

Ä M A N
S P A

Namaskar – welcome to the Aman Spa at Aman-I-Khas.

Take pleasure in a truly exclusive spa experience at our beautiful sanctuary in the wilderness of Rajasthan. With two treatment rooms centered on a fountain, our spa has created a menu of therapies distilled from millennia of experience in the healing arts. Multi-sensory journeys of traditional Ayurveda wisdom are offered alongside massages, the gentle healing touch of Reiki and pampering scrubs and baths.

Let us create an experience just for you – no request is too great, and no detail too small, for our dedicated team. As well as enjoying time out in the spa, guests can revitalize body and mind at our daily lakeside yoga sessions, while our lounge-lined swimming pool – modelled on the ancient step wells found across the region – is ideal for invigorating dips and relaxing in the sunshine. Combined, our wellness facilities aim to provide you with the perfect complement to adventurous safaris in the wilderness.

With warmest wishes,

The Aman-I-Khas spa team

Body Treatments

Aman Raj – full body massage

60/90/120 min

From the soothing to the deeply therapeutic, our therapists employ a range of skills in order to customize this massage to your needs. From aromatherapy and Swedish to deep-tissue and foot massage, your therapist will help you choose the modality that most suits Your requirements.

Choornasweda – Ayurvedic herb poultice body massage

75 min

A classic Ayurvedic treatment in which the therapist uses warm bala swangandha oil – a blend infused with herbs for firm and glowing skin. The oil is massaged into the body with the help of heated linen bundles that are filled with dried herbs. This treatment will help your mind achieve serenity and leave your body feeling smooth, softened and deeply relaxed.

Poornvandana – Ayurvedic full body massage

60/75 min

A traditional Indian Ayurveda treatment using a combination of soothing and symmetrical long strokes to regulate the nervous system and improve the circulation using warm oil. It will bring relaxation, and deeper therapeutic benefits to muscles and the whole body.

Hot Stone Massage

90/120 min

The combination of warm stones and massage penetrates deeply into the body to soothe and relax tender muscles. Hot basalt stones are placed on and under the body to generate heat, releasing tension. The stones are an extension of the therapist's hands as they glide over The body as part of this flowing massage technique, allowing the benefits to be felt at the deepest level.

Namaste – back and neck massage

60 min

This calming mind and body experience provides the perfect finale to a wild safari drive. We concentrate on your back, but won't neglect your neck and head to release you from the deep-seated tensions that causes back pain and headaches.

Add-on bliss

30 min

Add a little bliss to your 60- or 90-minute full body massage by selecting one of the following 30-minute 'add-on' treatments.

- Scrub
- Herbal compress
- Express facial
- Foot massage

Akashsayan – an outdoor express treatment

30/45 min

While enjoying the natural surroundings, either outside the spa tent, or by the pool or lake, allow us to enhance your relaxation by choosing one of the following express treatments.

- Hand massage
- Foot massage
- Head and shoulder massage
- Express manicure (nail cut, file and buffing)
- Express pedicure (nail cut, file and buffing)

Champi – head massage

30 min

It is believed that when energy can't flow, negative energy builds up and can cause various ailments. The firm but gentle and rhythmic movements, as well as the stimulation of the 'marma' points, will increase circulation and eliminate toxins.

Charan Veda – foot massage

30/60 min

Our express warm-oil massages are a true treat for tired, parched and heavy feet. Targeting pressure points, this specialized foot massage improves blood flow and nerve supply, creating a wonderful sense of wellbeing and ease.

Extend your foot treatment to a full hour of indulgence with a refreshing footbath and invigorating scrub that will exfoliate and re-energize your feet. A soothing massage follows, focusing on pressure points to restore the whole body's energy flow. As a finishing touch, a nourishing mask leaves feet soft and silky-smooth.

Amrit Taanana – oil free stretch massage

60 min

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is performed over loose comfortable clothing to allow movement.

Khas Mukhra – facial

60 min

This stimulating and refreshing facial is designed to suit any skin type. Our all-natural products are based on Ayurvedic philosophy and contain only the finest essential oils, which will leave your skin glowing and hydrated.

Swastha Badan – body scrub

45 min

Delight your senses and let your skin be renewed with our natural aromatic salt scrubs. You can choose from one of the following – each of them will leave your skin irresistibly soft, smooth and glowing.

Peppermint, basil and thyme – our muscle and joint blend, with its spicy, peppery and minty aroma, awakens the mind to clarity of thought, helps to ease headaches and coughs, and it is the perfect mix for aching muscles and joints.

