

ÄMÄN
SPA

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, 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 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.

A NEW SPA LANGUAGE

Ancient healing arts such as Ayurveda and East Asian 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, so certain concepts can sound strange to the uninitiated. Talk of chakras and energy can be off-putting 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 enjoying their benefits, Aman Spa aims to demystify this language. Please ask us if you wish to know more about the ingredients or modalities used in any of our treatments.

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 in some respect. 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.

EARTH'S APOTHECARY

Aman's new 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-ageing 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 need states. 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.

"Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment, I know this is the only moment."

Thich Nhat Hanh

Embraced by the verdant hills of Nui Chua National Park, Amanoi Aman Spa rests on the shores of a tranquil lake dotted with floating lotus blossoms. A peaceful haven immersed in the peace and beauty of nature, the spa's holistic approach to wellness integrates movement therapeutic treatments, natural products, and relaxation.

Wellness Pool Villas

Dedicated to providing the tranquility, immersion in nature and holistic wellbeing that many guests seek, Amanoï's two Wellness Pool Villas focus on a key element of nature. Utterly private, each Wellness Pool Villa is an elegant residence for two to four guests and combines luxurious accommodation and spacious living areas, a private pool and exceptional private spa facilities, in a sublimely secluded setting.

Spacious bedroom and living areas open onto an expansive relaxation deck with 15-metre swimming pool, each Wellness Pool Villa features, a steam room, cold plunge pool, ice fountain, Jacuzzi and Hammam or Banyan room, while a spa therapist is on hand to curate personalised spa treatments in the double spa treatment suite.

Ideal for escapes with a focus on relaxation and holistic wellbeing, the two Wellness Pool Villas feel completely removed from the resort, and each other. Yet Amanoï's extensive facilities including its restaurants, Aman Spa and Beach Club, remain easily accessible from both.

Lake Wellness Pool Villa

Inspired by the healing properties of water, the Lake Wellness Pool Villa overlooks a serene lake strewn with lotus blossoms and features a contemporary Hammam. Influenced by Turkish and Moroccan bathing culture, this programme is offered in lakeside seclusion at Lake Wellness Pool Villa. A steam to open the pores is followed by a body scrub to exfoliate and cleanse the skin, then a mud wrap to nourish the skin and purify the senses. Completely relaxed and regenerated, you can now further rejuvenate the skin, alleviate stress and anxiety, and relieve sore muscles with a contrasting hydrotherapy circuit. Rotate through the ice showers, steam room, Jacuzzi and cold plunge pool, before finishing your treatment with a gentle swim leisurely lounge and nourishing herbal tea and refreshments on the deck.

Contemporary Hammam Treatment 100 Minute

Half-Day Program:

- Contemporary Hammam Treatment
- Choice of 90-minute spa treatment
- Healthy snacks, one meal and non-alcoholic refreshments

Full-Day Program:

- Contemporary Hammam Treatment
- Choice of 90-minute spa treatment
- 60-minute Amanoï Facial
- Manicure and Pedicure
- Use of all Wellness Pool Villa's facilities
- Healthy snacks, one meal and non-alcoholic refreshments

Forest Wellness Pool Villa

Combining cleansing rituals with Oriental healing techniques, this programme soothes your muscles and promotes detoxification in the calming embrace of Forest Wellness Pool Villa. Relax in the sauna, then cleanse and beautify your skin with the gentle percussion of venik (bath brooms made of oak or eucalyptus leaves) and a facial mud mask. Lastly boost circulation and your immune system with an ice shower. To complete your wellness journey, use the hydrotherapy facilities to reinvigorate your senses and impart a natural glow to your skin, before relaxing by the pool with herbal tea and nourishing refreshments.

Banya Treatment 100 Minute

Half-Day Program:

- Contemporary Banya Treatment
- Choice of 90-minute spa treatment
- Healthy snacks, one meal and non-alcoholic refreshments

Full-Day Program:

- Banya Treatment
- Choice of 90-minute spa treatment
- 60-minute Amanoï Facial
- Manicure and Pedicure
- Use of all Wellness Pool Villa's facilities
- Healthy snacks, one meal and non-alcoholic refreshments

Amanoi Spa Programs

The best spa experience unfolds as a holistic journey revealing an individual's own unique path to optimum health. Encompassing rewarding movement sessions, revitalising spa treatments and concentrated time out, Amanoi's Half-Day or Full-Day Spa Programs optimise the circumstances leading to such revelations through the dedication of time and expert attention.

