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SPA

AMANERA

# Amanera Spa

*'Lunar forces govern the ocean tides, the subtle fluids of all nature's forms, it is our greatest teacher and the source of real healing'*

Cocooned by the lush Dominican jungle and high on a cliff, our peaceful Amanera Wellness Casa is designed as a sanctuary of tranquillity, immersed and fully integrated into the tropical landscape. The forces of the earth, ocean and sky tune the body and mind to the rhythms of nature, enhancing your wellbeing and assisting your spiritual journey. Our Amanera Signature Rituals provide healing treatments inspired by the moon cycles, using Mother Nature's ingredients, and empowered by the lunar forces and our holistic hands-on techniques. Plants inherited from the local shamanic wisdom are used to embody the healing tradition of the island's indigenous Taíno Indians. A selection of massages, facials, scrubs and wraps use locally grown plants, fruits and herbs, as well as Aman Skincare organic products.

All treatments are available at the Wellness Casa and may also be provided in the privacy of your Casita or at the Beach Pavilions.

## Spa Facilities

### Treatment Rooms

The Wellness Casa provides three couple treatment rooms, each with changing areas, washrooms and shower facilities. A majestic relaxation area setting embraces the sacred contemplation of the tropical sunset.

### Beach Spa and Yoga Pavilions

Grounded in the golden sand of Playa Grande, Amanera features two Beach Spa Pavilions dedicated to massages, private guided meditation and yoga sessions.

### Fitness Centre and Sports Facilities

Located in Casa Grande, the Fitness Centre is furnished with industry-leading gym equipment and attended by a dedicated in-house personal trainer.

### Tennis Court

Our two Har-Tru clay courts are located next to the Spa. Both courts are equipped with LED flood-lighting for evening playing. Complimentary professional equipment is available, including racquets, balls and tennis shoes.

### The Lawn at Hole 14

Set on a natural stage raised over the promontory with panoramic views of Playa Grande beach, this is an extensive space in which to enjoy a sunset or sunrise fitness, yoga and meditation session.

# Spa Arrival and Preparation

To enhance your Spa journey and enjoy the full benefits of the experience, please allow sufficient time to appreciate the tranquil setting of the Wellness Casa, assisting your body and mind to relax and to become fully present in the moment.

## **Amanera Welcome Tea**

Made from the leaves of the guanábana tree (soursop or *Annona muricata*), this infusion is an ancient master remedy to strengthen the whole body and induce stillness.

## **Information and Etiquette**

To maintain respect for the tranquillity of the Spa environment, the use of mobile phones and cameras is not permitted. Slippers and bathrobes are provided for treatment and outdoor areas. Guests are required to wear swimming attire for bathing in the outdoor pool.

## **Foot Ritual**

This is an act of service and respect that fosters trust and connection with the therapist, who will intuitively tailor the ritual to each individual in order to target specific concerns. A deeply grounding foot ritual is a prelude to each treatment, helping you to fully benefit from the experience to follow.

# Amanera Signatures

## Healing through Lunar Rituals

Unique to Hispaniola, Larimar is a rare blue gemstone believed to encourage physical and emotional healing. It resonates with the gentle energy of water and has a strong energetic connection with the moon. Each moon cycle powerfully affects the ocean tides and influences Larimar's healing properties by harmonising our chakras (human energy centres) with the energy of Mother Earth.

The traditional Dominican healing art is carried out with a Palo Santo smudging ceremony, a prelude to any journey. Palo Santo is a 'holy wood', used by healers since ancient times for cleansing and spiritual purification rituals to bring a sense of a new beginning. We have created our signature treatments based on the influencing forces of each lunar cycle. They are empowered by medicinal remedies using plants grown in our organic nursery, to clean impurities, soothe aching muscles, stimulate the internal organs and promote healing.

We invite you to experience these journeys of self-discovery. All lunar journeys begin with a foot ritual, a holistic consultation to personalise your treatment and a Palo Santo smudging ceremony with a Larimar chakra-balancing meditation to conclude.

