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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 Spa

We empower our guests to recognize and fulfill their potential. To provide the tools for self-optimization. To inspire the resilience and focus to put these tools into action, and to be the sanctuary where they return time and again – daily, monthly, or annually – to continue their wellness journey, and renew their resolve in the pursuit of their wellness goals.





Aman Spas around the world have been carefully curated with four pillars of wellness in mind – nutrition, movement, mindfulness, and bodywork – with the singular goal of achieving the ideal balance of Integrated Holistic Wellness for every guest.

Treating the whole – mind, body, and spirit – by combining ancient healing modalities and the finest modern therapies, Aman strives to provide guidance, support, and knowledge in a journey that extends beyond the physical boundaries of the globe’s Aman Spas.

Aman Spa New York

Bringing to life the fullest expression of the Aman Health & Wellbeing concept yet, Aman Spa New York is the brand's new flagship wellness center in the western hemisphere, offering transformative wellness experiences through specialist therapies and cutting-edge wellness and performance science. Claiming 25,000 square feet (2,323 square meters) over three floors of the iconic Crown Building, Aman Spa New York offers:

- Three Holistic Clinical Rooms
- Assessment Studio
- Spacious fitness center
- Cryotherapy Chamber Studio
- Yoga and Pilates Studio
- Two Private Spa Houses with outdoor Jacuzzi and Cold Plunge
- Seven spa treatment rooms including LED & Infrared therapy room
- 65ft (20m) heated swimming pool
- Changing and Locker room
- Steam room and sauna
- Unisex hair and nail salon
- Aman boutique and lounge

Through the services of licensed healthcare professionals, highly experienced and deeply intuitive spa and wellness practitioners, mindfulness coaches, personal trainers and movement masters, this serene private wellness destination provides:

- Functional and Integrative Medicine Service and Consultation offered by licensed medical professionals and clinicians
- Advanced wellness screening and analysis
- The latest recovery and performance-enhancing technologies
- Tei-An Wellness Solutions
- Innovative Fast-Track Regeneration
- Urban Wellness Immersion programs
- Nutrition and supplement advice
- Restorative specialists and spa therapies
- Meditation and mindfulness training
- Full range of fitness modalities and lessons

Overview

11th Floor : For Health and Physical Wellness

The tranquil reception area, Aman boutique, and lounge welcome guests to the Aman Spa. As per The Aman Wellness Method, a functional and integrative medicine principle, approaches health pro-actively, using every tool available to propose holistic, long-term, age-reversing, energy-boosting and preventive health solutions based on science in longevity. Three Holistic Clinical Rooms and an Assessment Studio provide space to plan a tailored wellness program. The 3,000-square-foot (280-square-meter) Power gym concept Fitness Center, and the Cryotherapy Chamber Studio focus on recovery and energy-boosting.

10th Floor : For Stimulating Wellbeing

Relax in the Spa's 65-foot (20-meter) heated swimming pool with cozy lounging areas and fire pits. Elegant changing rooms lead to a sauna, steam room, and rain showers. Also on this floor is the Yoga and Pilates Studio, which can double as a meditation space. As well as two luxurious Spa Houses offer the ultimate peaceful escape, each has its own double treatment room, a spacious relaxation area with fireplace, a large private outdoor terrace with hot and cold-plunge pools covered by a canopy for year-round use, and either a Hammam – a marble steam room, or a spacious Banya – a wood-clad sauna. Immersive half- and full-day Hammam and Banya Spa House experiences are designed for up to four guests.

9th Floor : For Optimization and Emotional Wellness

Hosting 7 tranquil treatment rooms, enjoy a variety of spa experiences including facials, massages, wraps and scrubs. Also on this level is the Salon, in partnership with John Barret, offering nail services, hairstyling, cutting and color treatments. sleep, and sharpen mental focus, lessen muscle fatigue to decrease pain, swelling, and lactic acid buildup following intense exercise.



Aman Wellness Method

The Aman Wellness Method is an integrative approach to health, beauty, vitality, and mental and spiritual wellbeing. Natural remedies from traditional medicine systems are used in tandem with the advanced health technologies of modern medicine to help our guests achieve healthier, happier lives.

Taking a proactive view, the Aman Wellness Method strives not just to repair, but to prevent ill health, proposing holistic, long-term, age-reversing, health-preserving solutions to promote balance and increase energy production and cell rejuvenation. Personalized plans are based on thoroughly researched scientific frameworks and comprehensive diagnostics that range from Aman New York's 90- to 150-minute Tei-An Wellness Solution programs featuring a customized selection of treatments and therapies, to comprehensive Wellness Immersion programs.

Components of individual treatment plans are carefully interwoven, seamlessly layered and thoughtfully connected. With synergy and connection key tenets of the Aman Wellness Method, personalized programs include bespoke treatment, exercise, and nutrition plans designed to synergistically stimulate the elimination of toxins, strengthen the immune system, increase vitality and energy levels, and to rebalance the body's physiological functions.

Complimentary Wellness Assessment

Offered to every Aman New York guest, this complimentary, 30-minute consultation with a highly skilled wellness coach will include a wellness score assessment using a diagnostic device or scanning tool that best meets your wellness requirements. If sleep issues are your main concern, we will use the Brain Gauge Pro, whereas if weight management is your goal, the InBody 570 Analysis will be most appropriate. Based on your results and your personal wellness desires – whether to achieve a healthier lifestyle, a more positive way of thinking, to revitalize energy levels, or let go of stress – we will propose a wellness session or one of our programs – all highly effective pathways towards clarity, health, and holistic wellbeing.

Analysis Assessment Technology

The comprehensive diagnostic offering at Aman Spa New York includes up-to-the-minute health technology from the world's leading medical science and health organizations. Using the technology listed below our team can create informed wellness programs tailored to suit each individual's specific needs.

InBody 570 Analysis

The InBody 570 is a powerful diagnostic tool that uses the bioelectrical impedance analysis method to provide a comprehensive view of body composition.

OligoScan

The OligoScan is a comprehensive and customized assessment tool aiming to optimize and support your healthcare strategies (nutrition, nutritional supplements, physical activity, etc.) by providing a quick and precise analysis of the trace elements and heavy metals in your tissues. OligoScan is not offered as part of the complimentary wellness assessment screening.

