

Ā M Ā N
S P A

Ā M Ā N
SUMMER PALACE
颐和安缦



Aman Spa

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. The AmanSpa concept is to achieve Integrated Holistic Wellness for every guest.

Treating the whole – the mind, body and spirit – through the integration of ancient healing modalities with the best of modern science, Aman strives to provide guidance, support and knowledge for a journey that extends beyond the physical boundaries of the Aman Spas around the world.

The aim of each Aman Spa is for guests to leave empowered and renewed, with the tools to continue their wellness journey.

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 (TCM), are based on complex theories of the workings of the human body and mind. They incorporate aspects of health unexplored in allopathic medicine, meaning some concepts and terms can sound strange to the uninitiated.

Talk of chakras and energy can be off-putting for some people, especially when taken out of context. Yet when understood as part of the philosophy behind traditional healing, they reveal an intriguing language that explains how our bodies work.

Understanding these theories is not a prerequisite for enjoying their benefits. Aman Spa aims to demystify this language for those wishing to know more.

Our spa menus draw inspiration from traditional healing systems the world over, from the rich lore of herbal medicine, to the shamanistic traditions of the Navajo Native Americans.

Please ask if you would like to know more about the ingredients and modalities used in any of our treatments

Understanding Energy

The idea of a life force, or life energy, is shared among many traditional healing systems. In TCM this is known as "qi" (chi), while in Hindu philosophy – including yoga, Ayurveda and martial arts – "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 imbalance and ill health. 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 Summer Palace Spa

Aman Spa learns from the great Chinese tradition, based on the theory of ancient Chinese health care system Qigong which reestablishes the body/mind/soul connection and TCM (Traditional Chinese Medicine) medical system of views well-being as a dynamic balance between these internal and external forces, using diet and exercise, massage and Herbal Medicine, alter states of mind, enhance immunity and increase our capacity for creativity, work and pleasure.

3,000 square meter Aman Spa sense of well-being offers the authentic spa treatment, localized treatment, result oriented latest technology beauty treatment, traditional and modern movement practices, and mindfulness at the most peaceful and modern wellness facility which compliment Chinese traditional architect design. Imperial Chinese traditional well-being techniques are blended seamlessly with modern practices and administered by our expert therapists.

Aman Signature Treatments

The Aman Spas around the world offer therapies and treatments inspired by their destinations and local healing philosophies. Each Aman Spa also offers the Aman Signature Treatment Menu. Carefully curated to Ground, Purify and Nourish using the finest organic and natural ingredients, the three parts of the Signature Menu are personalised to the individual to target specific concerns and conditions. These treatments offer tangible benefits and long-lasting results. They employ the use of ground crystal powders, healing tree oils, homeopathic facial mists, wild-harvested Amazon butters and other exceptional natural ingredients, including pearls and plant stem cells.

Aman Products

Harnessing the power of the Earth, Aman new line of all-natural skincare products has been conceived in line with nature and based on the knowledge and wisdom of ancient healing traditions. Comprising smoked body balms and butters, fragrant dew mists, liquid body oils, invigorating scrubs, anti-ageing serums, to rainforest muds and more, the range is completely chemical free and made with organic ingredients sourced from around the world for their purity and potency. Rare and precious ingredients used include pearls, colloidal metals, amethyst, jade, frankincense and palosanto. The creams, muds and mists contain alkalizing, oxygen-rich vortex spring water.

Aman new products are grouped into three different formations - Grounding, Purifying and Nourishing. These formations have been created to meet specific physical and emotional need states. They reflect the landscapes at Aman destinations - deserts, rainforests and oceans that span continents and cultures. Working holistically to nurture the skin and enhance overall wellbeing, the products in each formation penetrate deeply to nourish and rejuvenate. Aman products also work on a deeper level, and are highly vibrational from an energy perspective.

Many of Aman resorts are located near sacred sites that align with energetic ley lines. With this in mind, the Aman products and treatments are designed to work with the Earth and the energy of the landscape - in essence, to use the medicines and healing ingredients of the planet's apothecary.

Foot Ritual

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

Grounding

Spiritual Energy: Peace

Landscape: Mountains and deserts

Climate: Dry, with temperature extremes

Key Ingredients: Amber oil, rose quartz crystals, sandalwood, jasmine, rare black Peruvian and purple muds, wild harvested butters, tuberose, organ stem cells, amethyst and silver. These ingredients have been chosen for their powerful grounding characteristics.

Grounding Healing Techniques: Black amber smoking ceremony, Tibetan Ku Nye massage, meridian and acupressure work, cupping and kneading.