### New Moon – The Beginning

120 min / 150 min

***'The new moon is a great time to build focus and clarity, establish the roots of your wishes and intentions, and forgive and let go to renew your inner power.'***

Immerse yourself in this sensory experience with the Palo Santo smudging ceremony followed by a foot ritual and a deep foot massage to forge a strong connection to the earth and open the root chakra. Warm therapeutic poultices of ruda herbs are placed on specific points of your body as you enjoy a boosting facial massage with honey and aloe vera. A full-body grounding hot stone massage helps to create an energy pathway to the earth, while soothing muscle and joint pains. This journey ends with Larimar root chakra-balancing, which stimulates the flow of energy to all other chakras, promotes readiness to move forward and gives you a greater sense of inner peace.

### Waxing Moon – Growth and Creativity

120 min / 150 min

***'The waxing moon is one part of the lunar cycle when you reach your highest level of creativity, expand your energy, and gain clarity of intention and intuition.'***

Awaken yourself with a full-body exfoliation of coffee blended with black pepper and rosemary to increase circulation and boost memory, followed by a warm coconut wrap to soften the skin. Soothing scalp and face pressure point massages are performed as you luxuriate in the wrap. An invigorating firm massage using local cocoa butter is designed to release deep-seated muscular pain, relieve emotional stress and revitalise the mind. Larimar assists in healing the sacral and third-eye chakras to give positive energy and promote inspiration and innovation.

## Full Moon – Enlightenment (Four Hands)

90 min / 120 min

*'The full moon is a state of glorious fullness, a time of enlightenment with heightened psychic awareness that allows the healing of emotional blocks and attunement to one's divinity. Whatever is going on in the body, mind and spirit will be amplified.'*

This powerful experience begins with a Palo Santo smudging ceremony and foot ritual to tune your roots to higher vibration, connecting through your spine to reach your crown chakra. The ultimate Amanera synchronised four-hand massage uses virgin coconut oil infused with therapeutic essential oils that balance the muscles, realign the body and restore the energy flow. This is extended by the ritual of warm herbal poultices, harmonious foot reflexology and face acupressure massage. The sensory journey culminates in the healing resonance of Larimar placed on your body, inviting your solar plexus and crown chakra back to their natural state of vibration and allowing you to feel centred yet connected to the universe. A complete experience to fine-tune the body and mind.

## Waning Moon – Purification

120 min / 150 min

*'The waning moon is a time for introspection and release of emotional imbalances and blockages that may be obstacles in your evolutionary journey. In sync with these natural lunar rhythms, the body's detoxification process is encouraged and the elimination of toxins and fluids allows for a deeper level of purification.'*

This signature experience starts with a cleansing drink of guanábana and limoncillo to absorb toxins and stimulate the bowel function, giving way to the process of inner purification. This is followed by a mint ocean salt exfoliation and a marine wrap cocoon. Specific foot pressure points are massaged to enhance the therapeutic benefits. A full-body lymphatic drainage massage reduces fluid retention and helps remove waste and toxins from the body tissues. Warm, stimulating herbal poultices are placed on your abdomen, followed by a gentle drainage massage of the face using cooling Larimar stone. Raise your soul to its highest level of purity through the healing touch on your heart and throat chakras. Reach a blissful state of purity, reconnecting to harmony with self and others.

# Aman Signature Treatments

## Grounding Journey

180 min

As powerful as each Grounding treatment is in isolation, their effects are multiplied exponentially when experienced together. The ultimate grounding experience, this journey incorporates all three of the treatments, beginning with the Scrub & Wrap Ritual, followed by the Massage Ritual and rounded off with the Face Ritual. Each builds on the treatment that came before to ensure that at journey's end you have reached a place of perfect contentment in which you feel connected and centred, both internally and externally – grounded in every sense of the word.

