

Ā M A N
S P A

AMANGANI

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. The Aman Spa concept has been carefully curated with four pillars of wellness in mind - nutrition, movement, psychological health and bodywork - with the singular goal of achieving this 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 world's Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey, as well as the resilience and focus to put them into action.

A NEW SPA LANGUAGE

Many ancient systems of traditional healing 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 the health unexplored in allopathic medicine, which means that certain concepts and terms can sound strange to the uninitiated. Talk of chakras and energy can be off-putting for some when taken out of context. Yet when understood as part of the philosophy behind a traditional healing system, they reveal an intriguing new language for explaining how our bodies work. While understanding these theories is not a prerequisite to enjoy their benefits, our Aman Spa aims to demystify this language for those who wish 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 us if you wish to know more about the ingredients or modalities used in any of our treatments, or the theories behind their origin.

UNDERSTANDING ENERGY

The idea of life force or life energy is very common in 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 shared principle in many healing modalities is that any blockage in the flow of life force in a body can cause imbalance and therefore 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.

THE EARTH'S APOTHECARY

Aman's line of all-natural skincare products draws on the knowledge and wisdom of ancient wellness traditions while harnessing the power of nature. Rare and precious ingredients used include pearls, homeopathic metals, healing tree oils, amethyst, jade, frankincense and Palo Santo, as well as alkalizing, oxygen-rich spring water, wild-harvested Amazon butters and rainforest muds. Consisting of smoked body balms, fragrant dew mists, liquid body oils, invigorating body polishes, anti-aging serums and more, the range is made from organic ingredients sourced from around the world for their purity and potency, and their link to Aman destinations.

Working holistically to nurture and enhance overall wellbeing, each product penetrates deep into the skin to nourish and rejuvenate, but also works on a deeper level, meeting emotional as well as physical needs. Grouped into three unique formations that reflect three healing pathways back to wellness – Grounding, Purifying and Nourishing – the products contain ingredients with a molecular vibrational energy that works in sequence with the human body to promote change and return equilibrium. The physical benefits of each product are completely aligned with its ability to address emotional imbalance, together offering a holistic fine-tuning with tangible, long lasting results.

AMAN SIGNATURE TREATMENTS

The Aman Spa Signature Menu, available at every Aman Spa destination around the world, reflects the Grounding, Purifying and Nourishing formations of the Aman Spa product range. There are four treatments available within each formation: Massage, Body Polish & Wrap, Face Ritual and the Journey, which encompasses 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. A deeply relaxing, mineral-rich Foot Ritual is a prelude to each treatment. This is also symbolic – an act of humble service that fosters trust, helping guests to fully benefit from the treatments to follow.

THE THREE FORMATIONS

GROUNDING

For those seeking reconnection, stillness and perspective

Developed to promote inner peace and return the body and mind to a state of harmony, this formation works as a balm for restlessness brought on by frenetic pace of modern life. It imbues a sense of reassurance and reconnection, while hydrating, healing refining and strengthening on a physical level.

The use of amber oil relaxes brainwaves, helping to ease anxiety and stress. Sandalwood calms the nervous system – its earthy aroma inducing a meditative frame of mind. Other key ingredients include rose quartz crystals, jasmine, rare black Peruvian and purple muds, wild harvested butters, and silver.

Techniques include a sage smoking ceremony, a Tibetan Ku Nye massage, meridian and acupressure work, tapotement, and kneading.

Recommended for treating stress, exhaustion, anxiety, jet lag, dry skin and hair, insomnia, tension in the lower spine and adrenal fatigue, as well as feelings of insecurity, rootlessness and the inability to switch off.

THE THREE FORMATIONS

PURIFYING

For those seeking lightness, breathing space and a fresh start

A powerful detoxifier and metaphysical cleanser, this formation holds the spiritual energy of vitality, stabilizing the heart and mind, easing restlessness and energizing the body. Negative thought patterns are purged, while physical benefits include cleansing and brightening, giving skin a new lease on life.

Key ingredients include sage, sandalwood, juniper berry, rose geranium, raw honey, pearl, quartz, and argon stem cells – chosen for their anti-aging and purifying characteristics. Techniques include a smoking ceremony with sage, lymphatic drainage, nerve point therapy and nerve stimulation.

Recommended for treating bloating, low energy levels, dull skin, thyroid problems, post-illness exhaustion, headaches and migraines, as well as feelings of stagnation, heaviness and confusion.

NOURISHING

For those seeking regeneration, recuperation and healing

Holding the spiritual energy of love, this powerful formation encourages reconnection with the self through the healing of emotional and mental wounds. It leads one towards self-acceptance, enabling individuals to be their most real and best selves, while simultaneously restoring and rejuvenating the body on a physical level.