Rejuvenation Technology

Health technology at Aman Spa New York is not just restricted to the field of diagnostics. Cutting-edge technologies also promote rejuvenation practices.

Cryotherapy

Aman Spa New York's nitrogen-free, natural air, full immersion chamber works through the application of short duration, sub-zero air temperatures to naturally promote health, performance, and recovery by stimulating the body's natural response to cold – the reduction of inflammation and swelling.

Cellgym® CellAir®

Get more energy and more out of life with intermittent hypoxic training (IHT) with the Cellgym® CellAir®. Designed to improve energy efficiency, performance, and recovery just like altitude training, but with none of the risks, the Cellgym® CellAir® involves wearing a specialized breathing mask while training, sitting, or reclining so that you consume a combination of normal oxygen-rich air and oxygen-reduced air. The Cellgym® CellAir® has a programmed test system that automatically determines the optimal training stimulus for you and displays your progress at the end of each training period.



Tei-An Wellness Solution

Integrative Wellness Journey

90/120/150 min

Offering a fast-track route to optimal state of wellbeing, Tei-An Wellness Solution programs are personalized combinations of treatments and therapies lasting between 90 and 150 minutes. Named after the Japanese word meaning 'custom designed', your Tei-An Wellness Solution will be formulated after a personal consultation and targeted assessments evaluating past and present states of health, lifestyle and nutritional routines, and range of fitness and mobility. The results will help us set you on the path to addressing your greatest wellness goals and health concerns, harnessing all the knowledge, expertise, and medical technology on offer at Aman Spa New York. Each treatment and medical therapy chosen for you, whether massage, cryotherapy, Vitamin IV infusions, or Infrared Zone Training, will amplify the effects of every other treatment prescribed.

Urban Wellness Immersion Programs

Aman Spa New York has the expertise, equipment, facilities, and space to help you to achieve any wellness goal. Whether you are rehabilitating an injury, working towards your first marathon, would like to lose weight, or need to detox and destress, we will design a program that will help you to achieve your goal/s in the time you have available.

Providing the self-optimization and effective fast-track methods you desire, our customized programs draw on the latest research in brain functionality, movement scanning, metabolic examination, sleep, and diet to enable peak performance and a whole new level of personal wellbeing. Varying in duration depending on your goal/s and personal preferences, your program will be based on the results of extensive assessments. Starting with an overall program goal that is then finely tuned to meet individual needs, Aman Spa New York offers three program pathways in line with Immersion offerings at other Aman Wellness destinations worldwide:

- Mindfulness & Stress Management
- Weight Management & Detoxification
- Sports Performance Enhancement

Professional assessments can include consultations and screening with the medical experts at Aman New York for Integrated Medicine.

Spa

Spa Houses
Massage
Facial Treatments

Holistic Health

Therapeutic sessions by certified medical professional
Cryotherapy
Cellgym® CellAir®

Vitamin Therapy

Vitamin IV Infusions

Lifestyle Medicine

Assessment and consultation with certified medical professional
Blood tests
Traditional Chinese Medicine

Fitness & Training

Private fitness sessions
Infrared Zone training

Mindfulness

Meditation
Mindful movement (Yoga, Tai Chi, Qigong)

2-Week Introduction Immersions

Our two-week programs are designed to expose and educate our guests to the significant results of our wellness programs. These Immersions allow guests to experience the flow of a longer program and begin to understand the effects of being guided by our professionals. Two-week programs can be easily expanded into full 12-week programs to reap the maximum benefits.

3-Night In-house Immersions

Our In-house Immersions are designed for guests staying a minimum of three nights so that they can get a taster of the longer Immersion experiences and begin to feel the benefits. The programs provide a fully immersive wellness experience that includes much of the in-depth analysis and guidance of our 12-week programs packed into a three-night stay. Each program includes three meals a day from our personalized wellness menu, a healthy minibar in your guestroom, and a daily schedule including a private fitness session, a fitness rejuvenation session such as infrared sauna or cryotherapy, a spa treatment such as a massage or facial, and possibly a holistic health therapy session such as Push IV.



Functional and Integrative Medicine

Completely aligned with the Aman Wellness philosophy, Integrative Medicine recognizes the interdependency of the whole person – body, emotions, mind, and spirit – in determining the overall wellbeing of any individual. Practiced by physicians with conventional medical training, it embraces conventional medicine in combination with alternative and complementary wellness practices, seeking to prevent ill health and treat the underlying causes of disease. Balance is a central tenet of Integrative Medicine, with nutrition, exercise, and stress management fundamental to achieving optimal, whole-person health.

Incorporating consultation and treatment rooms on the 11th floor, Aman New York's Integrative Medicine offering embraces the full spectrum of wellness-enhancing facilities on offer throughout the Aman Spa. Envisaged as a self-optimization wellness lab, Integrative Medicine by Aman Spa New York welcomes renowned medical and wellness experts who assess, diagnose, and employ all their skill, expertise, and intuition to create short- or long-term programs addressing individual health needs.

Robert Graham. MD, MPH

Functional and Integrative Medicine focuses on finding the root cause of health concerns and partners with patients to determine how best to support their journey back to wellness. Dr. Graham is a Harvard trained physician, Board Certified in both Internal and Integrative Medicine – which embraces conventional medicine in combination with complementary and alternative wellness practices. Dr. Graham incorporates Functional Medicine, Lifestyle Medicine, Culinary and Botanical Medicine, Ayurveda, and Traditional Chinese Medicine to create a personalized integrative medical and nutritional plan based on a range of innovative diagnostic testing. Dr. Graham earned a master's degree in Public Health from the Harvard School of Public Health as well as three fellowships in General Internal Medicine, Complementary and Integrative Medical Therapies, and Medical Education at Harvard Medical School. Dr. Graham has a culinary degree from the Natural Gourmet Institute and is one of very few Doctor/Chefs worldwide.

Initial consultation

Follow-up consultation

Nutrition-focused consultation

Life coaching

Diagnostic testing

Wellness program prescription

Vitamin Therapy

Fast-Track Regeneration

Modern medicine has given us several safe and proven ways in which to immediately boost energy levels, immunity, and general wellbeing.