## Grounding Scrub & Wrap Ritual

90 min / 120 min

Feel connected to the earth with a renewed sense of self. The key ingredient in this ritual 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. The full-body Amethyst Scrub also includes marapuama, maca powder, vitamin E oil, and essential oils such as sandalwood, vanilla, amber and vetivert. The scrub employs rhythmic techniques that are simultaneously relaxing and energising. On a physical level the skin is exfoliated, its tone brightened and texture improved. The scrub also stimulates the lymphatic system, aiding in the rapid elimination of toxins from the cells and increasing circulation. The lymphatic system is said to be closely linked with the energy body, and on this subtler level negative energy is cleared, leaving you looking and feeling radiant. After the cleansing activity of the scrub, the Amethyst Wrap initiates a period of stillness and calm, cocooning the body in warmth and allowing the benefits of the wrap's nurturing ingredients to soak deep into the skin. Amethyst powder is again the key ingredient, along with rose hydrolat. 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 to impress the benefits of the ritual into your skin.

## Grounding Massage Ritual

90 min

This Tibetan-inspired Ku Nye full-body treatment honours ancient Tibetan traditions of healing through grounding the body and mind. Traditional techniques are used to stimulate the muscular system and then, with more subtle massage, to energise the meridian system. The massage includes acupressure, kneading, deep-tissue techniques, warmed rose quartz crystals and hot Himalayan salt poultices. The full-body massage is followed by an invigorating Tibetan head massage, which induces an even deeper level of relaxation both physically and mentally. In this space, an abiding sense of peace pervades the body.

## Purifying Journey

180 min

A word with multiple connotations, 'purification' is a process that can apply to every aspect of a being, from its sustenance to its thought processes. This journey approaches purification on every level, from clarifying the skin and detoxifying the body's organs to clearing negative energy and focusing the mind. Incorporating all three of the Purifying treatments, the journey begins with the Scrub & Wrap Ritual, followed by the Massage Ritual and rounded off with the Face Ritual. On completion, expect to feel clear-headed and at peace.

## Purifying Scrub & Wrap Ritual

90 min / 120 min

Designed to encourage the body to enter a phase of detoxification in which deep purification can take place, this Purifying Ritual leaves you feeling revived, toned, and in a peaceful state of lightness and ease. Known as the 'master healer' for its amplification and purification of energy and thought, quartz is the key ingredient in the scrub, along with seaweed fucus oil, raw honey and a purifying blend of essential oils. This two-phase treatment moves from the energetic and invigorating Quartz Scrub, during which circulation is stimulated and lymphatic drainage promoted, to the more meditative Marine Flora Mud Wrap. This includes kaolin for deep cleansing, sole for re-mineralising and hydrating, 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, the experience is rounded off with a full-body application of Aman's Palo Santo Salve.

## Purifying Massage Ritual

90 min

Ideal for anyone needing a purifying release, this relaxing and purifying therapeutic treatment incorporates manual lymphatic drainage techniques and nerve point therapy on the back, to stimulate vital organs and balance the nervous system. 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 with traditional massage, the lighter pressure applied with manual lymphatic drainage is much lower in intensity, but it is powerful in its effects. Ingredients used in this massage include arnica, palo santo and seaweed oils, which stimulate circulation and encourage the release of negative energy and toxins.

## Nourishing Journey

180 min

There is infinitely more to nourishing a being than the food it consumes to thrive. Nourishment can come in many forms, and this journey serves to combine these in an immersive experience that nourishes every aspect of an individual. The journey incorporates all three of the treatments, beginning with the Scrub & Wrap Ritual, followed by the Massage Ritual and rounded off with the Face Ritual. Each treatment builds on the benefits of the one before it, leading to a result exponentially greater than the sum of its parts.

## Nourishing Scrub & Wrap Ritual

90 min / 120 min

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, known to nourish, hydrate, tone and rejuvenate. The Jade Scrub also contains healing calendula oil, restorative amethyst powder and a nourishing blend of essential oils, as well as Himalayan salts. These salts stimulate circulation and leave the skin soft and thoroughly cleansed, while infusing the body with 84 essential trace elements and minerals. 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 Massage Ritual

90 min

Daily life can leave even the most organised, successful and happy among us feeling depleted and lacking in energy. Ideal for physically or emotionally exhausted souls, this treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems, helping to recharge and refuel body and mind. Deeply relaxing, the treatment includes chakra and sound healing, said to activate and channel the 'Kundalini' (dormant energy stored at the base of the spine). In addition, 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 you feeling taller, lighter and completely restored.

