

AMAN  
VENICE



Timeless elegance, a heaven of peace and wellness with a  
nurturing atmosphere...

Ā M A N  
V E N I C E



# Wellness and fitness at Aman Venice

Three treatment rooms with dressing areas and bathrooms

—  
Fitness studio with sweeping skyline views

—  
Thermal bathing treatments, using the healing waters of Salsomaggiore Terme

Aman Spa Rituals with three healing pathways: Grounding, Purifying, Nourishing

—  
Personal training programmes available

—  
Private yoga sessions upon request





## 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.

## Our Environment

After exploring the myriad of canals and walkways around the city, take time to relax and refresh your body, mind and spirit with our nurturing Spa treatments.

We provide an intimate, tranquil setting where you can let go and enjoy the moment. The spa is located, almost secretly, on the third level of the resort with access via a small stairwell leading to a discrete reception area. Gently lit with low ceilings, the spa offers three single treatment rooms, each with a dressing area and bathroom.

# Skincare and treatments





## Aman Products - Aman Skincare

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. Consisting of smoked body balms and butters, fragrant dew mists, liquid body oils, invigorating scrubs, anti-ageing serums, rainforest muds and more, the range is completely chemical free 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, creams, in addition to muds and mists containing alkalizing, oxygen-rich vortexed spring water.

The new Aman products are grouped into three different formations - Grounding, Purifying and Nourishing. Created to meet specific physical and emotional needs, they reflect the differing landscapes of Aman destinations: deserts, rainforests and oceans that span continents and cultures. Working holistically to nurture the skin and enhance overall wellbeing, each product formation penetrates deep into the skin to nourish and rejuvenate. Infused with high vibrational energy, the new product benefits go far deeper than the skin's surface alone.

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



## Aman Signature Treatments

Aman Spas around the world offer therapies and treatments inspired by their destinations and local healing philosophies. Every Aman Spa also provides the global Aman Signature Treatment Menu. Carefully curated to Ground, Purify and Nourish using the finest organic and natural ingredients known for their healing powers, the three distinct parts of the Signature Menu are personalised to the individual to target general concerns and specific conditions. Employing ground crystal powders, healing tree oils, homeopathic facial mists, wild-harvested Amazon butters and other exceptional ingredients of natural origin, including pearls and plant stem cells, these treatments offer palpable benefits and long-lasting results.

### Foot Ritual

A 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 Treatments

Massage Ritual

Body Polish & Wrap Ritual

Face Ritual

Journey Ritual



# Grounding

**Spiritual Energy:** Peace

**Landscape:** Mountains and deserts

**Climate:** Dry with temperatures extremes

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

**Positive Effects:** The Grounding Formation works as a balm for the restlessness caused by the frenetic pace of modern life. It imparts a feeling of safety, offering reassurance and reconnection.

Choose this treatment if you want to feel:

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



# Purifying

**Spiritual Energy:** Vitality

**Landscape:** Coast and water

**Climate:** From warm and humid to fresh and breezy

**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.

Choose this treatment if you want to feel:

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



# Nourishing

**Spiritual Energy:** Love

**Landscape:** Rainforest and rice terraces

**Climate:** Hot and humid

**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.

Choose this treatment if you want to feel:

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



Aman Venice  
Signature Treatments



Exclusive to Aman Venice and in conjunction with Tempio di Salute - Terme Salsomaggiore, we offer a typically Italian spa experience. This includes both a fango treatment, derived from a mixture of very pure bentonite (fango) clays and fossil waters enriched with thermal salt and a fossil water, oil and salt massage.

The unique waters of Salsomaggiore Terme stem from the residue of a prehistoric sea which was formed 20 to 40 million years ago. At that time, the warm sea which occupied the present-day Po Valley in northern Italy was home to a rich variety of sea life. It later became an underground reservoir which, through a natural miracle of osmosis, generated fossil thermal water and its incomparable mineral-rich salt, known as white gold. The benefits of these precious salted waters were already known and experienced in Roman times.

