

ĀMAN
SPA

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Amanjiwo Spa

'Wellness is a dynamic process of change and growth – a state of complete physical, mental and social wellbeing that is more than simply staying free from illness'

Dedicated to holistic wellness, Amanjiwo offers a spa menu informed by traditional Javanese healing and beauty rituals passed down through the generations. Treatments incorporate Aman's all-natural skincare range as well as local ingredients known for their healing properties. The aim of each of our spas is for guests to leave empowered and renewed, with the tools to continue their wellness journey.

All treatments are available at the Spa Suite and may also be provided in the privacy of your suite.

Spa Facilities

Spa Suite

The Spa Suite provides couple treatment room with its twin massage tables and outdoor relaxation bale. The Spa Suite is also furnished with changing areas and shower facilities.

Fully equipped Gym Suite

Located just a stone's throw away from the Terrace Restaurant, Amanjiwo's gym suite provides treadmills, cross trainers and other fitness equipment, along with personal training. Open daily from 6am to 11pm.

Tennis Court

The tennis court is sheltered by the Menoreh Hills, with a thatched-roof bale on hand for providing refreshments. Ball boys are available to look after your every need - be it a cold towel, an iced glass of geranium tea, or a hard hit ball. Hitting partners can also be arranged.

Private Yoga Sessions

In the green heart of Central Java, there are few places more serene for reconnecting with your body, mind and soul than at our 'Peaceful Soul'. Absorb the energy of the Javanese forest, find your balance and free your mind with the private yoga session arranged to your level.

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Spa Arrival and Preparation

To enhance your Spa journey and enjoy the full benefits of the experience, please allow sufficient time to appreciate the tranquil setting of the Spa Suite, assisting your body and mind to relax and to become fully present in the moment.

Arrival

Please arrive at least 10 minutes prior to your appointment time. This will allow you to fill in a consultation form and to enjoy our relaxing environment. Treatments will begin and end on time in order not to inconvenience our next guests.

Amanjiwo Jamu

A healthy infusion of Javanese basil and local spices from the Menoreh hills creates a soothing drink is served. This is an ancient master remedy to strengthen the whole body and induce stillness.

Information and Etiquette

To maintain respect for the tranquillity of the Spa environment, the use of mobile phones and cameras is not permitted. Bath robes, sarongs and slippers are provided. We also offer disposable undergarments for both men and women. Our therapists are trained in professional draping to cover you appropriately during treatments to maintain your privacy.

Traditional Javanese Treatments

The Javanese have long held traditions of healing and beauty rituals handed down through the generations. Engaging with local practitioners, we have combined these traditional techniques and products with our own range of Aman natural skincare products to provide a harmonious touch of the region that will revitalize your body, mind and spirit.

Before beginning your spa treatment, enjoy a taste of Jamu, an ancient elixir dating back to the time of the Buddhist empire that built Borobudur. This herbal tonic is a delicate blend of spices such as turmeric, ginger, tamarind and palm sugar. Jamu can boost the immune system, has powerful antioxidants and anti-inflammatory health benefits.

Traditional Javanese Treatments

Javanese Royal Ritual

150 min

A beauty ritual from the Royal Palaces of Central Java, which originated centuries ago as a purifying ritual for Javanese princesses as they prepared for their wedding day.

This royal ritual begins with a relaxing Javanese massage following a lulur (home-made scrub) made from a blend of finely ground rice, white turmeric, milk powder, jasmine and rose. The ritual continues with an application of a milk and clay mask designed to stimulate the cells activity and restore the pH balance of the skin. The final and most wonderful step is to relax in a warm milk bath that has been strewn with fresh jasmine and rose. The skin will be left soft, supple and shining. The Javanese Lulur Ritual is a truly delicious experience.

Mandi Lulur

120 min

This experience starts with a traditional Amanjiwo massage followed by body exfoliation treatment made from spices including clove, ginger and turmeric, blended with ground rice. Known as 'lulur', it brightens the skin, helps relieve muscle tension and eases fatigue. A soothing application of yoghurt is then applied to the skin leaving it soft, supple and rebalanced. It is then completed with a relaxing herbal bath.

