

AMANKILA  
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. The Aman Spa concept is to achieve Integrated Holistic Wellness for every guest.

Treating the whole – the mind, body and spirit – through the integration of ancient healing modalities with the best of modern science, Aman strives to provide guidance, support and knowledge for a journey that extends beyond the physical boundaries of the Aman Spas around the world.

The aim of each Aman Spa is for guests to leave empowered and renewed, with the tools to continue their wellness journey.

### **A New Spa Language**

Healing has fascinated and compelled humankind since ancient times. Today, we have access to a treasure trove of traditional healing systems, as well as cutting-edge discoveries in modern medicine. It is intriguing that science can now prove the efficacy of certain ancient practices, while others, practiced today as they have been for millennia, offer benefits that are without scientific explanation.

Many of the world's ancient healing systems, 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, meaning some concepts and terms can sound strange to the uninitiated.

Talk of chakras and energy can be off-putting for some people, especially when taken out of context. Yet when understood as part of the philosophy behind traditional healing, they reveal an intriguing language that explains how our bodies work.

Understanding these theories is not a prerequisite for enjoying their benefits. Aman Spa aims to demystify this language for those wishing 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 if you would like to know more about the ingredients and modalities used in any of our treatments.



## Understanding Energy

The idea of a life force, or life energy, is shared among many 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 principle in many healing modalities is that any blockage to the flow of life force within a body can cause imbalance and ill health. 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.

## Aman Products

Harnessing the power of the Earth, Aman’s new line of all-natural skincare products has been conceived in line with nature and based on the knowledge and wisdom of ancient healing traditions. Comprising smoked body balms and butters, fragrant dew mists, liquid body oils, invigorating scrubs, anti-ageing serums, to rainforest muds and more, the range is completely chemical free and made with organic ingredients sourced from around the world for their purity and potency. Rare and precious ingredients used include pearls, colloidal metals, amethyst, jade, frankincense and palosanto. The creams, muds and mists contain alkalizing, oxygen-rich vortexed spring water.

Aman’s new products are grouped into three different formations – Grounding, Purifying and Nourishing. These formations have been created to meet specific physical and emotional need states. They reflect the landscapes at Aman’s destinations – deserts, rainforests and oceans that span continents and cultures. Working holistically to nurture the skin and enhance overall wellbeing, the products in each formation penetrate deeply to nourish and rejuvenate. Aman products also work on a deeper level, and are highly vibrational from an energy perspective.

Many of Aman’s resorts are located near sacred sites that align with energetic ley lines. With this in mind, the Aman products and treatments are designed to work with the Earth and the energy of the landscape – in essence, to use the medicines and healing ingredients of the planet’s apothecary.

## Aman Signature Treatments

The Aman Spas around the world offer therapies and treatments inspired by their destinations and local healing philosophies. Each Aman Spa also offers the Aman Signature Treatment Menu. Carefully curated to Ground, Purify and Nourish using the finest organic and natural ingredients, the three parts of the Signature Menu are personalised to the individual to target specific concerns and conditions. These treatments offer tangible benefits and long-lasting results. They employ the use of ground crystal powders, healing tree oils, homeopathic facial mists, wild-harvested Amazon butters and other exceptional natural ingredients, including pearls and plant stem cells.



## Smoking Ceremony

For millennia, the smoke of different woods and resins has been used therapeutically. Cultures around the world from the Ancient Egyptians to the Native Americans have conducted smoking ceremonies for spiritual purification and to promote healing. Each of Aman's Signature treatments begins with a traditional smoking ceremony, a gentle ritual that calms and centres a guest in preparation for the treatment to come. Different smoke is used for Aman's Grounding, Purifying and Nourishing treatments, as traditionally the smoke of different woods and resins has particular properties and healing powers.

### Black Amber

The smoke of Black Amber is used for all Grounding treatments, as this derivative of the life-preserving resin is considered to restore energy and shield against infection.

### Palo Santo

Purifying treatments begin with the burning of Palo Santo, often called 'holy wood' and known to reduce inflammation, boost moods and ease stress and physical discomfort.