Push IV Therapy

This intravenous therapy delivers vitamins, minerals, and amino acids directly into the bloodstream without unnecessary saline drip bags. Only freshly mixed, a la carte ingredients (never pre-made) are used in order to offer immediate results including boosting immunity, hydrating the body, eliminating toxins, reducing fatigue, increasing energy, replenishing vitamins, minerals, improving athletic performance, and treating migraines, muscle spasms, and sinusitis.

IV Cocktails

- Be Optimized (Anti-Aging)
- Cleanse (Detox/Heal)
- Be Healthy (Immune)
- Ultimate Hangover
- Glow (Beauty)
- Be Strong (Sport/Energy/Jetlag)
- Be Happy (Destress)

IV Add On

- Liver Reviver
- High Dose Vitamin C
- Setria® Glutathione 10,000mg
- Methylene Blue

NAD+ IV Therapy 250mg/500mg

NAD+ is the cellular repair and anti-aging neuron elixir that protects and repairs DNA, helps to reverse cerebral aging, rebuilds mitochondria, and reduces brain inflammation. Central to metabolism and found in all living cells, nicotinamide adenine dinucleotide (NAD) reacts with oxygen in the mitochondria to make cellular energy. NAD levels naturally decline with age, but when a high dose of active NAD+ is delivered directly into the bloodstream via intravenous (IV) infusion, it bypasses the digestive system and is better absorbed to help repair cells throughout the body including neurons in the brain.

IM Injections / Formulas

An intramuscular injection is a technique that delivers vitamins or medication deep into the muscle, allowing for rapid and uniform absorption into the bloodstream. A quick and efficient way to support nutrient needs, IM injections can increase detoxification, cellular metabolism, and energy production, and improve physical performance, digestion, cognition, mood, sleep, and more.

- B12
- D3
- CoQ10
- Energy Shot
- Calm Shot
- Immune Shot
- Amino Sports

Referrals

Aman Spa New York can arrange appointments with certified Traditional Chinese Medicine physicians, physiotherapists, and chiropractors, as well as other health professionals on request.

Traditional Chinese Medicine (TCM)

One of the primary characteristics of TCM is to approach the root cause of a condition or problem by treating the body as a whole – a holistic approach very much in line with the Aman Wellness philosophy. Age-old TCM diagnostic methods include a detailed analysis of the face, the tongue, and the pulse to discover any patterns of disharmony or imbalance and assess what your body needs. Based on this analysis, a detailed questionnaire, and in-depth discussion, a TCM physician will recommend a schedule of treatments possibly including herbal tonics, acupuncture, and moxibustion to address your health needs.

Physiotherapy

Physiotherapy can be used to treat a wide array of musculoskeletal conditions including sports injuries, fractures, spinal pain, and headaches. Physiotherapy treatment may involve therapeutic exercises to improve strength, range of motion, and endurance, and to correct postural and muscle imbalance.

Chiropractic

Using soft tissue and gentle joint adjusting techniques, treatment focuses on correcting movement restrictions. Localized stretching and specific exercises reinforce the natural healing process of the painful tissues.

Spa Services

From the tropical shores of Thailand to the hot springs of Japan, Aman Wellness offers a journey of reawakening, integrating local spa rituals with indigenous ingredients, specially formulated Aman Skincare products, and a profoundly therapeutic touch. Aman Spa New York offers an extensive spa menu that includes treatments unique to this landmark Aman Spa in the heart of Manhattan, as well as signature Aman treatments offered in Aman destinations around the world. All of these treatments can be enjoyed in the seven spa treatment rooms on the 9th floor, or in either of the two Spa Houses, situated on the 10th floor.



Spa Houses

Offering the ultimate peaceful escape, Aman New York's Spa Houses each offer a double treatment room, a spacious living area, a large outdoor terrace with both a cold plunge and hot bath, and a Banya or Hammam. While both Banyas and Hammams are traditional steam rooms, a Banya is a wood-clad sauna with steam created by pouring water over heated rocks, while a hammam is a steam room with marble walls and a heated marble treatment table.

Half-day and full-day Spa House experiences include a selection of customized treatments, access to all spa and fitness facilities including the hotel's swimming pool, and healthy snacks and refreshments, along with choices from the special Spa House menu. Experiences are designed and priced for two guests, but a maximum of four guests can be accommodated in each Spa House.

Banya Spa House Half Day up to 6 hours

- One Banya sauna treatment per guest
- One body scrub experience per guest
- One 60-minute customized body massage per guest
- Light snacks and tea, and special Spa House menu

Banya Spa House Full Day up to 9 hours

- One Banya sauna treatment per guest
- One body scrub experience per guest
- One 90-minute Aman New York Signature massage per guest
- One 30-minute facial per guest
- Light snacks and tea, and special Spa House menu

Hammam Spa House Half Day up to 6 hours

- One Hammam treatment with body scrub and bath experience per guest
- One 60-minute full body massage per guest
- Light snacks and tea, and special Spa House menu

Hammam Spa House Full Day up to 9 hours

- One Hammam treatment with body scrub and bath experience per guest
- One 90-minute Aman New York Signature massage per guest
- One 30-minute facial per guest
- Light snacks and tea, and special Spa House menu

Banya/Hammam Treatment Experiences

Banya and Hammam Treatment Experiences include access to a Spa House, a banya or hammam sauna treatment, and healthy snacks and refreshments. Treatment Experiences are designed and priced for two guests.

Banya Sauna Treatment

Rooted in Eastern European and Scandinavian culture, the Banya Sauna Treatment includes time in the steam room where oak or birch leaves, known as veniks, are used to massage, stimulate, and exfoliate the skin. This time in the sauna is followed by cold plunging or showering, and relaxation time in the Spa House lounge.

