calm the mind.



Facial Enhancements

Our facial enhancements are short, yet effective treatments created to elevate your spa experience, leaving you with an instant glow. They can be added before or after any main treatment to enhance its benefits.

Nourishing Gold Algae Face Mask

15 minutes

Designed to infuse the skin with hydrating ingredients, the Aman x 111SKIN hydrogel face mask can be easily integrated into any face or body treatment to instantly reveal a glowing, smooth and refreshed complexion.

Nourishing Gold Algae Eye Mask

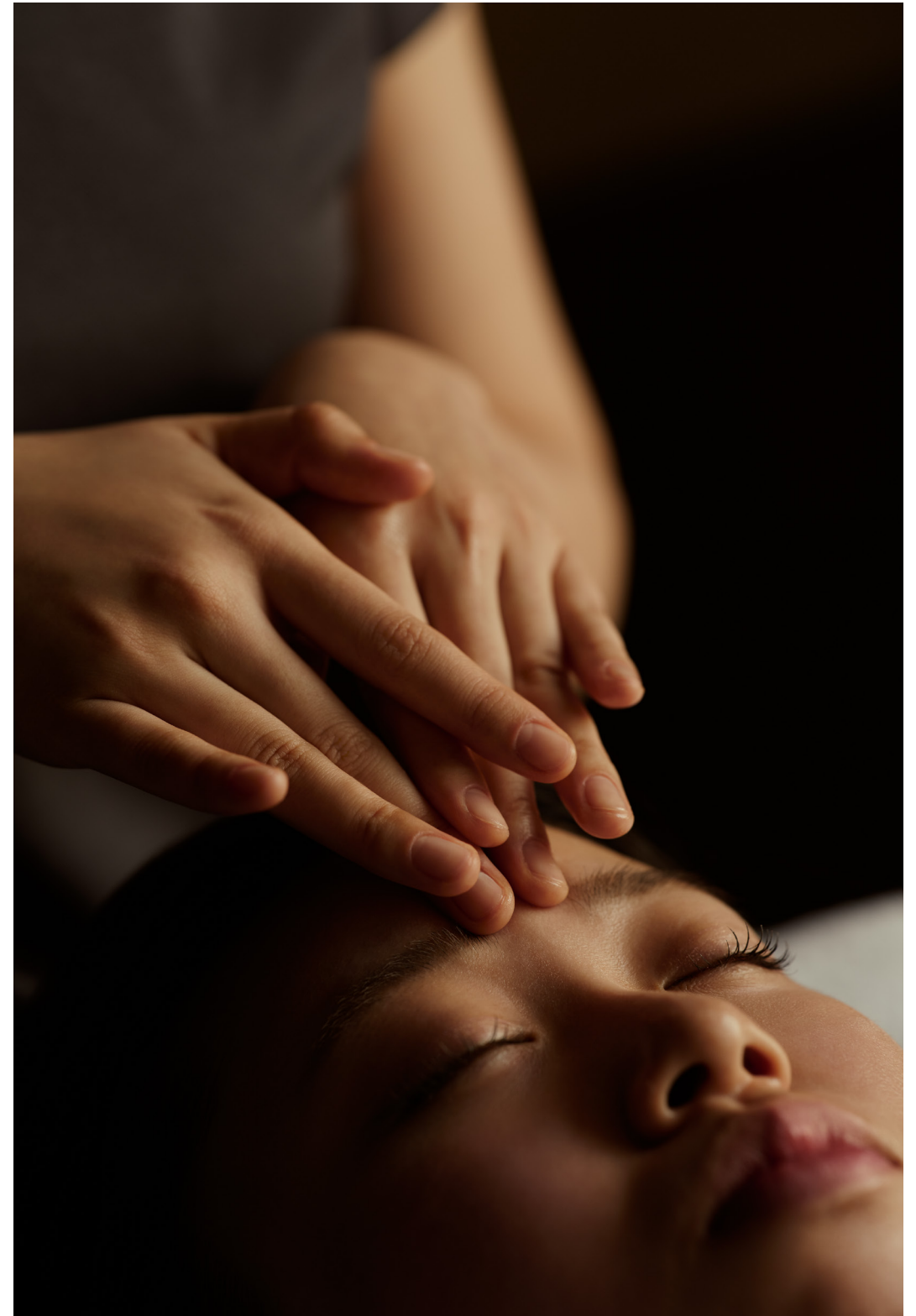
15 minutes

This Aman x 111SKIN hydrogel formula infuses the under-eye area with hydrating and radiance-boosting ingredients for a glowing and refreshed complexion. Ideal for anyone looking to boost radiance and refresh the under-eye area.