### Frankincense

Historically worth more than its weight in gold and used for all Nourishing treatments, Frankincense smoke is said to offer protection, enhance spiritual awareness and lift one's emotions.

## Foot Ritual

A soothing, mineral-rich foot ritual is a prelude to each signature treatment. The feet are cleansed; complementing the spiritual cleansing that takes place through a smoking ceremony. This foot ritual is deeply relaxing, but also richly symbolic. It is an act of service and care at its most humble, and invites the surrender of personal will. The trust that is fostered helps guests to fully benefit from the treatments that follow.

## Grounding

**Spiritual Energy:** Peace

**Landscape:** Mountains and deserts

**Climate:** Dry, with temperature extremes

**Key Ingredients:** Amber oil, rose quartz crystals, sandalwood, jasmine, rare black Peruvian and purple muds, wild harvested butters, tuberose, argan stem cells, amethyst and silver. These ingredients have been chosen for their powerful grounding characteristics.

**Grounding Healing Techniques:** Black amber smoking ceremony, Tibetan Ku Nye massage, meridian and acupressure work, cupping and kneading.

**Positive Effects:** The Grounding Formation works as a balm for the restlessness caused by the frenetic pace of modern life. It imparts a feeling of safety, offering reassurance and reconnection. Studies have shown that amber oil relaxes alpha, beta and theta brainwaves through its psychoactive effects, helping to soothe a busy mind and ease anxiety and stress. Sandalwood warms and calms the nervous system – its earthy aroma evokes tranquility and induces a meditative frame of mind.

### If you want to feel

Reconnected  
Grounded  
Peaceful  
Deeply rested and rejuvenated  
Physical relief or release  
A solid centring of the etheric body  
Stillness  
Courageous  
The space to gain perspective  
Strong

### If you are feeling or experiencing

- Uprooted
- Stressed
- Exhaustion
- Burnout
- Insecurity
- Anxious
- Unable to switch off
- Jet lag
- Insomnia
- Tension in the lower spine
- Lower back pain
- Low energy
- Adrenal fatigue

### Grounding Massage Ritual

This Ku Nye full-body treatment honours ancient Tibetan healing traditions through grounding the body and mind. Traditional techniques are used to stimulate the muscular system, while a subtler massage energises the meridian system. The massage incorporates cupping along meridian lines, acupressure, kneading, deep-tissue techniques, warmed rose quartz crystals and hot Himalayan salt poultices. The body massage is followed by an invigorating Tibetan head massage that induces an even deeper level of relaxation both physically and mentally. In this space, an abiding sense of peace pervades the body.

### Benefits

\* Moisturises dry skin, eases fatigue and promotes recovery \* Reduces chronic pain \* Breaks up scar tissue \* Increases tissue permeability \* Stretches tissue and reduces muscular tension \* Improves athletic recovery and performance \* Reduces anxiety and balances the energy body.

90 minutes

### Purifying

**Spiritual Energy:** Vitality

**Landscape:** Coast and water

**Climate:** From warm and humid to fresh and breezy

**Key Ingredients:** Palo Santo (known as “holy wood”), sandalwood, juniper berry, rose geranium, raw honey, pearl, fluorite, quartz, kalpariane and argan stem cells. These ingredients have been chosen for their purifying, anti-ageing and nurturing characteristics.

**Purifying Healing Techniques:** Smoking ceremony with Palo Santo wood, manual lymphatic drainage, nerve point therapy and nerve stimulation.

Positive Effects: The Purifying Formation is a powerful spiritual cleanser that lends protection, clears stagnant prana/chi, stabilises the heart and mind, and eases restless agitation. It helps the guest let go of unhelpful energies and emotions, providing lightness of step and breathing space for the mind, body and soul.

