

ĀMAN
SPA

AMANGIRI

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

Many of the world's 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 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 enjoying their benefits, 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 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 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 and sage, 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.

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 – encompassing all three treatments to greatly amplify their effects. Each treatment is tailored to the individual to target specific concerns and help attain personal wellness goals.

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 that follow.

The Three Formations

GROUNDING

For those seeking reconnection, stillness and perspective

Developed to promote inner peace and return body and mind to a state of harmony, this formation works as a balm for restlessness brought on by the 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 acupuncture 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.

Grounding Massage Ritual

105 Minutes

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

BENEFITS

- * Moisturizes dry skin, breaks up scar tissue and eases muscular tension
- * Reduces chronic pain and improves athletic performance
- * Dispels anxiety and balances the energy body

Grounding Body Polish & Wrap

105 Minutes

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

BENEFITS

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

Grounding Face Ritual

90 Minutes

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

BENEFITS

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

Grounding Journey

180 Minutes

Incorporating all three Grounding treatments, this journey encourages a deep connection to the earth and a renewed sense of self. It begins with the Body Polish & Wrap, followed by the Massage, and completed with the Face Ritual. Each builds on the treatment that came before and grounds in every sense of the word, ensuring a state of perfect contentment.

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-ageing 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.

Purifying Massage

105 Minutes

This deeply relaxing yet revitalizing treatment incorporates manual lymphatic drainage techniques and nerve point therapy on the back to balance the nervous system and promote the flow of waste products away from the tissues. The pressure applied is significantly lower than in conventional massages – but powerful in its effects. The use of arnica, Palo Santo and seaweed oils stimulates circulation and encourages the release of negative energy and toxins.

BENEFITS

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

Purifying Body Polish & Wrap

105 Minutes

Reviving spirits, toning the skin and inducing a state of peace, this ritual incorporates quartz – known as a master healer for its amplification of energy levels. Seaweed fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine flora mud wrap includes deep-cleansing kaolin, mineral-rich sole, and sea lavender and seaweed for boosting collagen levels. The treatment ends with the full-body application of Palo Santo Salve.

BENEFITS

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

Purifying Face Ritual

90 Minutes

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

BENEFITS

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

Purifying Journey

180 Minutes

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

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 and feelings of joy.

The techniques used in this Formation are geared towards healing. They include a smoking ceremony with sage, a 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 ageing, anxiety, chronic fatigue and emotional stress, as well as feelings of disconnection, grief and discontent.

Nourishing Massage

105 Minutes

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

BENEFITS

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

Nourishing Body Polish & Wrap

105 Minutes

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 contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. The treatment ends with the full-body application of Sacred Heart Balm.

BENEFITS

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

Nourishing Face Ritual

90 Minutes

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

BENEFITS

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

Nourishing Journey

180 Minutes

This Journey serves to combine the many forms of nourishment into an immersive experience that touches every aspect of the individual – beginning with the Body Polish & Wrap, followed by the Massage, and completed with the Face Ritual. Each treatment builds on the one before, leaving the guest feeling reconnected and rejuvenated.

AMANGIRI TREATMENTS

Spa Journeys

Desert Calm

120 Minutes

This journey is designed to hydrate and soothe the body, mind and spirit. Following a gentle full-body exfoliation, a body wrap of Red Sedona Clay infused with natural botanicals draws out toxins and provides nourishment to the skin. Whilst cocooned in the wrap, warm sesame oil infused with lavender is massaged into the scalp. After a hot steam shower, hydrating lotion is massaged into the body. A rejuvenating Oxygen Facial follows, incorporating acupressure to bring vitality back to your skin.

Desert Rain

90 Minutes

Designed to rehydrate and rebalance, this Journey combines the meditative benefits of water immersion and a soothing head massage with the invigorating effects of exfoliation to stimulate the circulatory system. The Journey ends with a steam shower and full body application of lotion to leave your skin feeling polished and hydrated.

Massage

Amangiri's skilled therapists employ diverse techniques and combine their technical skills with heightened sensitivity and intuition to deliver personal, customized massage therapies. All massages start with a Sage Smudging Ceremony to clear negative energy and finished with our Crystal Sound Bowls!

60 Minutes - 90 Minutes

Deep Tissue Massage

This massage is beneficial in releasing chronic muscle tension, elongating muscles and increasing range of motion. The focus is on the deepest layers of muscle tissue, tendons and fascia to decrease pain and eliminate muscle tension.

