



The ancient Greek physician, Hippocrates (460-370BC), is known as the Father of Modern Medicine for freeing medicine from the shackles of magic, superstition and the supernatural. He stated that illness was not caused by the gods, but by environmental factors, diet and lifestyle. He believed in the healing power of nature and that the human body has the power to heal itself.

**“The natural healing force within each of us is the greatest force in getting well.”**

Hippocrates placed great emphasis on strengthening and building up the body's inherent resistance to disease. For this, he prescribed a healthy diet, gymnastics, exercise, massage, hydrotherapy and sea bathing.

A 2,850-square-metre wellness sanctuary, Aman Wellness Center at Amanzoe combines these Hippocratic elements with therapeutic treatments drawn from ancient healing traditions the world over. These include Ayurveda and Traditional Chinese Medicine (TCM). Only all-natural products are used, and a broad variety of proven movement modalities help treat the individual as a coherent, integrated whole.

## OUR PHILOSOPHY

Wellness is more than being free from illness; it is a dynamic process of change and growth, a state of complete physical, mental and social wellbeing. Aman's spa concept has been carefully curated with four pillars of wellness in mind - nutrition, movement, mindfulness and bodywork - with the singular goal of achieving the ideal balance of Integrated Holistic Wellness for every guest.

Treating the whole - mind, body and spirit - by integrating ancient healing modalities with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that extends beyond the physical boundaries of the globe's Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey, and the resilience and focus to put them into action.

## VISION

Inspire and give a perspective of guests' own wellbeing. Defining the purpose of life, create a healthier lifestyle and daily as well as annual self-optimization routine. Becoming a sanctuary where people return time and time again to restore their mind, body and spirit.

Providing guests with the tools for self-optimization by means of building strength and endurance, defining purpose, finding inner peace, discovering their daily wellbeing routine.

This is achieved through holistic healthcare and integrative wellness programmes, mindfulness coaching, transformative experiences, targeted physical training, wellness lifestyle education classes, integrative medicine and innovative scientific approach.

All this is done with the help of healthcare professionals, mindfulness specialists, movement masters and sports trainers, spa and wellness therapists, medical doctors and clinicians.



## AMAN SPA AT AMANZOE

A pioneer in the global wellness industry, Aman has forged its wellness philosophy not through a quest for recognition, but through a deep desire to perceptibly enhance the holistic wellbeing of every Aman guest. Over more than three decades, Aman's balanced approach and respect for both traditional healing practices and modern science has led to the comprehensive holistic offering that is Aman Wellness today.

Striving to take the wellness experience of every guest to the next level, Aman Spa at Amanzoe combines Western and Eastern medical theory, diagnostics and practices to ensure that every angle is covered in its holistic approach to all-round wellbeing. Transformative wellness experiences are offered through integrated medical services, specialist therapies and cutting-edge culinary, aesthetic and performance science in the consultation rooms, spa treatment suites and hydrotherapy facility with hammam, sauna, cold plunge and steam room.

Offering self-optimization, fast-track methods, effective personalized short-cut solutions in health and longevity with minimal time investment are the priorities of every high achiever. Brain functionality, movement scanning, metabolic examination, sleeping and diet habits studies will help to bring the new level of quality to wellbeing.

Wellness programs are designed as an indispensable structure nurturing high-performance, where the whole team of professionals is taking care of guest's progress. The latest technologies and science will be used not to replace specialists, but to understand the starting point and draw the map of their journey.



## ADVANCE TECHNOLOGY

### CELLGYM® INTERVAL HYPOXIA HYPEROXIA TRAINING (IHHT)

Our bodies are made up of billions of cells and each one needs the right amount of energy for us to live our healthiest lives. Today, however, our physical ability to generate energy is severely compromised by the challenges of our modern lifestyle, such as stress and lack of exercise or sleep.

CELLGYM® is designed to improve energy efficiency, performance and recovery, and to strengthen our cells to better cope with these everyday challenges. It works by simulating the effects of high altitude training that professional athletes have long been benefitting from. In doing so, the technology can induce complete relaxation and an almost meditative state in as little as 30-minutes and help you switch on that holiday mood that will help you start enjoying your vacation to the fullest right away.

The therapy is completely customisable, considering each individual's age, genetics and fitness level to determine the ideal training regime. The machine can be used while sitting or lying down, where when breathing through a specialized mask, you will consume a combination of oxygen-rich and oxygen-reduced air, helping to enhance your energy production. Each session is approximately 45-minutes long

in total with treatment benefits including weight management, improved metabolism and reducing fatigue. With the body's cells revitalised, find yourself able to go about your day with more energy.