In 1839 Doctor Lorenzo Berzieri rediscovered that these fossil waters were able to treat a multitude of diseases and ailments once deemed incurable. Today, Salsomaggiore is considered one of the most important Terme, or Thermal Stations, in Italy and in Europe. The fossil waters of Salsomaggiore Terme are extracted from a depth of 1000 to 2000 meters and are rich in sodium chloride, bromide, iodine, lithium, calcium, magnesium and potassium. These elements are known to reactivate the circulation, revitalize and detoxify.

All spa products cater to both men and women and represent a lifestyle choice of simple luxury, recognizing nature's healing touch.

# Body Treatments



## Tempio della Salute Lissaggio

Regain an overall sense of wellbeing and relaxation with the Lissaggio treatment, inspired by the ancient tradition of spa purification. It combines the exfoliating, lymph-draining and detoxifying action of Salsomaggiore thermal salt with the moisturizing and elasticizing properties of fossil water and argan oil. The coarse salt friction combined with a deep but gentle body massage produces distressing contrast that leads to total relaxation. Through this magical journey, thoughts become lighter, the body surrenders to the pleasure, and wellbeing pervades the whole body in only one session.

## Thermal Bath with Lissaggio

An addition to an already magical experience, this add-on to our signature Lissaggio treatment offers a warm rose petal bath with prehistoric Salsomaggiore thermal salt and essential oils.

**Benefits:** \* Stimulates lymphatic drainage, reducing swelling \* Toxin Removal \* Deep relaxation \* Reduction in cellulite

## Tempio della Salute Thermal Mud Wrap

The mud used in this treatment is obtained from the swelling and maturation of natural clays characterized by their purity, mixed with the precious fossil water of Salsomaggiore Terme and enriched with thermal salt. It performs a lymph-draining action, reduces fat deposits and minimizes cellulite blemishes, reactivates and boosts circulation, and exfoliates the skin. After undergoing this treatment, the skin appears decongested, toned and luminous. Tissues become smoother, whilst in time the "orange peel effect" tends to diminish. You will feel a new lightness of body and spirit.

**Benefits:** \* Strengthens the skin \* Reduction in cellulite \* Reduces swelling in the legs

## Tempio della Salute Osmosis Wrap

This pleasant gel, saturated with thermal salt, derives from the fossil thermal water of Salsomaggiore Terme. Its richness allows a strong osmotic action which has positive effects on the skin tissue as well as on the lymphatic system. The Osmosis Wrap provides an exceptional detoxifying action and purifies the body. This treatment leaves the skin velvety-smooth, soft, and supple yet firm, but the true benefits lie in the transformative powers of this treatment to promote wellbeing.

**Benefits:** \* Toxin Removal \* Tissue Purification \* Velvet skin\* General wellbeing

## Aman Venice Foot Treatment

After a day of being on your feet as you walk around Venice, this deeply relaxing treatment will leave you feeling lighter and refreshed. It begins with a compress to infuse warmth into the feet and legs, combined with a gentle stretch, before an exfoliation using Himalayan crystal salts, and a foot massage to cool and calm swollen feet. The feet are wrapped in a hot compress to seal in the benefits, while the treatment is completed with your choice of head or hand massage.

**Benefits:** \* Rest for feet and legs \* Relieves swollen feet and muscular spasm \* Deep relaxation \* Contributes to lymphatic drainage

## Reflexology Foot Massage

Reflexology is an ancient therapy. In this treatment, pressure is applied to the soles of the feet based on targeted reflex points and zones that relate to specific organs and glands in the body, promoting overall health and relieving stress. Reflexology combines the art of healing with science, enabling energy to flow properly through previously blocked channels, encouraging blood flow, relieving pain, and restoring a sense of general wellness.

**Benefits:** \* Stimulates and balances the body \* General wellbeing

## Aman Venice Body Polish

An exfoliation using Himalayan crystal salts removes dead skin cells and stimulates the circulatory system to assist with lymphatic drainage. The minerals from the salt are absorbed through the skin, balancing the body's pH level and soothing the nervous system.

**Benefits:** \* Silky skin \* Toxin Removal \* Tissue Regeneration \* Soothing the nervous system

## Aman Venice Massage

Our signature massage rebalances 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.