Aromatherapy Massage

Choose from Aman's new product line: Grounding, Purifying and Nourishing oils that will soothe, relax and ease your tensions away. This is a lighter pressure massage to soothe, relax and calm the busy mind!

Hot Stone Massage

This relaxing massage will deliver an overall sense of well-being, relaxation and help with insomnia. The technicians use hot basalt stones and Swedish massage techniques to warm up the muscles before they use their hands to work out the bodies tense and sore areas.

Mother-to-be Massage

Amangiri's therapists will use Swedish techniques that will relax muscle tension, ease pain, improve lymphatic drainage and circulation and our bolstering systems will allow mom to lie face down making this massage even more inviting for the expecting mom. When booking this for the expecting mom, let the coordinator know how far along you are so we have the right systems in place.

Sports Massage

Geared towards our athletic and active guests. This massage is great for maintaining body conditioning, preventing injuries and recovering from workouts using hot and cold therapy, stretching and deeper techniques.

Massage Continued

Thai Massage

Improve flexibility and release muscular tension through the assisted stretching and acupressure techniques of traditional Thai Massage. This relaxing yet energizing bodywork therapy is performed over loose clothing to allow movement.

Hozho Tandem Massage

75 Minutes

Receive twice the benefit from this harmonizing four-hand massage involving two therapists working together to induce a deep state of relaxation. The Hozho Tandem finishes with a Shirodhara Scalp massage as the second therapist does reflexology.

Outdoor Massage

Weather permitting you can choose from Thai, Ashiatsu, Deep Tissue, Sports, Tandem, Aromatherapy or Mother-to-be massage. This is done in our outdoor Thai Pavilion.

Facials

Amangiri created a facial experience with the help of Aman's new carefully chosen organic product line! These facials begin with our Native American Smudging ritual and flows into Amangiri's Holistic facials that incorporate unique and relaxing massage techniques. All of our facials are finished with Amangiri's Signature Crystal Sound Bath to ground and awaken your mind, body and soul!

60 Minutes - 90 Minutes

Oxygen Facial Amangiri Signature

This facial is designed to replenish the levels of oxygen in your skin, smooth wrinkles and restoring a youthful appearance in face. This is a great facial for our dry desert climate!

Hot & Cold Stone Facial

Hot and cold stones are used as an extension of the therapist's hands to massage the shoulders, neck and face to stimulate the lymphatic system and remove toxins.

Zone Facial

The pressure points on the face correspond with zones in your body. This facial aids in elimination of toxins from the internal organs and alleviates stress.

Aman Signature Facials

90 Minutes

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Body Treatments

Red Clay Body Wrap

75 Minutes

The treatment begins with a salt scrub to remove the dead skin cells. The nutrient-rich red clay is applied to the body to draw out toxins and replenish the skin by combating the drying effects of the desert climate. While in the wrap you will receive a scalp massage, private steam shower, and is completed with an application of rich hydrating body lotion.

Shirodhara

45 Minutes

Originating in India, this Ayurvedic Healing Head Technique involves deeply relaxing scalp massage with a slow stream of warm oil onto the forehead and along the hair line. Once all the oil has drained onto the forehead and scalp, the technician will then work the scalp, neck and shoulders for a deeply relaxing experience. This treatment ends with a Sage & Lavender Steam Shower.

Reflexology

30 Minutes - 60 Minutes

Pressure points applied to the feet and hands that correspond to different parts of the body that can help induce a deep sense of relaxation, ease pain, tension and reduce anxiety.

MEDITATION

Meditation can enhance your state of mind and improve your overall well-being. With daily meditation you can keep your mind sharp, memory strong and find peace, happiness and reduce anxiety. Whether it be a guided session or a sound session we recommend giving your mind a much needed vacation from everyday distractions.

Guided Meditation

30 Minutes - 60 Minutes - 90 Minutes

Let one of our experience Meditation Guides take you on a guided meditation to bring more awareness to your Breath, body, emotional state and more in tune with the surrounding beauty that Amangiri has to offer. *Available outdoors, in the Yoga Pavilion or the privacy of your own room.*

Crystal Sound Bath

30 Minutes - 60 Minutes - 90 Minutes

Old patterns and pain ease as you gain a renewed sense of energy and fluidity with this ancient healing technique. The harmonic frequencies of the crystal bowls are said to reset the nervous system and quiet the mind. *Available outdoors, in the Yoga Pavilion or the privacy of your own room.*

MOVEMENT

Available in private or group sessions, our movement programs are designed to be mindful, fun and challenging with an emphasis on technique and alignment. Daily complimentary movement classes are also available.

