

AMANJIWO

Wellness is a dynamic process of change and growth - a state of complete physical, mental and social wellbeing that is more than simply staying free from illness.

The aim of each of our spas is for guests to leave empowered and renewed, with the tools to continue their wellness journey.

Spa Menu

A New Spa Language

Healing has fascinated and compelled humankind since ancient times. Today, we have access to a treasure trove of traditional healing systems, as well as cutting-edge discoveries in modern medicine. It is intriguing that science can now prove the efficacy of certain ancient practices, while others, practiced today as they have been for millennia, offer benefits that are without scientific explanation.

Many of the world's ancient healing systems, such as Ayurveda and Traditional Chinese Medicine, are based on complex theories of the workings of the human body and mind.

Talk of chakras and energy can be off-putting for some people, especially when taken out of context. Yet when understood as part of the philosophy behind traditional healing, they reveal an intriguing language that explains how our bodies work.

Understanding Energy

The idea of a life force, or life energy, is shared among many traditional healing systems. In TCM this is known as qi (chi), while in Hindu philosophy – including yoga, Ayurveda and martial arts – prana is the Sanskrit word used to describe this potent vital energy. A principle in many healing modalities is that any blockage to the flow of life force within a body can cause imbalance and ill health. Blockages can be physical, mental or emotional, and their removal to restore balance and energy flow is the main goal of many traditional healing practices

Aman Products

Harnessing the power of the Earth, Aman's line of all-natural skincare products has been conceived in line with nature and based on the knowledge and wisdom of ancient healing traditions.

Aman's products are grouped into three different formations – Grounding, Purifying and Nourishing. These formations have been created to meet specific physical and emotional need states. They reflect the landscapes at Aman's destinations – deserts, rainforests and oceans that span continents and cultures.

Many of Aman's resorts are located near sacred sites that align with energetic ley lines. With this in mind, the Aman products and treatments are designed to work with the Earth and the energy of the landscape – in essence, to use the medicines and healing ingredients of the planet's apothecary.

Aman Signature Treatments

The Aman Spas around the world offer therapies and treatments inspired by their destinations and local healing philosophies. Each Aman Spa also offers the Aman Signature Treatment Menu. Carefully curated to Ground, Purify and Nourish using the finest organic and natural ingredients. These treatments offer tangible benefits and long-lasting results. They employ the use of ground crystal powders, healing tree oils, homeopathic facial mists, wild-harvested Amazon butters and other exceptional natural ingredients, including pearls and plant stem cells.

Foot Ritual

A soothing, mineral-rich foot ritual is a prelude to each signature treatment. The feet are cleansed; complementing the spiritual cleansing that takes place through a smoking ceremony. This foot ritual is deeply relaxing, but also richly symbolic. It is an act of service and care at its most humble and invites the surrender of personal will. The trust that is fostered helps guests to fully benefit from the treatments that follow.

Smoking Ceremony

For millennia, the smoke of different woods and resins has been used therapeutically. Cultures around the world from the Ancient Egyptians to the Native Americans have conducted smoking ceremonies for spiritual purification and to promote healing. Each of Aman's Signature treatments begins with a traditional smoking ceremony, a gentle ritual that calms and centres a guest in preparation for the treatment to come.

Different smoke is used for Aman's Grounding, Purifying and Nourishing treatments, as traditionally the smoke of different woods and resins has particular properties and healing powers.

Black Amber

The smoke of Black Amber is used for all Grounding treatments, as this derivative of the life-preserving resin is considered to restore energy and shield against infection.

Palo Santo

Purifying treatments begin with the burning of Palo Santo, often called 'holy wood' and known to reduce inflammation, boost moods and ease stress and physical discomfort.

Frankincense

Historically worth more than its weight in gold and used for all Nourishing treatments, Frankincense smoke is said to offer protection, enhance spiritual awareness and lift one's emotions.

Nourishing

Focusing on the spiritual energy of love, the Nourishing Rituals draw inspiration from the hot and humid climates akin to rainforests and rice terraces, making them the ideal treatments at Amandari. Ingredients such as jasmine stem cells, sandalwood and jade crystals have been chosen for their powerful regenerating abilities and are known to fuel recuperation.

The Nourishing Rituals incorporate a smoking ceremony with frankincense, chakra balancing massage, marma point therapy and the Light Technique. These rituals encourage the healing of emotional and mental wounds with a nurturing embrace and hold the spirit of adventure to inspire you to be your best self.

Nourishing Scrub & Wrap Ritual 90 minutes

For those feeling tired and depleted, this treatment encourages the body to enter a phase of deep rest in which it can be physically and emotionally nourished. Jade powder is a key ingredient in both the scrub and the wrap. It is known to nourish, hydrate, tone and rejuvenate.

