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# The Wellness Casa at Amanera

Cocooned by the lush Dominican jungle and high on a cliff, our peaceful Amanera Wellness Casa is designed as a sanctuary of tranquility, immersed in the tropical landscape.

The forces of the earth, wind, ocean, and sky, tune the body and mind to the rhythms of nature, enhancing and assisting your spiritual journey. Amanera Spa provides holistic treatments inspired by the healing tradition of the island's indigenous Arawak Taíno using Mother Nature's ingredients and empowered by the lunar forces and our integrated hands-on techniques.

Plants inherited from the local shamanic wisdom are used to embody a selection of massages, facials, scrubs, and wraps made using locally cultivated plants, fruits, and herbs, as well as Aman Skincare organic products. All treatments are available at the Wellness Casa and may also be provided in the privacy of your Casita or at the Beach Pavilions.

The Wellness Casa provides three couple treatment rooms, each with changing areas, washrooms, and shower facilities. A majestic relaxation area setting embraces the sacred contemplation of the tropical sunset. Grounded in the golden sand of Playa Grande, Amanera features two Beach Spa Pavilions dedicated to massages, private guided meditation, and yoga sessions.

Immerse yourself in the Spa's relaxing environment with a handmade local fresh herbal tea made from the leaves of the guanábana tree (soursop or *Annona muricata*), this infusion is an ancient master remedy to strengthen the whole body and induce stillness while completing your Spa holistic consultation.



# Aman Signature Treatments



Aman's line of all-natural skincare products draws on the knowledge and wisdom of ancient wellness traditions while harnessing the power of nature. Rare and precious ingredients used include pearls, homeopathic metals, healing tree oils, amethyst, jade, frankincense, and palo santo, as well as alkalizing, oxygen-rich spring water, wild-harvested Amazon butter and rainforest muds.

Consisting of smoked body balms, fragrant dew mists, liquid body oils, invigorating body polishes, anti-aging serums and more, the range is made from organic ingredients sourced from around the world for their purity and potency, and their link to Aman destinations.

Working holistically to nurture and enhance overall well-being, each product penetrates deep into the skin to nourish and rejuvenate, but also works on a deeper level, meeting emotional as well as physical need states.

Grouped into three unique formations that reflect three healing pathways back to wellness - Grounding, Purifying, and Nourishing - the products contain ingredients with molecular vibrational energy that work in sequence with the human body to promote change and return to equilibrium. The physical benefits of each product are completely aligned with its ability to address the emotional imbalance, together offering a holistic fine-tuning with tangible, long-lasting results.

# Grounding

## **Grounding Massage**

This Tibetan-inspired Ku Nye full-body treatment honors ancient Tibetan traditions of healing through grounding the body and mind. Traditional techniques are used to stimulate the muscular system and then, with more subtle massage, to energize the meridian system. The massage includes acupressure, kneading, deep-tissue techniques, warmed rose quartz crystals, and hot Himalayan salt poultices. The full-body massage is followed by an invigorating Tibetan head massage, which induces an even deeper level of relaxation both physically and mentally. In this space, an abiding sense of peace pervades the body.

90/120 minutes

## **Grounding Scrub & Wrap**

Feel connected to the earth with a renewed sense of self. The key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness, happiness, and emotional stability. The scrub will stimulate the lymphatic system, eliminating the toxins from the cells and increasing circulation. After the cleansing, the Amethyst Wrap initiates a period of stillness and calm, cocooning the body in warmth. Once the wrap is concluded, the treatment's final touch is the application of Aman's silky-smooth smoked body butter to impress the benefits of the ritual into your skin.

90/120 minutes

## **Grounding Journey**

As powerful as each grounding treatment is in isolation, their effects are multiplied exponentially when experienced together. The ultimate grounding experience. This journey incorporates all three of the treatments, beginning with the Scrub & Wrap Ritual, followed by the Massage Ritual. Each build on the treatment that came before to ensure that at the journey's end, you have reached a place of perfect contentment in which you feel connected and centered, both internally and externally – grounded in every sense of the word.

180 minutes

# Purifying

## **Purifying Massage**

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. Compared with traditional massage, the lighter pressure applied with manual lymphatic drainage is much lower in intensity, but it is 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.