#### ACTIVE ENERGY

*120 minutes*

Allowing guests to experience the best possible results from an exercise session, the Active Energy package includes a combination of active and passive training, followed by a protein drink in the relaxing atmosphere of the spa. The CELLGYM® treatment significantly enhances the benefits of the fitness session, with the protein drink providing the cells with the building material they need to tone and build the muscle structure.

Fitness session (Personal Training, Yoga or Pilates)  
CELLGYM® session  
Protein Drink

#### ENERGY

*60 minutes*

A fast and effective way to get energised and feel better.

The energy production in the body's cells is the most important prerequisite for being relaxed. Within a short time, this treatment encourages cells to generate more energy and, therefore, leaves the body in a more relaxed state.

The active ingredients of the red smoothie then give the cells the fuel they need after CELLGYM® training to support its energising effect.

CELLGYM® 'energy' session  
Red Smoothie



## RELAXATION

*90 minutes*

Enter a state of absolute relaxation, where the body releases all tension and the nervous system is left feeling balanced. Following the CELLGYM® session the benefits of massage are enhanced, working to deeply reset the muscles. A green smoothie follows the treatment - rich in vitamins, minerals and satiating dietary fibre - and helps to nourish the body.

CELLGYM® session  
Massage  
Green Smoothie

## REJUVENATION

*90 minutes*

The most important ageing factor is a deterioration of the body's oxygen supply and less effective oxygen utilisation in the cells. Rejuvenate from within by improving microcirculation throughout the body, as well as enhancing natural beauty by deeply relaxing the face muscles and allowing precious active ingredients to penetrate deeper into the skin.

CELLGYM® significantly changes the functioning of the respiratory system, increasing the haemoglobin level, oxygen capacity of the blood as well as oxygen saturation and uptake in the tissues. As a result, skin becomes firmer and appears healthy.

CELLGYM® session  
MesoJet Facial  
Mountain Tea

### Add-ons

CELLGYM® session

*30 minutes*

Recommended either prior to any spa or wellness treatment or following an intense workout.



## BEAUTY SCIENCE

Combining traditional massages and relaxation treatments with advanced technologies, Amanzoe's wellness approach offers a range of solutions for detoxification, body slimming and shaping, and non-invasive face and body rejuvenation. Utilising radiofrequency technology, treatments include slimming/detoxifying sessions, unique lymphatic massage techniques for body shaping and detoxification, face and body rejuvenation, skin tightening, collagen increasing, and cellulite reduction.

### MesoJet Treatments

This versatile skin rejuvenation system incorporates supersonic sub-dermal infusions of anti-ageing compounds with a skin tightening radiofrequency known as ThermiShape technology. It gently exfoliates while extracting skin impurities, infusing bioactive nutrients and toning the skin through fibroblast activation. Customised treatment serums are delivered 1.4 mm deep into the skin via a high-pressured stream of microdroplets at a speed of 200 metres per second without causing any injury to the epidermis. A series of treatments dramatically improves skin tone and texture, while fine lines and other signs of ageing appear instantly diminished.

### Jet Facials

*60 minutes*

This deeply hydrating and moisturising treatment includes gentle lymphatic drainage and an exfoliation using detoxifying and soothing saline water. Followed by mandelic acid application, the skin is left free from dead cells, appearing nourished and freshly glowing. After the exfoliation one of the five precious serums is infused, its action tailored to the skin needs of each individual:

- Luminosity Enhancing
- Botox-Effect
- Anti-Acne
- Anti-Aging
- Sensitive Skin

At the end of the treatment a final skin perfecter serum rich in anti-wrinkle and brightening active ingredients is applied by means of a delicate massage.

### Red Carpet Jet Facial

*90 minutes*

The strongest anti-aging treatment on the menu, this treatment is ideal for mature skin or as a 'last minute beauty enhancer'. Performed 3-4 hours before a special occasion, discover double nourishment and maximum effectiveness with this power-boost facial that incorporates two formulations for rejuvenated skin.

Formulated to deliver advanced anti-aging results, Anti-Aging Power Bi-Phasic is used as a dual-phase treatment that combines two complementary serum complexes in one session, with hyaluronic acids, bio-peptides and vegetal stem cells.