Key ingredients include Jasmine stem cells, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk and gold. They have all been chosen for their powerful regenerative abilities, fostering a meditative state.

The techniques used in this formation are geared towards healing. They include a smoking ceremony with sage, chakra-balancing massage, mantra music, marma point therapy and the Light Technique – based on the shamanistic principle that luminosity is generated from three points on the face.

Recommended for treating lackluster skin, the signs of aging, anxiety, chronic fatigue and emotional stress, as well as feelings of disconnection, grief and discontent.

AMAN JOURNEYS

These treatments are offered at every Aman Spa worldwide. Combining all three encourages a deep connection to the earth and a renewed sense of self, promotes inner peace and harmonious mind and body.

GROUNDING JOURNEY

180 MINUTES

For those seeking reconnection, stillness and perspective.

GROUNDING MASSAGE RITUAL

This Tibetan inspired ku nye full body treatment honors ancient healing traditions to stimulate muscles. The treatment incorporates manual cupping, acupressure, kneading, deep tissue techniques, warmed rose quartz crystals and Himalayan salt poultices.

GROUNDING BODY POLISH AND WRAP

The key ingredient in this ritual is amethyst powder, known for its gentle energy that promotes peacefulness and stability. The full-body polishing scrub exfoliates the skin, brightens skin tone and improves texture. It is followed by the cocooning wrap which initiates a period of stillness, while leaving the skin radiant. The final touch is an application of silky smooth Aman Smoked Body Butter.

GROUNDING FACE RITUAL

This therapeutic ritual combines 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 licorice extract evens tone. The treatment ends with a Peruvian black mud and amethyst crystal mask.

PURIFYING JOURNEY
180 MINUTES

For those seeking lightness, breathing space and a fresh start.

PURIFYING MASSAGE RITUAL

This deeply relaxing yet revitalizing treatment incorporates manual lymphatic drainage techniques and nerve point therapy to balance the nervous system and promote healthy tissue. Significantly lower pressure is applied than in traditional massages yet the effects remain powerful.

PURIFYING BODY POLISH AND WRAP RITUAL

Quartz, seaweed focus oil, raw honey and essential oils are applied, stimulating circulation and lymphatic drainage. The meditative marine flora mud wrap includes deep cleansing kaolin, mineral-rich sole, seaweed and sea lavender to boost collagen. The treatment ends with a full-body application of Palo Santo Salve.

PURIFYING FACE RITUAL

This tension releasing treatment is beneficial to those exposed to urban pollution. Nerve Point Therapy and Lymphatic Massage stimulate detoxification and reveal glowing, toned skin. Key ingredients include brightening pearl, homeopathic copper and marine extracts.

NOURISHING JOURNEY
180 MINUTES

For those seeking regeneration, recuperation and healing.

NOURISHING MASSAGE RITUAL

This blissful, nurturing treatment is ideal for physically or emotionally exhausted souls. The use of Marma Point Therapy brings the body back to a heightened state of awareness and balance, while rhythmic massage techniques ease muscular tension.

NOURISHING BODY POLISH AND WRAP RITUAL

Encouraging the body to enter a phase of deep rest, this nutrient-rich ritual includes Jade powder - known to hydrate, tone and rejuvenate- in both the polish and wrap. The polish also includes calendula oil, amethyst powder, essential oils and Himalayan salts. The mud wrap combines jade powder with mineral-rich Italian clay, rose hydolat and Argan oil. The treatment concludes with a full body application of the Sacred Heart Balm.

NOURISHING FACE RITUAL

A brightening, moisturizing treatment that calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine stem cell and silk. Soothing and brightening dull skin while stimulating the flow of prana, providing a much deeper full body experience than most facials.

AMAN MASSAGE RITUALS

60, 90 MINUTES

AMAN GROUNDING MASSAGE RITUAL

This Tibetan inspired Ku Nye full body treatment honors ancient healing traditions to stimulate muscles. The treatment incorporates manual cupping, acupressure, kneading, deep tissue techniques, warmed rose quartz crystals and Himalayan salt poultices.

AMAN PURIFYING MASSAGE RITUAL

This deeply relaxing yet revitalizing treatment incorporates manual lymphatic drainage techniques and nerve point therapy to balance the nervous system and promote healthy tissues. Significantly lower pressure is applied than in traditional massages yet the effects remain powerful.

AMAN NOURISHING MASSAGE RITUAL

This blissful, nurturing treatment is ideal for physically or emotionally exhausted souls. The use of Marma Point Therapy brings the body back to a heightened state of awareness and balance, while rhythmic massage techniques ease muscular tension.