Half-Day Program:

- 90-minute movement sessions
(Choose from Yoga, Tai Chi or personal fitness)
- 30-minute steam bath and Jacuzzi
- Foot cleansing ritual
- 90-minute holistic spa treatment of choice
- Healthy lunch in spa relaxation sala or the Main restaurant

Full-Day Program:

- 60-minute movement sessions
(Choose from Yoga, Tai Chi or personal fitness)
- 30-minute steam bath and Jacuzzi with refreshments
- Foot cleansing ritual
- 90-minute AMAN signature body polish & wrap ritual
- 90-minute holistic spa treatment of choice
- 60-minute Amanoi Facial
- Healthy lunch in spa relaxation sala or the Main restaurant

Hydrotherapy Suites

Hydrotherapy suite offers a relaxing and rejuvenate journey of heat & cold experience to instantly pamper the mind and body. Thoroughly designed with heat generating and cooling therapies, a session in the hydrotherapy suite helps relieve discomfort and promote physical well-being. This therapy encourages blood flow and circulation of white blood cells which allows lymph to function more efficiently and thus, strengthens the immune system. The steam room induces considerable sweating which aids eliminate toxins and impurities to fully detox.

Amanoi Spa offers two private hydrotherapy suites, each featuring a heated stone treatment table, steam room, Jacuzzi and cold plunge pool. These may be booked with or without a treatment. To bolster the immune system, we highly recommend a body exfoliation followed by time in the steam room, the Jacuzzi and the cold plunge pool. Each suite also offers an outdoor relaxation terrace with lake views.

Private 60 minutes

Healthy refreshment will be offered after the session.

Aman Signature Treatments

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 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's 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 body polishes, anti-ageing serums, 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 palo santo and the creams, muds and mists contain alkalizing, oxygen-rich vortexed spring water.

Aman's 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's 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's hotel and 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.

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, argan 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 acupuncture 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 centering 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, acupuncture, 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 acupuncture 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 Body Polish & Wrap Ritual

90 minutes

This ritual helps the guest feel connected to the Earth and a renewed sense of self. The key ingredient is amethyst powder, known for its gently sedative energy that promotes peacefulness, happiness and emotional stability. It is also said to restore the nervous system and boost cell growth.

The full-body Amethyst Body Polish also includes marapuama, maca powder, Vitamin E oil and essential oils such as sandalwood, vanilla, amber and vetivert. The body polish employs rhythmic techniques that simultaneously relax and energise. On a physical level, the skin is exfoliated, with tone brightened and texture improved. The body polish also stimulates the lymphatic system, aiding the rapid elimination of toxins from the cells and increasing circulation. The lymphatic system is said to be closely linked with the energy body, and on this subtler level negative energy is cleared - leaving you looking and feeling radiant.

After the cleansing body polish, the Amethyst Wrap initiates a period of stillness and calm, cocooning the body in warmth and allowing the nurturing ingredients to "soak" deep into the skin. Amethyst powder and rose hydrolat are key ingredients.

Once the wrap is concluded, a shower or bath will prepare you for the treatment's final touch: the application of Aman's silky smooth Smoked Body Butter, which impresses the benefits of the ritual into your skin.

Benefits

- * Restores the nervous system
- * Stimulates circulation
- * Regenerates skin cells
- * Boosts the lymphatic system
- * Boosts the immune system
- * Reduces stress
- * Improves skin tone and texture
- * Silky soft skin
- * Deeply relaxing
- * Increases energy
- * Helps combat jet lag and improves sleep patterns
- * Fosters mental clarity and strength

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 Body Polish & 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.

Purifying

Spiritual Energy: Vitality

Landscape: Coast and water

Climate: From warm and humid to fresh and breezy

Key Ingredients: Palo Santo (known as “holy wood”), sandalwood, juniper berry, rose geranium, raw honey, pearl, fluorite, quartz, kalpariane and argan stem cells. These ingredients have been chosen for their purifying, anti-ageing and nurturing characteristics.

Purifying Healing Techniques: Smoking ceremony with Palo Santo wood, manual lymphatic drainage, nerve point therapy and nerve stimulation.

Positive Effects: The Purifying Formation is a powerful spiritual cleanser that lends protection, clears stagnant prana/chi, stabilises the heart and mind, and eases restless agitation. It helps the guest let go of unhelpful energies and emotions, providing lightness of step and breathing space for the mind, body and soul.