### **Jet & Radiofrequency Combined Facial**

*90 minutes*

Combining hydroporation that provides strong nourishment to the tissues with radiofrequency that stimulates production of new collagen, this powerful treatment not only restores tone and volume of skin but also improves the appearance of fine lines and wrinkles.

The facial starts with a lymphatic drainage and cleansing, followed by an infusion of an anti-aging complex that is gently massaged into the skin. The treatment ends with a 20-minute radiofrequency session and application of a skin perfecter serum, resulting in tightened and glowing skin, with the effects visible immediately.

### **Ready Medical Manual Facial *(provided in the spa)***

*60 minutes*

For those seeking less invasive and more 'hands-on' treatments, this fully customisable facial offers anti-aging and hydrating results without the use of machinery. The session includes a manual lymphatic drainage, mandelic acid application, a short neck and shoulders massage followed by the application of a Ready Medical Serum - a state-of-the-art sterile compound that combines pure low molecular weight hyaluronic acid with repairing, antioxidant, brightening and highly anti-ageing hydrating properties. The skin is left both looking and feeling healthy.

### **Ready Medical Manual After Sun Cooler *(provided at the beach club)***

*45 minutes*

A highly soothing and repairing treatment that is perfect after a hot day on the beach. Experience a beneficial combination of facial lymphatic drainage (using ice cubes), cooling cream application to the areas irritated by the sun and a choice of Post-Treatment Repairing or Antioxidant Ready Medical Sterile Serum application.



## Add-ons

### Boosters

15 minutes each

Recommended for taking treatment results even further, two choices are available:

- **Vitamin C** – a powerful antioxidant, enhances skin brightness and complexion, stimulates collagen production. Also suitable for acne and oily prone skin.
- **Vitamin B5** – has a strong firming action, improves skin elasticity. Calms and soothes irritated skin by deeply moisturising.

### Magic Mode

15 minutes

A device setting recommended to treat wrinkles and lines of expressions, or to treat spots created by sun exposure and aging, making them less visible.

*In addition to the above facials, a customized treatment can be created to suit your needs. Please ask reception should you need one.*

## Radiofrequency Body Treatments

### Anti-Cellulite and Slimming

60 minutes

This effective body treatment combines radiofrequency and massage to stimulate the lymphatic flow and open node channels to ensure drainage of the fat released during the session.

Areas that can be treated include:

- Back of thighs and buttocks
- Front of thighs
- Abdomen
- Arms

*Several sessions are recommended to ensure the best result. A maximum frequency of three sessions per week is recommended on the same area, alternated with manual massage.*

### Skin Rejuvenation and Tightening

60 minutes

Highly effective treatment restoring volume and tone of loose skin.

Areas that can be treated include:

- Back of thighs and buttocks
- Front of thighs
- Abdomen
- Arms

*Several sessions are recommended to ensure the best result. A maximum frequency of two sessions per week is recommended on the same area, alternated with manual massage.*



## FITNESS & ATHLETICS

Aman Spa at Amanzoe offers every possible fitness and personalised movement modality available.

### **HIIT**

High-intensity Interval Training (HIIT) is a form of cardiovascular exercise where one performs a short burst of high-intensity exercise followed by a brief low-intensity activity, repeatedly, for a set time period. These intense workouts begin with a rigorous activation and mobilisation of the major muscle groups and joints, followed by the HIIT regime that typically lasts under 30 minutes. Research has shown that HIIT significantly reduces fat mass throughout the body.

### **TRX Suspension Training**

This workout leverages gravity and your body weight in a wide range of exercises. TRX delivers a fast, effective whole body workout, helps build a rock solid core and increases muscular endurance. Suitable for all fitness levels.

### **Circuit Training**

Circuit training is a form of body conditioning using high-intensity aerobics. It targets strength building or muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise.

### **Bootcamp**

Referring to the notion of military basic training, the Boot Camp style of training offers a combination of cardio and strengthening exercises maximizing the use of your surroundings and your own body weight to give you a full body workout without relying on equipment. It often commences with dynamic stretching and running, followed by a wide variety of interval training, including lifting weights/objects, pushups, sit ups and plyometric exercises. Sessions usually finish with yoga style stretching.

### **Abs, Core & More**

This session is specifically designed to train the core region throughout the three planes of motion, concentrating on the psoas, abdominals, pelvic floor, lower back and upper-body. Specific attention is paid to healthy activation and function in both lengthening and shortening phases of muscle contraction. Can also be enjoyed on the beach.

