



āmanrūya

Spa & Wellness Menu



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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

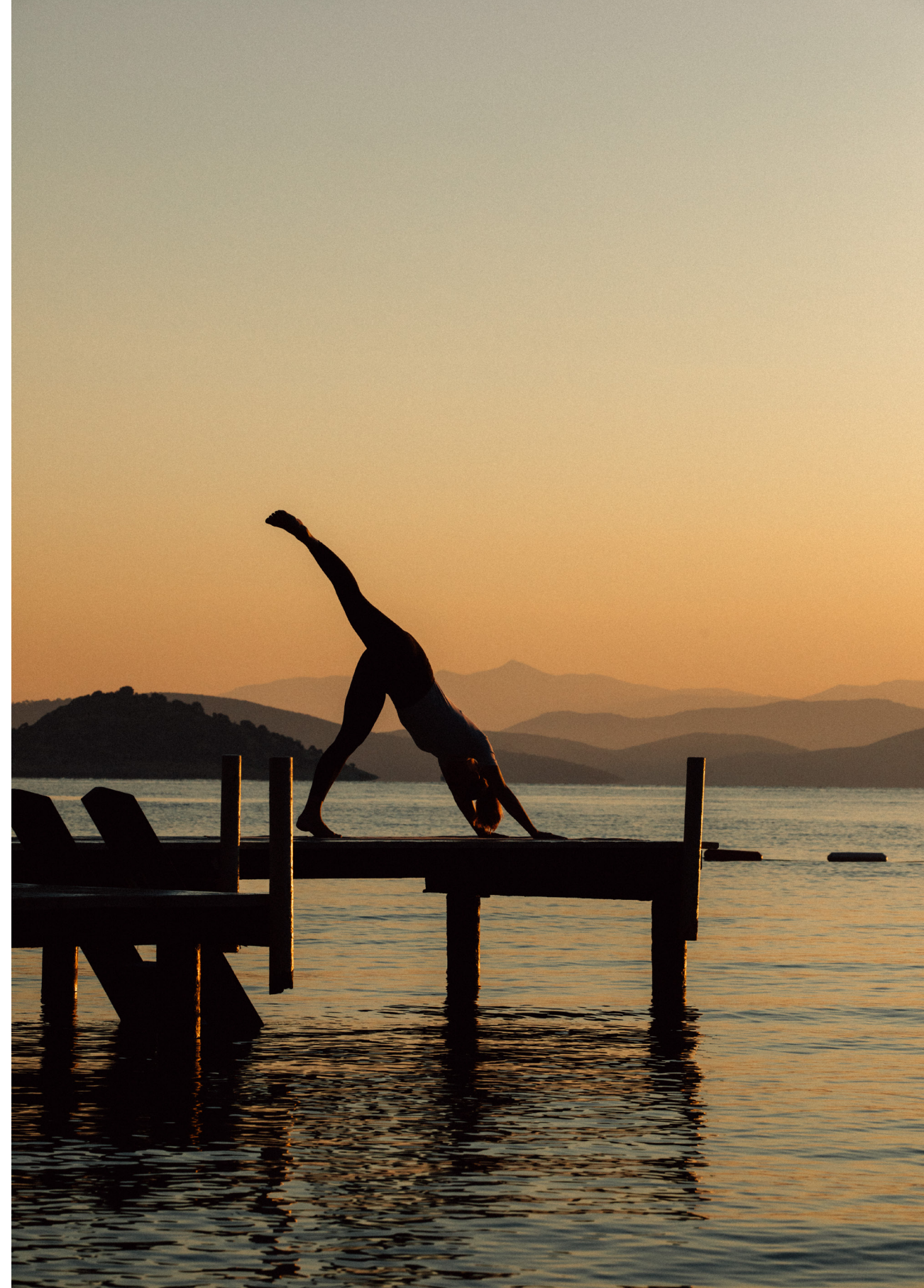
Amanruya

A scenic 30-minute drive from the bustling town of Bodrum, Amanruya rests in spacious seclusion on 60 acres of forested hillside, overlooking its own private bay – a rare privilege on the Bodrum Peninsula. With flourishing pine forests and olive groves, the sound of cicadas and the crystal-clear waters of Bodrum Bay as its setting, Amanruya fulfills the promise of its name ‘peaceful dream’, providing guests with a serene retreat for moments of tranquillity surrounded by natural beauty.