Positive Effects: The Grounding Formation works as a balm for the restlessness caused by the frenetic pace of modern life. It imparts a feeling of safety, offering reassurance and reconnection. Studies have shown that amber oil relaxes alpha, beta and theta brainwaves through its psychoactive effects, helping to soothe a busy mind and ease anxiety and stress. Sandalwood warms and calms the nervous system - its earthy aroma evokes tranquillity and induces a meditative frame of mind.

If you want to feel

- Reconnected
- Grounded
- Peaceful
- Deeply rested and rejuvenated
- Physical relief or release
- A solid centring of the etheric body
- Stillness
- Courageous
- The space to gain perspective
- Strong

If you are feeling or experiencing

- Uprooted
- Stressed
- Exhaustion
- Burnout
- Insecurity
- Anxious
- Unable to switch off
- Jet lag
- Insomnia
- Fear
- Tension in the lower spine
- Lower back pain
- Low energy
- Adrenal fatigue

Grounding Massage Ritual

90 minutes

This Ku Nye full-body treatment honours ancient Tibetan healing traditions through grounding the body and mind. Traditional techniques are used to stimulate the muscular system, while a subtler massage energises the meridian system. The massage incorporates cupping along meridian lines, acupressure, kneading, deep-tissue techniques, warmed rose quartz crystals and hot Himalayan salt poultices. The body massage is followed by an invigorating Tibetan head massage that induces an even deeper level of relaxation both physically and mentally. In this space, an abiding sense of peace pervades the body.

Benefits

* Moisturises dry skin, eases fatigue and promotes recovery * Reduces chronic pain * Breaks up scar tissue * Increases tissue permeability * Stretches tissue and reduces muscular tension * Improves athletic recovery and performance * Reduces anxiety and balances the energy body

Grounding Face Ritual

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 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.

Benefits

* Brightens and moisturises mature, dry or dull skin * Improves uneven skin tone and colour * Firms * Intensely hydrates * Promotes cell renewal * Imparts radiance to the skin * Encourages emotional stability and inner strength * Brings peace of mind * Relieves stress

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 Scrub & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each 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.

Aman Summer Palace Signature Journey

Seasonal Journey in TCM

90/120 minutes

Spring March – May

In Traditional Chinese Medicine (TCM) spring is associated with the liver. The liver is the organ that is most affected by excess stress or emotions, and is responsible for smoothing of Qi and blood in the body. The Chinese herbs help to smooth out an irritated liver and solve problems with the liver. The herbs in the poultice that we use for the season of spring are for example: bupleurum, apocynum venetum and pawpaw. Chrysanthemum tea is offered after the treatment, to remove the toxicity of the liver, to purify the blood and to give balance to emotions.

Summer June – August

Summer is the season for the heart. The function of the heart is to control the blood circulation, the blood vessels, and believed to control the consciousness, sleep and memory and provide a haven for the spirit. The herbs in the poultice that we use in summer are for example: coptis chinensis, albizia flower, lotus plumule and agastache. They support the heart's health, like imbalance of the heart leads to a scattered, confused mind, depression, poor circulation and an aversion to heat. The Butterfly pudding tea we serve after the treatment, it is with powerful antioxidants because of anthocyanin, perfect for cardiovascular problems.

Autumn September – November

As the humidity of summer gives way to the dry air of fall, lungs and their associated functions get our attention. The lungs control the air exchange, affects our breathing. The herbs used in autumn are for example: mulberry leaf, loquat leaf and flos farfarae. The herbal tonics at this time of the year help many conditions, such as asthma, chronic coughing and susceptibility to bronchitis or sinusitis can be very well treated. Herbal tea with osmanthus is offered after the treatment, relieving the dryness and moistens the lungs.

Winter December – February

Winter is the season that focuses on kidneys in TCM. The kidneys govern bones, related our brain function. The hip and knee pain, cold hands and feet, impotence, poor memory and frequent urination are very common symptoms associated with kidney problems. To against with these symptoms you need a warm body, so the herbs we use in the winter are designed to warm you up. Herbs such as: herba epimedii, poligonum multiflorum and rhizoma cibotii. Ginger tea is offered after the treatment to help regulate your stomach, blood circulation, reduce inflammation and strengthen immunity.

Therapeutic Massage A Holistic Meeting of Past & Present

The Past

Hot Poultice Massage

90/120minutes

We have developed a seasonal herbal poultice that is combined with a massage to generate warmth to the body and internal organs stimulating circulation as well as easing muscle tension.

Traditional Chinese Massage

60/90 minutes

Regain more movement and flexibility following this massage through traditional stretching and kneading techniques while stimulating acupressure points. This oil free bodywork therapy is performed over loose comfortable clothing to allow movement.

Chinese Foot Reflexology

60/90 minutes

Reflexology is based on the meridian lines of acupuncture and is used to unblock energy flow (qi) within the body. Acupressure points on the feet are said to correspond with internal organs. This is why reflexology is seen as a whole-body therapy with broad health benefits.