### **Weight and Resistance Training**

Weight training is extremely effective for developing strength and if desired, increasing the size of skeletal muscles. Not just for men or those looking to body build, weight training can be focused in many ways. Ask our personal training experts about hypertrophy training vs power lifting vs strength training.



### **Stability Training**

Stability training refers to performing exercises while on an unstable surface with the goal of activating stabilisers and trunk muscles that may get neglected with other forms of training. During this full-body integrated, core-building workout, the deep muscular fascial slings of the body are activated.

### **Tennis**

Amanzoe has two floodlit tennis courts available on a complimentary basis. As well as rackets, balls and shoes (if required), Amanzoe can also provide tennis instruction and hitting partners through an external company. This requires prior arrangement.

*Please contact the spa reception to book a tennis court.*

## **MINDFULNESS & MOVEMENT**

### **Hatha Yoga, Sun Salutation Yoga**

Yoga can be what you want it to be. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, it is also a mindset and a way of living. Sessions are tailor made to your level, from novice to yogi alike. Private instruction is available for all levels, from complete beginners to experienced yogis.

### **Vinyasa Flow**

This class is known for its fluid- and movement-intensive practice. It helps expel toxins and re-energises the body. Mentally, the synchronised breathing relaxes the mind and helps release any blockage of energy flow throughout the body.

### **Meditation**

Meditation is an approach to training the mind, similar to the way that fitness is an approach to training the body. Through meditation, you can see how your thoughts and feelings tend to move in particular patterns. Over time, you can become more aware of the human tendency to quickly judge an experience as good or bad, pleasant or unpleasant. With practice, an inner balance develops.

### **Mat & Ball Pilates, Pilates on Equipment**

Pilates places particular focus on core stability and breathing patterns, rapidly correcting postural and muscular imbalances and improving overall strength and flexibility.

Before starting instruction for Pilates, the guest is required to undergo an assessment session that analyses postural alignment, strength, and flexibility. In identifying your strengths and weaknesses, we can then develop a programme suited to your individual needs and goals. Private instruction is available for all levels, from those who have never exercised before to professional athletes.



## SPA SERVICES

### Amanzoe Signature Journey

120 minutes

#### An'ā-trip'sis

[G. a rubbing, fr. Anatribō, fr. ana, intensive, + tribō, to rub]

The holistic healing philosophy of Greek medicine states that man is essentially a product of the natural environment and that good health is found when living in harmony with nature. Hippocrates believed that massage firms up muscles and organs that are too lax, while relaxing muscles, joints and organs that are too stiff, rigid or tense.

The perfect way to begin your stay at Amanzoe, our signature journey promotes lost harmony by integrating ancient healing techniques and locally-sourced natural products.

This treatment begins with full body acupressure to relax muscles and joints and to soothe pain and discomfort.

Dry skin brushing follows, providing a circulatory boost, aiding blood flow and getting oxygen back to the surface of the skin. A combination of warm olive oil and local beeswax is then used for a deeply relaxing massage, along with cupping, helping the function of the immune system and the body's natural ability to heal itself.

The journey ends with a laurel oil head massage which quiets the mind and encourages inner peace.

### Aman Signature Treatments

The Aman Spa Signature Menu, available at every Aman Spa destination around the world, reflects the Grounding, Purifying and Nourishing pathways of the Aman Spa product range.

There are four treatments available within each pathway: Massage, Body Scrub and Wrap, Face Ritual, and the Journey – encompassing all three treatments to greatly amplify their effects. Each treatment is tailored to the individual to target specific concerns and help attain personal wellness goals.

#### Smoking Ceremony

For millennia, the smoke of different woods and resins has been used therapeutically. Cultures around the world from the Ancient Egyptians to the Native Americans 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 centers a guest in preparation for the treatment to come. Different smoke is used for Aman's Grounding, Purifying and Nourishing treatments, as traditionally the smoke of different woods and resins has 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.

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## 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.

## Foot Ritual

Another prelude to each signature treatment is a soothing foot ritual that involves a mineral rich foot soak. A literal cleansing to compliment the spiritual cleansing of the smoking ceremony, the foot ritual is deeply relaxing but is also richly symbolic. It is an act of service and care at its most humble, and invites the surrender of personal will in trust and safety to fully benefit from the treatment to follow.

