

# AMANRUYA

## Royal Thai Massage

This version of the traditional dry Thai massage was developed specifically for the Thai royal family and focuses on restoring the flow of energy in the body. The pressure point techniques stimulate blood flow and release toxins along the ten 'Sen' energy lines of the body. The Thai believe that if there is a disruption in the flow of energy along these lines, illness occurs.

60 minutes / 90 minutes

## Thai Deep Tissue Massage

Blending deep tissue massage techniques with the ancient principles of Traditional Thai Massage, this treatment will have a relaxing yet refreshing effect by addressing tight muscles and fascia as well as energy meridians and pressure points. This therapeutic technique helps to unwind and energize both the body and mind.

60 minutes / 90 minutes

## Foot Reflexology

Pamper your feet stimulating massage focusing on reflex points on the soles of your feet. This massage technique relaxes tired feet and enhances overall health and wellbeing.

30 minutes

# AMANRUYA

## Oriental Harmony

All styles of massage available (Thai, classic, reflexology, facial, head and acupressure) For those who are nervous or who have special needs, a full consultation service is available with our therapist.

**60 minutes / 90 minutes**

## Aman Touch

This is the perfect massage to have on arrival or during your stay. Using a soothing essential oil we focus on your Back, Neck & Scalp to relieve any muscular tension.

**40 minutes**

## Essential Facial and Cleansing

This facial treatment uses soothing rhythmic movements incorporating lifting and anti-aging massage techniques. Natural ingredients penetrate deeply to cleanse, nourish and hydrate, leaving your skin fresh and rejuvenated and with a youthful glow.

**60 minutes**

# AMANRUYA

## Yoga

Yoga teaches us through exercise, breathing and meditation to get back in touch with our bodies' natural rhythm and improve our life quality and overall health. Our experienced Yoga Instructor will be able to adapt a yoga session for your personal expectations and physical condition.

**60 minutes**

## Gym

As we want to safeguard the health of our guests, we implemented a series of best practice operational procedures, therefore as a hygiene precaution, Gym will be closed during the day and open only upon of request

Please contact Spa or Front Office departments without hesitating to book Gym to ensure for private and safe usage of the facility, we will make sure that area is disinfected prior to your arrival.

In the fitness areas, we are limiting the number of guests at any one time, please be aware that only one person can use the Gym at the time.

Hygiene equipment such as sanitizer gel or wipes will be placed next to each piece of equipment and our staff will thoroughly clean each piece of equipment after a guest has used it.

As we continue to deliver our professional and personalised service, we frequently evaluate, update, and where necessary innovate, our current standards. We thank you for your contribution and understanding.

**Spa Opening hours:**

**10 am to 19:30 pm daily**

# AMANRUYA

## SPA Reminders

### **Special consultations**

Most treatments can be adapted to accommodate illness, injury or pregnancy. Please contact us with any queries or concerns.

### **Treatment preparation**

Please do not eat heavy meals at least 90 minutes prior to a massage or body treatment. We recommend arriving 10 minutes prior to your appointment.

### **Pre-treatment & Post-treatment refreshments**

Please arrive ten minutes prior to your scheduled treatments. Allowing time to complete our holistic health assessment at Aman Spa reception. Following your treatment, we invite you to enjoy our herbal tea by our Aman Spa reception.

### **No smoking**

Please refrain from smoking in or around the Aman Spa.

### **Cancellations**

At least four hours' notice is required to cancel an appointment. There is a 50% charge for cancellations within two hours. For cancellations within one hour of the treatment the full cost will be charged.