

ĀMAN  
SPA

## Amandari Signature Treatments

Village Spa Journey

120 minutes

This treatment combines the Balinese Melukat purification ceremony with traditional treatments and products. It will leave you feeling cleansed and refreshed, and is often used to signify the beginning of a journey. Following a welcome blessing, using flowers and rice as offerings a full body exfoliation using black rice infused with the purifying properties of cinnamon to boost circulation and stimulate the lymphatic system.

A body wrap of mineral-rich volcanic clay then helps draw out toxins from the body. Whilst cocooned in the warmth of the banana leaf wrap, a therapeutic head massage completes the relaxation process, leaving you with a sense of lightness and clarity. This journey is then completed with the Melukat ritual using holy water.

Please pre-request this treatment a day in advance to ensure booking.

## Traditional Indonesian Treatments

### Mandi Lulur

120 min

This traditional treatment was used by Javanese Royalty as part of wedding day preparations. The Bride would take a Mandi Lulur to soften and cleanse the body to look and feel vibrant and radiate good health. Beginning with a massage, it is followed by a body mask and exfoliation of white turmeric and honey, blended with rice grains. It is then completed with a relaxing herbal bath.

### Mandi Rempah

120 minutes

This treatment is a journey of cleansing, rebalancing and deep relaxation. It begins with a body massage using essential oils of ginger and clove to ease tight muscles and reduce tension. It is then followed by a body exfoliation of black rice and cinnamon to stimulate the circulatory and lymphatic system. A body wrap of red clay and nutmeg, known for their nurturing properties is then followed by a bath with fresh coconut milk, yogurt and lavender to rebalance and leave you feeling deeply relaxed.

## Massage

The Balinese believe in taking care of the body as it is a sacred temple for the soul. Massage in Bali has been practiced through the centuries for its relaxing, stimulating and healing effects.

### Amandari Massage

60/ 90 minutes

A healing fusion of Balinese techniques, acupressure and Swedish massage that can be tailored to be either light or firm in pressure and to focus on any specific areas of concern.

### East-West Massage

60 / 90 minutes

An energising and therapeutic massage focusing on the back and legs. Incorporates a blend of pressure point, deep tissue and stretching techniques to manipulate sore areas and induce relaxation. Performed with or without the use of massage oil.

### Foot Massage

60 minutes

An inviting warm foot soak and salt scrub is followed by a deep and relaxing massage for feet and legs. Ideal after a long journey, a day of trekking or simply wandering through the Ubud market.

## **Finishing Touches**

### **Hair & Scalp Rejuvenation**

60 minutes

Calm the mind and relieve tension as we gently massage your scalp, cleanse and apply a traditional conditioning cream. Steam is then applied to allow deeper penetration while your hands, neck and shoulders are massaged.

### **Spa for the Young**

#### **Amandari Teen Massage**

60 minutes

This is a gentler version of the Amandari Massage, made suitably for our young guests to induce relaxation. Please note that parental consent is required prior to this treatment.

## Body & Soul

### Yoga & Meditation

60 minutes

90 minutes

The practice of yoga can help to refine your body and quiet your mind, as well as improve your emotional and personal well-being. Meditation improves memory and intellectual ability, and can help you attain peace of mind. With its unique spiritual energy, Amandari is the ideal location to experience the benefits of yoga and meditation.

For those new to yoga and meditation, our teachers will introduce the techniques, poses and principles of these ancient “mind-body” systems of wellness. For experienced practitioners, our teachers will tailor sessions depending on level of ability. Our well-respected Balinese teachers come from villages around Ubud and offer both Hatha and Ashtanga yoga styles.

Amandari provides complimentary yoga classes. Please check with our Guest Assistants for weekly class times. Alternatively, book a private yoga or meditation session on the terrace of your guest villa or in one of the beautiful bales overlooking the Ayung River.

For more information please contact Aman Spa (Press 3) or Guest Assistant (Press 1) to book.

## Spa Reminders

### Special Considerations

Most treatments can be adapted to accommodate injury or pregnancy. Please contact us for any queries and let us know of any medical or health concerns.

### Operating hours

Spa bookings available from 1 to 9pm daily. Please dial extension 3 to make a reservation.

Treatments may be done in the spa, your suite or in the Bales. The gym area is open from 6am to 9pm daily.

### Gym

Equipment includes a treadmill, cross-trainer, upright bike, rower and step machine, as well as free weights.

### Steam & Sauna

The steam and sauna may be booked (on an half hourly basis) for your privacy. Please contact our Spa staff at extension 3.

### Treatment Preparation

Kindly arrive at least 10 minutes prior to your scheduled treatment time, allowing time to complete our holistic health assessment and receive a brief run-down of your treatment.

### Spa Environment

As a wellness area, we appreciate if you can refrain from smoking and turning your mobile phone off or to a silent setting whilst in or around the Aman Spa. The minimum age for taking a spa treatment (with exception of those listed in “spa for the young”) is 18 years.

### Valuables

Please leave your valuables in your room.

### Cancellations

We understand that schedules change. Since your Spa time is reserved especially for you, we kindly ask you to give a minimum of 4 hours cancellation notice so someone else may enjoy that time. Cancellations made within 4 hours will be subject to a 50% charge.