Express Facial

30 minutes

An ideal pick-me-up treatment to cleanse and nourish the skin, this effective recovery facial instantly hydrates the skin and can be carried out during any body treatment.



Finishing Touches

Unwind while our skilled nail technicians, beauty therapists and hairdressers work to echo your inner radiance through a range of refined finishing touches.

Signature Spa Manicure or Pedicure

90 minutes

A luxury treatment for hands and feet which includes exfoliation to remove rough skin, the application of a moisturising mask, relaxing massage with hydrating cream and full manicure or pedicure with your choice of regular polish.

Nail Care

Regular Manicure	60 minutes
Gel Manicure	75 minutes
Regular Pedicure	60 minutes
Gel Pedicure	90 minutes
Nail Polish Re-Touch	30 minutes
Gel Polish Re-Touch	30 minutes
Gel Removal	30 minutes
Foot Treatment	30 minutes

Beauty

Eyebrow and Eyelash Tinting	30 minutes
Eyebrow Shaping	30 minutes

Waxing

Upper Lip
Under Arm
Full Arm
Bikini
Brazilian
Half Leg
Full Leg



Haircare

Cuts, blow-dries and styling are available on request. Prices are based on preferred style, length of hair and time required.

Cut and Style
Blow-Dry and Style
Men's Cut

Hair Treatment

Hair Restoration	60 minutes
------------------	------------

Enriched with the exclusive Chitocherone Complex, this treatment renews hair's natural beauty enhancing strength, softness and radiant shine. Ideal for natural or colour-treated hair that is frizzy, porous or lacking in body and hydration.

Scalp Purifying	60 minutes
-----------------	------------

A luxurious deep-cleansing treatment that restores balance to the scalp. Ideal for sensitive skin, it combats dandruff, sebum, itching and hair thinning. Enriched with Vitamins E, C and B, wheat germ protein, and soothing neem oil, it revitalises both scalp and hair.

Movement & Mindfulness

Movement is integral to holistic wellness, playing an important role in emotional and mental, as well as physical, wellbeing. The movement facilities at Aman Rosa Alpina range from a contemporary, full-equipped Fitness Centre to a private Yoga Studio.

Yoga

60 minutes

Experience harmony of mind and body with our daily yoga sessions. Each class is thoughtfully designed to relieve stress, release tension and improve flexibility and strength. Whether you're a beginner seeking a deeper introduction or an experienced yogi looking to refine your practice, our teacher tailors each session to individual needs.

Choose from individual or small group sessions for a more personalised experience. Private sessions are limited to a maximum of six guests.

Morning

Start your day with gentle movement. These sessions are perfect for warming up and stretching your muscles in preparation for outdoor activities.

Late Afternoon/Evening

Unwind after an active day. These classes focus on muscle recovery, deep relaxation and restoring balance to the body and mind.

Private Training

60 | 90 minutes

Our Private Training sessions are one-on-one, personalised training experiences led by a certified coach. Each session is designed to support your unique fitness goals with expert guidance, motivation and accountability—while making sure workouts are safe, effective and enjoyable.