## The Three Pathways - Grounding

*For those seeking reconnection, stillness and perspective, this deeply relaxing, meditative and regenerative pathway is a balm for the restlessness brought on by the frenetic pace of modern life.*

Developed to promote inner peace and return body and mind to a state of harmony, this pathway promotes skin cell regeneration, while hydrating and plumping the skin to reveal a healthy, radiant complexion. It is recommended for normal to dry skin, including mature and dehydrated complexions.

Active ingredients include argan stem cells and hyaluronic acid. The former penetrate the skin's dermis to help protect and revitalise skin cells, improving elasticity and reducing the appearance of fine lines. The latter hydrates and plumps the skin, leaving it softer and smoother.

### If you want to feel or find

- Reconnected
- Grounded
- Peaceful
- Deeply rested and rejuvenated
- Physical relief or release
- Connected to your etheric body
- Still
- Courageous
- Strong
- Space to gain perspective

### If you are feeling or experiencing

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



### Grounding Scrub & Wrap Ritual

*90 minutes (2 hours with a bathing ritual)*

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body scrub gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of silky smooth Smoked Body Butter.

#### Benefits

- Restores the nervous system, stimulates circulation and regenerates skin cells
- Boosts the lymphatic system and strengthens the immune system
- Reduces stress levels and promotes mental clarity

### Grounding Massage Ritual

*90 minutes*

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

#### Benefits

- Moisturises dry skin, breaks up scar tissue and eases muscular tension
- Reduces chronic pain and improves athletic performance
- Balances vital energy

### Grounding Face Ritual

*90 minutes*

This facial incorporates rose quartz crystals to promote healing, frankincense to aid rejuvenation, and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a Peruvian black mud and amethyst crystal mask, and a Tibetan head massage.

#### Benefits

- Brightens, firms and intensely hydrates
- Promotes cell renewal and improves uneven skin tone
- Encourages emotional stability and peace of mind

### Grounding Journey

*180 minutes*

Incorporating all three Grounding treatments, this Journey encourages a deep connection to the Earth and a renewed sense of self. It begins with the Body Scrub and Wrap, followed by the Massage, and is completed with the Face Ritual. Each builds on the treatment that came before – grounding in every sense of the word, to ensure a state of perfect contentment.



## The Three Pathways - Purifying

*For those seeking lightness, breathing space and a fresh start, this pathway detoxifies, cleanses and strengthens the skin's defenses while enhancing clarity of thought.*

A powerful detoxifier, this pathway is refreshing, invigorating and energising. The products in this pathway deeply cleanse and tone normal to oily complexions, including congested, dull, stressed and blemished skin.

Active ingredients include lilac stem cells, hyaluronic acid and Kalpariane seaweed extract. The first are superior antioxidants and anti-inflammatories, which help balance healthy sebum levels and protect skin from environmental damage. The second hydrates and plumps the skin, leaving it softer and smoother. The third, a trademarked antioxidant and anti-wrinkle agent, supports collagen and elastin production to preserve skin's elasticity and suppleness.

If you want to feel

- Fortified
- Cleansed
- Detoxified
- Protected
- Peaceful
- Purified
- Lighter
- Energised
- Boosted

If you are feeling or experiencing

- Heaviness in the body
- Bloating/swelling
- Dull skin
- Thyroid problems
- Fatigue
- Post-illness exhaustion
- Emotionally stuck or stagnant
- Headaches/migraines
- Low energy
- In need of a detox

## Purifying Scrub & Wrap Ritual

*90 minutes (2 hours with a bathing ritual)*

This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz, known as a master healer for its amplification of energy levels. Seaweed *Fucus* oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine flora mud wrap includes deep cleansing kaolin, mineral-rich sea lavender and seaweed for boosting collagen levels. The treatment ends with the full-body application of palo santo salve.

### Benefits

- Detoxifies the lymphatic system and boosts immunity
- Reduces swelling and improves skin tone and texture
- Increases energy levels and mental clarity



### **Purifying Massage Ritual**

*90 minutes*

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic drainage techniques it manipulates 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.

#### Benefits

- Removes toxins and regenerates tissue
- Aids lymphatic drainage, reducing swelling and cellulite
- Increases immunity and eases muscle spasms

### **Purifying Face Ritual**

*90 minutes*

By combining nerve point therapy and lymphatic drainage to provide a detoxifying release, this tension releasing treatment is extremely beneficial for those exposed to excessive urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative homeopathic copper, and powerful marine extracts that strengthen collagen production.