Lulur Hitam

120 min

Acclaimed as the masculine version of Mandi Lulur, this treatment brings the body back to balance and equilibrium by stimulating the circulation system. A relaxing massage is followed by an invigorating body scrub of black rice and coffee and completed with a warm herbal bath.

Massages

Pijat (Traditional Javanese Massage)

60 min / 90 min

This deep tissue massage style has been practiced, and the technique handed down, through the generations. It removes blockages and releases energy by working deep seated muscles. It is done by our local healers. we recommend to combine Pijat with the Aman Signature rituals nourishing and grounding treatment.

Amanjiwo Massage

60 min / 90 min

This nurturing massage soothes tired muscles and relaxes the body and mind. It combines an acupressure technique with the therapeutic benefits of essential oils to provide a sense of harmony.

Foot Massage

60 min

This nurturing treatment will bring energy back and revitalize tired feet and legs. A scrub using jasmine and corn will stimulate circulation and is then followed by a relaxing foot and leg massage.

Finishing Touches

Javanese Cream Bath

60 min

This treatment uses moisturizing cream to nourish roots, improve the condition of the scalp and provide a rich sheen to your hair. It also incorporates a scalp massage and a deeply relaxing massage to the neck, shoulder and hands.

Manicure & Pedicure

60 min / Combination

Our manicure and pedicure treatments include a soothing hand or foot massage.

Soften and smooth dry hands and feet. This treatment begins with a soak, followed by a gentle exfoliation and intensively moisturizing mask. A therapeutic massage with hydrating lotion follows that strengthens the skin's moisture barrier.

Nail Polish by OPI

We are offering Nail polish and gel nail polish by OPI. As the world leader in the professional nail care industry, OPI is committed to providing high-quality products and services with a focus on industry safety and innovation. Known for its exceptional formula, fashionable colors and iconic names, OPI's heavily-pigmented lacquers are super rich, long-lasting, and chip-resistant – offering an affordable luxury to consumers.

Spa Reminders

Spa Location

The Spa is beautifully located in the main resort area amid the greens of Menoreh Hills, only a stone's throw away from the lobby.

Additional Locations

We offer a wide variety of our treatments in the privacy of your suite. Please contact our Guest Assistants at the Front Desk to arrange the treatments at the comfort of your suite. There is no additional charge for in-suite treatment.

Appointments

We advise booking your spa appointment upon arrival so that we may best accommodate your needs and to avoid disappointment should we be fully booked. Please dial extension 1 or 2 from your Suite phone to make a reservation or speak with our Guest Assistants at the Front Desk.

Special Considerations

- Consultations are carried out before all treatments. Some treatments are not suitable for certain conditions and it is in your best interest if we suggest an alternative.
- Please let us know if you suffer from allergies, sensitivities, high blood pressure, diabetes, a heart condition or any other physical issues or injuries in your consultation form to allow the best possible treatment experience for you.
- Please notify us when making a booking if you are pregnant and we will guide you through the treatments suitable for you.
- The minimum age for spa treatments is 16 years old. Guests under 16 years should be accompanied by a parent or guardian for the entire treatment.

Treatment Preparation

We recommend that you arrive 10 minutes prior to your appointment time. This will allow you to fill in a consultation form and to enjoy our relaxing environment. Treatments will begin and end on time in order not to inconvenience our next guests.

Cancellation Policy

We understand that schedules may change. Since your spa time is reserved especially for you, we kindly ask that you give us a minimum of four hours cancellation notice so that someone else may enjoy that time.

Cancellation made within four hours will be subject to a 50% charge.

Operating Hours

Spa bookings are available from 9am to 9pm daily, with the last booking at 8pm. Treatments may be done in the Spa Suite or in your guest suite.

Pricing

Please note that all prices are subject to 21% local taxes and service charge.

Valuables

Kindly note that it is not recommended to bring valuables into the Spa.