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 Massage Ritual

90 minutes

Ideal for anyone needing a purifying release, this relaxing and purifying therapeutic treatment incorporates manual lymphatic drainage techniques and nerve point therapy on the back to stimulate vital organs and balance the nervous system.

The lymphatic massage is designed to manipulate lymph nodes and lymphatic vessels, with the goal of increasing their activity and promoting the flow of lymph, which carries waste products away from the tissues. Compared to traditional massages, the pressure applied with manual lymphatic drainage is much lower in intensity but powerful in its effects.

Ingredients used in this massage include arnica, palo santo and seaweed oils, which stimulate circulation and encourage the release of negative energy and toxins.

Benefits

* Stimulates and balances the nervous system * Removes toxins * Regenerates tissue * Aids lymphatic drainage, reducing edema and swelling * Reduces cellulite * Increases immunity * Deep relaxation * Reduces muscle spasms

Purifying Face Ritual

90 minutes

Extremely beneficial for people living in cities exposed to pollution, this deeply relaxing, tension-releasing facial combines nerve point therapy and lymphatic drainage for a detoxifying release. The lymphatic massage stimulates the glands on the chest, neck and face, resulting in glowing, toned and brighter skin. The firm pressure applied in the nerve point therapy helps to calm the nervous system by smoothing out the ophthalmic nerves, releasing facial tension and stress.

Key ingredients used in this ritual include authentic pearl to brighten, colloidal copper for cell regeneration, and powerful marine extracts with trace elements and vitamins A, B, C, D and E to strengthen collagen production and re-mineralise.

Benefits

* Moisturises and brightens dehydrated, dull and congested skin * Detoxifies * Firms skin * Drains the lymph * Releases tension * Benefits stressed, overworked, anxious and tired skin * Deeply hydrates * Nourishes with key skin nutrients * Reduces the effects of pollution on skin

Purifying Body Polish & Wrap Ritual

90 minutes

Designed to encourage the body to enter a phase of detoxification in which deep purification can take place, this Purifying Ritual leaves the guest feeling revived, toned and in a peaceful state of lightness and ease.

Quartz, known as the “master healer” for its ability to amplify and purify energy and thought, is the key ingredient in the body polish. Seaweed fucus oil, raw honey and a purifying blend of essential oils are also used.

This two-phase treatment moves from the energetic and invigorating quartz body polish, during which circulation is stimulated and lymphatic drainage promoted, to the more meditative marine flora mud wrap. This includes kaolin for deep cleansing, sole for re-mineralising and hydrating, argan oil for nourishment, sea lettuce for detoxifying and eliminating pollutants, omega plankton for improving skin hydration, and sea lavender and seaweed for boosting collagen and increasing the metabolic function of skin cells.

After a shower or bath, the experience is rounded off with a full-body application of Aman’s Palo Santo Salve.

Benefits

* Boosts the lymphatic system * Boosts the immune system * Detoxification * Reduces bloating/swelling * Improves skin tone and texture * Regenerates skin cells * Silky soft skin * Deep relaxation * Increased energy * Mental clarity and strength

Purifying Journey

180 minutes

“Purification” is a process that can apply to every aspect of a being, from sustenance to thought processes. This journey approaches purification on every level, from clearing the skin and detoxifying the body’s organs, to clearing negative energy and focusing the mind. Incorporating all three of the above treatments, this journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace after completion.

Nourishing

Spiritual Energy: Love

Landscape: Rainforest and rice terraces

Climate: Hot and humid

Key Ingredients: Jasmine stem cells, sandalwood, boswellic acids, vitamin B12, tuberose, fresh royal jelly, jade crystals, silk and gold. These ingredients have been chosen for their powerful regenerating abilities, and are known to fuel recuperation.

Nourishing Healing Techniques: Smoking ceremony with frankincense, chakra balancing massage, mantra music, marma point therapy, the Light Technique.

Positive Effects: The Nourishing Formation encourages the healing of emotional and mental wounds with a nurturing embrace. Lifting and carrying the guest towards others and the self, it holds the spirit of the adventure of simply being your most real and best self.

If you want to feel

- Fulfilled
- Blissful
- Joyful
- Full of ease
- Gentleness
- Reconnected
- Energetically 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 Massage Ritual

90 minutes

Daily life can leave even the most organised, successful and happy amongst us feeling depleted and lacking in energy. Ideal for physically or emotionally exhausted souls, this treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems, helping to recharge and refuel the body and mind.