Movement Journeys

Combining inspirational movement sessions, unique settings and complementary spa treatments, Amangiri's half- and full-day Movement Journeys enhance one's awareness of body and mind, creating memories to treasure.

Desert Sky

Half Day – Low Intensity

4 Hours

Sunrise and sunset are considered divine times in Navajo tradition, when cosmic energy is at its peak. This Journey takes advantage of these special times of day and includes a hike, a 60-minute yoga and meditation session, a 30-minute sauna or steam and a 60-minute massage of your choice. The Journey concludes with a Crystal Sound Bath.

Desert Wind

Half Day – High Intensity

3 Hours 30 Minutes

One of our Integrative Movement Specialists will guide you on a 45-minute hike to a spectacular site known as Chinle. Here enjoy a 60-minute yoga, Mat Pilates or suspension training session. Afterwards relax in a private Jacuzzi, then enjoy a 60-minute Thai Massage.

Desert Storm

Half Day – Low or High Intensity – Suitable in case of Inclement Weather

3 Hours

This powerful Journey takes advantage of our state of the art fitness equipment indoors and out. The program includes a 30-minute yoga or stretching session, 30 minutes of functional movement training, 30 minutes of hot/cold hydrotherapy and a 60-minute Thai massage. The Journey finishes with a Crystal Sound Bath.

Desert Fire

Full Day – High Intensity

All Day

This high-intensity Journey starts with a 60-minute yoga session, followed by a nutritious breakfast. Next up is a 3-hour hike, including the challenging Hoodoo Via Ferrata climb with its 18-inch (45cm) wide suspension bridge spanning a 600ft (182m) gorge. Enjoy lunch and then get ready for a 30-minute high intensity functional movement training session with 30-minutes guided hot and cold therapy in our cold plunge and steam room. Following this workout, you will receive a well-deserved 90-minute Thai massage and a 30-minute Crystal Sound Bath. Conclude your Journey with private dinner in your Suite.

Desert Awareness

Full Day – Low Intensity & Culture

All Day

This inspirational and unforgettable Journey starts with a 30-minute guided meditation, followed by a 60-minute Yoga session. A Navajo guide will then take you to three distinct and iconic canyons – a 3.5-hour tour including Rattlesnake Canyon, Owl Canyon and either Upper Antelope or Mountain Sheep Canyon. Following your return to Amangiri, enjoy lunch overlooking the desert then surrender to a 90-minute massage and 30-minute Crystal Sound Bath. A Hot Stone Dinner in our Desert Lounge will complete your Journey.

Yoga

Restorative, Hatha and Ashtanga Yoga

60 Minutes - 90 Minutes

These are just a few of the yoga styles we offer. Whether you are new to yoga or a seasoned practitioner, our yoga specialists will tailor sessions to meet your needs. Private classes can be designed to accommodate groups, families, couples, pregnancy and children. *Available outdoors, in the Yoga Pavilion or the privacy of your own room.*

Yoga Nidra

60 Minutes

Similar to Meditation but with Yoga Nidra you are in a laying position with props. Yoga Nidra is highly guided into specific steps and places to make the mind and body relax more easily and takes you into the state between being asleep and awake. Very good practice for better body, breathe and emotional awareness and has been known to help with stress, anxiety, pain & insomnia. *Available outdoors, in the Yoga Pavilion or the privacy of your own room.*

Tower Butte Yoga

For pricing please speak to our Experience Team Ext:4171

Begin your day at sunrise atop Tower Butte, your very own private, open-air studio 1000ft above Lake Powell. Your journey will start with a scenic helicopter flight departing from Amangiri before dawn, then flying over the famous rock formations of Glen Canyon and the beautiful Lake Powell. The helicopter will land on top of Tower Butte where one of our experienced Yoga Specialists will guide you through a personalized fully-integrative Yoga and Meditation experience, fueled by the magical energy of your surroundings.

Full Moon, Sunset or Sunrise Yoga

120 Minutes

Taking in sunset over the desert and the rising moon, this 90-minute candlelit yoga session is held atop an Entrada Sandstone formation, a 15-minute hike from the Amangiri Spa. From this lofty setting you will see the surrounding mesas painted rose pink as the sun dips below the horizon, and then watch as the full moon floats into the star-strewn night sky. This scheduled class depends on the phases of the moon, although private outdoor yoga sessions can be arranged during the daytime and at sunset at other times of the month. Space is limited and reservations are required.