90/120 minutes

## **Purifying Scrub & Wrap**

Designed to encourage the body to enter a phase of detoxification in which deep purification can take place, this purifying ritual leaves you feeling in a peaceful state of lightness and ease. This two-phase treatment moves from the energetic and invigorating Quartz Scrub, during which circulation is stimulated and lymphatic drainage promoted, to the more meditative Marine Flora Mud Wrap detoxifying and eliminating pollutants increasing the metabolic function of skin cells. After a shower, the experience is rounded off with a full-body application of Aman's Palo Santo Salve.

90/120 minutes

## **Purifying Journey**

A word with multiple connotations, 'purification' is a process that can apply to every aspect of a being, from its sustenance to its thought processes. This journey approaches purification on every level, from clarifying the skin and detoxifying the body's organs to clearing negative energy and focusing the mind. Incorporating all three of the Purifying treatments, the journey begins with the Scrub & Wrap Ritual, followed by the Massage Ritual, and rounded off with the Face Ritual. On completion, expect to feel clear-headed and at peace.

180 minutes

# Nourishing

## **Nourishing Massage**

Daily life can leave even the most organized, successful, and happy among 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. On a physical level, the rhythmic massage dissipates muscular tension, leaving you feeling taller, lighter, and completely restored.

90/120 minutes

## **Nourishing Scrub & Wrap**

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, known to nourish, hydrate, tone and rejuvenate. 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.

90/120 minutes

## **Nourishing Journey**

There is infinitely more to nourishing a being than the food it consumes to thrive. Nourishment can come in many forms, and this journey serves to combine these in an immersive experience that nourishes every aspect of an individual. The journey incorporates all three of the treatments, beginning with the Scrub & Wrap Ritual, followed by the Massage Ritual and rounded off with the Face Ritual. Each treatment builds on the benefits of the one before it, leading to a result exponentially greater than the sum of its parts.

180 minutes





# Amanera Signature Treatments



Unique to Hispaniola, Larimar is a rare blue gemstone believed to encourage physical and emotional healing. It resonates with the gentle energy of water and has a strong energetic connection with the moon. Each moon cycle powerfully affects the ocean tides and influences Larimar's healing properties by harmonizing our chakras (human energy centers) with the energy of Mother Earth.

The traditional Dominican healing art is carried out with a Palo Santo smudging ceremony, a prelude to any journey. Palo Santo is a 'holy wood', used by healers since ancient times for cleansing and spiritual purification rituals to bring a sense of a new beginning. We have created our signature treatments based on the influencing forces of each lunar cycle.

They are empowered by medicinal remedies using plants grown in our organic nursery, to clean impurities, soothe aching muscles, stimulate the internal organs, and promote healing. We invite you to experience these journeys of self-discovery. All lunar journeys begin with a foot ritual, a holistic consultation to personalize your treatment, and a Palo Santo smudging ceremony with a Larimar chakra-balancing meditation to conclude.

# Healing through Lunar Rituals

## New Moon - The Beginning

*"The new moon is a great time to build focus and clarity, establish the roots of your wishes and intentions, forgive, and let go to renew your inner power."*

Immerse yourself in this sensory experience with the Palo Santo smudging ceremony followed by a foot ritual and a deep foot massage to forge a strong connection to the earth and open the root chakra. Warm therapeutic poultices of ruda herbs are placed on specific points of your body as you enjoy a head massage. A full-body grounding hot stone massage helps to create an energy pathway to the earth, while soothing muscle and joint pains.

120/150 minutes

## Waxing Moon - Growth and Creativity

*"The waxing moon is that time of the lunar cycle when you reach your highest level of creativity, expand your energy, and gain clarity of intention and intuition."*

Awaken yourself with a full-body exfoliation of coffee blended with black pepper and rosemary to increase circulation and boost memory, followed by a warm coconut wrap to soften the skin. Soothing head pressure point massages are performed as you luxuriate in the wrap. An invigorating firm massage using local cocoa butter is designed to release deep-seated muscular pain, relieve emotional stress and revitalize the mind.