2 hours

Banya session

- Time in the Banya
- One body scrub experience per guest
- Light snacks and tea

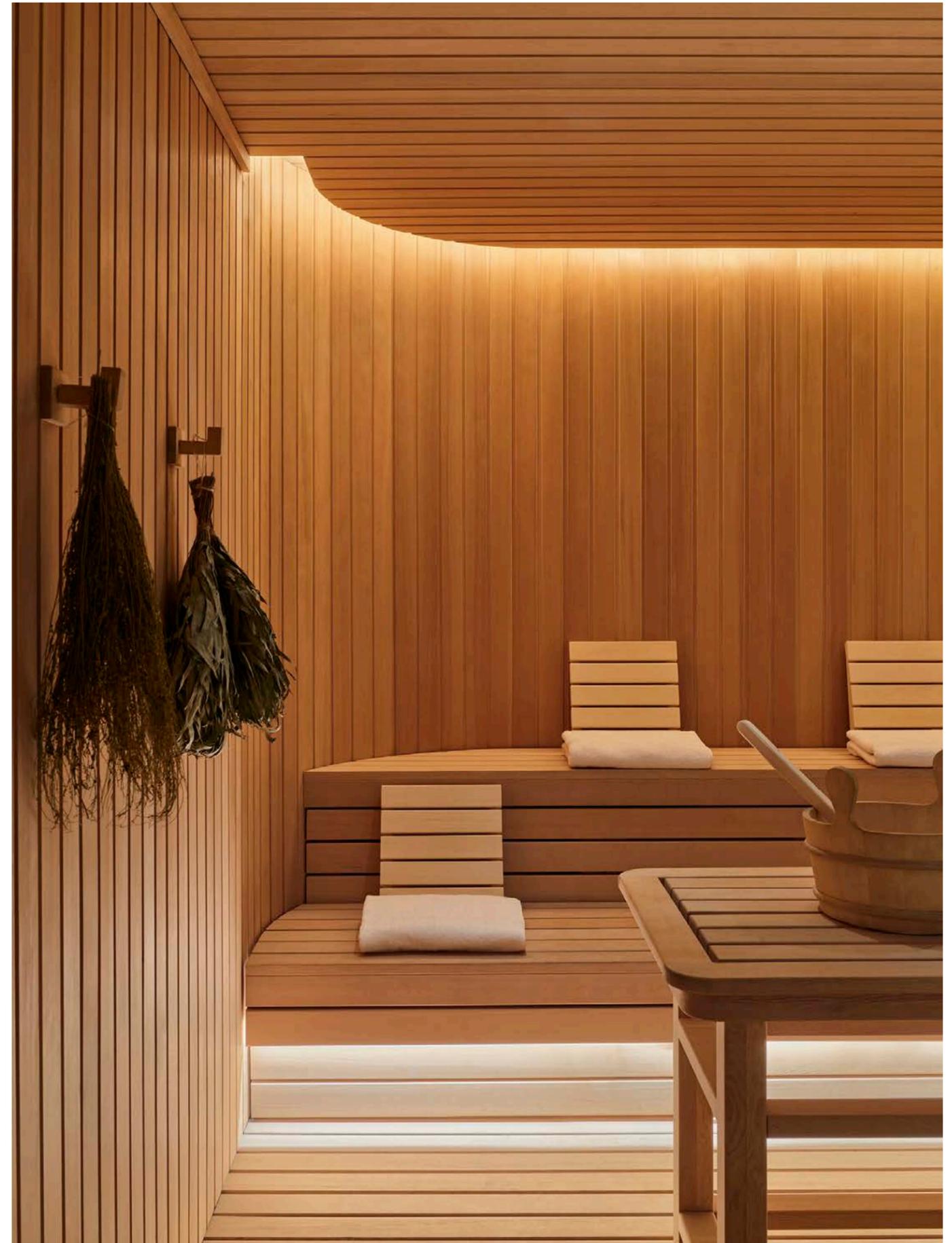
Hammam Treatment

Dating back to the days of the Roman empire and revered in Middle Eastern and North African cultures from Turkey to Morocco, the Hammam Treatment includes a steam bath experience, body scrub, and an invigorating massage. Various soaps and oils are used during the treatment to exfoliate, invigorate, and cleanse the skin. The session is followed by relaxation in the Spa House lounge.

2 hours

Hammam sessions

- Time in the hammam
- Light snacks and tea



Aman New York Signature Journey

In this city of perpetual motion, where the only constant is a state of flux, the Aman New York Signature treatment has been designed to impart an enduring sense of stillness, harmony, connection, and confidence within the tranquil oasis that is the Aman New York Spa and in the urban whirl beyond. Harnessing the healing, stabilizing, and balancing benefits of fluorite, a crystal known for clearing negativity, boosting cellular regeneration, and focusing the mind, this signature experience – only available at Aman New York – will promote physical and emotional alignment while boosting self-esteem, mental fortitude, and overall wellbeing.

To achieve the holistic awakening of body and soul that is this journey's aim, the experience begins with singing bowls that induce a deeply meditative and tranquil state of mind. Therapeutic massage techniques slowly bring awareness to different parts of the body – from the soles of the feet to the head – through the stimulation of pressure points to rebalance and align.

2 hours



Aman Signature Spa Treatments

Available at every Aman Spa destination around the world, these signature treatments reflect the Grounding, Purifying and Nourishing pathways of the Aman Skincare product range. There are four treatments available within each pathway: Massage, Body Scrub and Wrap, Face Ritual, and the Journey, which encompasses all three treatments to greatly amplify their effects. Each treatment is tailored to individual needs to target specific concerns and help attain personal wellness goals.

Grounding Pathway

For those seeking reconnection, stillness, and perspective, this deeply relaxing, meditative, and regenerative pathway is a balm for the restlessness brought on by the frenetic pace of modern life. Developed to promote inner peace and return body and mind to a state of harmony, this pathway promotes skin cell regeneration, while hydrating and plumping the skin to reveal a healthy, radiant complexion. It is recommended for normal to dry skin, including mature and dehydrated complexions. Active ingredients include argan stem cells and hyaluronic acid. The former penetrates the skin's dermis to help protect and revitalize skin cells, improving elasticity and reducing the appearance of fine lines. The latter hydrates and plumps the skin, leaving it softer and smoother.

Grounding Scrub & Wrap Ritual

90 min

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body scrub 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 Smoked Body Butter.