At the heart of the resort, Amanruya’s Spa is an intimate sanctuary dedicated to holistic wellness, offering an extensive spa menu inspired by traditional Turkish wellness practices. This includes a range of healing and relaxing massages and facial cleansing treatments, offered in two serene treatment suites or,

if requested, in the comfort of one’s own Pavilion. The Fitness Studio is equipped with cardio and resistance training equipment, and personal trainers are available to guide workouts. Private yoga sessions can be arranged in the Yoga Studio or outdoors overlooking the sea. Tennis equipment is also available and playing partners and lessons can be arranged.

The perfect post-treatment or fitness session ritual, the resort’s 50-metre infinity pool is just moments away. Beautifully crafted from green and turquoise marble sourced from Antalya, it merges into the shimmering azure waters of the Aegean Sea that lies just beyond, giving guests the illusion that they are swimming straight from the pool into the warmth of the open waters.



Spa Experiences

Rewind & Recharge

90 | 120 minutes

Designed to target areas of stress and tension, this personalised massage is fully tailored to suit the needs of each guest. Curated by our therapists to empower and balance the body and the senses, the massage uses a range of techniques and products, specially selected to soothe individual concerns.

Men's Spa Journey

120 minutes

A comprehensive spa experience specially designed for him, the journey begins with a tailored full-body massage, followed by a bespoke facial and concluding with an energising eye treatment leaving both the mind and body restored.



Body Treatments

Royal Thai Massage

50 | 80 minutes

This version of the traditional dry massage was developed specially for the Thai Royal Family to focus on restoring the flow of energy in the body. The massage is performed by a Thai therapist who uses the weight of her own body to nurture and heal. Your therapist will also help you navigate and stretch your body for an all-encompassing experience.

Sports & Deep Tissue Massage

50 | 80 minutes

This intense therapeutic massage aims to reach deeper layers of your muscles and connective tissue with increased pressure stretching and relieving muscular tension, releasing toxins and promoting recovery of strained muscles.

Hot Stone Massage

80 minutes

Melt away tension, ease muscle stiffness and increase circulation and metabolism with this nurturing massage, carried out using volcanic heated stones.

Traditional Balinese Massage

50 | 80 minutes

Born in Indonesia, the traditional Balinese massage uses a variety of unique techniques including skin rolling, kneading and stroking, and pressure-point stimulation, combined with the aromas of essential oils to lead the mind and body into a sense of calm tranquillity.

Oriental Harmony

50 | 80 minutes

A bespoke full body massage to target individual needs, the Oriental Harmony treatment begins with a consultation with an experienced therapist to create your unique therapy – whether seeking pure relaxation or a deeper massage to heal aching muscles.

Foot Reflexology

25 | 50 minutes

Pamper your feet with this stimulating massage focussing on reflex points on the soles of the feet. Using a gentle massage technique, tired feet are restored, with the body’s own natural healing process encouraged through the application of pressure on particular areas.