Aerial Yoga

60 Minutes

Aerial Yoga is similar to suspension training. During this session you have silk scarves hanging from the ceiling that can assist you in doing yoga moves that most people are not able to do without this prop. Our instructor will walk you through each move to make sure you get the most out of your session and safe at all times. To make this an extra special session do this with our Desert Wind.

Tower Butte Yoga

Private Yoga Session

Begin your day at sunrise with a scenic helicopter flight taking off directly from Amangiri. Fly over red rocks, water holes and the glittering blue of Lake Powell, to land at the top of Tower Butte. After a short walk to appreciate the view, prepare for the Movement experience of a lifetime. One of our experienced Yoga Specialists will guide you through a personalized fully-integrative Yoga and Meditation experience, fueled by the magical energy of your very own private studio in the sky! This journey will be completed with a guided mindful flight back to the resort.

2 hour experience for 1 to 5 guests

Pilates

Pilates places particular focus on core stability and breathing patterns, rapidly correcting postural and muscular imbalances and improving overall strength and flexibility. In collaboration with an internationally recognized Pilates and movement therapist, Aman has developed Aman Pilates, a highly personalized system of instruction.

Personalized Pilates

60 Minutes - 90 Minutes

Every session will start with a simple but detailed postural assessment that will address any postural imbalances. This assessment will allow your instructor to create a customized program for your specific needs. We highly recommend working with our instructors daily to implement these changes so you are better equipped to keep up your customized program at home.

Early Morning Reformer Class

60 Minutes

Open Class-Monday to Friday at 6:45am and 9:15am by appointment only. (Up to four guests)

Jump and Suspend

60 Minutes

This unique fusion class designed by one of Amangiri's Pilates Instructors incorporates suspension and jump board training on the Pilates Reformer and a suspension system, providing a complete cardio, core and weight training session. (Up to four guests)

My-Thai Experience

90 Minutes

Another unique Amangiri experience begins under the guidance of our Pilates Specialists who apply a blend of myofascial release techniques to alleviate muscle tension in the body. Afterwards, the healing tones of a Crystal Sound Bath lead you into a 60-minute Thai Massage.

Functional Movement

Hot & Cold Therapy

30 Minutes

Before or after your training sessions, have your trainer guide you through steam/sauna and cold plunge to improve circulation, reduce lactic acid build up and boosts energy.

Personal Training

60 Minutes - 90 Minutes

Whether you're looking to lose weight or improve your cardio, flexibility or muscular capacity, let one of our experienced Integrated Movement Specialists design a fun indoor or outdoor fitness plan for your stay at Amangiri or when you return home. Any age and any fitness level! Combine a Thai Massage with a 60-minute personal training session for optimal results (additional charges apply).

Myofascial Release

30 Minutes - 60 Minutes

Our trainers will use a variety of stretches and equipment to enhance the bodies range of motion, flexibility and target any areas of tension or injuries to allow better circulation, ease of pain and better endurance.

Thai Boxing

60 Minutes – 90 Minutes

A mixed martial arts method of self-defense that activates the full body by combing punches, elbows, knee's and kicks. You will be guided through a series of different striking and kicking techniques, combinations, jump rope, lunges, running, endurance and resistance training. This is a fun and challenging way to get your sweat on

Jujitsu

60 Minutes

Jujitsu has been marketed as one of the most effective martial arts for anyone, regardless of size, athletic ability or gender to defend one's self against larger and stronger assailants. While traditional martial arts still require speed and coordination in order to execute kick and punch combinations and primarily technique through katas and forms, Jujitsu relies on a "catch & release" technique that is practiced in live sparing situations to closely resemble real life fighting.

This specific class will include warm-ups, mobility stretching, running, calisthenics and the sparring session is optional. We recommend one on one with our instructor for Jujitsu.

Specialist Practitioners

Ryan Bean is a yoga instructor, Wim Hof Method breathwork facilitator, cold immersion guide and mindfulness trainer.

Ryan received his yoga training at the foothills of the Himalayas in Rishikesh, India and studied with Wim Hof for his cold water immersion & breathwork.

Ryan's yoga teaching style includes Budokon, Hatha, Vinyasa, Ashtanga and power yoga plus incorporates meditation and Pranayama (breathwork) into each practice.

All visiting specialists require advance notice for bookings. To book a private yoga, meditation or cold immersion session with Ryan please contact Amangiri Spa at ext. 4161.

BUDOKON YOGA & COLD IMMERSION

With Ryan Bean

Available September 2-4, October 17-19, October 21, 2022

Budokon Yoga guided by Ryan Bean is a modern yoga style that unites the ancient tradition of self-inquiry with modern mixed movement. Budokon Yoga synchronizes classical yoga with martial arts, calisthenics, and animal locomotion. The style was created as a conditioning practice for movers of all types seeking the highest level of agility, mobility, stamina, and strength.