# Massages

## Aman Holistic Massage

60 min / 90 min / 120 min

This holistic aromatherapy-based oil massage involves an intuitive sense of connection for better health and relaxation. Based on your selection of aromatic oil blends, your treatment is tailor-made to enhance your physical and emotional wellbeing.

Select from: deep-tissue, aromatherapy, Swedish, sports or any technique combination.

## Amanera Four-Hand Massage

60 min / 90 min

Our over-the-top experience, where two therapists perform synchronised massage, mirroring each other's movements at the same time. You will be completely enveloped in this wonderful experience.

## Coconut Moisture Massage

60 min / 90 min

Indulge your senses in an exotic escape of coconut and cacao with this moisturising holistic massage. Using local virgin coconut oil rich in vitamin E and antioxidants, this massage promotes vitality and relaxation. The hydrating ritual concludes with a coconut foot exfoliation and cocoa butter pressure point foot massage.

## Hot Stone & Poultice Massage

60 min / 90 min

This unique combination of hot stones and warm therapeutic poultices of local herbs allows the therapist to access deeper muscle layers through heat therapy. Smooth stones are both used to massage and placed on specific points of the body to warm and loosen tight muscles, while poultices are gently massaged onto the body. This indigenous treatment using native herbs concludes with a cold poultice facial massage to reawaken the skin.

## Foot Reflexology

60 min

Reflexology is the application of appropriate pressure to specific points and areas on the feet. These areas and reflex points correspond to different organs and systems, and pressing them has a beneficial effect on the organs and general health. Reflexology is a therapy that balances and boosts the entire system.

## Prenatal Massage

60 min

A balancing massage for women after their first trimester to promote comfort, improve circulation, and encourage overall emotional and physical wellbeing during this special time.

## Thai Massage

60 min / 90 min

Enhance your movement and flexibility after your Amanera workout with a Thai stretching session. This passive yoga-like massage is a blend of stretching, acupressure, joint mobilisation and muscle compression. Therapists use hands, knees, legs and feet to stretch and energise your muscles. The work is purposely slow, as the therapist guides you through the stretching movements while being aware of your physical limits.

# Body Treatments

The ideal to precede a massage, a body scrub stimulates the circulatory system, removing toxins and improving tone, while a wrap cocoons the body in targeted local ingredients.

60 min

## Dominican Coffee Scrub

Recommended at the beginning of your stay as a pre-sun treatment, this invigorating coffee exfoliation will boost energy flow, reduce fluid retention and detoxify the body. The properties of caffeine help to tighten the skin and reduce cellulite. This treatment will prepare the skin for an even tone, revealing its natural glow and leaving it nourished as well as cleansed.

## Coconut Oat Polish

A pure tropical luxury, this body ritual provides excellent exfoliation for sensitive skin. Coconut and oat are great moisturisers, antioxidants and skin relievers. Conclude with a hydrating massage application, leaving your face and skin glowing and renewed.

## Papaya Oat Wrap

This anti-inflammatory body wrap promotes healthy skin and reduces signs of ageing due to its abundance of minerals and vitamins such as A, C and E. The ingredients are rich in antioxidants and flavonoids, which destroy free radicals and prevent further damage. While you are cocooned, a fresh banana honey mask is applied in a stimulating facial massage.

## Marine Algae Wrap

Harnessing all of the incredible benefits of seaweed, this body wrap hydrates the skin with minerals and enzymes, activates circulation, relieves aches and pains, increases metabolism, invigorates skin tissue and improves the skin's elasticity. The wrap is also an excellent aid to treating skin conditions such as eczema and psoriasis. Highly recommended as part of a detox or weight loss programme and for general wellbeing.

## After-Sun Cooler

90 min

This is a pampering, hydrating aloe vera body wrap infused with mint essential oils, combined with a hair and scalp massage treatment using local virgin cocoa butter. This therapy is carefully designed to cool down the whole body and treat skin that has been exposed to the sun. It includes a gentle lymphatic drainage facial using cooling Larimar stone and a cucumber mask.

### Golfer's Reviver

90 min

Restore energy after a day on the golf course. This treatment soothes aching muscles and targets swing tension held in the back and neck, as well as fatigued legs and feet. Start with a foot ocean soak ritual, followed by a full-body massage to melt away the tension. Conclude with a refreshing, boosting aloe vera facial that helps to replenish and revitalise the skin after exposure to the sun.