#### If you want to feel

Fortified  
Cleansed  
Detoxified  
Protected  
Peaceful  
Purified  
Lighter  
Energized  
Boosted

#### If you are feeling or experiencing

- Heaviness in the body
- Bloating/swelling
- Dull skin
- Thyroid problems
- Fatigue
- Post-illness exhaustion
- Emotionally stuck or stagnant
- Headaches/migraines
- Low energy
- In need of a detox

### Purifying Massage Ritual

Ideal for anyone needing a purifying release, this relaxing and purifying therapeutic treatment incorporates manual lymphatic drainage techniques and nerve point therapy on the back to stimulate vital organs and balance the nervous system.

The lymphatic massage is designed to manipulate lymph nodes and lymphatic vessels, with the goal of increasing their activity and promoting the flow of lymph, which carries waste products away from the tissues. Compared to traditional massages, the pressure applied with manual lymphatic drainage is much lower in intensity but powerful in its effects.

Ingredients used in this massage include arnica, palo santo and seaweed oils, which stimulate circulation and encourage the release of negative energy and toxins.

#### **Benefits**

\* Stimulates and balances the nervous system \* Removes toxins \* Regenerates tissue \* Aids lymphatic drainage, reducing edema and swelling \* Reduces cellulite \* Increases immunity \* Deep relaxation \* Reduces muscle spasms.

90 minutes

#### **Purifying Face Ritual**

Extremely beneficial for people living in cities exposed to pollution, this deeply relaxing, tension-releasing facial combines nerve point therapy and lymphatic drainage for a detoxifying release. The lymphatic massage stimulates the glands on the chest, neck and face, resulting in glowing, toned and brighter skin. The firm pressure applied in the nerve point therapy helps to calm the nervous system by smoothing out the ophthalmic nerves, releasing facial tension and stress.

Key ingredients used in this ritual include authentic pearl to brighten, colloidal copper for cell regeneration, and powerful marine extracts with trace elements and vitamins A, B, C, D and E to strengthen collagen production and re-mineralise.

#### **Benefits**

\* Moisturises and brightens dehydrated, dull and congested skin \* Detoxifies \* Firms skin \* Drains the lymph \* Releases tension \* Benefits stressed, overworked, anxious and tired skin \* Deeply hydrates \* Nourishes with key skin nutrients \* Reduces the effects of pollution on skin

90 minutes

## Nourishing

**Spiritual Energy:** Love

**Landscape:** Rainforest and rice terraces

**Climate:** Hot and humid

**Key Ingredients:** Jasmine stem cells, sandalwood, boswellic acids, vitamin B12, tuberose, fresh royal jelly, jade crystals, silk and gold. These ingredients have been chosen for their powerful regenerating abilities, and are known to fuel recuperation.

**Nourishing Healing Techniques:** Smoking ceremony with frankincense, chakra balancing massage, mantra music, marma point therapy, the Light Technique.

**Positive Effects:** The Nourishing Formation encourages the healing of emotional and mental wounds with a nurturing embrace. Lifting and carrying the guest towards others and the self, it holds the spirit of the adventure of simply being your most real and best self.

### If you want to feel

Fulfilled  
Blissful  
Joyful  
Full of ease  
Gentleness  
Reconnected  
Energetically balanced  
Rested  
Rejuvenated  
Meditative  
Self-love  
Emotionally supported  
Nourished body and soul

### If you are feeling or experiencing

- Disconnected
- Emotionally low
- Anxiety
- Chronic fatigue
- Dissatisfied
- Grief
- Emotional stress

### Nourishing Scrub & Wrap Ritual

For those feeling tired and depleted, this treatment encourages the body to enter a phase of deep rest in which it can be physically and emotionally nourished. Jade powder is a key ingredient in both the scrub and the wrap. It is known to nourish, hydrate, tone and rejuvenate.

The Jade Scrub also contains healing calendula oil, restorative amethyst powder and a nourishing blend of essential oils, as well as Himalayan salts. These salts stimulate circulation and leave the skin soft and thoroughly cleansed while infusing the body with 84 essential trace elements and minerals.



The Jade Mud Wrap combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. Hugging the body in a warm embrace, the wrap imparts the benefits of its ingredients while also stilling the mind.

