

AMANYARA



Individual Wellness Immersions

Mindfulness & Stress Management • Weight Management & Transformation • Detox & Cleansing

On the secluded west coast of Providenciales, Amanyara invites you to experience a personalised Individual Wellness Immersion. Customised to incorporate fitness, nutrition, bodywork and mindfulness practices, these holistic wellness programs are designed to promote profound change. Each ensures palpable results, whether you wish to dispel stress and renew focus, shift unwanted weight or promote overall wellbeing for a longer, healthier life. They also encourage a heightened appreciation of the island's natural beauty, from its coral reefs to its untouched nature reserves.



INDIVIDUALLY TAILORED

Each of Amanyara's three Immersion pathways begins with an initial transformation program orientation and an in-depth consultation. Based on thorough assessments and the understanding that your goals may well be multiple, our tight-knit team aims to support you with a bespoke program of exercise, spa treatments, healing therapies and nutritious meals all focused on bringing you back to balance. So while you may opt, for example, for a weight-management focus, decreasing stress levels might also be a priority, and this will be reflected in every facet of your program.

Each day of your Immersion is utterly personalised and includes specialist therapy and private movement sessions, a spa treatment in the serene Aman Spa, optional guided meditation and group movement sessions, and every meal. Our Wellness Managers track your progress and regularly check in on how you are feeling in order to fine-tune your Immersion. A final consultation marks the end of your program, our team aims to send you home empowered and educated, with all the tools to ensure that your journey towards optimum health continues.



THE RESORT

Basking in unprecedented seclusion on the shores of an 18,000-acres of nature reserve, this peaceful place overlooks a pristine half a mile beach and the crystal clear waters of Northwest Point Marine National Park. Home to hawksbill and green turtles, the vividly hued coral reefs offshore are acclaimed for some of the world's best scuba diving. Epitomising every aspect of the Caribbean idyll, Amanyara is a sanctuary for personalised wellbeing. As well as a serene Aman Spa and extensive fitness facilities, the property offers an expansive Beach Club, a Nature Discovery Centre, a central 50m swimming pool and multiple dining venues, all spun through with the light-filled essence of blissful tropical living.

THE FOOD

Freshly-caught seafood, ripe and vibrant tropical fruits, and organic produce all feature in the healthy menus curated for Amanyara's Wellness Immersion programs. Whether losing weight, detoxing, or reducing stress, a comprehensive health evaluation at the beginning of your program will guide the creation of your customised diet plan made up of clean, seasonal and nutritious food. Menus support your Immersion goals while aiming to stabilise blood sugar levels, reduce inflammation, harmonise gut flora, support the digestive system, and maximise overall health.





THE SPA

Amanyara's Aman Spa claims over nearly two acres all to itself. Reflection pools and wild gardens create secret spaces in which to pause, while the yoga pavilion is perched overlooking the spa ponds. Sun loungers line the Spa's terrace around its 10m² aqua-therapy pool, beyond which lie four double treatment pavilions, a relaxation pavilion, spa boutique and Pilates Studio.

The Fitness Centre features a range of Technogym equipment, and the Clubhouse overlooks four tennis courts. Other facilities include a Pilates studio, boxing studio, soccer pitch, basket and volleyball courts and a juice bar. Sandy trails lead through indigenous vegetation into the nature reserve, ideal for meditative walks or mind-clearing hikes. The beach itself acts as an extension of the Spa, providing a spectacular setting for bootcamp sessions and watersports.



Wellness Immersions include:

Full board (breakfast, lunch, dinner, wellness mini bar and non-alcoholic beverages as prescribed for the program)

Arrival day:

- Aman immersion program consultation and body composition analysis
- Nutrition and lifestyle advice
- One Aman Signature Spa treatment

Full days:

- One daily spa treatment
- One daily wellness treatment
- On daily private movement session

Departure day:

- Departure consultation
- One spa treatment or private movement session



*morning and evening classes vary weekly, depending on visiting practitioners and the way in which the Immersion program is tailored to each individual. Classes may focus on movement, from Tai Chi to Pilates, meditation or educational talks based on the design of the weekly wellness schedule.