- 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 Massage Ritual

90 min

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

- Moisturizes dry skin, breaks up scar tissue and eases muscular tension
- Reduces chronic pain and improves athletic performance
- Balances vital energy

Grounding Face Ritual

90 min

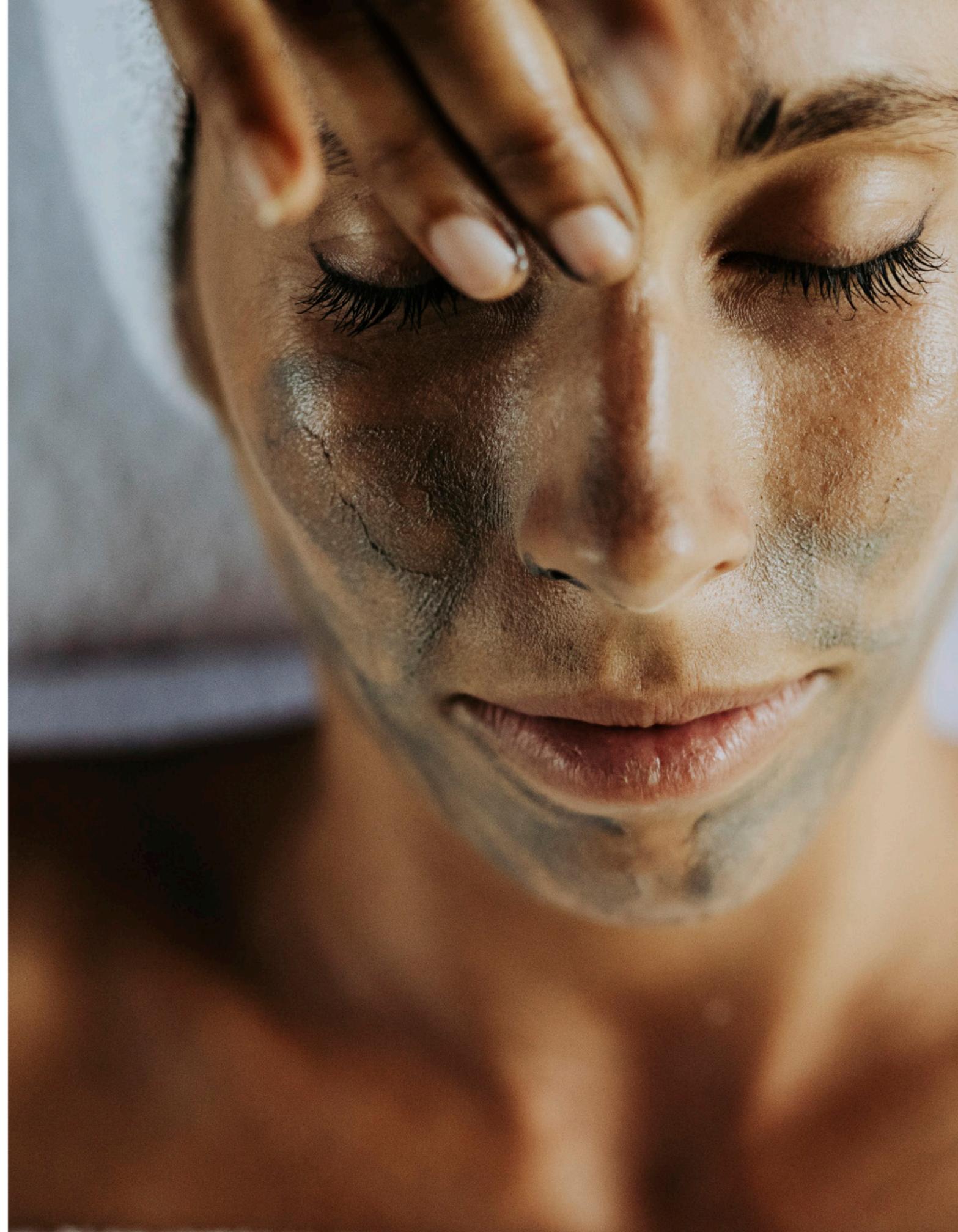
This facial incorporates rose quartz crystals to promote healing, frankincense to aid rejuvenation, and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin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

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

Grounding Journey

180 min

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 Scrub & Wrap, followed by the Massage, and is completed with the Face Ritual. Each treatment builds on the one before, grounding in every sense of the word to ensure a state of perfect contentment.



Purifying Pathway

For those seeking lightness, breathing space and a fresh start, this pathway detoxifies, cleanses, and strengthens the skin's defenses while enhancing clarity of thought. Refreshing, invigorating, and energizing, the products in this pathway deeply cleanse and tone normal to oily complexions, including congested, dull, stressed, and blemished skin. Active ingredients include lilac stem cells, hyaluronic acid, and Kalpariane™ seaweed extract. The first are superior antioxidants and anti-inflammatories, which help balance healthy sebum levels and protect skin from environmental damage. The second hydrates and plumps the skin, leaving it softer and smoother. The third, a trademarked antioxidant and anti-wrinkle agent, supports collagen and elastin production to preserve skin's elasticity and suppleness.

Purifying Scrub & Wrap Ritual

90 min

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. The meditative marine flora mud wrap includes deep cleansing kaolin, mineral-rich sea lavender, and seaweed for boosting collagen levels. The treatment ends with the full-body application of palo santo salve.

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

Purifying Massage Ritual

90 min

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic drainage techniques, it manipulates lymph nodes and lymphatic vessels to increase their activity and promote the flow of lymph. Compared to traditional massage, the pressure applied with manual lymphatic drainage techniques is much lower in intensity, but powerful in its effects.

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



Purifying Face Ritual

90 min

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

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

Purifying Journey

180 min

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 Scrub & Wrap, followed by the Massage, and ending with the Face Ritual, to leave you clear-headed and at peace.

Nourishing Pathway

For those seeking rejuvenation, renewal, and awakened senses, our harmonizing Nourishing pathway repairs and regenerates cells, revitalizing within and without. This pathway encourages reconnection between body and mind and cultivates feelings of joy. Nurturing, sensual, and rejuvenating, it helps maintain optimal hydration and vitality for all skin types, including sensitive skins, while improving elasticity and resilience. Active ingredients include argan stem cells and hyaluronic acid. The first penetrates the skin's dermis to help protect and revitalize skin cells, improving elasticity and the appearance of fine lines. The second hydrates and plumps the skin, leaving it softer and smoother. Other key ingredients include jasmine, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk, and gold, all chosen for their powerful regenerative abilities.

