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Aman Spa at Sveti Stefan

'The greatest wealth is health.' – Virgil

The Aman Spa at Sveti Stefan is located at the idyllic private bay of Queen's Beach in Montenegro. Surrounded by native pines, fig and olive trees, it is truly a temple of well-being.

Spanning nearly 2,500 square meters, our extensive facilities include four double-treatment rooms, manicure and pedicure studio, facial and waxing studio, a heated 24-meter indoor swimming pool with an outdoor relaxation extension, a fully-equipped fitness facility including a Gym and Yoga/Pilates studio and three hydrotherapy rooms that include steam, sauna, and plunge pools, which can be reserved for private use.

Here at Aman Sveti Stefan, we have drawn from Montenegro's natural abundance of over 650 recognized medical species of local herbs and tradition of wild ancient harvesting and knowledge to incorporate into our treatments.

We welcome you to visit us for a complimentary consultation to create your personalized spa experience, where harmony and tranquillity gently restores the body, mind and soul

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.

Treating the whole - the mind, body and spirit - Aman strives to provide guidance, support and knowledge for a journey that extends beyond the physical boundaries of the Aman Spas around the world.

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.

Understanding energy

The idea of a life force, or life energy, is shared among many traditional healing systems. In Traditional Chinese Medicine this is known as qi, while in Ayurveda and Yoga - 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 imbalances. 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 Signature Rituals

Aman's Grounding, Purifying and Nourishing Signature Rituals are carefully curated using the finest organic and natural ingredients. Inspired by Aman's destinations and local healing philosophies, the three parts of the Signature Menu offer tangible benefits and long-lasting results.

Foot Ritual

A soothing, mineral-rich foot ritual is a prelude to each signature ritual. 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 rituals that follow.

Smoking Ceremony

For millennia, the smoke of different woods and resins has been used therapeutically. Cultures around the world 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 in preparation for the treatment to come. Different smoke is used for each treatment, as different woods and resins have 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, mantra music, 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 Massage

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 Facial

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.

Nourishing Scrub & Wrap

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-body application of Aman's Sacred Heart Balm.

Nourishing Journey

180 minutes

There is infinitely more to nourishing a being than simply the food it consumes to thrive. Nourishment can come in many forms, and this journey serves to combine these in an immersive experience that touches every aspect of an individual. All three Nourishing rituals are incorporated beginning with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each treatment builds on the benefits of the one before. The results are exponentially greater than the sum of their parts.

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 acupressure work, cupping and kneading.

Grounding Massage

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, acupressure, 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.

Grounding Facial

90 minutes

This therapeutic facial incorporates Tibetan massage techniques to encourage a subtle release of tension from the face. Rose Quartz crystals promote healing, frankincense aids rejuvenation, hyaluronic acid boosts hydration, and liquorice extract evens skin tone.

Lymphatic and muscular massage techniques aid product absorption and stimulate circulation to rejuvenate and raise the vibrational energy of the skin, while acupressure with heated Himalayan Salt poultices and meridian stimulation with warm rose quartz crystals restore a glowing radiance to the skin. A Peruvian black mud and amethyst crystal mask along with a Tibetan head

Grounding Scrub & Wrap

90 minutes

This ritual helps the guest feel connected to the Earth and a renewed sense of self. The key ingredient is amethyst powder, known for its gently sedative energy that promotes peacefulness, happiness and emotional stability. It is also said to restore the nervous system and boost cell growth. This body polish employs rhythmic techniques that simultaneously relax and energise. On a physical level, the skin is exfoliated, with tone brightened and texture improved. The body polish also stimulates the lymphatic system, aiding the rapid elimination of toxins from the cells and increasing circulation

- leaving you looking and feeling radiant.

After the cleansing body polish, the Amethyst Wrap initiates a period of stillness and calm, cocooning the body in warmth and allowing the nurturing ingredients to “soak” deep into the skin.

Once the wrap is concluded, a shower or bath will prepare you for the treatment's final touch: the application of Aman's silky-smooth Smoked Body Butter, which impresses the benefits of the ritual into your skin.

Grounding Journey

180 minutes

As powerful as each Grounding treatment is in isolation, their effects are multiplied exponentially when experienced together. This journey is the ultimate Grounding experience, incorporating all three of the treatments above. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each one builds on the treatment that came before, ensuring the guest feels connected and centred both internally and externally to reach a place of perfect contentment - grounded in every sense of the word.