After a shower or bath, the treatment culminates in the full-body application of Aman's Sacred Heart Balm.

**Benefits**

\* Sense of being nurtured and held \* Boosted lymphatic system \* Restores the nervous system  
\* Improved skin tone and texture \* Nourished and moisturised skin \* Mental clarity and strength

90 minutes

**Nourishing Massage Ritual**

Daily life can leave even the most organised, successful and happy amongst us feeling depleted and lacking in energy. Ideal for physically or emotionally exhausted souls, this treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems, helping to recharge and refuel the body and mind.

This deeply relaxing treatment includes chakra and sound healing – said to activate and channel the Kundalini (dormant energy stored at the base of the spine). Marma point therapy balances the energy body, releasing negativity and bringing the body back to a state of awareness and balance. On a physical level, the rhythmic massage dissipates muscular tension, leaving the guest feeling taller, lighter and completely restored.

**Benefits**

\* Deeply relaxing \* Relieves exhaustion, stress and chronic fatigue \* Reduces anxiety \*  
Balances the energy body

90 minutes

**Nourishing Face Ritual**

This rejuvenating and calming facial treatment heals on a physical level, with richly nourishing ingredients such as honey, rosehip, wheat germ, cactus oil, jasmine stem cells and silk, which work to soothen and brighten the skin. On a deeper level, it invites relaxation and rebalancing by focusing on facial marma points to remove any internal blockages and stimulate the flow of prana.

Prana is described as the universal life force that enters the body via breath. Easy breathing is therefore a key to wellbeing. Radiance is addressed and achieved with the Light Technique, which is based on shamanistic principles stating that light is generated by three points on the face – the forehead, the septum and the throat. By encouraging this light generation through various massage techniques and gentle holds, the skin is imbued with an inner luminosity.

### **Benefits**

- \* Moisturizes, brightens and soothes dry, dull and irritated skin \* Treats rosacea and dermatitis
- \* Works to improve the appearance of scarring and pigmentation \* Brings luminance to the face
- \* Soothes environmentally damaged/sensitized skin \* Deeply relaxing and restorative \* Nutrient dense

90 minutes

### **Nourishing Journey**

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.

180 minutes

## **Facial Treatments**

### **Rejuvenate Oxygen Facial**

Targeting the appearance of fine lines and wrinkles, this effective anti-ageing facial dramatically enhances the overall hydration of the skin and significantly improves tone and radiance. A high concentration of oxygen delivered in Rejuvenating Serum together with Hyaluronic Acid technology, combine to deeply hydrate and nourish the skin. Free radicals are neutralized, appearance of lines and wrinkles are reduced and your skin looks visibly lifted, younger and luminously radiant.

60 minutes

### **Combo**

This treatment combines Booster Vitamin A+ Oxygen Facial 60 min. Vitamin A plus Booster clarifies and refines the appearance of skin prone to blemishes, visible pores, sun damage, uneven texture or deep wrinkles. Softens and smooth rough skin and reduces the appearance of fine lines and wrinkles. This treatment includes feet massage.

90 minutes

## LUAR BIASA

Amankila Signature Treatments

### Asuci Angga

Inspired by the purification rituals of Bali this treatment will leave you cleansed and refreshed from head to toe. It starts with a harmonizing crystal salt and fresh lime foot scrub, followed by an Amankila massage to relax your body. Then a traditional Balinese scrub made from rice and ginger is applied to exfoliate the dead skin and stimulate the circulatory system. This is then followed by a body wrap using red ginger and cajeput to draw out toxins. While cocooned in the wrap, coconut cream is massaged into your scalp to nourish your hair and calm the mind. After showering, a moisturizer is then applied to complete the Asuci Angga treatment.

150 minutes

### Cinta - Love

Unwind and be present to connect and receive. Begin your journey with a full body exfoliation to cleanse and purify the body. Then allow yourself to melt into a warm bath, rose and flower essences in the bath provide an aromatic delight, opening the heart chakra, preparing you to receive an aromatherapy body massage to open the meridians leaving you with a complete sense of harmony.