Aman Touch

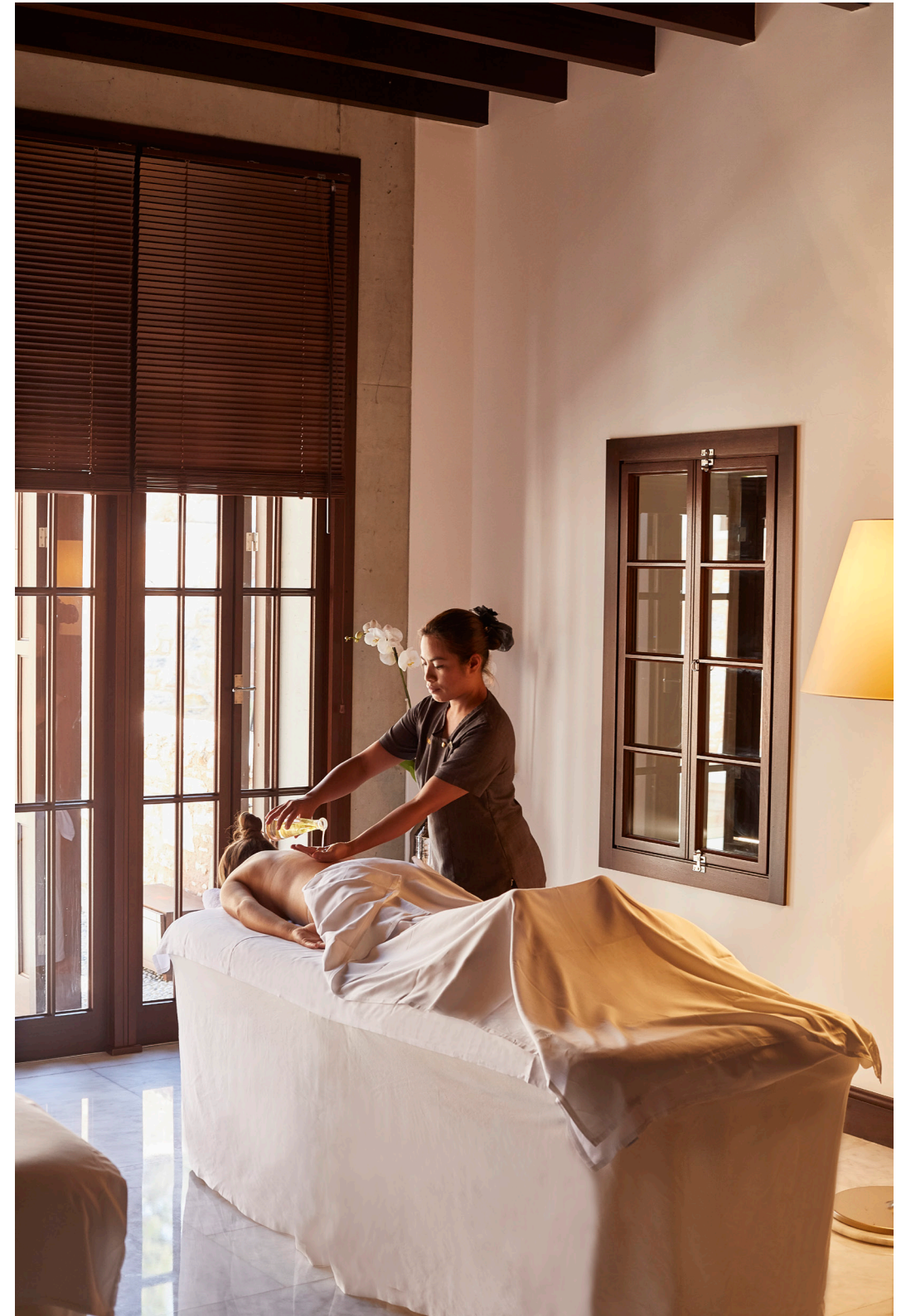
35 minutes

Using soothing essential oils on the areas where most tension is stored, this gentle massage encourages a deep sense of relaxation – the perfect spa treatment to enjoy at the beginning of a stay. With a focus on the back, neck and scalp, muscles are relieved, and the body is left feeling lighter and more limber.

Summer Radiance Body Peel

60 minutes

Experience a soothing massage with exfoliating body oils to rid the body of unwanted dry skin cells. Perfect for preparing the skin at the start of your stay, the treatment results in a smooth, healthy glow.



Beauty Services

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.

