

# ĀMAN

S P A



“when we crossed the Po-Chhu, found ourselves, as though caught up in some magic time machine fitted fantastically with a reverse, flung back across the centuries.”

-The Earl of Ronaldshay  
JOURNAL OF HIS VISIT TO BHUTAN, 1921

Inspired by the distinct design of a traditional Bhutanese farmhouse, the design of the Amankora Punakha Lodge echoes the heart and soul of this iconic rural structure. Known as the “Yue Chim” or farm dwellings, these abodes dot the bucolic countryside fringes of the kingdom. Built to shelter extended families, animals, full harvests of crops and even religious shrines, these architectural gems of wood, stone and rammed earth is a true microcosm of Bhutan, its people and the community for centuries.

As a modern interpretation of this typical homestead, the Aman Spa in the Punakha Lodge of Amankora is a symbolic home to find warmth, nourishment and enrichment from the harshness of the seasons and the beats of our journeys. As one enters the spa through the doors of the traditional tea room, the spirit of home is embraced and the feeling of belonging is found.

## 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

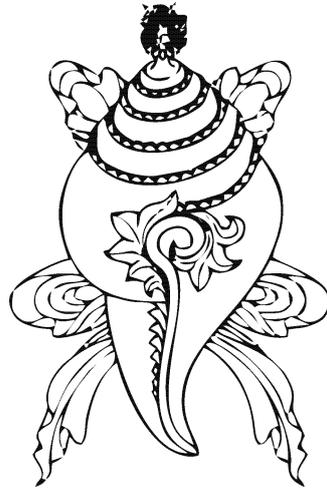
The blissful, nurturing treatment is ideal for physically or emotionally exhausted souls. The use of marma point therapy brings the body back to a state of heightened awareness and balance, while rhythmic massage techniques ease muscular tension, imbuing a sense of complete restoration.

90 minutes

MASSAGE RITUALS

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## PUNAKHA SPA SIGNATURE TREATMENTS



### GROUNDING FACE RITUAL

This Grounding face ritual 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 acupuncture using heated Himalayan salt poultices leaves skin radiant.

### PURIFYING FACE RITUAL

By combining nerve point therapy and lymphatic drainage to provide a detoxifying release, this tension releasing treatment is extremely beneficial for those exposed to excessive urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin.

### NOURISHING FACE RITUAL

This brightening, moisturising treatment calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin.

90 minutes

PUNAKHA SIGNATURE TREATMENTS

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## 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

## AMANKORA SIGNATURE TREATMENTS