This deeply relaxing treatment includes chakra and sound healing – said to activate and channel the Kundalini (dormant energy stored at the base of the spine). Marma point therapy balances the energy body, releasing negativity and bringing the body back to a state of awareness and balance. On a physical level, the rhythmic massage dissipates muscular tension, leaving the guest feeling taller, lighter and completely restored.

Benefits

* Deeply relaxing * Relieves exhaustion, stress and chronic fatigue * Reduces anxiety * Balances the energy body

Nourishing Face Ritual

90 minutes

This rejuvenating and calming facial treatment heals on a physical level, with richly nourishing ingredients such as honey, rosehip, wheat germ, cactus oil, jasmine stem cells and silk, which work to soothe and brighten the skin. On a deeper level, it invites relaxation and rebalancing by focusing on facial marma points to remove any internal blockages and stimulate the flow of prana.

Prana is described as the universal life force that enters the body via breath. Easy breathing is therefore a key to wellbeing. Radiance is addressed and achieved with the Light Technique, which is based on shamanistic principles stating that light is generated by three points on the face - the forehead, the septum and the throat. By encouraging this light generation through various massage techniques and gentle holds, the skin is imbued with an inner luminosity.

Benefits

* Moisturises, brightens and soothes dry, dull and irritated skin * Treats rosacea and dermatitis * Works to improve the appearance of scarring and pigmentation * Brings luminance to the face * Soothes environmentally damaged/sensitised skin * Deeply relaxing

Nourishing Body Polish & Wrap Ritual

90 minutes

For those feeling tired and depleted, this treatment encourages the body to enter a phase of deep rest in which it can be physically and emotionally nourished. Known to nourish hydrate, tone and rejuvenate, Jade powder is a key ingredient in both the body polish and the wrap.

The Jade Body Polish also contains healing calendula oil, restorative amethyst powder and a nourishing blend of essential oils, as well as Himalayan salts. These salts stimulate circulation and leave the skin soft and thoroughly cleansed while infusing the body with 84 essential trace elements and minerals.

The Jade Mud Wrap combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. Hugging the body in a warm embrace, the wrap imparts the benefits of its ingredients while also stilling the mind.

After a shower or bath, the treatment culminates in the full-body application of Aman's Sacred Heart Balm.

Benefits

* Sense of being nurtured and held * Boost the lymphatic system * Restores the nervous system * Improves skin tone and texture * Nourishes and moisturises the skin * Mental clarity and strength

Nourishing Journey

180 minutes

There is infinitely more to nourishing a being than simply the food it consumes to thrive. Nourishment can come in many forms, and this journey serves to combine these in an immersive experience that touches every aspect of an individual. This journey incorporates all three of the above treatments, beginning with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each treatment builds on the benefits of the one before. The results are exponentially greater than the sum of their parts.

Amanoi Signature Massages

Amanoi Massage

60 minutes

90 minutes

Our signature massage rebalances mind and body and promotes a sense of deep relaxation. Using a blend of essential oils, this therapeutic treatment combines elements of Swedish massage, reflexology and energy work.

Vietnamese Massage

90 minutes

This treatment begins with a dry technique to warm up and loosen tight muscles, followed by an aromatherapy-based massage working on acupressure points. The final step is gentle cupping along the body's meridian points to stimulate blood circulation on the surface of the skin and assist in removing toxins through the lymphatic system.

Deep Tissue Massage

90 minutes

Focusing on realigning deeper layers of muscle, this massage relieves chronic aches and pains and eases constricted areas such as a stiff neck, shoulders and upper back, tight lower back, and sore and fatigued leg muscles.

Asian Therapies

Pressure Point and Gentle Stretch Treatment

60 minutes

90 minutes

This time-honored traditional treatment is applied with grace, mindfulness, and generosity of spirit. Blissfully nurturing, this rhythmic oil-free massage has been practiced by Buddhist monks for over 2,500 years. The therapist uses a combination of gentle yoga stretches and pressure point massage to relieve tension and leave muscles feeling deeply supple and relaxed. A comfortable sarong is worn throughout the treatment.

Herbal Compress Treatment

90 minutes

This therapeutic massage treatment begins with the application of warm ginger essential oil. Warm aromatic towels are then applied to relax the muscles while stimulating blood circulation and energy flow. The combined effect of heat and herbs helps to reduce aches and pains, increase lymphatic drainage, and condition the skin to leave you feeling refreshed and relaxed.

Hot Stone Treatment

90 minutes

Hot Stone massage is very effective in promoting internal harmony and positive energy flow. The application of heated stones in conjunction with the therapist's hands is intensely relaxing, helping draw out tension and encouraging a deep sense of wellbeing.

