



AMAN JOURNEYS

These treatments are offered at every AMAN spa worldwide. Combining all three encourages a deep connection to the earth and a renewed sense of self, promotes inner peace and harmonious mind and body.

GROUNDING JOURNEY

180 MINUTES

For those seeking reconnection, stillness and perspective.

GROUNDING MASSAGE RITUAL

This Tibetan inspired ku nye full body treatment honors ancient healing traditions to stimulate muscles. The treatment incorporates manual cupping, acupressure, kneading, deep tissue techniques, warmed rose quartz crystals and Himalayan salt poultices.

GROUNDING BODY POLISH AND WRAP

The key ingredient in this ritual is amethyst powder, known for its gentle sedative energy that promotes peacefulness and stability. The full-body polishing scrub exfoliates the skin, brightens skin tone and improving texture. Followed by the cocooning wrap which initiates a period of stillness, while leaving the skin radiant. The final touch is an application of silky smooth Aman Smoked Body Butter.

GROUNDING FACE RITUAL

This therapeutic ritual combines Tibetan massage techniques to encourage a subtle release of tension from the face. Rose quartz crystals promote healing, frankincense aids rejuvenation, hyaluronic acid boosts hydration, licorice extract to even tone. The treatment ends with a Peruvian black mud and amethyst crystal mask.

PURIFYING JOURNEY
180 MINUTES

For those seeking lightness, breathing space and a fresh start.

PURIFYING MASSAGE RITUAL

This deeply relaxing yet revitalizing treatment incorporates manual lymphatic drainage techniques and nerve point therapy to balance the nervous system and promote healthy tissues. Significantly lower pressure applied than in traditional massages yet powerful in effects.

PURIFYING BODY POLISH AND WRAP RITUAL

Quartz, seaweed focus oil, raw honey and essential oils are applied, stimulating circulation and lymphatic drainage. The meditative marine flora mud wrap includes deep cleansing kaolin, mineral-rich sole, seaweed and sea lavender to boost collagen.

The treatment ends with a full-body application of Palo Santo Salve.

PURIFYING FACE RITUAL

This tension releasing treatment is beneficial to those exposed to urban pollution. Nerve Point Therapy and Lymphatic massage stimulate detoxification and glowing, toned skin. Key ingredients include brightening pearl, homeopathic copper and marine extracts.

NOURISHING JOURNEY
180 MINUTES

For those seeking regeneration, recuperation and healing.

NOURISHING MASSAGE RITUAL

This blissful, nurturing treatment is ideally for physical or emotionally exhausted souls. The use of Marma Point Therapy brings the body back to a heightened state of awareness and balance, while rhythmic massage techniques ease muscular tension.

NOURISHING BODY POLISH AND WRAP RITUAL

Encouraging the body to enter a phase of deep rest, this nutrient-rich ritual includes Jade powder- known to hydrate, tone and rejuvenate- in both the polish and wrap. The polish also includes calendula oil, amethyst powder, essential oils and Himalayan salts. The mud wrap combines jade powder with mineral-rich Italian clay, rose hydolat and Argan oil. The treatment concludes with a full body application of the Sacred Heart Balm.

NOURISHING FACE RITUAL

Brightening, moisturizing treatment that calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine stem cell and silk. Soothing and brightening dull skin while stimulating the flow of prana, providing a much deeper full body experience than most facials.



AMANGANI SIGNATURE MASSAGE RITUALS

NATIVE DETOX THERAPY

120 MINUTES

This holistic ritual is designed to detox your body.

Start the cleanse with indigenous white sage smudge.

Full body polish with yarrow petals scrub is followed by a bentonite clay mud wrap to help extract the toxins.

A warm shower to remove scrub and mud prepares your skin for a customized full-body massage.

Warm towels infused with essential oils are applied to hands and feet.

Wellness Detox Juice

TETON WELLNESS

105 MINUTES

This anti-inflammatory ritual starts with a revitalizing essential oil foot scrub.

Anti-inflammatory, therapeutic Dream Rise Organic CBD massage oil is used throughout this treatment.

Following a detoxifying foot scrub, exfoliating dry brushing session and a full body massage,

your hands and feet will be wrapped in a heated organic paraffin wax.

Wellness Booster Juice



AMANGANI HOLISTIC MASSAGE THERAPY

60, 90 MINUTES

All massages commence with a purifying and energy cleansing Palo Santo smudging ritual to invite creativity, love and good fortune.

SWEDISH MASSAGE

A personalized massage designed to suit individual needs. Ensuing a consultation, a nurturing Amangani Massage Therapist will use a combination of traditional massage elements, gentle connective tissue release, trigger point therapy and various pressures.

DEEP TISSUE MASSAGE

Massage therapy targeted to the deepest layers of muscle tissue, tendons and fascia providing relief of pain and tension while creating further range of motion.

HOT STONE MASSAGE

Let the heat and energy of basalt stones penetrate deeply, warming the muscle tissue and releasing tension. Once muscles begin to relax the technician will incorporate soothing Swedish Massage strokes.

SPORTS MASSAGE

Advanced therapy using a fusion of neuromuscular, deep tissue, sports and Thai stretching to align and balance the body by lengthening, releasing and stretching connective tissue and muscle. Enables greater mobility and promotes muscle relaxation.

EXPECTING MOTHER MASSAGE

A gentle and supported massage using Swedish techniques to enhance comfort, improve circulation and assist in lymphatic drainage. Designed to provide comfort for the expecting mother beyond her first trimester.

TRADITIONAL THAI MASSAGE

Performed while you are wearing loose clothing on a traditional Thai mat in the movement studio. Improves flexibility and releases tension through assisted stretching and acupressure techniques.