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, rosegeranium, 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

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 Facial

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

Purifying Scrub & Wrap

90 minutes

Designed to encourage the body to enter a phase of detoxification in which deep purification can take place, this Purifying Ritual leaves the guest feeling revived, toned and in a peaceful state of lightness and ease.

This two-phase treatment moves from the energetic and invigorating quartz body polish, during which circulation is stimulated and lymphatic drainage promoted, to the more meditative marine flora mud wrap. This includes kaolin for deep cleansing, Argan oil for nourishment, sea lettuce for detoxifying and eliminating pollutants, omega plankton for improving skin hydration, and sea lavender and seaweed for boosting collagen and increasing the metabolic function of skin cells.

After a shower or bath, the experience is rounded off with a full-body application of Aman's Palo Santo Salve.

Purifying Journey

180 minutes

"Purification" is a process that can apply to every aspect of a being, from sustenance to thought processes. This journey approaches purification on every level, from clearing the skin and detoxifying the body's organs, to clearing negative energy and focusing the mind. Incorporating all three of the above treatments, this journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace after completion.

Aman Signature Bath Rituals

Water is an essential element for physical and emotional wellbeing. It's healing properties in synergy with the benefits of the Aman Signature products can be transformative, whilst awakening the senses and soothing the entire body.

You may extend your spa experience from any treatment or enjoy on its own by choosing from any of the three rituals below:

Grounding

60 minutes

Amethyst Soak & Scrub and Grounding Amethyst Bath & Shower Oil are included in this drawn bath to rejuvenate, relax and ground the mind, body and soul.

Purifying

60 minutes

Using the benefits of the Himalayan salt this cleansing and energy boosting bath includes Auric Cleanse Bath Salts and Quartz Scrub & Soak. A great way to end an activity packed day and leave the worries behind.

Nourishing

60 minutes

Our Nourishing bath includes Aman's own Coconut Milk Bath and Jade Scrub & Soak for a complete body and soul nourishment

Our Signature Bath Rituals are available at the Hydrotherapy Room by advanced booking (please allow 2 hr notice) or in our Spa Treatment rooms as an addition to your treatment.

The baths also include one of Aman's luxurious spa products and are complimented with a tea of your choice.

Special Therapies

Adriatic Rejuvenation

120/150 minutes

Utilising the Adriatic region's natural and revitalising ingredients, this deeply nourishing treatment includes a gentle full body exfoliation with wild honey, lemon and natural sea salt scrub to cleanse the skin and stimulate the circulatory system. Following an oat milk soak enriched with beneficial local herbs to rehydrate, while an aromatherapy-based 60- or 90-minutes massage using Rosemary and Lavender essential oils completes the ritual.

Hilot Therapy with Analyn

90 minutes

Hilot therapy is a traditional treatment from The Philippines that involves intuition and healing touch. Hilot therapists are trained by an elder and require an ability to detect blockages in the body, misalignments in the skeletal structure and energy imbalances.

Deep Awakening Therapy with Nikola

90 minutes

A powerful combination of Kundalini & Reiki Energy healing, and manual therapy techniques (Muscle Tissue manipulation, Cryo and Heat Therapy, Deep Stretching) to reawaken and regenerate the body, mind and spirit.

Nurturing Mother-to-Be

120 minutes

A gently nurturing treatment designed for mothers-to-be that are 12 weeks pregnant or more. This relaxing treatment is tailored specifically to the body's needs during pregnancy. Starting with a soothing foot soak, this treatment includes a gentle body exfoliation and a relaxing massage, followed by a refreshing facial boost.

Massages

Our massages are tailored to address your specific tension areas and needs using a combination of various techniques and the therapeutic benefits of essential oils.

Holistic Massage

60 / 90 / 120 minutes

In this aromatherapy-based oil massage, our therapists combine diverse techniques with their intuition to deliver a personal and customised therapeutic experience. We encourage you to communicate your needs and preferences so that your therapist may determine the best course of treatment.

Traditional Thai Massage

60 / 90 / 120 minutes

Restore movement and flexibility through manipulative stretches and acupressure massage, releasing muscular tension. This body work therapy is performed over loose comfortable clothing to allow movement. Thai massage is uniquely relaxing yet energizing and is a highly effective therapeutic treatment.