Bamboo Spa Treatment

90 minutes

Bamboo massage is a unique way of relaxing tight muscles, releasing stress and improving sports performance. Hollow bamboo canes of different lengths and diameters are used as massage tools, either warmed or at room temperature. Afterwards muscles feel elongated and loosened, as they have been stretched and warmed.

Therapeutic Treatments

Face Spa Treatment

30 minutes

This rejuvenating and calming facial treatment heals on a physical level, on a deeper level, it invites relaxation and rebalancing by focusing on facial marma points to remove any internal blockages and stimulate the flow of prana.

Back, Neck & Head Massage

45 minutes

Clear your mind and rejuvenate the spirit with skillful revitalising strokes to the head, neck and back using traditional massage techniques and therapeutic essential oils.

Chi Nei Tsang

60 minutes

This is an abdominal massage that releases tension in the abdomen caused by stress, poor dietary habits and negative emotions. This relaxing massage also detoxifies the internal organs, stimulates

metabolism and reduces digestive disorders.

Indian Head Massage

60 minutes

Using warm sesame oils, vital points of the shoulder, neck, head and face are massaged to relax tight muscles and improve blood circulation. With a special focus on 'Marma' points around the head, you will feel an immense calming and balancing effect on the nervous system and throughout the body. This therapy concludes with an application of warm aromatic towels leaving you totally relaxed.

Foot Spa Treatment

60 minutes

This reflexology provides overall relief through massaging the reflex points on the soles of the feet that correspond to different areas of the body.

Himalayan Singing Bowl - Sound Therapy

"We are what we hear" -
The Healing Forces of Music - Dr. Randall McClellan

Sound therapy is ideal for preventing diseases before they take root by reducing stress, altering consciousness, and creating a deep sense of peace for overall well-being and better health. The harmonic vibrations engage your relaxation reflex to slow down respirator, and heart rates, active brain wave patterns, as well as disrupting pain signals, for a deep sense of peace and balance

Sound and vibration from singing bowls balance blood circulation, producing a relaxation response in your body. Healing prayer removes energetic blocks to activate healing and restore the body to a state of healthy homeostasis. Balancing the Chakra centers opens "third eye" energy, promoting understanding of inner vision. Once the third eye is open, negative energy gradually dissipates, grounding you from negative influences both internally and externally.

Singing bowl treatments are also known to lower blood pressure and heart rate as part of the relaxation response of your parasympathetic nervous system. Studies have also shown how sound & vibration increases levels of nitric acid (NO), a vasodilator which relaxes blood vessels, lowers blood pressure, and is associated with promotion of healing.

Vibrational Sound Healing Massage

60 minutes

90 minutes

Sound Healing Meditation

Private 60 minutes

Couple-Private 60 minutes

Small Group 60 minutes

Result-Orientated Facials

Rejuvenate Oxygen Facial

90 minutes
120 minutes

Targeting the appearance of fine lines and wrinkles, this effective anti-ageing facial dramatically enhances the overall hydration of the skin and significantly improves skin tone and radiance. A high concentration of oxygen together with patented Hyaluronic Technology delivers the rejuvenating serum with the Intraceuticals System to deeply hydrate and nourish the skin. Free radicals are neutralised, the appearance of lines and wrinkles are reduced and your skin looks visibly lifted, younger and luminously radiant.

Opulence Brightening Oxygen Facial

90 minutes
120 minutes

Together with Hyaluronic Acid Technology the Intraceuticals System delivers a high concentration of oxygen to the skin, but this time in Opulence Serum. This treatment combines botanical brighteners and super-concentrated Vitamin C to brighten and balance dull, uneven skin. Pigmentation is minimised, leaving your skin luminous, toned and more radiant. Results are not only instant but continue to improve in the following days.

Result-Orientated Facials - Add On Treatments

Extensive Atoxelene Wrinkle Treatment

Add the skin-tightening, firming and smoothing effect of the Atoxelene treatment to your oxygen facial. This super-powered natural peptide treatment helps to smoothen expression lines and refine and soften the appearance of the skin.