AMANGANI SIGNATURE MASSAGE RITUALS

105 MINUTES

NATIVE CYRSTAL THERAPY

This holistic ritual is designed to absorb and direct energies through the healing power of crystals.

First, calm anxiety with the gentle application of Aman's bespoke Amethyst Gel a warm shower to remove the gel prepares your skin for a customized full-body massage.

An infrared Amethyst Eye Mask and Weighted Crystal Blanket are used to harness natural remedial energy.

The science of this weighted blanket combined with the energy of clear quartz, rose quartz and amethyst, creates a self-care powerhouse.

The restorative vibrations from a crystal sound bath will awaken your blissful state followed by a rejuvenating Rose Quartz Smoothie.

APRES SKI DREAM

This luxurious ritual commences with a clearing, indigenous sage smudge.

Anti-inflammatory, therapeutic CBD massage oil is used throughout this treatment.

Following a detoxifying foot scrub and an exfoliating dry brushing session, your hands and feet will be wrapped in a heated organic paraffin wax.

Warm basalt stones and amethyst crystals are used throughout your customized massage.

This ritual ends with a scalp massage using Aman Purifying Argan Scalp and Hair Oil followed by an après champagne toast.

AMANGANI HOLISTIC MASSAGE THERAPY

60, 90, 120 MINUTES

All massages commence with a purifying and energy cleansing Palo Santo smudging ritual to invite creativity, love and good fortune.

CUSTOM MASSAGE

A personalized massage designed to suit individual needs. Following an initial consultation, a nurturing Amangani Massage Therapist will use a combination of traditional massage elements, gentle connective tissue release, trigger point therapy and various pressures.

DEEP TISSUE MASSAGE

Massage therapy targeted to the deepest layers of muscle tissue, tendons and fascia providing relief of pain and tension while creating further range of motion.

HOT STONE MASSAGE

Let the heat and energy of basalt stones penetrate deeply, warming the muscle tissue and releasing tension. Once muscles begin to relax the technician will incorporate soothing Swedish Massage strokes.

INTEGRATIVE SPORTS MASSAGE

Advanced therapy using a fusion of neuromuscular, deep tissue, sports and Thai stretching to align and balance the body by lengthening, releasing and stretching connective tissue and muscle. Enables greater mobility and promotes muscle relaxation.

EXPECTING MOTHER MASSAGE

A gentle and supported massage using Swedish techniques to enhance comfort, improve circulation and assist in lymphatic drainage. Designed to provide comfort for the expecting mother beyond her first trimester.

ASHIATSU MASSAGE

This traditional Asian barefoot massage is a deep tissue therapy. Supported by parallel bars above the massage table, your therapist uses gravitational force to distribute body weight, allowing their feet to apply broad surface pressure to your body.

TRADITIONAL THAI MASSAGE

Performed while you are wearing loose clothing on a traditional Thai mat in the movement studio. Improves flexibility and releases tension through assisted stretching and acupressure techniques.

ENHANCEMENTS & INDULGENCES

A beneficial addition to deepen any Amangani Spa treatment

ENHANCEMENTS

+20 MINUTES

SCALP THERAPY | Warm Argan Hair Oil scalp massage

HEAD, NECK AND SHOULDERS | Targeted focus for your upper body

BACK MELT | Additional time focusing on the back

FOOT REVITALIZATION | Relaxing foot massage

DRY BRUSHING | Increase blood circulation, reduce inflammation, remove toxicities and unclogs pores

ORGANIC PARAFFIN HAND AND FOOT MASSAGE | Soothes and heals dry skin with extra massage focused on hands and feet

INDULGENCES

Customize your Amangani Spa experience

EN SUITE AND OPEN AIR TREATMENTS | Invite complete relaxation to you en suite or on your private balcony

IN HOME TREATMENTS | for our homeowners or villa rentals

AFTER HOURS | Treatments scheduled outside of operating spa hours, subject to availability

CBD OIL | Perfect for arthritis, sore athletes and anxiety sufferers

ESSENTIAL OIL THERAPY | Select from Aman's signature Grounding, Purifying and Nourishing

CHAMPAGNE TOAST | Veuve Clicquot

BODY TREATMENTS

60, 90 MINUTES

AMAN GROUNDING BODY POLISH AND WRAP RITUAL

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AMAN PURIFYING BODY POLISH AND WRAP RITUAL

Quartz, seaweed focus oil, raw honey and essential oils are applied, stimulating circulation and lymphatic drainage. The meditative marine flora mud wrap includes deep cleansing kaolin, mineral-rich sole, seaweed and sea lavender to boost collagen. The treatment ends with a full-body application of Aman Palo Santo Salve.