#### Benefits

- Hydrates, brightens and firms skin
- Drains the lymph and releases tension
- Detoxifies to reduce the effects of pollution

### **Purifying Journey**

*180 minutes*

This Journey targets purification on every level, from clearing the skin and detoxifying the body's organs, to removing negative energy and focusing the mind. All three Purifying treatments are applied, beginning with the Body Scrub and Wrap, followed by the Massage, and ending with the Face Ritual – leaving you clear-headed and at peace.



## The Three Pathways - Nourishing

*For those seeking rejuvenation, renewal and awakened senses, our harmonising Nourishing pathway repairs and regenerates cells, revitalising within and without.*

This pathway encourages reconnection between body and mind, and cultivates feelings of joy. Nurturing, sensual and rejuvenating, it helps maintain optimal hydration and vitality for all skin types, including sensitive skins, while improving elasticity and resilience.

Active ingredients include argan stem cells and hyaluronic acid. The first penetrates the skin's dermis to help protect and revitalise skin cells, improving elasticity and the appearance of fine lines. The second hydrates and plumps the skin, leaving it softer and smoother. Other key ingredients include jasmine, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk, and gold, all chosen for their powerful regenerative abilities.

If you want to feel

- Fulfilled
- Blissful
- Joyful
- Full of ease
- Gentleness
- Reconnected
- Emotionally balanced
- Rested
- Rejuvenated
- Meditative
- Self-love
- Emotionally supported
- Nourished body and soul

If you are feeling or experiencing

- Disconnected
- Emotionally low
- Anxiety
- Chronic fatigue
- Dissatisfied
- Grief
- Emotional stress

## Nourishing Scrub & Wrap Ritual

*90 minutes (2 hours with a bathing ritual)*

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone and rejuvenate – in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. The treatment ends with the full-body application of Sacred Heart Balm.

Benefits

- Boosts the lymphatic system and restores the nervous system
- Feeds skin while improving tone and texture
- Imparts a sense of being nurtured and held



### Nourishing Massage Ritual

90 minutes

This blissful, nurturing treatment is ideal for physically or emotionally exhausted souls. The use of marma point therapy brings the body back to a state of heightened awareness and balance, while rhythmic massage techniques ease muscular tension, imbuing a sense of complete restoration. The use of sound healing stimulates the *kundalini* – dormant energy stored at the base of the spine.

#### Benefits

- Relieves exhaustion, stress and chronic fatigue
- Reduces anxiety and deeply relaxes
- Balances the energy body and emotions

### Nourishing Face Ritual

90 minutes

This brightening, moisturising treatment calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana, described as the universal life energy that enters the body via the breath. Skin is left looking truly radiant through the application of the Light Technique, focusing on the forehead, septum and throat.

#### Benefits

- Hydrates, soothes and feeds the skin
- Treats rosacea and dermatitis
- Improves the look of scarring and pigmentation

### Nourishing Journey

180 minutes

This Journey is an immersive experience that benefits every aspect of the individual. It begins with the Body Scrub and Wrap, which is followed by the Massage and then the Face Ritual. Each treatment builds on the one before, leaving you feeling reconnected and rejuvenated.



## HOLISTIC THERAPY

### **Hammam**

*50 minutes*

The Hammam ritual is performed in a heated room with steam where the 100% natural Savon Noir, known as 'black soap' or 'sabon beldi' is applied. The black soap is a traditional cleansing soap made from crushed olives and olive oil. The soap is infused with eucalyptus, which provides antibacterial and antiseptic properties and ensures deep pore cleansing.

The treatment is followed by deep cleansing with a kessa glove which leaves your skin glowing. The traditional and local "Rhassoul" or "Ghassoul", natural rock clay sourced in the Atlas Mountains of Morocco, is then applied as a full body mask which will nourish and hydrate your skin. Leaving your body feeling refreshed and circulation revitalized.

### **Aromatherapy holistic massage**

*60/90 minutes*

Combining the natural therapeutic properties of essential oils and the healing power of massage therapy, this aroma-based oil massage will leave you feeling deeply relaxed and revitalized. Using their intuition and a range of diverse techniques, our spa therapists will tailor this therapeutic massage to individual needs with a unique blend of warm oils and long, slow strokes.

### **Deep Tissue Massage**

*60/90 minutes*

Deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle, fascia (the connective tissue surrounding muscles) and tendons. As well as relieving chronic aches and pains and contracted areas such as the neck, shoulders, upper/lower back and legs, it also increases circulation and helps to detox the body and balance the mind.