Nourishing Scrub & Wrap Ritual

90 min

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. 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.

- 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 Massage Ritual

90 min

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 stimulates the kundalini – dormant energy stored at the base of the spine.

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

Nourishing Face Ritual

90 min

This brightening, moisturizing treatment calms and rejuvenates with honey, rosehip, wheat germ, cactus oil, jasmine, 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 energy that enters the body via breath. Skin is left looking truly radiant through the application of the Light Technique, which focuses on the forehead, septum, and throat.

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

Nourishing Journey

180 min

This Journey is an immersive experience that benefits every aspect of the individual. It begins with the Body Scrub & Wrap, which is followed by the Massage and then the Face Ritual, to leave you feeling reconnected and rejuvenated.



Body Treatments

Aman Spa's massage therapists are the best in their field. Drawing on their training and extensive experience, they offer a range of customized massage therapies that include both ancient and current healing techniques from cultures around the world.

Holistic Customized Body Massage

Your massage therapist will curate a personalized massage catering to your specific needs, using Aman's Signature aromatherapy-based massage oils and a range of techniques. These could include Swedish, deep tissue, hot stone, prenatal (after first trimester), and sports massage techniques, depending on how you feel and what you would like to achieve.

60/90 min

Thai Massage Nuad Pan Boran

Experience the complete sequence of traditional Thai massage techniques practiced by Buddhist monks for over 2,500 years. Lying clothed in loose Thai pajamas, your body will be expertly manipulated with a combination of intense stretches and deep pressure point techniques which increase mobility, relieve tension, and restore the flow of energy throughout the body.

60/90 min

Thai Hot Oil Massage

The Thai Hot Oil Massage is an ancient Thai body healing and stretching treatment. It is ideal for releasing muscle tension and restoring balance in the musculoskeletal system. Slow yet deep pressure is applied with a small amount of oil on the trigger points of specific areas to effectively release tight muscles and impart a deep sense of relaxation throughout the body.

60/90 min

Herbal Thai Poultice Massage (as add-on to Thai hot oil massage)

Warm herbal poultices made from muslin and filled with specific herbs and spices are pressed along the meridian lines of the body to release muscle stiffness and energize the senses.

CBD Oil (as add-on to holistic customized body massage)

The pain-relieving benefits of cannabidiol (CBD oil), a natural anti-inflammatory, are well known and have been proven by science.

Pulsed Electro-Magnetic Field (PEMF) therapy (Add on)

PEMF therapy is applied by lying on a relaxing mat that emits pulsed electro-magnetic fields. This energy passes through the cells in your body, amplifying cellular energy. The increase in energy promotes a natural reaction that regenerates and enhances the efficiency of the cell's function.

PEMF mats work to re-establish the natural energetic state of these compromised tissues. This natural process stimulates healing, reduces inflammation, and helps to improve overall wellbeing.

Facial Treatments

Deep Cleansing Facial

Experience a holistic facial personalized to your unique skin requirements that includes a soothing massage of the face, shoulders, and scalp. This highly customized facial utilizes both all-natural, time-proven skincare and advanced, results-driven products. Allow our expert esthetician to curate a selection that suits your skin's needs.

60/90 min

Red Carpet Facial

This versatile skin rejuvenation system incorporates supersonic sub-dermal infusions of anti-aging compounds with skin tightening radiofrequency ThermiShape® technology. It gently exfoliates while extracting skin impurities, infusing bioactive nutrients, and toning the skin through fibroblast activation. Customized treatment serums are delivered 4.5mm deep into the skin via a high-pressured stream of microdroplets at a speed of 600 ft/sec without causing any injury to the epidermis. A series of treatments dramatically improves skin tone and texture, while diminishing fine lines and other signs of aging.