120/150 minutes

## Full Moon - Enlightenment (Four Hands)

*"The full moon is a state of glorious fullness, a time of enlightenment with heightened psychic awareness that allows the healing of emotional blocks and attunement to one's divinity. Whatever is going on in the body, mind, and spirit will be amplified."*

This powerful experience begins with a Palo Santo smudging ceremony and foot ritual to tune your roots to a higher vibration. The ultimate Amanera synchronized four-hand massage uses virgin coconut oil infused with therapeutic essential oils that balance the muscles, realign the body and restore the energy flow. This is extended by the ritual of warm herbal poultices, harmonious foot reflexology, and head acupressure massage. A complete experience to finetune the body and mind.

90/120 minutes

## Waning Moon - Purification

*"The waning moon is a time for introspection and release of emotional imbalances and blockages that may be obstacles in your evolutionary journey. In sync with these natural lunar rhythms, the body's detoxification process is encouraged, and the elimination of toxins and fluids allows for a deeper level of purification."*

This signature experience starts with a cleansing drink of *guanábana* and limoncillo to absorb toxins and stimulate bowel function, giving way to the process of inner purification. This is followed by a mint ocean salt exfoliation and a marine wrap cocoon. Specific foot pressure points are massaged to enhance the therapeutic benefits. A full-body lymphatic drainage massage reduces fluid retention and helps remove waste and toxins from the body tissues. Warm, stimulating herbal poultices are placed on your abdomen, followed by gentle drainage of the deep lymphatic neck vessels and a head massage. Reach a blissful state of purity, reconnecting to harmony with self and others.

120/150 minutes



# Massages



## **Aman Holistic Massage**

This holistic aromatherapy-based oil massage involves an intuitive sense of connection for better health and relaxation. Based on your selection of aromatic oil blends, your treatment is tailor-made to enhance your physical and emotional well-being.

60/90/120 minutes

## **Amanera Deep Tissue Massage**

Feel whole again as tension and stress diminish with this healing session that provides the highest level of restoration. Designed to penetrate the superficial layers of the muscles and to increase the oxygen, the treatment comprises a wide selection of bodywork and body stretching techniques. Trust in our hands and prepare to re-boot the mind and re-establish your balance.

90/120 minutes

## **Amanera Four-Hand Massage**

One of our most intense massage treatments, where two therapists perform synchronized massage, mirroring each other's movements at the same time. You will be completely enveloped in this wonderful experience.

60/90 minutes

## **Coconut Moisture Massage**

Indulge your senses in an exotic escape of coconut and cacao with this moisturizing holistic massage. Using local virgin coconut oil rich in vitamin E and antioxidants, this massage promotes vitality and relaxation. The hydrating ritual concludes with a coconut foot exfoliation and cocoa butter pressure point foot massage.

60/90 minutes

# Massages



## **Hot Stone & Poultrice Massage**

This unique combination of hot stones and warm therapeutic poultices of local herbs allows the therapist to access deeper muscle layers through heat therapy. Smooth stones are both used to massage and placed on specific points of the body to warm and loosen tight muscles, while poultices are gently massaged onto the body.

60/90 minutes

## **Foot Reflexology**

Reflexology is the application of appropriate pressure to specific points and areas on the feet. These areas and reflex points correspond to different organs and systems and pressing them has a beneficial effect on the organs and general health. Reflexology is a therapy that balances and boosts the entire system.

60 minutes

## **Prenatal Massage**

A balancing massage for women after their first trimester to promote comfort, improve circulation, and encourage overall emotional and physical well-being during this special time.

60 minutes

## **Thai Massage**

Enhance your movement and flexibility after your Amanera workout with a Thai stretching session. This passive yoga-like massage is a blend of stretching, acupressure, joint mobilization, and muscle compression. Therapists use hands, knees, legs, and feet to stretch and energize your muscles.

60/90 minutes



# Body Treatments

Ideal to precede a massage, a body scrub stimulates the circulatory system, removing toxins and improving tone, while a wrap cocoons the body with targeted local ingredients.

## **Dominican Coffee Scrub**

Recommended at the beginning of your stay as a pre-sun treatment, this invigorating coffee exfoliation will boost energy flow, reduce fluid retention, and detoxify the body. The caffeine helps to tighten the skin and reduce cellulite. This treatment will prepare the skin for an even tone, revealing its natural glow, and leaving it nourished and cleansed.