### **Hot Basalt Stones massage**

*90 minutes*

The combination of warm basalt stones and massage penetrates deeply into the body to soothe and relax tender muscles. Hot stones are placed on and under the body to generate heat and draw out tightness, while others are used as an extension of the therapist's hands, gliding over the body to induce a deep sense of wellbeing.

### **Thai Massage**

*90 minutes*

Performed over loose clothing, this ancient bodywork therapy improves movement and flexibility through manipulative stretches and acupressure techniques that release muscular tension. Uniquely relaxing yet energising, it is known for clearing energy pathways while improving postural alignment and eliminating muscle pain.



Whether you're looking to de-stress or address a particular issue, we recommend adding one of the following treatments to your choice of massage:

- 30 minutes scalp massage as it helps to improve circulation of blood to the head & face
- 30 minutes soothing hand and arm massage to release any blockages or pain.
- 30 minutes relaxing foot massage for energy and rejuvenation.

## HOLISTIC FACIAL

### **Amanzoe Facial**

*60 minutes*

This pampering holistic facial includes a relaxing massage of the face, shoulders and neck. Local Greek honey is used to gently exfoliate and enliven your skin, while a Greek yoghurt face mask will deeply nourish and hydrate. Warm smooth stones will melt away all tension and fatigue. This beautiful anti-ageing and lifting facial will leave you and your skin feeling refreshed, calm and rejuvenated.

## PRENATAL TREATMENTS

A woman's body goes through many changes during pregnancy; Amanzoe's one-of-a-kind prenatal experiences soothe and relax both mother and child during this special time.

*Only suitable for those in their second and third trimesters.*

### **Prenatal massage**

*60/90 minutes*

Designed to provide physical and emotional support through nurturing touch, this gentle massage eases tension and soothes nerves while also decreasing swelling, reducing sciatic pain and improving lymphatic and blood circulation.

### **Amanzoe Rejuvenation (body polish & wrap)**

*90/120 minutes*

This deeply relaxing body treatment is designed to target areas prone to stress and tightness during pregnancy. A gentle body exfoliation with pure unprocessed Greek salt is followed by a nourishing massage with unscented oil to leave you feeling totally revitalized and refreshed. The 120-minute journey is completed with Greek yoghurt and raw honey body envelopment.

### **Amanzoe Facial**

*60 minutes*

This pampering holistic facial includes a relaxing massage of the face, shoulders and neck. Local Greek honey is used to gently exfoliate and enliven your skin, while a Greek yoghurt face mask will deeply nourish and hydrate. Warm smooth stones will melt away all tension and fatigue. This beautiful anti-ageing and lifting facial will leave you and your skin feeling refreshed, calm and rejuvenated.



## AMAN JUNIORS

While children are sheltered from much of the stress adults often experience, they have their own challenges and can benefit greatly from the relaxation and special attention a therapeutic spa treatment offers.

### Natural olive oil massage

*30 minutes*

A soothing full body massage using local olive oil. Deeply relaxing and ideal for dehydrated skin.

### Skin Saviour

*30 minutes*

Developed especially for our junior guests, this soothing facial begins with a relaxing massage of the face, shoulders and neck. Careful application of local Greek honey gently exfoliates and enlivens the skin before a nourishing mask of yogurt and cucumber is applied.

### Top to Toe

*30 minutes*

This treat offers a choice of mini-manicure, mini-pedicure or mini manicure-pedicure combination, and begins with a massage of the hands and/or feet. This is followed by the trimming and shaping of nails and then optional color application.

### Playful Yoga

*30 minutes*

Suitable for all ages, yoga is a great way for children to increase awareness of themselves, others and the world around them, while also having fun. Yoga instills confidence, strength, balance and health, engaging a child's natural, boundless energy, and conveying valuable lessons in positive thinking and self-acceptance.



## FINISHING TOUCHES

We are on our feet all day and they absorb a great deal of pressure resulting in poor circulation and swelling. Similarly, our hands are exposed to the elements and are often extremely dry and tight due to being used in almost every daily action that we undertake. Our hands and feet treatments have been developed with this in mind and are suitable for both men and women.

### Aman Manicure

*60 minutes*

Release tension from the hands and restore a noticeably younger, smoother appearance with this blissful combination of scrub, balm and relaxing hand massage.

Treatment ritual: exfoliation and soak, massage, balm application, manicure and optional your choice of nail polish.