Hot Stone Massage

90 / 120 minutes

The combination of warm stones and massage penetrates deeply into the body to soothe and relax tender muscles. The hot basalt stones become an extension of the therapist's hands as they glide over the body, drawing out tightness.

Foot Reflexology

60 minutes

After a full day exploring the natural beauty and historic cities of Montenegro, this foot treatment will help to soothe tired, aching feet and legs. Begins with an herbal foot bath ritual followed by a wild Thyme and Adriatic Sea salt scrub to stimulate circulation and re-energise the whole body. The experience culminates with a revitalising foot massage on the reflex points on the sole of your feet.

Beauty Treatments

Hands & Feet

Manicure
Pedicure
Manicure/Pedicure Combo
Color Change
Gel removal

Hair

Blow dry (short / long)

Waxing

Face

Eyebrow Shaping
Back/Shoulders/Chest
Legs
Half Legs
Bikini Wax
Brazilian Wax

Movement Sessions

Yoga

A traditional system of physical and mental practices that originated in India more than three thousand years ago. Its purpose is to help us achieve our highest potential and to experience enduring health, happiness and good condition. With yoga we can extend our years far beyond the norm and improve the quality of our lives and our overall physical condition.

Kickboxing & Mixed Martial Arts

A dynamic fighting sport combining conditioning and fighting techniques of various forms of martial arts (kickboxing, Brazilian Jiu- jitsu, self-defence, agility training). All classes can be adjusted to any age group and fitness level.

Circuit Training / Personal Training

A mix of body weight training, weights and cardio training exercises are especially used to build lean muscle mass, as well as improve endurance and cardio resistance.

Self-defence

Based on Judo and traditional Japanese jujutsu, Brazilian Jiu Jitsu is famous for its ground-fighting techniques. Referred to as "Human Chess," it teaches a smaller individual how to gain superior positioning for self-defence by using leverage and proper technique.

Stretching & Conditioning

Gentle indoor or outdoor stretching and strengthening exercises, offered to compliment any workout routine.

Private Sessions

60 / 90 minutes

Spa Reminders

Operating hours

Spa

Daily from 10am to 9pm (last treatment 8pm)

In-room treatments on Island or villa may be arranged with a 15% additional surcharge

Fitness Centre

Daily from 7:30am to 8:30pm

Appointments

We strongly recommend that you book your treatment in advance to ensure that your time and service are available. To make a reservation call +382 33 420 240

In-Room Treatments

In-room treatments are available at an additional 15% of the menu price. Any appointment outside the spa opening hours can be arranged and will incur an extra charge of 50%.

Cancellation Policy

We understand that schedules change and will do our best to meet your needs. Since your spa time is reserved specially for you, we kindly ask you to give a cancellation notice of at least 24 hours in advance so that someone else can enjoy this time. Cancellations made within 6 hours (as well as no-shows) will be subject to the full charge of the booked treatment.

Special Considerations

Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any queries and inform staff of any medical or health concerns.

Treatment Preparation

Guests are kindly requested to arrive at least 15 minutes before their treatment is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

Hydrothermal Facilities

Do not forget to drink enough water when using the steam room and pay attention to certain health precautions. Out of respect for all our guests, we ask you to keep your modesty covered with a towel and use your bathrobe in the other areas of the Aman Spa.

Spa Environment

Please refrain from smoking and use of your mobile phone in the treatment area or reception. We opt for a quiet setting when in or around the spa to respect others. We aim to provide a peaceful setting for all guests, so ask you to keep your mobile devices quiet. Alcohol and smoking are not allowed. The Spa team reserves the right to deny access to anyone whose clothing or behaviour may disturb or endanger other Spa clients.

Etiquette

It is customary for guests to remove their shoes before entering any building, and to shower before using the hot and cold wet facilities. Slippers are provided for locker and outdoor areas. For comfort and hygiene, guests are required to sit on a towel in the sauna and steam room.

Valuables

We advise you not to bring or carry valuables when using our spa facilities. Although we strive to take care of your property, we assume no responsibility for any loss or damage to personal items. The spa will not be responsible for any accident or injury suffered by a guest.

Age Policy

All persons under the age of 16 who wish to receive treatment or use the facilities are considered minors and must be accompanied by a parent or legal guardian. The minimum age for taking a spa treatment or using the gym is 16 years old. Guests under 18 must have a parental agreement before the reservation is accepted.

Pricing

All prices are subject to a 10% service charge

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