### Golfer's Recovery

120 min

This powerful therapy is designed to alleviate golfers' muscular fatigue, focused on the back and core areas. The treatment starts with a mineral salt scrub to prepare for better absorption of the therapeutic oils. A synergy of hot stones and manual deep-tissue massage follows, to allow for effective manipulation of tight muscles.

### Prenatal Indulgence

90 min

Tailored specifically to your body's needs during this transitional time, this therapy focuses on the areas affected by pregnancy's discomforts, such as aching back, fatigue and tired legs. Local cocoa butter is used to improve the skin's elasticity and prevent stretch marks. It includes a gentle coconut foot scrub, a restorative full-body massage and a refreshing face massage.

*\*All treatments conclude with the application of nutritive cocoa body butter.*

# Facials

Caring hands and Aman Spa products provide a totally natural way to deeply nourish and repair the skin. Using a unique blend of plant essences, treatments are suitable for both men and women, incorporating facial, shoulder and head massage for a rejuvenating experience.

## **Grounding Face Ritual**

90 min

This therapeutic facial incorporates Tibetan massage techniques to encourage a subtle release of tension from the face, rose quartz crystals to promote healing, frankincense to aid rejuvenation, hyaluronic acid to boost hydration and liquorice extract for even skin tone. Lymphatic and muscular massage techniques aid product absorption and stimulate circulation to rejuvenate and raise the vibrational energy of the skin, while acupuncture using heated Himalayan salt poultices and meridian stimulation with warm rose quartz crystals restore it to glowing radiance. A Peruvian black mud and amethyst crystal mask, along with a Tibetan head massage, completes the treatment. Amethyst has a gentle sedative energy that promotes peacefulness, happiness and contentment. It is said to bring emotional stability and inner strength and can also help to increase spirituality and enhance intuition.

## **Purifying Face Ritual**

90 min

Extremely beneficial for those living in cities exposed to pollution on a daily basis, this deeply relaxing, tension-releasing facial combines nerve point therapy and lymphatic drainage for a detoxifying release. Lymphatic massage stimulates the glands on the chest, neck and face, to result in glowing, toned and brighter skin. Nerve point therapy uses firm pressure and helps to calm the nervous system by smoothing out the ophthalmic nerves, releasing any tension and stress within the face. Key ingredients used in this ritual include authentic pearl to brighten, colloidal copper for cell regeneration, and powerful marine extracts to strengthen collagen production and re-mineralise with trace elements and vitamins A, B, C, D and E.

## **Nourishing Face Ritual**

90 min

This rejuvenating and calming facial treatment heals on a physical level with richly nourishing ingredients such as honey, rose hip, wheat germ, cactus oil, jasmine stem cells and silk, soothing and brightening the skin. On a deeper level, it invites relaxation and rebalancing by focusing on facial marma points to remove any internal blockages and stimulate the flow of prana. Prana is described as the universal life force that enters the body via the breath. Radiance is addressed 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. Through the encouragement of this light generation, skin is enhanced with an inner luminosity.

## **Holistic Facial**

60 min / 90 min

Experience a holistic facial involving a deep cleanse, exfoliation, facial massage and a mask. A soothing massage of your neck, scalp and shoulders is performed, while the natural organic ingredients of the Aman Skincare products penetrate deep into the skin, bringing purity and rejuvenation by returning your skin to its most natural and harmonious state. This 90-minute facial includes hand, foot and scalp massage to leave you with a sense of complete restoration and in a state of peacefulness.

## **Tension Release and Balancing Facial**

90 min

This is a tension-releasing facial that extends beyond the skin. The face is the reflection of overall health. Stress affects our expression due to tight muscles in the jaw, face and neck, creating headache and accelerating the ageing process. A therapeutic massage along the nerves, joints and muscles will ease tensions in face, head, neck and shoulders, working with a unique blend of raw, bioactive Aman products that support and encourage the skin's natural regeneration process and resulting in a radiant, healthy complexion that glows with precious vitality. Foot reflexology will treat your entire body while the mask is applied for greater alignment and balance, concluding with a head massage and cranial hold which induce an even deeper level of stillness, powerfully enhanced by the energy-healing touch of cooling larimar stone.