### Aman Pedicure

*60 minutes*

A relaxing treat for tired feet, comprising an energizing and detoxifying scrub and soak. Gentle foot massage follows to stimulate the vital energy and to soften the skin.

Treatment ritual - exfoliation and soak, massage, cream application, pedicure and optional your choice of nail polish.

### Nail polish change

*30 minutes*

### Shellac removal

*30 minutes*

### Manicure for gentlemen

*45 minutes*

### Pedicure for gentlemen

*45 minutes*

### Hair Removal

#### Lip/chin/under arm

*15 minutes*

#### Bikini

*30minutes*

#### Brazilian/Hollywood

*60 minutes*

#### Half leg

*30 minutes*

#### Full leg

*45 minutes*

#### Men back/Men chest

*45minutes*

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Hair Care

Hair cut for men

*30 minutes*

Hair cut for women

*30 minutes*

Hair cut for children

*60 minutes*

Shampoo and style

*30 minutes*

Highlights & coloring

*45minutes*



## SPA FACILITIES

The Amanzoe Spa is 2,850 square meters, providing a combination of wellness services including treatments, integrated movement programs, aesthetic therapies and relaxation.

### Treatment Rooms

Seven treatment rooms (four double treatment rooms, two outdoor pavilions and one Thai massage room) each feature a dressing room, treatment area, steam room, shower and bathroom. In addition, there is an Aqua Therapy Pavilion for water-based treatments, and a Finishing Salon that provides hair styling and manicures/pedicures.

### Fitness Center, Yoga Pavilion & Pilates Studio

The spacious, light-filled Fitness Centre is equipped with the latest in cardiovascular and weight-training machinery, while the east-facing Yoga Pavilion overlooks rolling hills cloaked in olive groves. The Pilates studio offers allegro reformers and other Pilates-specific equipment.

### Sauna

Much has been made of the health benefits of sauna, with good reason. Physically, nothing is more reinvigorating than a deep and healthy sweat. Tension fades. Muscles unwind. Mentally, you emerge relaxed, revived and ready for whatever the day may bring.

### Steam

The cleansing and relaxation benefits of steaming are well known. Steam rooms create an environment that encourages deep breathing. As a result, one can break up congestion inside the sinuses and lungs. It also promotes skin health and boosts the immune system.

### Cold plunge pool

Cold plunge pools have been used for thousands of years in Traditional Chinese Medicine and were popular with the ancient Romans and Greeks. The cold water addresses muscle inflammation and facilitates recovery. It is also extremely refreshing after a steam or sauna.

### Spa Etiquette

#### Operating hours/Appointments

The Fitness Centre is open from 7am to 10pm daily. Please contact a Guest Assistant for access at any time outside of these hours. The spa operates from 10am to 8pm daily with the last booking at 7pm. Out of hours spa appointments are subject to availability and with an additional charge. Please dial extension 4 to make a reservation. We highly recommend booking your treatment in advance to get your preferred time and service.



### **Special Considerations**

Most treatments can be adapted to accommodate pregnancy or injury. If you are pregnant we will guide you through suitable treatments; massages are modified for expectant mothers following the first trimester (12 weeks). Please contact us with queries and advise of any medical or health concerns.

### **Treatment Preparation**

We recommend that you arrive 15 minutes prior to your scheduled treatment time, allowing time to complete your holistic health assessment and enjoy a cup of fresh herbal tea or a cooling beverage.

### **Spa Environment**

Please refrain from smoking and turn your mobile phone off or to a silent setting while in or around the spa.

### **Cancellation Policy**

We understand that schedules change and we will do our best to accommodate your needs. Since your spa time is reserved especially for you, we kindly ask you to give a minimum of 4 hours cancellation notice so someone else may enjoy that time. Cancellations made within 4 hours will be subject to the full charge of the treatment booked.

### **Age Policy**

Children under the age of 13 are not permitted to receive spa treatments. For the ages of 13-16 a parent or guardian must accompany the child in the treatment room for the entire treatment and a waiver must be signed. For children between the ages of 10-16 express nail treatments are also available. A parent or guardian must be present for the entire treatment and the waiver must be signed.

### **In room treatments**

Please note that our spa offers some of the treatments at your pavilion or villa with an additional charge.

### **Valuables**

Please leave your valuables in the safe provided in your pavilion.

### **Pricing**

All prices are in Euros and are inclusive of tax.