**Benefits:** \* Stimulates and balances the nervous system \* Deep relaxation \* Increased energy

Facials



## Aman Venice Facial

This holistic facial with Tempio della Salute thermal products and prehistoric thermal water includes a soothing massage of the shoulders, neck and face while natural ingredients penetrate deeply to cleanse, nourish and hydrate the skin. This anti-ageing and lifting facial will leave your skin fresh and rejuvenated. Blending ancient techniques with unique plant essences, this extended facial restores vitality and radiance to the skin. The 90-minute treatment includes the option of a head or foot massage.

**Benefits:** \* Tissue Regeneration \* Skin renewal\* Rejuvenating \* Deep relaxation

## Oxygen Facial: Urban Oxy System

An innovative and effective anti-aging treatment, the Urban Oxy System is the result of scientific studies and rigorous testing. What makes this treatment so effective is the use of special apparatus and skincare products that trap oxygen inside the skin. When used in conjunction with active ingredients, the molecule obtained enters the cell membrane and increases the energy required to repair and protect the skin from external pollution. This produces a barrier against harmful smoke, sun damage, and stress, causing the skin to glow with a toned and moisturized appearance.

**Benefits:** \* Rejuvenating treatment \* Deeply moisturizing \* Brightens up the skin

## Aman Venice Thermal Restoring Treatment

This coveted facial treatment offers an instant lifting using naturally active enzymes and the thermal golden mask "Ra" with the powerful thermal Italian water and oligo-minerals. This treatment is suitable for all skin types and offers excellent results for sensitive skin, sun damage and reversing the sign of aging. Working following the needs of everyone's skin, rather than simply acting on it, it allows you to have a quick and natural response.

**Benefits:** \* Silky and firm skin \* Relaxation \* Deep cleanse \* Renewed glow

## Aman Venice Thermal Anti-Age Treatment

This is a complete journey through body and soul thanks to Tempio della Salute thermal powerful products. The customized facial starts with a gentle consultation as face and neck are thoroughly cleansed, nourished, hydrated, and rejuvenated to fit each guest's needs, including placement of crystals to instil a deep sense of peace and calm. The treatment is completed by putting an alginate refreshing mask to soothe and firm the skin after the steam deep cleansing; it includes the reflexology with essences to give a complete sense of wellbeing.

**Benefits:** \* Glow \* Skin renewal \* Deep nourishing \* Clear mind \* Deep sense of calm



## Gym

We also have a small Gym on the fourth level of the Palazzo Building. The facility offers aerobic and strength-conditioning equipment, an area for free weights and stretching, and commanding views over the city's roofline. You can also book a session with our certified personal trainer who will help you achieve and maintain wellness goals. All bookings need to be made in advance.

## Yoga

Yoga sessions can be arranged with a private Yoga teacher and will be set up in the Rooftop Terrace or in the Guarana room. You will be surrounded by either stunning views or Venetian frescos. All bookings need to be made in advance.



# Finishing Touches





## Hand and Foot Care

Aman Manicure

Aman Pedicure

File and Polish

Nail Polish Change

## Hair Care

Our team will be at your disposal to book a session with a local hairdresser for any kind of needs you may have

### Aman Signature Treatments

Grounding body polish and wrap ritual - 90 min ENG/ITA	250 euro
Grounding massage ritual - 90 min ENG/ITA	250 euro
Grounding face ritual - 90 min ENG/ITA	280 euro
Grounding journey - 180 Min ENG/ITA	500 euro
Purifying body polish and wrap ritual - 90 min ENG/ITA	250 euro
Purifying massage ritual - 90 min ENG/ITA	250 euro
Purifying face ritual - 90 min ENG/ITA	280 euro
Purifying journey - 180 min ENG/ITA	500 euro
Nourishing body polish and wrap ritual - 90 min ENG/ITA	250 euro
Nourishing massage ritual - 90 min ENG/ITA	250 euro
Nourishing face ritual - 90 min ENG/ITA	280 euro
Nourishing journey - 180 min ENG/ITA	500 euro

### Aman Venice Signature Treatments

#### Aman Venice Signature Facials

Aman Venice Facial - 60/90 min ENG/ITA	150 - 200 euro
Oxygen face Treatment - 60 min ENG/ITA	195 euro
Thermal Restoring Treatment - 90 min ENG/ITA	230 euro
Thermal Anti-age Treatment - 90 min ENG/ITA	230 euro