Mindfulness & Stress Management

From 3 nights to achieve renewed clarity and lightness of being

This Wellness Immersion combines therapies and practices that shift focus inward to heighten self-awareness, imbue a deep sense of peace and relaxation, and develop the skills for managing a stressful lifestyle. Meditation, Qigong, yoga and breath-work complement purification and cleansing rituals. Specialist sessions work deeply to transform the body and mind and may include acupuncture, traditional bodywork, and/or mindfulness. Mental and physical tension is released through daily spa treatments including aquatic bodywork and deep relaxation massage. Nutritional programs are designed to relieve physiological systems of stress while boosting immunity and clarity. A final consultation provides guidance for the future therapies and practices that calm external stimuli, this Immersion aims to shift focus inward to heighten self-awareness.

This Wellness Immersion is valid for new bookings only, is subject to availability, and cannot be combined with any other exclusive. Bookings are to be made through Amanyara directly. Cancellations and payments as per Amanyara's standard terms.

Mindfulness & Stress Management

Sample Daily Schedule

8.00am: Healthy Breakfast
(personalised menu)

9.00am: Morning Wellness Class
(Pilates, Qigong, Meditation, Yoga, Pranayama, Personal Fitness, etc.)

10.00am: Prescribed healthy juice or tonic tea

10.15am: Wellness Therapy Session
(Meditation, Postural Reprogramming, Acupuncture, Physiotherapy, etc.)

1.00pm: Healthy Lunch (personalised menu)

5.30pm: Spa Treatment
(Aqua Bodywork, Deep Tissue Massage, Signature Grounding Massage, etc)

7.00pm: Healthy Dinner (personalised menu)

Sample Treatments & Movement Therapies

Grounding Massage: This full-body massage honours ancient Tibetan healing traditions to stimulate muscles, while energising the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading, and deep-tissue techniques. The body massage is followed by a head massage that induces an even deeper level of relaxation

Aquatic Bodywork: This is a form of movement therapy performed in warm water. While floating in this relatively gravity-free environment, you are moved into stretches following your body's natural movement patterns.

Meditation: Used across many cultures to focus the mind, meditation helps to relieve stress, calm the emotions and heal the body, while also enlightening those who practice. There are many different techniques and traditions.

Yoga: This physical, mental and spiritual discipline originated in ancient India. Through the practice of asana (poses), pranayama (breath-work) 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.



Weight Management & Transformation

From 3 nights to shed unwanted weight

This Wellness Immersion is designed to help you control and manage your weight in a healthy and holistic manner. It demystifies weight management by focusing on boosting metabolism, promoting digestion and improving the movement of fluid in the body in order to obtain and sustain an optimum weight and state of health. Dietary and herbal supplements are nutritionally aligned to your individual needs.

Therapies include slimming body wraps and full-body massage, lymphatic drainage, and traditional abdominal massage, while private movement sessions are overseen by a personal trainer and complemented by optional group movement classes. A final consultation provides guidance for the future.

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Weight Management & Transformation

Sample Daily Schedule

8.00am: **Healthy Breakfast**
(personalised menu)

9.00am: **Morning Movement Session**
(Pilates, Yoga, Personal Fitness, Circuit Training, Beach Bootcamp, TRX, etc.)

10.00am: Prescribed healthy juice or tonic tea

10.15am: **Wellness Therapy Session**
(Acupuncture, Traditional Abdominal Massage, Lymphatic Drainage, etc.)

1.00pm: **Healthy Lunch** (personalised menu)

5.30pm: **Spa Treatment**
(Aromatherapy, Hot Stone Massage, Signature Purifying Massage, etc.)

7.00pm: **Healthy Dinner** (personalised menu)

Sample Treatments & Movement Therapies

Functional Training: Train your muscles to work together with maximum efficiency and prepare them for daily tasks by simulating common movements you might do at home, at work or playing sport. Functional Movement exercises emphasise core stability, calisthenics and plyometrics.