120 minutes

## PEMANDIAN

Traditional Body Treatments

### Mandi Lulur

This ritual is revered for its immediate benefit to the skin and calms the mind; it is traditionally performed as preparation for the bride on her wedding day. The treatment begins with an exfoliating body scrub using turmeric, sandalwood and ginger root. Turmeric is known for reducing skin pigmentation, Sandalwood reduces blemishes and ginger root makes the skin radiant. A soothing application of yoghurt is then applied to the skin leaving it soft, supple and rebalanced. This is then followed by a flower filled bath to luxuriate in and reconnect with the present moment, during which a cream moisturizer is massaged gently into your scalp to nourish the hair and scalp. The treatment is completed with a one hour Amankila massage.

120 minutes

### **Aloe Vera Sejuk**

This treatment rehydrates from head to toe with nourishing natural ingredients, soothing any sunburn. During a cooling wrap of lavender and sandalwood to calm any skin irritations, rich coconut oil is poured onto your scalp and gently massaged in to provide nourishment to the hair follicles. This is followed by a full body application of pure aloe vera which helps seal in the moisture. The finishing touch is a moisturizing mini facial which will leave you feeling and looking fresh.

120 minutes

## **PERAWATAN SINGKAT**

Mini Rituals

### **Amankila Cream Bath**

A traditional Indonesian hair treatment that is beneficial for improving hair elasticity and growth. Coconut cream will be applied to your hair and followed by a nourishing scalp massage. The hair then is wrapped in hot towels while you receive a foot massage.

30 minutes

## **PIJAT**

Massage

### **Amankila Massage**

This treatment works with aromatherapy oils suited to your needs. Our therapists use long, soothing strokes in this flowing massage style to provide balance and relaxation.

60 minutes

### **Pijat Reflexi**

Balinese foot reflexology to focus on specific pressure points on the soles of the feet which support and rebalance corresponding parts of the body.

60 Minutes

### **Beach Bale Foot Massage**

Reward the feet that walk with you through life! Commencing with salt scrub, followed by a traditional Balinese foot massage using a blend of cooling foot lotion and energizing aroma oils. The bales on our secluded beach overlooking the Lombok straight and fanned by gentle breezes are perfect place to enjoy this massage.

60 minutes

## **CANTIK** Beauty

### **Amankila Manicure - Pedicure**

Manicure                      60 minutes

Pedicure                      60 minutes

Manicure & Pedicure Combination

(2 Therapists)              60 minutes

## **UNTUK ANAK & REMAJA** Spa for the Young

### **Little Princess Manicure / Pedicure (6 to 12 years)**

A fun treatment with a soak in a hand or foot bath. It includes nail trim, a gentle massage and a choice of bright colors.

50 minutes



## YOGA

### Yoga by our Resident Yoga Instructors

Our resident yoga instructors will conduct private yoga classes, either in your Suite or at the bamboo pavilion next to the beach with the soothing sound of the crashing surf in the background.

60 minutes

60 minutes

Kids' Yoga is available on request



## REMINDERS

### **Appointment**

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

### **Special Considerations**

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

### **Treatment Preparation**

We recommend that you arrive 10 minutes prior to your scheduled treatment time, allowing time to complete your holistic health assessment.

### **Age Requirements**

The minimum age for taking a spa treatment is 16 years (except for Spa for the Young treatments). Guest under the age of 18 years is required to have parental consent prior to the booking being accepted.

### **Cancellation Policy**

We understand that schedules change and we will do our best to accommodate your needs. Since your Spa time is reserved especially for you, we kindly ask you to give a minimum of 6 hours cancellation notice so someone else may enjoy that time. Cancellations made within 6 hours will be subject to the full charge of the treatment booked.

### **Valuables**

Please leave your valuables in your room.

### **Operating Hours**

The spa operates from 10.00am to 22.00pm daily (last booking at 21.00pm). After-hours spa appointments are subject to availability. Please dial extension 1 to make a reservation.