Customised Facial

Enhance and Boost your Oxygen Facial treatment with your personally prescribed Booster Treatment. Powerful additives designed to customize your Intraceuticals Oxygen Facial

COLLAGEN
VITAMIN C+3
VITAMIN A
ANTIOXIDANT

Collagen building peptides promote skin renewal and rejuvenation.
3 forms of vitamin C to smooth, strengthen and promote healthy glowing skin.
Promotes skin elasticity while clarifying and refining the appearance of skin.
Revitalises and balances dull, stressed skin with natural super fruits

Eye Mask

A super hydrating collagen inducing eye mask which rejuvenates, brightens and tightens the delicate under eye contour, awakening tired eyes and diminishing dark circles and puffiness.

Lip Mask

A super hydrating collagen inducing lip mask which defines, heals and hydrates lips for a smoother fresher pout, aiding in the reduction of dehydration lines around the mouth leaving lips feeling revived, restored and renewed.

Finishing Touches

Hand & Foot Care

Our feet absorb a great deal of stress that can result 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 hand and foot treatments have been developed with this in mind and are suitable for men and women alike.

Manicure / Gel Manicure	60 minutes
Pedicure / Gel Pedicure	60 minutes
Nail Polish Change/ Gel Polish	15 minutes
Manicure for Men	45 minutes
Pedicure for Men	45 minutes

Vietnamese Coconut Hair Treatment	30 minutes
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In this traditional Asian beauty ritual, warm virgin coconut oil is poured over and massaged into the scalp to nourish and repair dry or damaged hair. This is combined with a relaxing neck and shoulder massage. Excess oil is then removed with a hot towel, with an option to then wash your hair.

Hair

Blow Dry

Hair Wash & Blow Dry

Aman Spa Junior

Little Angels

45 minutes

This is a wonderful introduction to luxury massage for our junior guests. Our spa therapists firstly employ fine oils selected especially for young skin, and then with a gentle, nurturing touch, a tailor-made massage is delivered according to the young guest's wants, needs and desires. A must have indulgence for restless sleepers and over-active minds and bodies. *Suitable for ages 13-16.*

After-sun Soothing Ritual

45 minutes

Developed specially to address the effects of "too much island sun", our after-sun soothing ritual begins with a soak in our calming cucumber bath. Careful application of our cucumber aloe mask cools, heals and soothes the skin before a nourishing aloe vera body wrap is applied to deeply heal and replenish moisture lost from sun-drenched skin. *Suitable for ages 13-16.*

Pampered Princes and Princesses

45 minutes

A choice of mini-mani or mini-pedi to pamper little ones from top to toe. This treat begins with a gentle massage of hands or feet followed by cutting trimming and shaping the nails to perfection. Nail color application of their choice completes this royal treatment for a sparkling personalized finish. *Suitable for ages 10-16.*

Aman junior treatments are available daily from 9 am - 3 pm

A parent or guardian must accompany the child in the treatment room for the entire treatment

Amanoi Movement

The movement facilities at amanoi are a sanctuary for physical and mental well-being. Offering the latest in cardiovascular and weight training machinery, the spacious, light-filled Gymnasium features floor-to-ceiling windows that overlook the lake. The Pilates Studio is equipped with Allegro Reformers and other Pilate's specific equipment. Stepped terraces lead down to the lake and the outdoor Yoga Pavilion. This is set on the water and surrounded by floating lotus blossoms.

Movement * Mindfulness

Yoga

Yoga has been practiced for thousands of years. It promotes internal awareness through focusing on the breath, and physical strength through the holding of specific poses. Private instruction is available for all levels, from complete beginners to experienced yogis.

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

Ashtanga Yoga is a system of yoga where each series is a set sequence of "asanas" (poses) always performed in the same order. It is typically fast-paced, vigorous, and physically challenging.

Yin Yoga is a slow-paced style of yoga in which poses are held for a considered period of time. The purpose is to apply moderate stress to the connective tissues - the tendons, fascia, and ligaments - with the aim of increasing circulation in the joints and improving flexibility.

Sun Salutation is a series of asanas used as a warm up routine to prepare the body for yoga practice. It lubricates and increases the blood supply to the joints, stretches and strengthens the whole body, and improves efficiency of the internal organs.

Tai Chi

Tai chi is a meditative therapy practiced worldwide that combines deep breathing with slow and gentle hand and body movements. In Vietnam, known as Quyên Hình Liên Tuông, Tai Chi is an effective exercise to improve the overall health of the body, mind, and soul. Practicing Tai Chi requires relaxed yet focused and intentional movements to open the energy channels coursing through the internal organs to help lower stress and anxiety levels and increase overall vitality.