## Hand and Foot Care

Developed with the impact of daily wear and tear in mind, Aman's hand and foot treatments are suitable for both men and women.

### **Amanera Manicure**

60 min

This cuticle and nail treatment includes filing, gentle buffing and hand exfoliation, encouraging a naturally beautiful finish to the nails. This is complemented by a thorough arm and hand massage with cocoa butter and jojoba oils to ensure full hydration.

### **Amanera Pedicure**

60 min

This complete pedicure ritual includes a blissful foot and leg massage that helps to relax fatigued muscles. A preliminary sugar and salt foot exfoliation stimulates blood circulation, making you feel lighter and revealing soft, beautiful and healthy feet.

### **Nail Polish Change**

30 min

# Movement and Posture

## Yoga and Meditation

Yoga is a physical, mental and spiritual discipline originating in ancient India. Through the practice of asana, pranayama and meditation, the flow of vital energy, body flexibility and mind control are increased, changing patterns of awareness and bringing the entire being into a healthier and more balanced state. Yoga helps to revive dormant energy, rejuvenate the tissues and aid new cell formation, strengthening the various physiological processes and making the body healthy and active. Private instruction is available for all levels, from complete beginners to experienced practitioners.

## Moonlight Yoga

Unite your body, mind and spirit with our moonlight yoga. A sacred moon ritual is practised to release all that is no longer serving your higher self. This is an opportunity to let things go, stay calm and breathe deeply through difficult moments; forgive, heal and surrender, so that you can step forward into your true power, leaving your spirit pure and awakened.

## Surfers' Yoga

A restorative experience for surfers at all levels of experience, to restore the body and bring stillness to the mind. Learning how to breathe properly might be the greatest benefit that surfers will obtain from practising yoga. Your muscles are constantly contracting while in the water, and they benefit greatly during yoga as they gain length. This practice focuses mainly on the stretching the lower back, latissimus dorsi, deltoid and trapezius muscles, on core and leg strengthening, and on balance. A brief closing meditation soothes the soul, to inspire mental agility and build the focus needed to challenge the waves, empowered and renewed.

## Golfers' Yoga

The golf swing requires stability and flexibility of the hips and thoracic spine and increasing flexibility in the spinal rotators is key to preventing injuries. As we focus on improving core strength, these muscles provide greater spinal support, resulting in less strain on the lower back.

## Prenatal Yoga

This practice impacts your overall wellbeing, targeting various issues such as fatigue and cramps and helping to prevent common discomforts during pregnancy. Breathing techniques are included in order to promote physical and emotional integration, which is particularly healing during this special time. We encourage private, individual sessions throughout pregnancy, while a duet can also be a meaningful connecting experience for the babymoon couple.

## **HIIT Workout**

HIIT (high-intensity interval training) is a unique form of workout that has the potential to redefine and unite the health and fitness fields. It involves a wide variety of functional workout movements combining strength training, explosive plyometrics, speed training, Olympic and power-style weightlifting, kettle bells, body weight exercise, gymnastics, and endurance exercises. Defying your spirit and allowing your potential to unfold by bringing full presence into your routine, HIIT creates a powerful body-mind balance to strengthen heart, burn calories, build muscle and boost stamina levels, while leading and inspiring you to a healthier life.

## **20- / 10- Seconds Interval Workout**

This form of high-intensity interval training (HIIT) for fitness enthusiasts improves aerobic and anaerobic energy systems. The golden rule in this training requires you to complete eight back-to-back exercises broken down in 20 seconds of extensive exercise with 10 seconds of rest in between. This sequence is repeated eight times to push you to achieve your maximum potential.

## **Personal Training**

Our personal trainers offer a vast array of individualised training programmes that focus on problem areas and optimise overall movement performance levels. Sessions can be held in the Fitness Centre or in the great outdoors.