### Aman Venice Signature Body Treatments

Tempio della salute Lissaggio massage - 90 min ENG/ITA	280 euro
Thermal bath and Lissaggio - 120 min ENG/ITA	315 euro
Tempio della salute thermal mud wrap - 60 min ENG/ITA	180 euro
Tempio della salute Osmosis wrap - 60 min ENG/ITA	180 euro
Aman Venice foot treatment - 50 min ENG/ITA	150 euro
Aman Venice massage - 60/90 min ENG/ITA	150 - 200 euro
Reflexology foot massage - 50 min ENG/ITA	150 euro
Aman Venice body polish - 30 min ENG/ITA	75 euro

#### Finishing Touches

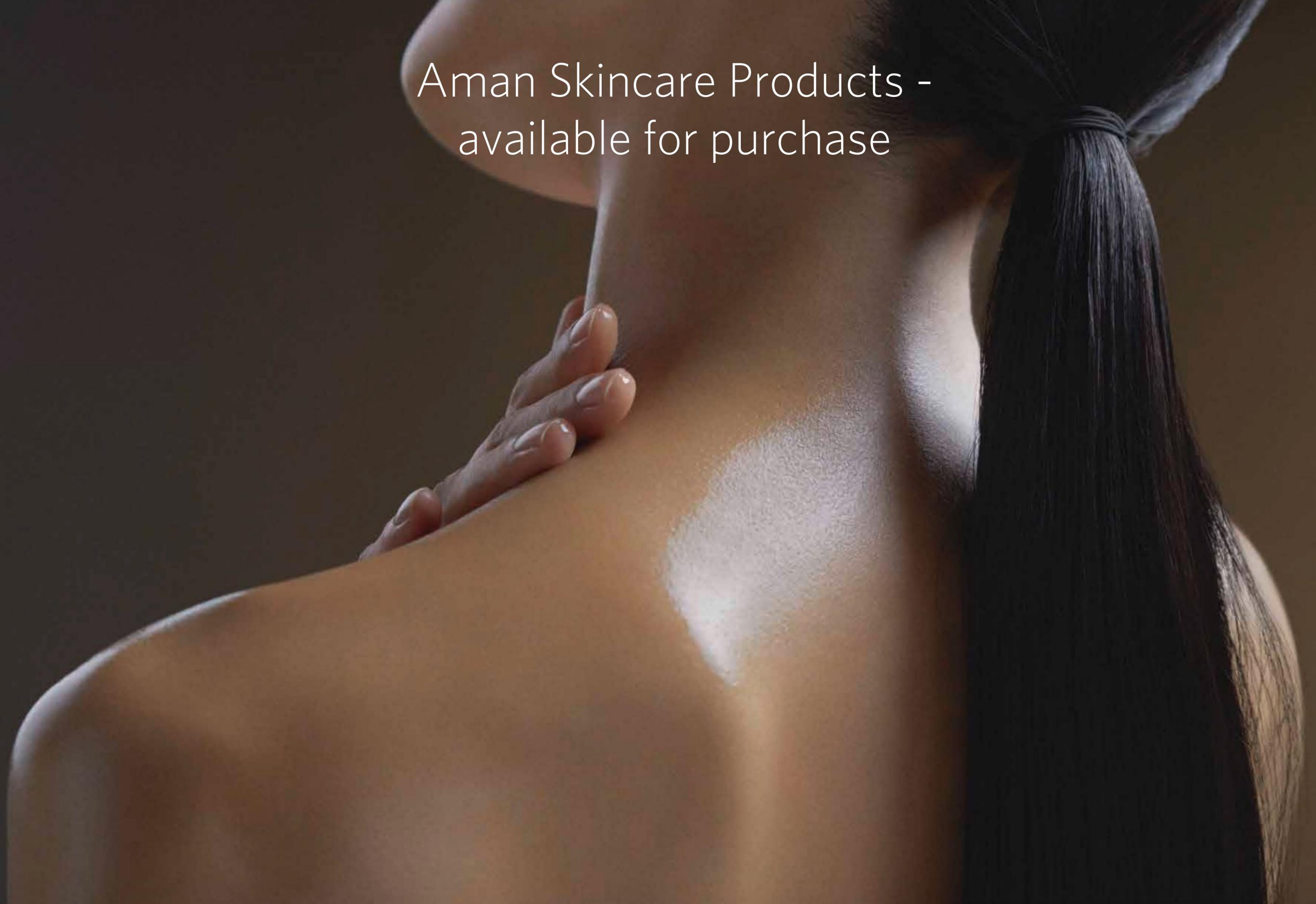
Aman manicure ENG/ITA	105 euro
Aman pedicure ENG/ITA	105 euro
Aman file and polish (hands or feet) ENG/ITA	60 euro
Aman nail polish change ENG/ITA	40 euro