Private 60 minutes
Couple-Private 60 minutes
Small Group 60 minutes

Movement * Performance

Fitness

Reap benefits from exercise with a program designed and tailored for your specific goal; may it be for weight loss, sport specific, functional training, and muscle rehabilitation or just to improve your level of fitness. Get that whole body workout that will develop your cardiovascular endurance, muscle strength, agility and flexibility.

TRX Suspension Training

This workout leverages gravity and your body weight to perform a wide range of exercises. TRX delivers a fast, effective total body workout, helps build a rock solid core, increases muscular endurance, and benefits people of all fitness levels.

Circuit Training

A series of strength and/or cardiovascular exercises repeated two or three times with little or no rest in between sets. It is excellent for losing weight, toning and enhancing cardiovascular endurance.

Bootcamp/ Beach Bootcamp

A combination of cardio and strength training without having to rely on equipment. Learn how to maximise the use of your surroundings in addition to your own body weight for an effective full body workout.

Core & More

This session is specifically designed to train the core area through the three planes of motion. Concentrates on the psoas, abdominals, pelvic floor, lower back, and upper body muscles.

Private 60 minutes
Couple-Private 60 minutes
Small Group 60 minutes

Nhan Nguyen



Assistant Spa Manager, Nhan Nguyen, brings a wealth of experience and spa therapy expertise to the Amano Spa. Renowned Tai Chi and Yoga practitioner, Nhan's sessions combine deep breathing and the slow rhythmic movements of this ancient practice to gently rebalance the body and promote health and wellbeing. A native of Vietnam, Nhan offers insight into the country's wellness traditions as well as its cultural nuances.

Metameric Massage

This treatment is performed in areas corresponding to various body parts which, when massaged, can have several benefits. The compression along different segments of the body that connect from the spine to other areas or internal organs, allows for alleviating many physical problems. Appropriately stimulating these segments can promote an immediate sense of well-being in the connected areas and will lead to a release of endorphins and consequently a feeling of serenity and peace, also improving lymph movement, helping eliminate toxins, increasing blood circulation, and optimizing function of the organs and body systems.

Areas of Focus:

- Metameric Back & Arm Massage
- Metameric Legs Massage
- Metameric Massage for Sinusitis & Colds

Acupressure

There are over eight hundred vital energy points in the human body where blockages may occur due to stress, tension, or injury. Through stimulating these points with gentle massage and healing oils these energy blockages are addressed to relieve the stagnation causing muscle tension and stress. This treatment will improve the flow of energy and simultaneously promote a healthy state of mind and relaxation of the body.

Lymphatic Drainage Massage

This gentle massage technique encourages the natural drainage of the lymph, the fluid that flows through the lymphatic system and carries waste products away before circulating back to the heart. Improving lymph drainage requires a light touch in combination with rhythmic circular movements to stimulate lymph flow.

Anti-ageing Lifting Face Massage

There is a deep connection between the emotions we experience and how our facial muscles work. This treatment combines a gentle facial massage to the connective tissue with lifting techniques. The Anti-ageing Lifting Face Massage restores the natural elasticity of the skin and muscle tone, slowing down the aging process. It detoxifies and rejuvenates the skin through the activation of lymphatic drainage, blood circulation and production of collagen and elastin down to the deepest levels of the skin. The stimulation of the facial nerves using these unique techniques enhances the complexion and imbues a sense of peaceful wellbeing.

60 minutes
90 minutes
120 minutes

Amanoi Spa Facilities

Amanoi Spa provides wellness and fitness facilities, and a number of relaxation lounges with serene views. Guests are also welcome to enjoy our open - air lakeside terraces and pavilion.

Treatment Suites

Each of the five spa pavilions features a large double treatment suite with a spacious dressing room that includes a shower, twin bathtubs set side by side, and a separate toilet. Four of the five suites feature an outdoor relaxation terrace. Our Finishing Salon provides hair styling, manicures and pedicures.

Hydrotherapy Suites

Aman Spa offers two hydrotherapy suites, each featuring a heated stone treatment table, steam room, Jacuzzi and cold plunge pool. These may be booked with or without a treatment. To bolster the immune system, we highly recommend a body exfoliation followed by time in the steam room, the Jacuzzi and the cold plunge pool. Each suite also offers an outdoor relaxation terrace with lake views.

Gymnasium and Pilates Studio

Offering the latest in cardiovascular and weight training machinery, the spacious, light- filled Gymnasium features floor-to-ceiling windows that overlook the lake. The Pilates Studio is equipped with Allegro Reformers and other Pilates-specific equipment.