Rejuvenating Eye Treatment

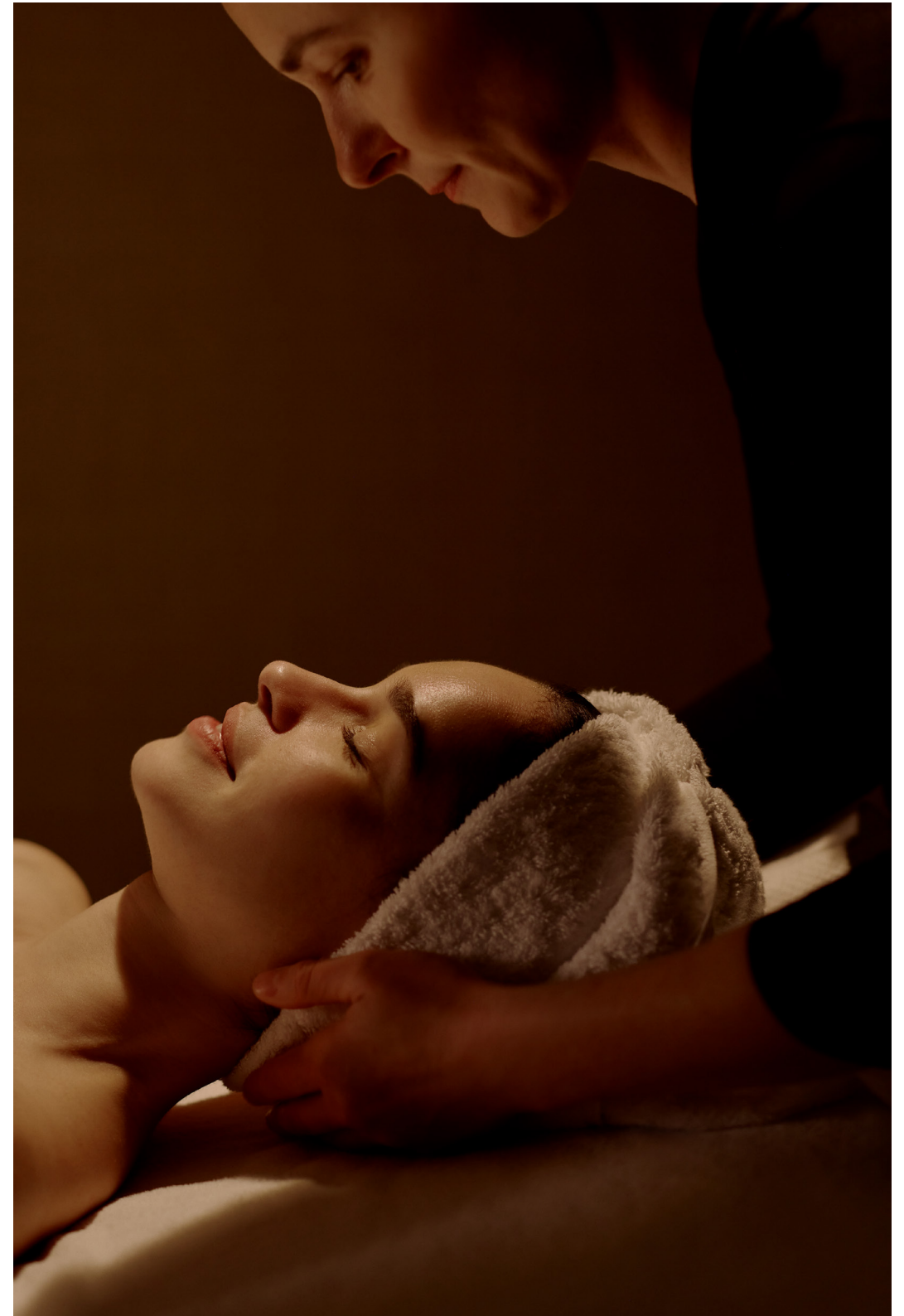
45 minutes

This energising eye treatment, complete with hydrating hydrogel Nourishing Algae Eye Mask, infuses the delicate eye area with brightening and radiance-boosting ingredients for a glowing and refreshed complexion.

Amanruya Facial

50 minutes

A simple and effective facial to address unique skin care concerns for a relaxing, nourishing and restorative experience. Using Aman Skincare products, created with natural botanical extracts, impurities are removed and the skin's radiance restored. The treatment is completed with our signature face mask for added hydration – perfect for sun-kissed skin.



Movement

Private Yoga 60 minutes

A gentle approach to yoga practice, private Hatha Yoga sessions encourage flexibility, lengthening the limbs and leaving the body relaxed. Poses are held for a longer time to allow a better mind and body connection.

Gravity Yoga 60 minutes

Gravity Yoga, also known as Aerial Yoga, combines elements of traditional yoga, Pilates and dance while your body is suspended in mid-air in a silk hammock. It enables you to take your practice off the ground and into the air, challenging and encouraging courage, balance, strength and mobility. This session is guided by a personal instructor.





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