The Present

Gemstone Massage

60/90 minutes

This combination of deeply warming gemstones and massage is ideal to soothe and relax tender muscles. Hot gemstones are used as an extension of the therapist's hands as they glide over the body and the heat generated draws out muscle tightness.

Deep Tissue Massage

60/90 minutes

This intense yet deeply relaxing massage aims to realign the deeper layers of muscles. An ideal treatment for chronic aches and pains and contracted areas such as a stiff neck and upper back, lower back pain, leg muscle tightness and sore shoulders

Movement & Bodywork with a Personal Instructor

Pilates

The low-impact Pilates exercise method was created by Joseph Pilates in the early 20th century. Pilates is a physical movement programme designed to stretch, strengthen and balance the body. Pilates focuses on core stability and breathing patterns, rapidly correcting postural and muscular imbalances and improving overall strength and flexibility.

Yoga

Hatha Yoga: A gentle introduction to basic yoga postures. Hatha yoga will help you feel more flexible, longer, leaner and relaxed. Poses are held for a longer time to allow a better mind and body connection.

Ashtanga Yoga: A system of yoga that follows a set sequence of asanas, or postures, always in the same order. It is typically fast-paced, vigorous and physically challenging.

Yin Yoga: A slow-paced style in which poses are held for five minutes or longer. The purpose is to apply moderate stress to the connective tissue – the tendons, fascia and ligaments – with the aim of increasing circulation in the joints and improving flexibility.

Yoga Nidra: This is a powerful meditation technique performed lying down. It is also known as yogic sleep; the technique is practical and easy, as well as deeply restorative and beneficial for health, mental peace and higher awareness.

Tai- Chi

Tai-chi: Considered both a martial art and moving meditation, Tai Chi Developed in China over 800 years ago. The slow, rhythmic and graceful movements allow qi energy to circulate around the body, bringing optimum health and calming the mind.

Personal Fitness

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 plyometric.

Manual Holistic Stretching: Assists muscular recovery following workouts by releasing lactic acid. It also helps to release tired, sore and stiff muscles, alleviate back pain and increase blood circulation. This can be highly beneficial for releasing muscle tightness and freeing up a limited range of motion due to ageing.

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



Aman Summer Palace Wellness Facilities

The spa offers luxurious facilities for entire day of pampering or soothing treatments after a strenuous excursion. 9 spacious spa suites are designed with comfort, privacy and rejuvenation in mind. Imperial China's wellbeing techniques are blended seamlessly with modern practices and administered by our expert therapists.

Spa Facilities: Exclusive hair salon with the latest equipment. The changing areas of both male and female are with dry sauna, steam and Jacuzzi.

Fitness Centre: The spacious, light-filled Fitness Centre is equipped with the latest in cardiovascular and weight-training machinery from Technogym. Improve over all fitness and mental wellbeing in the Yoga and Pilate's studio.

Swimming Pool: The 25-metre in-door heated and mirror surfaced swimming pool is lined with generously spaced double daybeds and constant temperature of 27 degrees Celsius. The design of the swimming pool carries on the Imperial Style of Ming dynasty.

Age Policies

Gym - Users must be a minimum of 16 to use the Gym.

Changing rooms - children can use the opposite sex changing rooms up to the age of 2.

Fitness Facilities - Users must be 16 and over to use the fitness facilities.

Sauna, Steam and Jacuzzi - Children under 14 are not permitted to use these facilities. Over 14's must be accompanied by an adult, 16 or over can use these facilities without a parent.

Spa Swimming pool- children aged 14 and under must be supervised at a ratio of 1 adult per 2 children. The adult may be on poolside but must observe direct visual supervision at all times. 15 and over can use without parental supervision. Children 5 and under are not permitted unless there is a dedicated baby /children's pool.

Spa Treatments - Children under the age of 12 are not permitted to receive spa treatments, for the ages of 12-18 a parent or guardian must accompany the child in the treatment room for the entire treatment and the waiver must be signed.



Reminders

Operating hours

Aman Spa operates daily from 12pm to 10pm.

The Fitness Centre, Swimming Pool are operates from 8am to 8pm daily.

Treatments are available after opening hours subject to an additional charge of RMB 300 per person.

Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time and services are available. Please dial extension 7905 to make a reservation.

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 10 minutes before their session is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 60 minutes of their scheduled treatment.

Spa Environment

Smoking and the use of mobile phones are prohibited in and around Aman Spa.

Cancellation Policy

Although staff will do their utmost to accommodate any booking changes, guests are kindly requested to give at least six hours' notice of cancellation so that someone else may enjoy that time. Cancellations made within six hours will be subject to the full charge of the treatment booked.

Valuables

Please do not bring valuables into the spa. For staying guests, safes are provided in every room.

Pricing

All prices are subject to a 15% service charge and local tax.