60/90 min

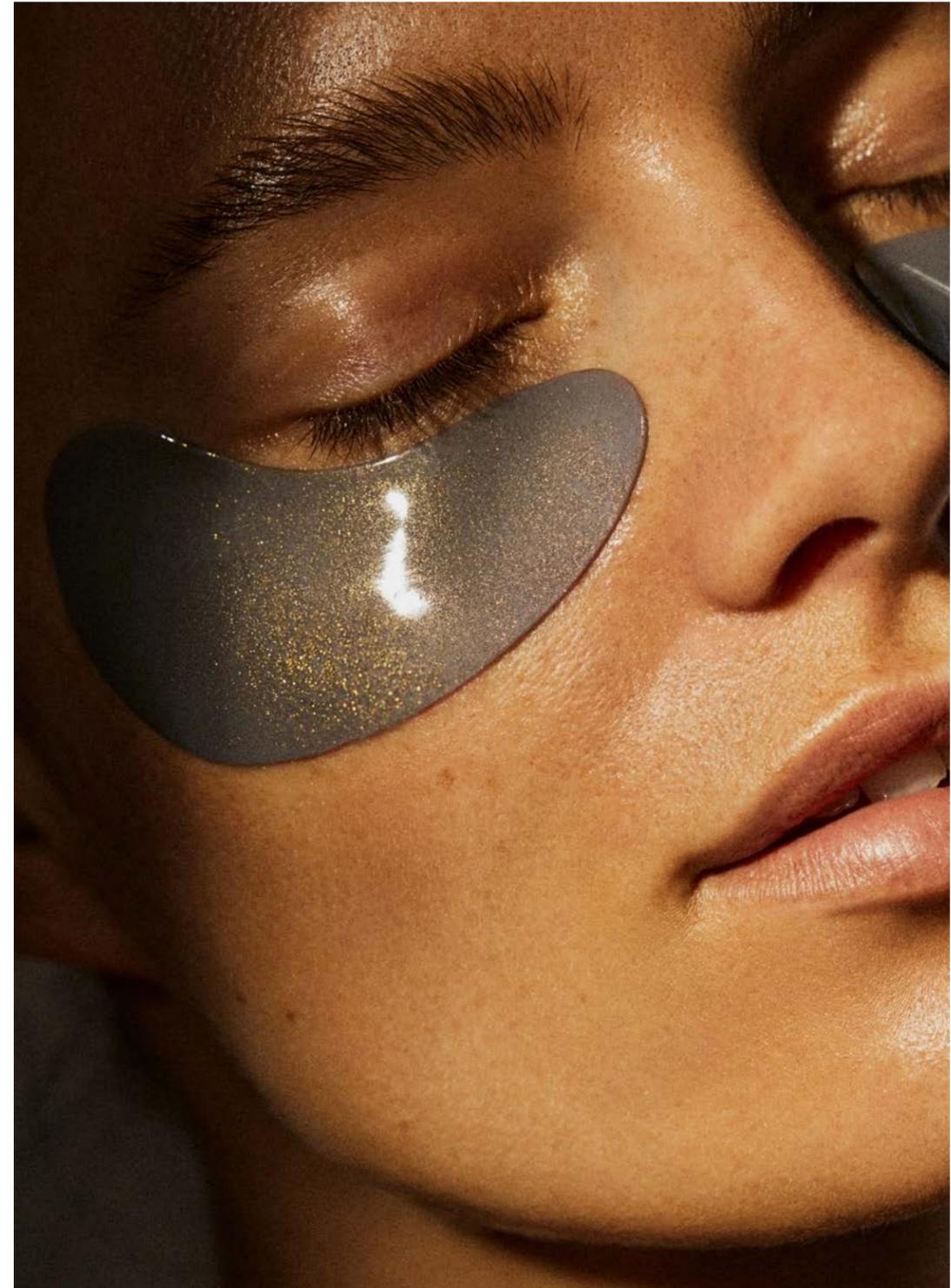
Add-on to Facial Treatments

PureLift™ Pro (as add-on to any facial)

15 min

Nourishing Gold Algae Mask by Aman x 111Skin

Nourishing Gold Algae Eye Mask by Aman x 111Skin





Finishing Touches

Aman Spa New York offers a stylish, unisex hair and nail salon on the 9th floor, with hairstyling and grooming services curated by the renowned John Barrett.

Hair by John Barrett

Celebrated for having innovated looks including the Bergdorf Blonde and for perfecting the work-home coiffeurs of today's most stylish celebrities and businesspeople, John Barrett is an icon in the beauty industry from LA to London. Based in New York since the early 1990s with many years at Bergdorf's, John established his flagship Manhattan salon at 36 East 57th Street in 2019, just a stroll from Aman New York. Over the years, John has studiously avoided creating anything that could be called a 'signature cut', striving rather through melding the glamour and grace of uptown with the youth and vitality of downtown to always help his clients look their best.

Haircut by John Barrett
 Haircut by Hair Director
 Color
 Blow-dry
 Bridal Hair
 Make-up Application

9am to 6pm, with additional service charge until 9pm.

Two hours advance booking is required.

Nail Services

Aman Manicure
 Aman Pedicure
 Nail polish change
 Shellac Manicure
 Shellac Removal

Fitness Solution

Aman Spa New York offers private sessions in every conceivable fitness and personalized movement modality, whether with one of the spa's in-house personal trainers and fitness specialists, or with an external coach or movement expert. Top of the line diagnostic and performance enhancing technologies, the latest cardiovascular and weight-training equipment, and bespoke targeted programs ensure the achievement of fitness goals.

Facilities & Advanced Technology

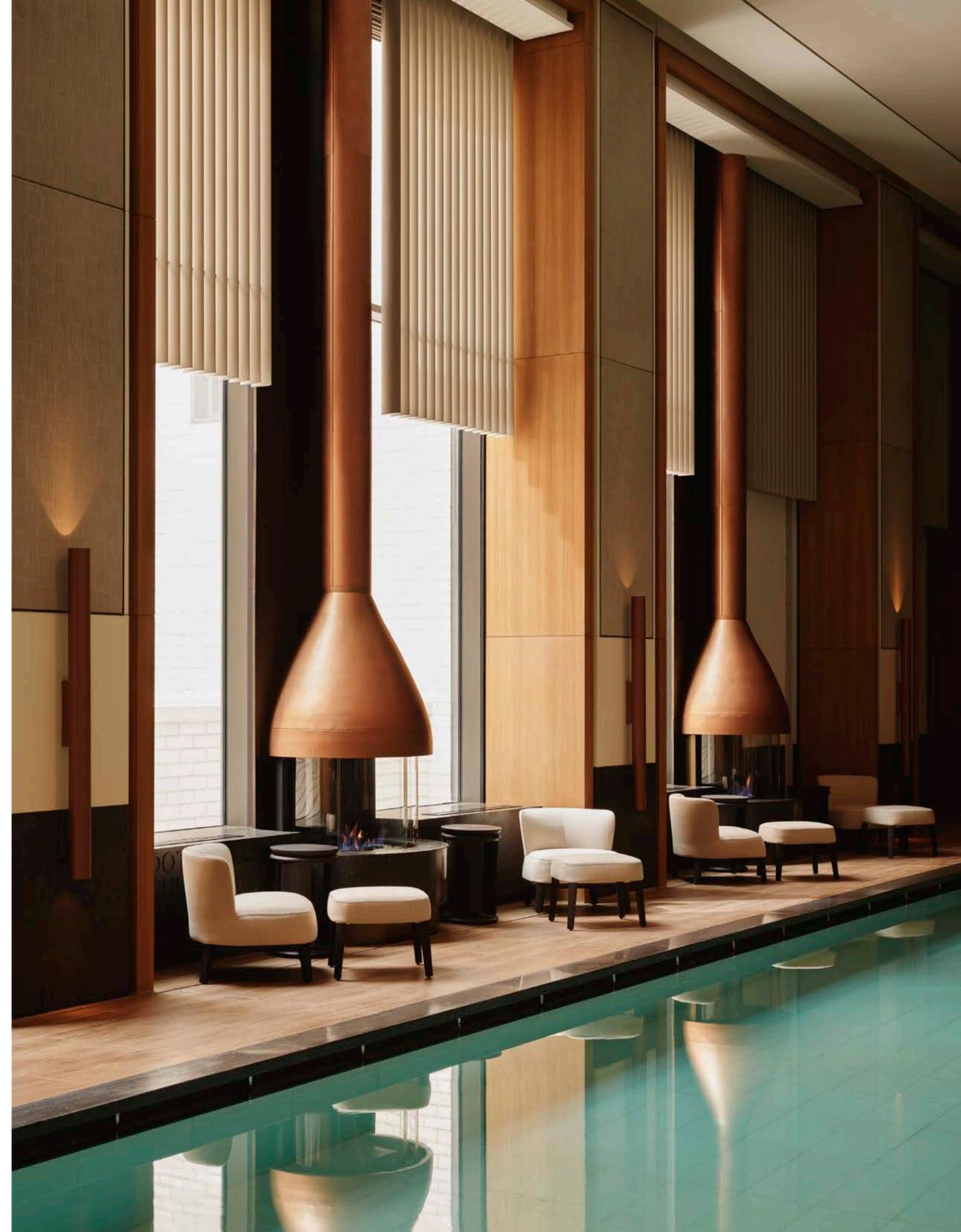
- 3,000-square-foot (280-square-meter) Fitness Center
- Pilates and yoga studio
- 65 foot (20-meter) indoor heating swimming pool
- Changing rooms, steam room and sauna
- Cellgym® CellAir®
- Infrared Zone

