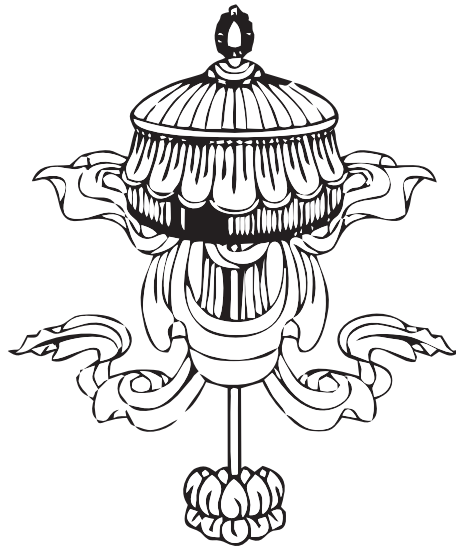


# ĀMAN

S P A



“...a village of three houses surrounded by dark forest,  
paddy fields flowing around an outcrop of rock,  
a white temple gleaming on a shadowy ridge.”

-Jamie Zeppa

## BEYOND THE SKY AND THE EARTH: A JOURNEY INTO BHUTAN

Inspired by the lay-out of a typical Bhutanese village, the design of the Amankora Paro Lodge echoes the flow and sensibilities of these tightly knit communities. At the heart of every village is a “Lakhang” or a monastic temple where the spiritual hub of these communities reside. As a bridge between mortals and gods, the temple is a sacred space, and is a place where one can find enlightenment - both physical and spiritual.

Meant to embody the symbolic design and significance of these vital temples in every village, the Aman Spa in the Paro Lodge of Amankora is a solemn shrine of spiritual and physical wellness - meant to guide the body into a path of grounding and healing. With its main yoga and movement studio space facing the light of the rising sun and its treatment rooms below designed as sanctuaries, the spa is an enriching haven to find one's centre in the universe.

## AMAN SIGNATURE TREATMENTS MASSAGE RITUALS

### GROUNDING MASSAGE RITUAL

A Ku Nye full-body massage honours ancient Tibetan healing traditions to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading, and deep-tissue techniques.

### PURIFYING MASSAGE RITUAL

The deep relaxing, detoxifying massage restores harmony to the body and clears the mind. The massage concentrates on lymphatic drainage techniques, to manipulate lymph nodes and lymphatic vessels, to increase their activity and promote the flow of lymph.

### NOURISHING MASSAGE RITUAL

The 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.

90 minutes

## JOURNEY RITUALS

### GROUNDING JOURNEY

180 minutes

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 Scrub & 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 centered both internally and externally to reach a place of perfect contentment – grounded in every sense of the word.

### 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 Scrub & 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 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 Scrub & 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.

## PARO SPA SIGNATURE TREATMENTS

### BODY POLISH AND WRAP RITUALS

#### GROUNDING BODY POLISH AND WRAP RITUAL

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

#### PURIFYING BODY POLISH AND WRAP RITUAL

This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz – known as a master healer for its amplification of energy levels. Seaweed Fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage.

#### NOURISHING BODY POLISH AND WRAP RITUAL

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone and rejuvenate – in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin.

90 minutes (without hot stone bath)

120 minutes (with hot stone bath)

#### TRADITIONAL BHUTANESE HOT STONE BATH

Bhutanese hot stone bath is a traditional therapeutic treatment, where natural river stones are heated and lowered into the bath to release beneficial minerals, while the local Khempa herb infuses the water with its healing properties. It is recommended to begin the treatment with a 30 minutes traditional Bhutanese Hot Stone Bath. Kindly give us few hour notice to prepare the bath and the stones.

60 minutes

## AMANKORA SIGNATURE TREATMENTS

### AMANKORA HOLISTIC MASSAGE

Our therapists combine unique healing touch with a range of diverse techniques to create a tailor-made treatment, which can either focus on specific areas of tension or promote an overall sense of relaxation and wellbeing.

60/90 minutes

### THAI MASSAGE

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is uniquely relaxing yet energizing, and is a highly effective therapeutic treatment. It is performed over loose comfortable clothing.

60/90 minutes

### FOOT REFLEXOLOGY

Reflexology points at the sole of the feet correspond to every organs and glands in the body. This treatment activates energy pathways, releases stagnation and balances out disharmonies. It is a perfect complement to a long day of walking and hiking.

60/90 minutes

### HOT STONE MASSAGE

A combination of warm stones and massage penetrates deeply into the body to soothe and relax muscles. Heated basalt stones are an extension of the hands as they glide over the body as part of this flowing massage technique, allowing the benefits to be felt at a deeper level.

90 minutes

Cancellation policy: 24 hours notice is requested for cancellations.  
For cancellations within the 24 hour period, 50% of the treatment price will be charged.