AMAN SIGNATURE FACE RITUALS 60, 90 MINUTES

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The treatment concludes with the application of the Aman Nourishing Gold Algae masks to achieve an exceptional glow.

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AMAN ADVANCED FACIAL 60, 90 MINUTES

The treatment begins with ultrasonic scrubbing to loosen and remove oil, dirt, and cellular debris from the pores. Supported by the use of electric microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness and promote a gentle glow, the complexion appears all together brighter and tighter. The use of red and blue light therapy, a safe natural way to provide multiple benefits to your skin.

The treatment concludes with the application of the Aman Nourishing Gold Algae masks to achieve an exceptional glow.

ENHANCEMENTS & INDULGENCES

A beneficial addition to deepen any Amangani Spa treatment

MASSAGE ENHANCEMENTS

15, 30 MINUTES

SCALP THERAPY | Warm Argan Hair Oil scalp massage

HEAD, NECK AND SHOULDERS | Targeted focus for your upper body

FOOT REVITALIZATION | Relaxing foot massage

DRY BRUSHING | Increase blood circulation, reduce inflammation, remove toxicities and unclog pores

ORGANIC PARAFFIN HAND AND FOOT MASSAGE | Soothes and heal dry skin includes extra massage on hands and feet

INDULGENCES

EN SUITE AND OPEN AIR TREATMENTS | Invite complete relaxation to you en suite or on your private balcony

IN HOME TREATMENTS | for our homeowners or villa rentals

AFTER HOURS | Treatments scheduled outside of operating spa hours, subject to availability

DREAM RISE USDA ORGANIC CBD OIL | Perfect for arthritis, sore athletes and anxiety sufferers

ESSENTIAL OIL THERAPY | Select from Aman's signature Grounding, Purifying and Nourishing

FACIAL ENHANCEMENTS

15, 30 MINUTES

MICROCURRENT | Age defying, revitalization, smoother complexion

LED LIGHT TREATMENT | Red light for anti-aging, blue light for problematic skin

LYPHATIC DRAINAGE | Manual massage to prevent swolleness

INTEGRATIVE MEDICINE

Practiced at Amangani Spa by external Certified Medical providers. Amangani spa is not a licensed medical facility.

ACUPUNCTURE

60 MINUTES

Acupuncture is one of the oldest and most commonly practiced healing modalities in the world. After a holistic health consultation, our resident Acupuncturist, will painlessly place sterile threadlike needles at various acupoints along the bodies meridian lines balancing Qi, alleviating pain, and promoting vitality. Treatments include personalized herbal flower essences, acupressure and individual assessment. Aiding circulation, boosting metabolism, reproductive, respiratory and stress-related disorders are amongst the myriad of benefits of acupuncture.

TRADITIONAL CHINESE MEDICINE

60 MINUTES

Traditional Chinese Medicine identifies the root cause of a condition by treating the body as a whole. The energetic state of each body system will be addressed through consultation. Nutritional, lifestyle and stress management will be addressed. You will leave with an individualized prescription of herbal and botanical support to address your needs. A prescription will be uniquely crafted of Chinese Herbs.





MOVEMENT AND MEDITATION

HEALING CRYSTAL SOUND BATH

60 MINUTES

An ancient tool to realign one's mind, body and spirit into a state of balance, this experience begins with a clearing sage smudging ceremony. Harmonic vibrations of Crystal Gemstone singing bowls promote the quieting of the mind and facilitate a meditative state. Chakras are aligned with a tuning fork and intensions of well-being are established during this mindful practice.

MOVEMENT

60 MINUTES

YOGA | A Hindu spiritual, ascetic discipline, including breath control, meditation, and the adoption of bodily postures

YIN YOGA | A slow paced style of yoga which positions are held for longer periods of time to promote advanced breath work

CHILDREN'S YOGA | Includes poses to increase strength, flexibility, and coordination - classes are intended to be fun!

PILATES MAT CLASS | Employs controlled breathing during body weight resisted movement to build core strength

Canceling your movement session within 24 hours may result in a full charge

SPA ETIQUETTE

Spa treatments available daily from 9.00AM until 7.00PM.

Covid Precautions | Please ask our dedicated spa coordinator for a full description of our safety measures.

En Suite or After Hours | If you would like to receive your treatment in the privacy and comfort of your suite or outside of scheduled spa hours, please note this is an option for a surcharge +\$75 within the hotel and +\$125 per treatment at Amangani Homes.

Cancellation Policy | Canceling or changing your spa appointment within six hours of your scheduled treatment will result in a full charge. Cancellation for guests not staying at Amangani is 24-hours.

Spa & Wellness Center | For Amangani guests, locker rooms, gym, movement studio, pool and hot tub are available 24 hours a day. Guests under 16 must be accompanied.

Pricing | All spa services are subject to a 22% service charge and retail items may incur 6% sales tax.

Expecting Mothers | Some treatments may be adapted to accommodate pregnancy. If you are pregnant, we invite you to join us after your first trimester. Please inform the coordinator and therapist of your pregnancy upon scheduling a treatment.

Environment | Separate men and women's changing areas are equipped with eucalyptus steam rooms, private showers, robes, slippers and vanity amenities. The minimum age for receiving a Spa treatment is 16 years.

Valuables | We advise you not to wear valuables while using our spa facilities. We do not assume liability for any loss of or damage to personal items.

What to Wear | Feel welcome to walk to the spa wearing the robe and slippers provided in your suite. Please check in with the Spa desk for a key and locker assignment.