## **Beach Circuit**

Boost your metabolism and build strength, conditioning and endurance with a beach circuit workout utilising the natural landscape of the Dominican Republic. Begin with a soft-sand jog on Playa Grande to challenge your body as well as add resistance as you sink into the sand. Tone arms, legs and abs with conditioning squats, planks and lunges during this total body workout, leaving you beach-ready.

## **Beach Boxercise**

Combine elements of boxing, cardio and aerobics to increase stamina, flexibility and strength while on the beach. Release stress, burn calories, enhance muscle tone, and gain confidence and self-esteem.

## **Martial Arts Kickboxing**

Learn this effective cardio and toning workout. Develop coordination, flexibility, focus and self-defence skills by integrating kickboxing into your workout, and benefit from a wide range of muscular, cardiovascular and stress relief.

## **Dominican-Inspired Movements: Bachata, Merengue and Salsa**

Experience the bachata, merengue and salsa rhythms with our dance instructor – a fun and healthy way to get fit. Whether you are joining us in order to learn the basic steps or to practise advanced turn patterns, this improves the harmony between your mind and body, giving you a sense of wellbeing.

## Tennis

No matter what your skill level is, our tennis instructor will tailor their support to perfectly suit your needs, teaching new skills and giving advice on positioning and strategy in addition to stroke technique, to sharpen your game while having fun in a tropical environment.

# Amanera Boutique

All Aman Spa products used at Amanera are available to purchase at the resort's boutique, along with lifestyle accessories and Amanera-branded items. A wide, exclusive selection of jewellery handmade crafts with larimar gemstone embodies the natural beauty of the Dominican ocean, providing a wonderful memory of your stay at Amanera. The boutique is open from 8am to 5pm daily, although it can be opened out of hours upon request.

## Spa Reminders

### **Spa Location**

The Spa is beautifully located amid the greens of Playa Grande Golf & Ocean Club, a short five-minute car drive from Casa Grande. The Spa will arrange pick-up from your Casita 20 minutes prior to your treatment. Kindly notify the Spa or your Guest Assistant should you wish to be picked up from a different point within the resort.

### **Additional Locations**

We offer a wide variety of our treatments in the privacy of your Casita. Please note that an additional fee applies to each session.

We also offer a wide variety of our treatments in the peaceful setting of our beach. Please note that an additional fee applies to each session.

### **Appointments**

Reservations can be made directly from your Casita by calling the Spa extension. Advance booking is highly recommended to ensure that your preferred time and service are available. Please let us know if you are running late. Depending on the circumstances, your treatment may have to be performed by an alternative therapist and/or substituted for a shorter treatment in order to accommodate a guest who arrives on time for the appointment after you.

### **Special Considerations**

Our holistic consultation must be completed and signed prior to your first visit to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the Spa with any medical or health concerns.

## **Treatment Preparation**

We recommend that you arrive 15 minutes prior to your scheduled treatment time, allowing time for you to complete your holistic consultation and immerse yourself in the Spa's relaxing environment with a handmade local fresh herbal tea or cooling beverage.

## **Spa Environment**

The minimum age for any Spa services is 12 years. Express nail services can be received starting from 10 years old. Guests under the age of 18 are required to have parental consent prior to their booking being accepted. Parents' presence is required throughout all treatments.

## **Cancellation Policy**

Though we will do our best to accommodate schedule changes, we kindly ask guests who wish to cancel a session to give a minimum of six hours' notice for Spa treatments and 24 hours' notice for yoga sessions, during Spa opening hours, so that someone else may enjoy that appointment time. Cancellations made within 6 or 24 hours, respectively, will be subject to the full charge for the service booked.

## **Late-Evening Treatments**

Please note that an additional fee applies for treatments finishing after 8pm.

## **Operating Hours**

The Spa operates from 11am to 8pm daily. Our last appointment is at 6.30pm, although treatments can be provided out of hours upon request. The Fitness Centre is open from 7am to 9pm daily and can also be opened out of hours upon request.

## **Pricing**

Please note that Spa prices are exempt from service charge and taxes.

## **Refunds**

Unopened retail products are exchangeable within seven days of purchase on presentation of original receipt.

## **Valuables**

Please do not bring valuables into the Spa. Safes are provided in every guest room.