Vetiver, lavender, Jasmin and lemongrass – a beautiful, relaxing composition with wonderful effects, this is useful for dispelling stress and insomnia, while balancing, healing and calming the mind as well as the skin. Lemongrass adds a hit of freshness.

Ginger, lavender, cinnamon and clove – a truly sensual blend, which fights exhaustion and feelings of depression and weakness. It also aids digestion, colds and flu and can help relieve the pain of arthritis and rheumatism.

Hasta Prakshalan

60 min

Our classic manicure, including varnish removal, shaping, soaking, buffing, hand massage and a selection of nail colours.

Pad Prakshalan

60 min

Our classic pedicure, including varnish removal, shaping, soaking, buffing, foot massage and a selection of nail colours.

Children between 5 and 12 years of age are also most welcome at our spa and, with parental consent, can enjoy the following treatments.

Full body massage	45 min
Back massage	30 min
Body scrub	30 min

Henna

Transform yourself into a living expression of our local artist's creativity. Mehendi uses the body as a blank canvas, decorating it with a flavor of Rajasthan to offer you a different insight into India.

Snan – aromatic baths

The healing and relaxing benefits of bathing have been recognized for thousands of years. Even the word 'spa' is derived from ancient times – an acronym of the Latin *Sauna per Aqua*, or 'healing through water'.

Soak in one of our aromatic baths, freshly prepared with herbs from our organic garden. Beneficial as a standalone treatment, an aromatic bath is also the ideal complement to other spa treatments. We prepare it for you in the comfort of your own tent.

Milky rose petal bath with vetiver, lavender and ylang ylang – a great way to end a long day. It helps to get your mind balanced, aids with insomnia and stress relief, and leaves your skin soft, nourished and hydrated.

Turmeric, neem, lime and lemongrass – a very refreshing and stimulating bath will not only help to detoxify and tone, but also leaves your skin deeply cleansed and very soft. Perfect for any time of the day, either before or after a massage.

Basil, marjoram, thyme and lavender – a wonderful way to start your spa experience, this uplifting combination is great for relieving muscle tension and joint pain. It also works on the mind, calms the nervous system and helps to ease headaches.

We harvest the herbs freshly from our garden and would kindly ask you to allow us some preparation time.

Yoga

Yoga is the physical, mental and spiritual practice of asana (different poses), pranayama (breathing) and meditation. This enables the flow of vital energy, to rejuvenate the body, strengthen awareness and find clarity.

Private yoga (up to five persons)

60 min

Private yoga sessions enable guests to enjoy instruction tailored to their specific needs. Working within your range of flexibility, you will move through postures with a focus on breath and body awareness. Combining breath work with certain postures helps improve muscle flexibility as well as deeply massage the inner organs, increasing circulation and overall health. Private instruction can be arranged in our outdoor yoga pavilion at the spa or in the comfort and privacy of your tent.

Pranayama - breathing practice (up to five persons)

30 min

Pranayama means 'extension of the life force'. It is an ancient practice of breath control to improve your sense of vitality. Drawing upon various techniques that may soothe or invigorate will help to regulate and increase oxygen supply in the body, correct patterns of breathing and help to release stress and tension. This breathing practice helps calm your body and mind, supporting you to sit in meditation with ease.

Meditation - a deep sadhana (up to five persons)

30/60 min

Sadhana, meaning 'spiritual practice', is a guided meditation to quieten the mind, creating a space in which the intensity of surface tensions and stress subside while increased feelings of calmness, clarity, and heightened alertness are generated through the improved connection of mind and body.

The Spa Tent

Open daily from 11am to 10pm

(Extended hours on request)

Group classes

Complimentary group yoga classes are conducted outdoors every morning, weather permitting. Please contact the spa or ask your batman to confirm the timing.

Appointments

Reservations can be made directly at the spa or through your batman. We highly recommend booking your treatment in advance to obtain your preferred time and service. You are most welcome to arrive wearing the bathrobe and slippers provided in your tent.

Treatment preparation

We recommend that you arrive 10 minutes prior to your scheduled treatment, allowing time to complete your spa registration form and to settle into our relaxing environment with a soothing fresh-herb tea or a cooling drink.

Spa environment

Please refrain from smoking, and turn your mobile phone off or to a silent setting while in or around the spa. Guests under 18 must have parental consent before a treatment booking is accepted.

Valuables

Please leave your valuables in the safe provided in your tent.

Pricing

All prices are subject to 10% service charge and applicable government tax.