60 minutes

## **Coconut Oat Polish**

A pure tropical ritual that provides excellent exfoliation for sensitive skin. Coconut and oat are great moisturizers and skin relievers. Conclude with a hydrating massage application, leaving your skin glowing and renewed.

60 minutes

## **Papaya Oat Wrap**

This anti-inflammatory body wrap promotes healthy skin and reduces signs of aging due to its abundance of minerals and vitamins such as A, C, and E. The ingredients are rich in antioxidants and flavonoids, which destroy free radicals and prevent further damage while you are cocooned enjoying a deeply relaxing head massage.

60 minutes

## **Marine Algae Wrap**

Harnessing all the incredible benefits of seaweed, this body wrap hydrates the skin with minerals and enzymes, activates circulation, relieves aches and pains, increases metabolism, invigorates skin tissue, and improves the skin's elasticity. The wrap is also an excellent aid in treating skin conditions such as eczema and psoriasis. Highly recommended as part of a detox or weight loss program and for general well-being.

60 minutes

## **Ancient Ritual for Legs**

Treatment is dedicated to pampering the legs that do so much for us. recommended after a long walk, an exfoliation with salt and rosemary to help reduce inflammation, a rosemary, mint, and cinnamon mask to help promote circulation followed by a change in temperature with warm towels to relax the muscles, a lymphatic massage to detoxify and avoid pain.

60 minutes

\*All treatments conclude with the application of nutritive cocoa body butter.



**After-Sun Cooler**

This is a pampering, hydrating aloe vera body wrap infused with mint essential oils, combined with a hair and scalp massage treatment using local virgin cocoa butter. This therapy is carefully designed to cool down the whole body and treat skin that has been exposed to the sun.

90 minutes

**Golfer's Reviver**

Restore energy after a day on the golf course. This treatment soothes aching muscles and targets swing tension held in the back and neck, as well as fatigued legs and feet. Start with a foot ocean soak ritual, followed by a full-body massage to melt away the tension. Conclude with a relaxing head massage to profound emotional and mental release.

90 minutes

**Golfer's Recovery**

This powerful therapy is designed to alleviate golfers' muscular fatigue, focused on the back and core areas. The treatment starts with a mineral salt scrub to prepare for better absorption of the therapeutic oils. A synergy of hot stones and manual deep-tissue massage follows, to allow for effective manipulation of tight muscles.

120 minutes

**Prenatal Indulgence**

Tailored specifically to your body's needs during this transitional time, this therapy focuses on the areas affected by pregnancy's discomforts, such as aching back, fatigue, and tired legs. Local cocoa butter is used to improve the skin's elasticity and prevent stretch marks. It includes a gentle coconut foot scrub and a restorative full-body massage.

90 minutes

\*All treatments conclude with the application of nutritive cocoa body butter.



# Facials

## **Grounding Face Ritual**

This therapeutic facial incorporates Tibetan massage techniques to encourage a subtle release of tension from the face, rose quartz crystals to promote healing, frankincense to aid rejuvenation, hyaluronic acid to boost hydration, and licorice extract for even skin tone. Lymphatic and muscular massage techniques aid product absorption and stimulate circulation to rejuvenate A Peruvian black mud and amethyst crystal mask, along with a Tibetan head massage, completes the treatment.

90 minutes

## **Purifying Face Ritual**

Extremely beneficial for those living in cities exposed to pollution on a daily basis, this deeply relaxing, tension-releasing facial combines nerve point therapy and lymphatic drainage for a detoxifying release. Lymphatic massage stimulates the glands to result in glowing, toned and brighter skin. Nerve point therapy uses firm pressure and helps to calm the nervous system by smoothing out the ophthalmic nerves, releasing any tension and stress within the face.

90 minutes

## **Nourishing Face Ritual**

This rejuvenating and calming facial treatment heals on a physical level with richly nourishing ingredients such as honey, rose hip, wheat germ, cactus oil, jasmine stem cells, and silk, soothing and brightening 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.

90 minutes

## **Holistic Facial**

Experience a holistic facial involving a cleanse, exfoliation, facial massage, and a mask. A soothing massage of your neck, scalp, and shoulders is performed, while the natural organic ingredients of the products penetrate deep into the skin, bringing purity and rejuvenation by returning your skin to its most natural and harmonious state. The 90-minute facial includes hand, foot, and scalp massage to leave you with a sense of complete restoration and a state of peacefulness.