#### Special Services

(we kindly advise you that is mandatory to book these treatments in advance)

Personal trainer - 60 min ENG/ITA	per person 120 euro
Yoga teacher - 60 min ENG/ITA	per person 120 euro

Aman Skincare Products -  
available for purchase



# Face and Body Products

Listed below you will find some of the Aman Skincare Products available for purchase in our Spa or at [shop.aman.com](http://shop.aman.com)



## Bath Set

*Ingredients:*

[Purifying Auric Cleanse Bath Salts](#)

[Nourishing Golden Body Serum](#)

[Nourishing Body Mist](#)

[Grounding Smoked Body Butter](#)

Combining powerful products from all three of Aman Skincare's healing pathways, this immersive at-home spa experience revives and revitalises, nurturing healthy, glowing skin while imparting a sense of peace and tranquillity. These products tone, moisturise and beautify the skin while dispelling tension, lifting the spirits, and promoting a deep sense of emotional and physical wellbeing.



## Grounding Discovery Set

*Ingredients:*

[Grounding Stem Cell Face and Eye Serum](#)

[Grounding Maca Cleansing Powder](#)

[Grounding Desert Dew Face Mist](#)

Three powerful formulas from the Grounding pathway unite in this rejuvenating facial ritual to promote youthful radiance and inner calm. Used daily in combination, these products cleanse, exfoliate, tone and moisturise dry, mature or stressed skin. Diminishing fine lines and stimulating collagen production, they also imbue a deep sense of rootedness and wellbeing.

# Face and Body Products

Listed below you will find some of the Aman Skincare Products available for purchase in our Spa or at [shop.aman.com](http://shop.aman.com)



## Purifying Discovery Set

*Ingredients:*

[Purifying Hyaluronic Face Hydrator](#)

[Purifying Ocean Face Mist](#)

[Purifying Marine Face Wash](#)

Capturing the essence of the Purifying pathway, this set introduces three facial treatments to deeply cleanse, tone and hydrate dull, oily or blemish-prone skin. Used in combination as a daily clarifying ritual, these products promote a clear, supple and revitalised complexion, while also helping to alleviate facial tension and stress.



## Nourishing Discovery Set

*Ingredients:*

[Nourishing Ultimate Cream Cleanser](#)

[Nourishing Rain Face Mist](#)

[Nourishing Silk Cocoon Face Cream](#)

Boosting the elasticity, resilience and radiance of all skin types, these three facial formulas from the the Nourishing pathway contain protective anti-inflammatory and richly hydrating ingredients to restore the skin's natural lipid balance. Used daily in combination, these products gently cleanse, refresh and moisturise to promote a glowing complexion and an enlightened frame of mind.

# Face and Body Products

Listed below you will find some of the Aman Skincare Products available for purchase in our Spa or at [shop.aman.com](http://shop.aman.com)



## Grounding Body Oil

This rich, complex blend is rejuvenating and moisturising. Baobab, extracted from the seeds of the Adansonia 'upside-down' tree, contains one of the highest concentrations of vitamins and antioxidants of any fruit and therefore helps to heal and nourish normal to dry mature skin. St John's wort helps to stabilise mood, and sandalwood, drawn from the heartwood of the Santalum album tree, calms and soothes.



## Purifying Body Oil

A potent and invigorating blend of oils to cleanse, clarify and tone. Rich in vitamin C, moringa oil is packed with antioxidants and amino acids and is easily absorbed, filtering out impurities and restoring vitality. Kombu oil, a marine algae is highly regenerative and reparative. Arnica, renowned for its anti-microbial and anti-inflammatory properties, helps to ease muscle aches, sprains, swelling or rheumatic issues.