Purifying Massage: This massage concentrates on lymphatic drainage techniques to manipulate lymph nodes and lymphatic vessels, to increase their activity and promote the flow of lymph. Compared to traditional massage, the pressure applied with manual lymphatic drainage techniques is much lower in intensity but powerful in its effects.

Acupuncture: Restores energy flow through the body's twelve meridians to release blockages and restore balance in body and mind. Acupuncture stimulates the metabolism, supports digestive function and can reduce food cravings.

Circuit Training: A series of strength or cardiovascular exercises (or both), repeated two or three times with little or no rest between sets. Excellent for weight loss, toning and endurance.



Detox & Cleansing

From 3 nights to purify body and mind

For those seeking to purify the body, refresh the mind, and promote a long and healthy life, this Wellness Immersion eases the way by naturally stimulating the detoxification pathways of the body. It aims to improve the digestive, lymphatic and elimination systems with a complete detox diet, cleansing herbal remedies and complementary therapies to brighten the eyes, clear the skin, improve organ function and promote cellular rejuvenation. Treatments include lymphatic drainage massage and detoxing body wraps, while specialist therapies and private movement sessions focus on clearing the body of toxic accumulations caused by hectic modern lifestyles. A final consultation provides guidance for the future.

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Detox & Cleansing

Sample Daily Schedule

8.00am: Healthy Breakfast (possibly vegan, raw or liquid)

9.00am: Morning Movement Session (Pilates, Yoga, Personal Fitness, Beach Bootcamp etc.)

10.00am: Prescribed healthy juice or tonic tea

10.15am: Wellness Therapy Session (Acupuncture, Traditional Abdominal Massage, Lymphatic Drainage, etc.)

1.00pm: Healthy Lunch (possibly vegan, raw or liquid)

5.30pm: Spa Treatment (Lymphatic Drainage, Hot Stone Massage, Signature Purifying Bath, etc.)

7.00pm: Healthy Dinner (possibly vegan, raw or liquid)

Sample Treatments & Movement Therapies

Lymphatic Drainage Massage: A gentle massage intended to encourage the natural drainage of the lymph, which carries waste products away from the tissues.

Connective Tissue Massage: A therapy that treats skeletal muscle immobility and pain by relaxing contracted muscles, improving blood and lymphatic circulation, and stimulating the stretch reflex in muscles.

Chi Nei Tsang Therapy: A massage technique that focuses mainly on the abdomen, Chi Nei Tsang improves organ function while reducing metabolic toxins, encouraging digestion and restoring vitality.

Pranayama: A range of breathing techniques that cleanse the lungs, oxygenate the blood and relax and de-stress the mind. Pranayama techniques have been practiced for centuries for their harmonising effect on body and mind.

Purifying Bath: This cleansing, detoxifying and energy-boosting bath uses Aman's all-natural Auric Cleanse Bath Salts and Quartz Scrub & Soak products.