The Budokon techniques are learned through repetition and precision, the emphasis being on the transitions from posture to posture, rather than the holding of postures. The purpose of this class is to gain muscular strength, cardiovascular stamina, and joint mobility. We will explore the primary series and include mobility and callisthenic-based flows in each class.

60/90 Minute Private Sessions

Cold Immersion begins with an introduction about the many benefits this technique brings to our bodies and awareness, followed by teaching the breathing and meditation techniques, leading into the cold-water immersion

Bring comfortable clothing for the breathing & meditation work and a swimsuit for the cold immersion. The cold plunge at Amangiri is 40-45 degrees and this class will do 3-4 minutes in the cold plunge twice.

90 Minute Private Sessions

FINISHING TOUCHES

The timings for finishing touches are approximate timings and may change depending on your needs. The Mani/Pedi Combination includes a hand and foot Lavender Paraffin Wax application and massage of the hands, arms, feet & legs.

Manicures & Pedicures

Manicure	45 Minutes
Pedicure	60 Minutes
Manicure/ Pedicure Combination	105 Minutes
Nail Polish Change	25 Minutes
Shellac/Gel Removal	30 Minutes
Gel Nails	25 Minutes

Waxing

Chin/Nose/Ear/Lip	15 Minutes
Eyebrow/Underarm	30 Minutes
Half Arm	30 Minutes
Bikini	30 Minutes
Half Leg/Full Arm	45 Minutes
Back	60 Minutes
Full Leg/Brazilian	60 Minutes

Hair

Hair Cuts, Blow Dry's, Styles & Make-up available upon request.

Price to be determined based on style, length of hair and time needed.

Please contact the Spa at Amangiri for styling request: 435-675-4161.

SPA FACILITIES

Amangiri's Spa is a destination unto itself. The entrance is reminiscent of nearby slot canyons and opens into an intimate reception and lounge area which leads to a series of pavilions and relaxation areas.

Water Pavilion

The Water Pavilion is a sanctuary with sauna, steam, cold plunge pool and relaxation area. An outside area offers a stone-lined soaking pool (heated in winter) with magnificent desert views.

Treatment Rooms & Terraces

The spa offers five treatment rooms (one double and four single) and each features a dressing room, treatment area, steam shower and bathroom. The couple's suite offers open-air views of the surrounding mesas. There are also two outdoor treatment terraces providing beautiful desert views.

Fitness Centre, Yoga Pavilion & Pilates Studio

The spacious, light-filled Fitness Centre is equipped with the full range of Technogym cardio equipment, free weights, kettle bells, medicine balls and the Omnia 8 functional training system, while the Yoga Pavilion features heated Douglas Fir floors and views of a mesa wall. The Pilates Studio is fully equipped with Reformers and other Pilates-specific equipment.

Finishing Salon

Offering manicures, pedicures and blow dry, the Finishing Salon is the ideal venue in which to round off a visit to the spa.

SPA REMINDERS

Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time and service is available. Please dial extension 4161 to make a reservation.

Special Considerations

Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any queries and inform staff of any medical or health concerns.

Treatment Preparation

We recommend arriving at least 15 minutes before your treatment, allowing time to use our Water Pavilion with its sauna, cold plunge, steam, Jacuzzi and soaking pool facilities.

Spa Environment

Please refrain from smoking and using your phone while using the Aman Spa. The minimum age for using the facilities and receiving a spa treatment is 16 years. Guests under the age of 18 years are required to have parental consent prior to the booking being confirmed. The Spa facilities are co-ed.

Cancellation Policy

Since your spa time is reserved for you, we ask that you kindly give us a minimum of twelve hours' cancellation or change notice so someone else may enjoy that time. Cancellations made within 12 hours are subject to the full charge of the treatment.

Valuables

While personal lockers are available at the spa, we recommend leaving all valuable items in your room.

Operating hours

The Fitness Center is available for use 24 hours a day. Guests 18 years and under require parental supervision. The spa opens at 9am and closes at 9pm. After-hours appointments are subject to availability. Please contact a Spa Representative by dialing extension 4161 to make a reservation.

Pricing

All spa prices are subject to a 18% service charge, 16% of this goes to your technician. For any journeys that include Activities a 10% service charge plus 7.10% tax is added to all Activities and for Dining a 18% service charge, 7.10% tax and 1% restaurant tax is added and subject to change.