InBody 570 Analysis

The InBody 570 is a powerful diagnostic tool that uses the bioelectrical impedance analysis method to provide a comprehensive view of body composition.

Infrared Zone

Housed within the Fitness Center, the Infrared Zone features specialized infrared fitness and lymphatic drainage equipment designed to optimize calorie burn, tighten the skin, eliminate excess water and cellulite, and provide the optimal post-workout recovery protocol.



Fitness Sessions & Personal Training

If there is a fitness modality not in the list below – be it a martial art or a dance form – Aman Spa New York can arrange one-on-one lessons or training sessions within the Aman Spa.

Yoga

Yoga can be what you want it to be. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, it is also a mindset and a way of living. Private instruction in Hatha, Ashtanga, Yin and powerful Vinyasa-style yoga is available for all levels, from complete beginners to experienced yogis.

Pilates

Pilates places particular focus on core stability and breathing patterns, rapidly correcting postural and muscular imbalances, and improving overall strength and flexibility. Before starting instruction, an assessment analyses postural alignment, strength, and flexibility. In identifying your strengths and weaknesses, we can then develop a program suited to your individual needs and goals.

“Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world”

Aman’s approach to fitness mirrors the values of privacy, service, and exceptional experiences that remain at the heart of the brand’s ethos. For hotel guests and members alike, the team offers a unique knowledge base, education, and ability to generate tangible results.

Taking an individualistic approach to each session or class is at the forefront of our training philosophy. Our training modalities include but are not limited to resistance strength training, weight management, sports specific conditioning, meditation and mindfulness, yoga, Pilates, corrective work, youth conditioning, core stability, high intensity intervals, and circuit training. Within each modality lies a deeper definition that each of our trainers, group instructors, and gym attendants are equipped to describe and demonstrate in greater detail.

Whilst we take a research-oriented approach to teaching methods of longevity through the avenue of exercise, part of our unique program design comes from an imaginative spirit. To truly push the landscape of what it means to be fit, we are introducing hermetic stressors by way of heat, cold, oxygen, nutrition, and resistance. The key to unlocking personal fitness goals lies in the value of doing something difficult for a short duration of time.

Mindfulness & Meditative Movement

One of Aman's four pillars of wellness, mindfulness is increasingly being recognized as a state of mind and practice that can hugely benefit wellbeing. Studies have shown that mindfulness techniques can help people deal with depression, chronic pain, anxiety, and stress, as well as more specific ailments such as psoriasis and IBS. It has also been proven that regular meditation can change brain activation patterns over time, particularly in the amygdala when dealing with emotional stimuli, and that changes remain even when the subject is not meditating. Aman Spa New York offers all forms of mindfulness and meditation training, as well as meditative movement practices.

Mindfulness Meditation

Mindfulness is the ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what is going on around us. While mindfulness is something we all naturally possess, it is more readily available to us when we practice daily. Meditation is an approach to training the mind. Through meditation, you can become more mindful of how your thoughts and feelings tend to move in particular patterns. With practice, an inner balance develops. Many different types of meditation exist, many of which developed as religious practices thousands of years ago.

Qigong & Tai Chi

Originating in China, both qigong and tai chi combine breathwork with flowing movements to encourage the flow of qi (life force or energy). The former involves visualization and is considered more of a healing practice that has evolved as an integral part of martial arts over many centuries. Tai chi is in itself a martial art that involves sequences of forms and postures. Both are said to increase lymphatic flow, balance hormones, release tension in the muscles and joints, and calm the mind, helping to reduce stress, improve sleep and assist with weight loss.

Pranayama

Something we do involuntarily, breathing is a vital function of life. In yoga, it is referred to as pranayama – prana Sanskrit for 'life force' and ayama meaning 'extending' or 'stretching'. Pranayama therefore meaning the control of one's life force, and research shows that a regular practice of controlled breathing can decrease the effects of stress on the body and increase overall physical and mental health.

Spa Reminders

Hours of Operation

Spa reception hours
6:00am – 9:00pm

Gym, Pool, Steam, Sauna and Change rooms
6:00am- 10:00pm

Fitness Center
24 hours, serviced from 6:00am to 10:00pm

Age Restrictions

- Aman Spa facility: 16 years and older. Those between 16 and 18 years must be accompanied by a parent or adult guardian.
- Pool: Those under 16 must be accompanied by a parent or adult guardian and have access between 10am to 8pm. Minimum age 7 years old.

Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time is available. Please dial extension SPA to make a reservation. The minimum age for treatments is 16 years. Guests under the age of 18 require parental consent prior to the booking being accepted.

Special Considerations

Many 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

Guests are kindly requested to arrive 20 minutes before their session is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

Spa Environment

Use of mobile phones is prohibited in and around Aman Spa New York.

Cancellation Policy

Spa guests are kindly asked to provide at least 24 hours' notice for cancellations or rescheduling during spa operating hours, to allow someone else to enjoy the time. Changes made within 24 hours will be subject to the full cost of the treatment booked.

Refunds

Unopened retail products are exchangeable within seven days of purchase with original receipt.

Valuables

Please do not bring valuables into the Spa. For in-house guests, safes are provided in every suite.

Pricing

All prices are in USD and subject to a 20% service charge and 4.5% local tax.

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