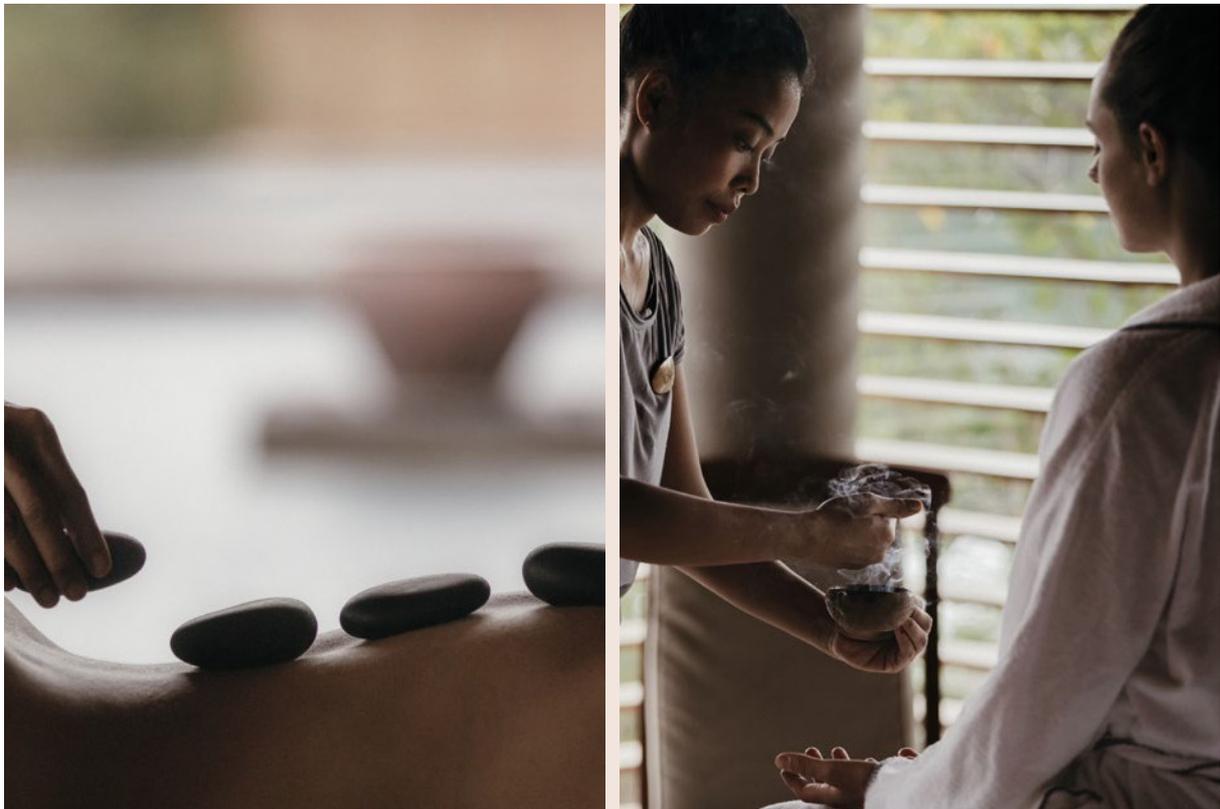


One-Day Introduction to Wellness

Accommodating guests intrigued by the Immersion concept and interested in boosting wellbeing, this program provides the opportunity to experience Amanyara's wellness offerings over the course of one day. Ideal for those travelling with friends or a significant other and keen to add a wellness aspect to their holiday without committing to a multi-day Immersion.

Inclusions:

- Aman transformation program orientation and body composition analysis
- Nutrition and lifestyle advice
- One private wellness therapy session
- One private fitness, movement or mindfulness session
- One spa treatment
- One wellness meal and juice



THE SPECIALISTS

Raimonda Kersyte L.Ac., Dip. OM: Wellness Immersion Manager

Raimonda is Amanyara's Immersion Program Manager. She attained a degree in Oriental Medicine in London and interned at the Guangzhou University of Traditional Chinese Medicine in China. She has practiced acupuncture, herbal medicine and nutritional therapy in clinics and hospitals across the world, including London, China, Vietnam, Mexico, Lithuania and the UAE. Raimonda believes in a systemized holistic approach that incorporates a variety of suitable healing modalities to each individual. Raimonda is also a passionate yogi. She has studied and practiced Kundalini Yoga since 2011.

Nicole Silver, Erika Bloom Pilates Specialist

Nicole is a movement practitioner who began her career as a professional dancer, receiving a BFA in Dance from the Boston Conservatory. She began teaching Pilates seven years ago under the guidance of Erika Bloom in New York City and the Hamptons. She later obtained her 200-hour YTT through Yoga Works LA. Nicole has a sharp eye for detail and specializes in movement catered to the individual, emphasizing proper mechanics, breath, and aligning muscle imbalances. She has experience working with athletes, pre- and post-natal women, seniors, and those working with various back and joint injuries.

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