The Jade Mud Wrap combines the nourishing effects of Jade powder with mineral-rich Italian clay, rose hydrolat and Argan oil. Hugging the body in a warm embrace, the wrap imparts the benefits of its ingredients while also stilling the mind.

After a shower or bath, the treatment culminates in the full-application of Aman's Sacred Heart Balm.

Nourishing Massage Ritual 90 minutes

This treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems, helping to recharge and refuel the body and mind.

This deeply relaxing treatment includes chakra and sound healing - said to activate and channel the Kundalini (dormant energy stored at the base of the spine). Marma point therapy balances the energy body, releasing negativity and bringing the body back to a state of awareness and balance.

On a physical level, the rhythmic massage dissipates muscular tension, leaving the guest feeling completely restored.

Nourishing Face Ritual 90 minutes

Richly nourishing ingredients such as honey, rosehip, wheat germ, cactus oil, jasmine stem cells and silk are used in this deeply nourishing face ritual. It invites relaxation and rebalancing by focusing on facial marma points to remove any internal blockages and stimulate the flow of prana.

Radiance is addressed and achieved with the Light Technique, which is based on shamanistic principles stating that light is generated by three points on the face - the forehead, the septum and the throat. By encouraging this light generation through various massage techniques and gentle holds, the skin is imbued with an inner luminosity.

Grounding

Drawing on the peaceful energy of the mountains and deserts, the Grounding Rituals focus on key ingredients with the foundational characteristics: amber oil, rose quartz crystals, sandalwood, Peruvian black and purple mud, wild harvested butter and tuberose. The Grounding formation works as a balm for the restlessness created by the frenetic pace of modern life. It imparts a feeling of safety, offering reassurance and reconnection. Focal techniques include black amber smoking ceremony, Tibetan Ku Nye massage, meridian and acupuncture work, cupping and kneading.

Grounding Massage Ritual

90 minutes

Informed by the Tibetan healing traditions this Ku Nye full body massage grounds the body and mind. Traditional techniques are used to stimulate the muscular system, while a subtler massage energizes the meridian system.

The massage incorporates cupping along meridian lines, acupuncture, kneading, deep-tissue techniques, warmed rose quartz crystals and hot Himalayan salt poultices. Finishing with an invigorating Tibetan head massage that induces an even deeper level of relaxation both physically and mentally.

Purifying

The Purifying Rituals are informed by the powers of water, with its vitalising spiritual energy and cleansing ability. Incorporating ingredients such as juniper berry, rose geranium, raw honey and pearl, the treatments utilise their anti-ageing and nurturing characteristics. The smoking ceremony employs Palo Santo, or 'holy wood,' while other healing techniques include manual lymphatic drainage, nerve point therapy and nerve stimulation. The Purifying Formation is a powerful spiritual cleanser that lends protection, clears stagnant prana or chi, stabilises the heart and mind and eases restless agitation. It helps guests let go of unhelpful energies and emotions, providing lightness of step and breathing space for the mind, body and soul.

Purifying Massage Ritual

90 minutes

Relaxing and purifying therapeutic treatment that incorporates manual lymphatic drainage techniques and nerve point therapy on the back to stimulate vital organs and balance the nervous system.

The lymphatic massage is designed to manipulate lymph nodes and lymphatic vessels, with the goal of increasing their activity and promoting the flow of lymph, which carries waste products away from the tissues.

Compared to traditional massages, the pressure applied with manual lymphatic drainage is much lower in intensity but powerful in its effects.

Purifying Face Ritual

90 minutes

Extremely beneficial for people living in cities exposed to pollution, this deeply relaxing, tension-releasing facial combines nerve point therapy and lymphatic drainage for a detoxifying release. The lymphatic massage stimulates the glands on the chest, neck and face, resulting in glowing, toned and brighter skin. The firm pressure applied in the nerve point therapy helps to calm the nervous system by smoothing out the ophthalmic nerves, releasing facial tension and stress.

Key ingredients used in this ritual include authentic pearl to brighten, colloidal copper for cell regeneration, and powerful marine extracts with trace elements and vitamins to strengthen collagen production and re-mineralization.

Traditional Javanese Treatments

The Javanese have long held traditions of healing and beauty rituals handed down through the generations. Engaging with local practitioners, we have combined these traditional techniques and products with our own range of Aman natural skincare products to provide a harmonious touch of the region that will revitalize your body, mind and spirit.

Before beginning your spa treatment, do enjoy a taste of Jamu, an ancient elixir dating back to the time of the Buddhist empire that built Borobudur.

