

Ā M A N

S P A



“Seen from without, it’s a rocky escarpment!
Seen from within, it’s all gold and treasure!”

-Ingun Bruskeland Amundsen
ON BHUTANESE AND TIBETAN DZONGS

Inspired by dzongs or Bhutanese fortresses, the design of the Amankora Thimphu lodge echoes the historical context of these architectural gems. The two most vital parts of these fortresses are two courtyards containing its religious and government seats, but deep in the heart of dzongs lie its most precious secret - cavernous maze-like rooms hidden under thick walls whose temperature remain cool the whole year. Inside them are precious “butter rooms” which hold food, medicine and butter that are said to keep fresh for as long as five years.

These butter rooms hold the key to keeping the entire population nourished, healed or happy. Meant to echo the symbolic design and significance of these hidden rooms in the dzongs, the Aman Spa in the Thimphu Lodge of Amankora is a trove of grounding, purifying and nourishing treatments and rituals, tucked gently in the heart of the lodge, awaiting discovery.

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

THIMPHU SPA SIGNATURE TREATMENT

HOT OIL HEAD MASSAGE

This signature treatment is based on the ancient healing system of Ayurveda. Warmed coconut oil nourishes the hair and the scalp, while the back, neck and shoulder massage offers a relaxing addition to this luxurious treatment. Deep thumb pressure, friction and soothing strokes and the warmth of the oil helps to reduce tension, improves circulation and flushes out physical and emotional toxins.

60 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.

OXYGEN EXPERIENCE

OXYGEN TREATMENT EXPERIENCE

AMAN OXYGEN EXPERIENCE (60 Minutes)

Revitalise and reenergise with this holistic therapeutic grade oxygen treatment combining oxygen inhalation with cutting edge hyperbaric oxygen facial technology. Maintaining proper oxygen levels in the body is vital for health, vitality, physical stamina and endurance. Oxygen therapy is said to be one of the most powerful and efficient methods of detoxifying and cleansing the body. Fight altitude sickness, jetlag, fatigue and stress with this holistic oxygen treatment.

FACIAL EXPERIENCE

REJUVENATE OXYGEN FACIAL

Targeting the appearance of fine lines and wrinkles, this effective anti-ageing facial dramatically enhances the overall hydration of the skin and significantly improves tone and radiance. A high concentration of oxygen delivered in Rejuvenating Serum together with Hyaluronic Acid technology, combine to deeply hydrate and nourish the skin. Free radicals are neutralized, appearance of lines and wrinkles are reduced and your skin looks visibly lifted, younger and luminously radiant.

OPULENCE BRIGHTENING OXYGEN FACIAL

This treatment combines botanical brighteners and super-concentrated Vitamin C to brighten and balance dull, uneven skin. Pigmentation is minimized, leaving your skin luminous, toned and more radiant. Results are not only instant but continue to improve in the following days, thanks to the high concentration of oxygen to the skin.

ENHANCE YOUR FACIAL EXPERIENCE

A TOXELENE AGE-DEFYING TREATMENT (Additional 30 mins)

Add this targeted antiwrinkle treatment to your chosen Oxygen Facial to refine the forehead, soften eye contours and immediately plump and smooth lines, wrinkles and lips. The natural plant extract and skin smoothing peptide targets expression lines and increases skin volume and firmness for a more youthful, defined facial contour.

FIRMING EYE MASK

This moisture rich, refreshing eye treatment is an instant "pick me up" for the under eye area. Target fine lines and dehydration while brightening dark circles and smoothing wrinkles.

SMOOTHING LIP MASK

Plump, define and hydrate for a fresher more youthful, lip definition. This hydrating lip treatment calms and soothes dry, irritated chapped lips caused by the sun, wind and other environmental factors.