Yoga Pavilion and Lake Terraces

Stepped terraces lead down to the lake and the outdoor Yoga Pavilion. This is set on the water and surrounded by floating lotus blossoms. Guests may use the Lake Terraces any time of day for meditating, reading, or simply enjoying the peace and beauty of the surroundings.

Wellness Pool Villas

Amanoi's two Wellness Pool Villas are the first of their kind in Asia. The Lake Wellness Pool Villa overlooks a serene lake strewn with lotus blossoms while the Forest Wellness Pool Villa embraces the panoramic views of Nui Chua National Park and its rolling hills. Both provide guests with completely private facilities together with one or two beautifully appointed guest pavilions. Facilities include a double treatment room, a contemporary Hammam or a wooden-clad Banya, a 15m swimming pool, relaxation deck, outdoor dining area, steam room, cold plunge pool and Jacuzzi.

Spa Hygiene

We welcome you to our peaceful Amanoï home; we are committed to providing a healthy and welcoming environment for all our guests and colleagues. At Aman Spa hygiene, safety and cleanliness are always prioritized. We also emphasize the importance of strict hand hygiene based on recommendations from local health authorities.

Our associates have been trained in the processes of hygiene protocol and are receiving enhanced training on health & safety measures relevant to the current situation. Special attention is being paid to high-touch items, surfaces and fixtures, with increased frequency and intensity of cleaning public spaces, spa treatment rooms and back of the house areas.

We promote 'physical distancing' and therefore ask to limit close personal interactions and try to reduce density within the spa reception.

We would like to reassure you that we are adapting our operations to the challenges of the current situation to continue meeting your needs. Your wellness and comfort are of paramount importance as you receive holistic and healing benefits of using our Spas.

Kindly find below the standards you can expect to find when visiting any Aman Spa. We hope you will find ease in knowing that Aman Global Spa and Wellness team have collectively implemented updated Standard Operating Procedures as well as surpassed all local regulations.

- We offer group sessions with a maximum of eight guests at a time
- Practitioners wash and sanitize their hands and arms or take a shower before sessions
- Practitioners wear face masks during treatments and change them after each session
- Rooms are cleaned and sterilized before sessions with a special focus on beds, headrests, bathrooms, doors and other high-touch items
- Frequently used areas in all facilities are sterilized every hour
- We offer private usage of spa hydro facilities by reservation only
- Ventilation is maximized by keeping windows open at all times (if applicable)

We kindly ask you to do the following:

- Please advise your health condition at reception before any session
 - Take a shower before a treatment session
 - Allow us to keep open the window during the session (if applicable)
 - If you would like to wear a face mask during the treatment, please ask our therapist/reception for it

We are here to compassionately assist you in every manner.

Spa Reminders

Operating hours: The spa operates from 9am to 9pm daily. After-hours spa appointments are subject to availability. Please visit or contact the Spa for more details. The gym is open from 7am until 9pm daily. Please contact the guest assistants should you want to use the gym outside of these hours.

Appointment: We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

Special considerations: Most treatments can be adapted to accommodate allergies, pregnancy, or injury. Please contact us with any queries and let us know of any medical or health concerns.

Spa environment: Please refrain from smoking and turn your mobile phone off or to a silent setting whilst in, or around, Aman Spa.

Pre-treatment recommendations: For best results, we recommend men shave on the day of a facial. For women we recommend not shaving or waxing on the day of a body treatment.

Treatment Preparation: Guests are kindly requested to arrive at least 10 minutes before their treatment is due to begin, allowing time to complete a health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

What to wear: Our therapists are trained in professional draping to maintain your privacy and cover you appropriately during treatments. We also provide disposable undergarments for both men and women should this be your preference. Sports shoes are required in the Gymnasium.

After your treatment: It is very important to drink plenty of water before and after your treatment. Take time to relax immediately afterwards, as this will help ensure you experience the full benefits of your treatment.

Valuables: We advise you not to bring or wear valuables whilst using our spa facilities. We endeavour to take care of your belongings, but we do not assume liability for any loss of or damage to personal articles. Additionally, Aman Spa shall not be liable for any accident or injury suffered by any guest.

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 six hours cancellation notice so someone else may enjoy that time. Cancellations made within six hours will be subject to the full charge of the treatment booked.

Spa products: To continue your wellbeing regime at home, products used during the treatments are available for purchase on departure.

Vinh Hy Village
Vinh Hai Commune
Ninh Thuan Province
Vietnam
Amanoi.com

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SPA