AMAN NOURISHING BODY POLISH AND WRAP RITUAL

Encouraging the body to enter a phase of deep rest, this nutrient-rich ritual includes Jade powder - known to hydrate, tone and rejuvenate - in both the polish and wrap. The polish also includes calendula oil, amethyst powder, essential oils and Himalayan salts. The mud wrap combines jade powder with mineral-rich Italian clay, rose hydrolat and Argan oil. The treatment concludes with a full body application of Aman Sacred Heart Balm.

AESTHETIC TREATMENTS

60, 90 MINUTES

AMAN GROUNDING FACE RITUAL

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AMAN PURIFYING FACE RITUAL

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Brightening, moisturizing treatment that calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine stem cell and silk. Soothing and brightening dull skin while stimulating the flow of prana, providing a much deeper full body experience than most facials.

LOCAL RESULT ORIENTED ADDITIONS

CIRCCELL NATIVE COLLAGEN MASK | Added to sculpt, lift, firm and hydrate. Defy gravity and reveal a youthful glow.

CIRCELL COLLAGEN EYE MASK | Pure collagen fibers and peptides result in visibly plump lines and moisturize.

To compliment your skin care treatment, kindly visit "Enhancements & Indulgences" page.

INTEGRATIVE MEDICINE

Practiced at Amangani Spa by external Certified Medical providers. Amangani spa is not a licensed medical facility.

ACUPUNCTURE 60 MINUTES

Acupuncture is one of the oldest and most commonly practiced healing modalities in the world. After a holistic health consultation, our resident Acupuncturist, will painlessly place sterile threadlike needles at various acupoints along the bodies meridian lines balancing Qi, alleviating pain, and promoting vitality. Treatments include personalized herbal flower essences, acupressure and individual assessment. Aiding circulation, boosting metabolism, reproductive, respiratory and stress-related disorders are amongst the myriad of benefits of acupuncture.

TRADITIONAL CHINESE MEDICINE 60 MINUTES

Traditional Chinese Medicine identifies the root cause of a condition by treating the body as a whole. The energetic state of each body system will be addressed through consultation. Nutritional, lifestyle and stress management will be addressed. You will leave with an individualized prescription of herbal and botanical support to address your needs. A prescription will be uniquely crafted of Chinese Herbs.

MOVEMENT AND MEDITATION

HEALING CRYSTAL SOUND BATH 60 MINUTES

An ancient tool to realign one's mind, body and spirit into a state of balance, this experience begins with a clearing sage smudging ceremony.

Harmonic vibrations of Crystal Gemstone singing bowls promote the quieting of the mind and facilitate a meditative state. Chakras are aligned with a tuning fork and new notions of wellbeing are established during this mindful practice.

MOVEMENT 60 MINUTES

YOGA | A Hindu spiritual, ascetic discipline, including breath control, meditation, and the adoption of bodily postures

YIN YOGA | A slow paced style of yoga which positions are held for longer periods of time to promote advanced breath work

CHILDREN'S YOGA | Includes poses to increase strength, flexibility, and coordination - classes are intended to be fun!

PILATES MAT CLASS | Employs controlled breathing during body weight resisted movement to build core strength

Canceling your movement session within 24 hours may result in a full charge

SPA ETIQUETTE

Spa treatments available daily from 10.00AM until 6.30PM.

Covid Precautions | Please ask our dedicated spa coordinator for a full description of our safety measures.

En Suite or After Hours | If you would like to receive your treatment in the privacy and comfort of your suite or outside of scheduled spa hours, please note this is an option for a surcharge +\$75 within the hotel and +\$125 per treatment at Amangani Homes.

Cancellation Policy | Canceling or changing your spa appointment within six hours of your scheduled treatment will result in a full charge.

Spa & Wellness Center | Locker rooms, gym, movement studio, pool and hot tub are available 24 hours a day.
Guests under 16 must be accompanied.

Pricing | All spa services are subject to a 20% service charge and retail items may incur 6% sales tax.

Expecting Mothers | Some treatments may be adapted to accommodate pregnancy. If you are pregnant, we invite you to join us after your first trimester. Please inform the coordinator and therapist of your pregnancy upon scheduling a treatment.

Environment | Separate men and women's changing areas are equipped with eucalyptus steam rooms, private showers, robes, slippers and vanity amenities. The minimum age for receiving a Spa treatment is 16 years.

Valuables | We advise you not to wear valuables while using our spa facilities.
We do not assume liability for any loss of or damage to personal items.

What to Wear | Feel welcome to walk to the spa wearing the robe and slippers provided in your suite.
Please check in with the Spa desk for a key and locker assignment.