

ĀMAN

S P A



“We have a culture where the ruler treats his people with more love and affection than his offsprings, and where people revere their King like a God and regard every act of the King as wise. ”

-Karma Ura

THE HERO WITH A THOUSAND EYES

Inspired by the quiet elegance of the Wangdicholing Palace across the property, the design of the Amankora Bumthang Lodge echoes the historical significance and openness of the first home of the royal family of Bhutan. Surrounding the palace is the “Shabkor” - a structure that forms the courtyard. On this area are “healing rooms” offered by the king, walled cocoons where the palace residents rested after long, arduous journeys when the entire royal court would migrate back from Trongsa after winter.

Meant to embody the symbolic design and immeasurable importance of these rooms in the palace, the Aman Spa in the Bumthang Lodge of Amankora is a true embodiment of respite, one that cradles every traveler as one’s body seeks rest, healing and rejuvenation after long, but fulfilling journeys and wanderings.

AMAN SIGNATURE TREATMENTS MASSAGE RITUALS

GROUNDING MASSAGE RITUAL

A Ku Nye full-body massage honours ancient Tibetan healing traditions to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading, and deep-tissue techniques.

PURIFYING MASSAGE RITUAL

The deep relaxing, detoxifying massage restores harmony to the body and clears the mind. The massage concentrates on lymphatic drainage techniques, to manipulate lymph nodes and lymphatic vessels, to increase their activity and promote the flow of lymph.

NOURISHING MASSAGE RITUAL

The blissful, nurturing treatment is ideal for physically or emotionally exhausted souls. The use of marma point therapy brings the body back to a state of heightened awareness and balance, while rhythmic massage techniques ease muscular tension, imbuing a sense of complete restoration.

90 minutes

BUMTHANG SPA SIGNATURE TREATMENT

BUMTHANG HERBAL COMPRESS

Bumthang herbal compress is a signature treatment at Amankora Bumthang. The treatment combines an ancient healing practice using benefit of local medicinal herbs together with full body oil massage and meridian point therapy. Hot herbal compress promotes deep relaxation, while soothing aching muscles and improving circulation.

Benefits

- Reduces chronic pain, muscle tension and improves range of motion
- Eases restlessness and promotes relaxation
- Revives fatigued muscles

90 minutes -

AMANKORA SIGNATURE TREATMENTS

AMANKORA HOLISTIC MASSAGE

Our therapists combine unique healing touch with a range of diverse techniques to create a tailor-made treatment, which can either focus on specific areas of tension or promote an overall sense of relaxation and wellbeing.

60/90 minutes

THAI MASSAGE

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is uniquely relaxing yet energizing, and is a highly effective therapeutic treatment. It is performed over loose comfortable clothing.

60/90 minutes

FOOT REFLEXOLOGY

Reflexology points at the sole of the feet correspond to every organs and glands in the body. This treatment activates energy pathways, releases stagnation and balances out disharmonies. It is a perfect complement to a long day of walking and hiking.

60/90 minutes

HOT STONE MASSAGE

A combination of warm stones and massage penetrates deeply into the body to soothe and relax muscles. Heated basalt stones are an extension of the hands as they glide over the body as part of this flowing massage technique, allowing the benefits to be felt at a deeper level.

90 minutes

Cancellation policy: 24 hours notice is requested for cancellations.
For cancellations within the 24 hour period, 50% of the treatment price will be charged.