## Nourishing Body Oil

A sensuous oil that uplifts spirits and soothes the skin. Balancing evening primrose, hydrating sea buckthorn and moisturising calendula oil leave the skin blissfully nurtured and conditioned, while jasmine's soothing aroma helps to boost mood and encourage deep sleep.



## Supplements

Browse our supplements range. High quality, all-natural formulas combining traditional knowledge with contemporary science and nutrition.



## Aman Fine Fragrances

Introducing Aman Fragrance: a range of sophisticated scents, each inspired by one of seven Aman destinations and created to echo their evocative characteristics.

Aman Fragrance is a sensory and highly personal way for brand enthusiasts to revisit their past Aman experiences, and an engaging way to welcome new individuals to the brand. With each sophisticated fragrance, the aroma profiles have been carefully crafted to provide a sense of each associated Aman, awakening memories through the power of scent — a Memory Recall. Gender neutral, the launch range of seven scents are free of phthalates, artificial colorants, parabens and formaldehydes, with no animal testing used during development.

The Aman Fine Fragrance is created by master perfumer Jacques Chabert.



### HARU

Forever in bloom. A fresh and youthful fragrance, inspired by the softened breeze and blossom of Tokyo, in Spring.



### VAYU

A reminder of sun-warmed skin. The freshness of summer. Crashing waves, sweetened blossom and the drifting succulence of citrus.



### AYOM

Deep, dramatic and complex. A fragrance inspired by rarity, unknown. A hidden energy. Rising above the floral depths of the Jungle.



### SEI

As night contains the silent desert. A fragrance warmed by burning cedarwood and the earthy scent of sage.



### UMBR

Venetian opulence, past. A rich and layered fragrance, combining the depth of oak and leather with precious moments of spice.



### ZUAC

Sun warmed Ochre combines with drifting spice. A fragrance inspired by the colours of the Red City and its ancient Medina.



### ALTA

Moved by mountains. Guided by the strength of the summit. A bold city scent to empower and protect.

# Spa Reminders



**Operating hours:** The spa operates from 2pm to 8pm daily (last booking at 7pm). After-hours spa appointments are subject to availability. Please dial extension 750 from your room to make a reservation. The gym is open from 7am until 9pm daily. Please contact a guest assistant should you want to use the gym outside of these hours.

**Appointments:** 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 & Fitness environment:** Please refrain from smoking and turn your mobile phone off or to a silent setting whilst in, or around, the spa. The minimum age for taking a spa treatment or using the gym is 16 years old. Guests under the age of 18 are required to have parental consent prior to their booking being accepted.

**Valuables:** We advise you not to bring or wear valuables while using our spa facilities. While we endeavour to take care of your belongings, we do not assume liability for any loss of, or damage to, personal articles. Additionally, the 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 to enable someone else to enjoy that time. Cancellations made within six hours will be subject to the full charge of the treatment booked.

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Statement # SGS003120

This is to confirm that

**AMAN VENICE**

has been assessed and demonstrated compliance with the requirements of



For the following activities:

**Cleaning, Disinfection and Social Distancing  
Verification, Supervision and Monitoring**

Valid from 08/01/2021

until 07/01/2022

Subject to success of the surveillance assessments

Authorized by

SGS Tecnos, C/Trespaderene 29. 28042 Madrid

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SGS services are based on an initial remote inspection followed by an onsite inspection, which describes only what was observed at the date/time of the inspection.

This service is not intended to guarantee a SARS-CoV-2 free condition of a premise at any times and should not be relied upon for that purpose. Anyone is cautioned against interpreting the status of a particular premises based on any statement of SGS with regard to such premise's hygiene and disinfection management.

No endorsement of any premises, or the products or services offered by a premise, is expressed or implied by any information, material or content included on this statement.

The operator of the inspected premises is solely responsible for proactively applying hygiene and disinfection] methods and protocols on a regular basis and properly maintain, inspect, and manage the premises on a continuous basis [in this regard], including the training and supervising of persons acting on his behalf on such premises.