Pre/Post Workout Guided Stretch

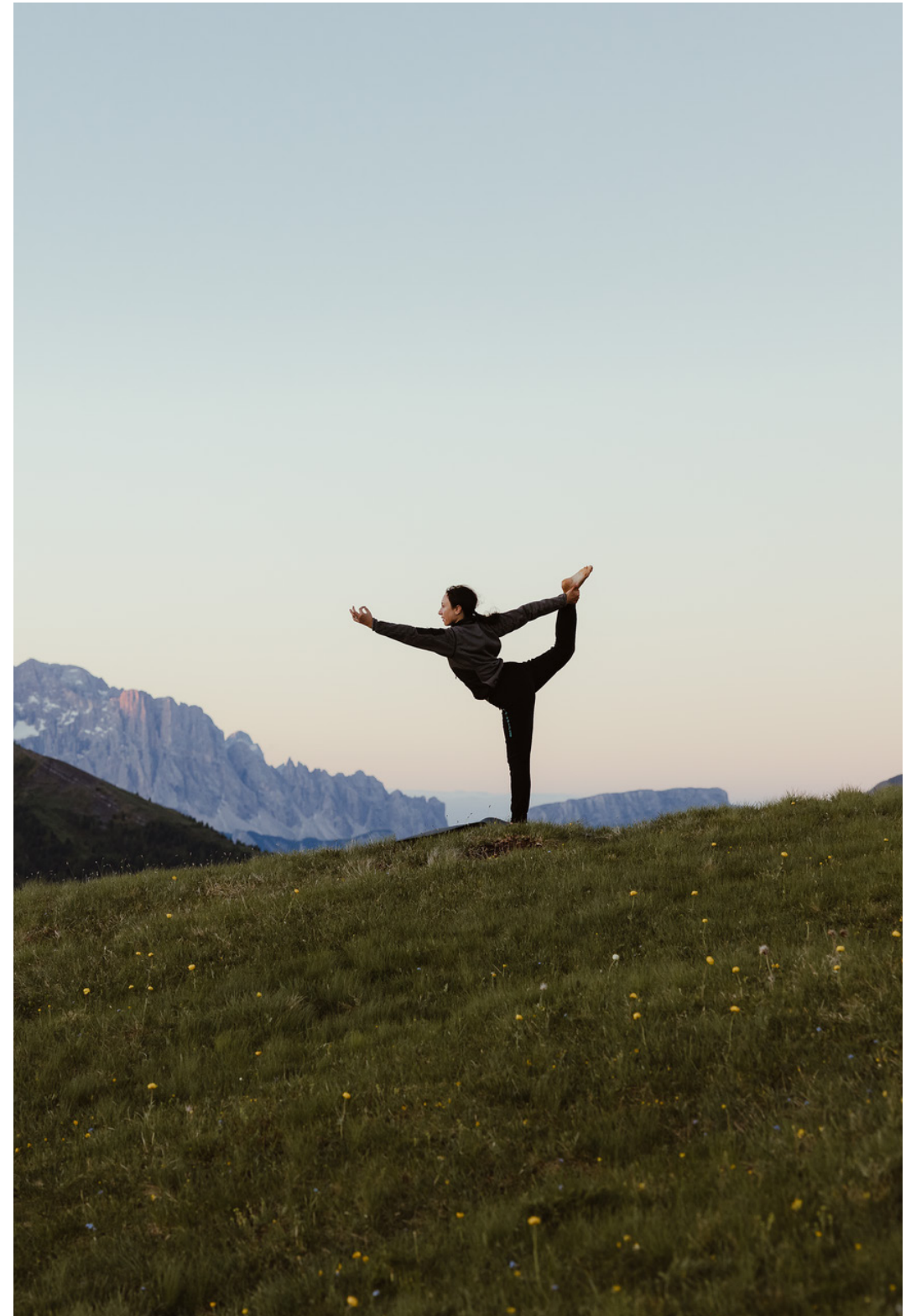
15 minutes

Stretching is the perfect start and end for workouts and also a powerful tool for enhancing flexibility, mobility and overall muscle health.

Meditation

30 minutes

A guided, personalised practice led by a trained resident therapist, meditation helps you find calm, clarity and balance by providing the tools needed, to reduce stress, stay present and connect with your inner self more deeply.



Reminders

Operating Hours

Spa & Salon
Daily from 9am to 8pm

Fitness Centre
Open 24 hours

Pool Facilities
Daily from 7am to 8pm

Spa Facilities (Adults only)
Daily from 7am to 8pm

Appointments

Advance booking is recommended to ensure availability of preferred times and services. Please dial extension 630 to make a reservation.

Treatment Preparation

We recommend guests arrive 15 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and relax in the spa’s environment.

Spa Environment

The minimum age for spa treatments or use of the Fitness Centre is 16. Guests under the age of 16 are required to have parental consent prior to their booking being accepted.

Guest Attire

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for spa treatments.

Valuables

Please leave valuables in the safe in your suite.

Payment Policy

For external guests, advance payment is required to confirm and secure appointments. A secure payment link will be issued approximately one week prior to the scheduled visit. We kindly request that payment be completed within 48 hours of receipt. Please be advised that, should payment not be received within this period, the appointment will regrettably need to be released.



Special Considerations

Our holistic consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any medical or health concerns.

Pricing

All prices are inclusive of local tax. Spa reservations after operation hours are subject to an additional 50% surcharge.

AMAN

AMAN ROSA ALPINA

Strada Micura de Rue, 20
39036 San Cassiano in Badia BZ, Italy

Tel: +39 0471 849 500

Email: amanra.spa@aman.com

aman.com