This herbal tonic is a delicate blend of spices such as turmeric, ginger, tamarind and palm sugar. Jamu can boost the immune system, has powerful antioxidants and anti-inflammatory health benefits.

Javanese Royal Ritual **150 minutes**

A beauty ritual from the Royal Palaces of Central Java, which originated centuries ago as a purifying ritual for Javanese princesses as they prepared for their wedding day.

This royal ritual begins with a relaxing Javanese massage following a lulur (home-made scrub) made from a blend of finely ground rice, white turmeric, milk powder, jasmine and rose. The ritual continues with an application of a milk & clay mask designed to stimulate the cells activity and restore the pH balance of the skin. The final and most wonderful step is to relax in a warm milk bath that has been strewn with fresh jasmine and rose. Your skin will be left soft, supple and shining. The Javanese Lulur Ritual is a truly delicious experience.

Mandi Lulur **120 minutes**

This experience starts with a traditional Amanjiwo massage followed by body exfoliation treatment made from spices including clove, ginger and turmeric, blended with ground rice. Known as 'lulur', it brightens the skin, helps relieve muscle tension and eases fatigue. A soothing application of yoghurt is then applied to the skin leaving it soft, supple and rebalanced. It is then completed with a relaxing herbal bath.

Lulur Hitam **120 minutes**

Acclaimed as the masculine version of Mandi Lulur, this treatment brings the body back to balance and equilibrium by stimulating the circulation system. A relaxing massage is followed by an invigorating body scrub of black rice and coffee and completed with a warm herbal bath.

Massages

Pijat (Traditional Javanese Massage)

60 minutes / 90 minutes

This deep tissue massage style has been practiced, and the technique handed down, through the generations. It removes blockages and releases energy by working deep seated muscles. It is done by our local healers. we recommend you combine Pijat with our new Aman Signature rituals nourishing and grounding treatment.

Amanjiwo Massage

60 minutes / 90 minutes

This nurturing massage soothes tired muscles and relaxes the body and mind. It combines an acupressure technique with the therapeutic benefits of essential oils to provide a sense of harmony.

Foot Massage & Reflexology

60 minutes

This nurturing treatment will bring energy back and revitalize tired feet and legs. A scrub using jasmine and corn will stimulate circulation and is then followed by a relaxing foot and leg massage.

Finishing Touches

Javanese Cream Bath

60 minutes

This treatment uses moisturizing cream to nourish roots, improve the condition of the scalp and provide a rich sheen to your hair. It also incorporates a scalp massage and a deeply relaxing massage to the neck, shoulder and hands.

Manicure & Pedicure

Our manicure and pedicure treatments include a soothing hand or foot massage.

Soften and smooth dry hands and feet. This treatment begins with a soak, followed by a gentle exfoliation and intensively moisturizing mask. A therapeutic massage with hydrating lotion follows that strengthens the skin's moisture barrier

Reminders

APPOINTMENTS

We advise booking your spa appointment upon arrival so that we may best accommodate your needs and to avoid disappointment should we be fully booked.

Please dial extension 1 or 2 from your Suite phone to make a reservation or speak with our Guest Assistants at the Front Desk.

ARRIVAL

Please arrive at least 10 minutes prior to your appointment time. This will allow you to fill in a consultation form and to enjoy our relaxing environment. Treatments will begin and end on time in order not to inconvenience our next guests.

CANCELLATION POLICY

We understand that schedules may change. Since your spa time is reserved especially for you, we kindly ask that you give us a minimum of four hours cancellation notice so that someone else may enjoy that time.

Cancellation made within four hours will be subject to a 50% charge.

GYM SUITE

The Gym Suite is open from 6am to 11pm daily. Equipment includes a treadmill, cross-trainer, upright bike, rower, step machine and free weights.

OPERATING HOURS

Spa bookings are available from 9am to 9pm daily, with the last booking at 8pm. Treatments may be done in the Spa Suite or in your guest suite.

PRICING

All prices are subject to 21% local taxes and service charge.

SPECIAL CONSIDERATIONS

Consultations are carried out before all treatments. Some treatments are not suitable for certain conditions and it is in your best interest if we suggest an alternative.

Please let us know if you suffer from allergies, sensitivities, high blood pressure, diabetes, a heart condition or any other physical issues or injuries in your consultation form to allow the best possible treatment experience for you.

Please notify us when making a booking if you are pregnant and we will guide you through the treatments suitable for you.

The minimum age for spa treatments is 16 years old. Guests under 16 years should be accompanied by a parent or guardian for the entire treatment

WHAT TO WEAR

Bath robes, sarongs and slippers are provided. We also offer disposable undergarments for both men and women. Our therapists are trained in professional draping to cover you appropriately during treatments to maintain your privacy.