60/90 minutes

## **Tension Release and Balancing Facial**

This is a tension-releasing facial that extends beyond the skin. The face is the reflection of overall health. Stress affects our expression due to tight muscles in the jaw, face, and neck, creating headaches and accelerating the aging process. A therapeutic massage along the nerves, joints, and muscles will ease tensions in the face, head, neck, and shoulders. Foot reflexology will treat your entire body while the mask is applied for greater alignment and balance, concluding with a head massage and cranial hold which induce an even deeper level of stillness, powerfully enhanced by the energy-healing touch of cooling larimar stone.

90 minutes

# Hand and Foot Care



## **Amanera Manicure**

This cuticle and nail treatment includes filing, gentle buffing, and hand exfoliation, encouraging a naturally beautiful finish to the nails. This is complemented by a thorough arm and hand massage with cocoa butter and jojoba oils to ensure full hydration.

60 minutes

## **Amanera Pedicure**

This complete pedicure ritual includes a blissful foot and leg massage that helps to relax fatigued muscles. A preliminary sugar and salt foot exfoliation stimulates blood circulation, making you feel lighter and revealing soft, beautiful, and healthy feet.

60 minutes

## **Nail Polish Change**

30 minutes

# Spa Reminders

## Operating hours

### Spa

Daily from 11am to 8pm (last treatment 6.30pm)

Treatments can be provided outside of hours upon request.

## Appointments

Reservations can be made directly from your Casita by calling the Spa extension. Advance booking is highly recommended to ensure that your preferred time and service are available. Please let us know if you are running late. Depending on the circumstances, your treatment may have to be performed by an alternative therapist and/or substituted for a shorter treatment in order to accommodate a guest who arrives on time for the appointment after you.

## Amanera Boutique

All Aman Spa products used at Amanera are available to purchase at the resort's boutique, along with lifestyle accessories and Amanera-branded items. A wide, exclusive selection of jewelry handmade crafts with larimar gemstone embodies the natural beauty of the Dominican ocean, providing a wonderful memory of your stay at Amanera. The boutique is open from 8am to 8pm daily, with appointments available outside of hours upon request.

## Spa Location

The Spa is beautifully located amid the greens of Playa Grande Golf & Ocean Club, a short five-minute car drive from Casa Grande. The Spa will arrange pick-up from your Casita 20 minutes prior to your treatment. Kindly notify the Spa or your Guest Assistant should you wish to be picked up from a different point within the resort.

## Additional Locations

We offer a wide variety of treatments in the privacy of your Casita and in the peaceful setting of our beach with an additional USD 40 +18% tax per therapist

## Spa Environment

The minimum age for any of our Spa services is 12 years old. Express nail services can be received from the age of 10. Guests under the age of 18 are required to have parental consent prior to their booking being accepted. Parents or guardian presence is required throughout all treatments.

## Late-Evening Treatments

Please note that an additional 50 USD +18% tax per therapist applies for treatments finishing after 8pm.

## Refunds

Unopened retail products are exchangeable within seven days of purchase on presentation of the original receipt.

## Cancellation Policy

Though we will do our best to accommodate schedule changes, we kindly ask guests who wish to cancel a session to give a minimum of 24 hours' notice for Spa treatments so that someone else may enjoy that appointment time. Cancellations made within 24 hours will be subject to the full charge for the service booked.

## Special Considerations

Our holistic consultation must be completed and signed prior to your first visit to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the Spa with any medical or health concerns. We recommend that you arrive 15 minutes prior to your scheduled treatment time, allowing time for you to complete your Spa holistic consultation and immerse yourself in the Spa's relaxing environment with a handmade local fresh herbal tea or cooling beverage.

## Pricing

Please note that Spa menu treatments are exempt from additional taxes and service charge.

## Valuables

Please do not bring valuables into the Spa. Safes are provided in every guest room.



Highway 5, Cabrera Rio San Juan 33300  
Dominican Republic TEL: +1809 589 2888  
EMAIL: [amanera.spa@aman.com](mailto:amanera.spa@aman.com)