

ĀMAN
SPA

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Wellness at Amanyangyun

Wellness is more than being free from illness, it is a dynamic process of change and growth, a state of complete physical, mental and social wellbeing. Aman's spa concept has been carefully curated with four pillars of wellness in mind – nutrition, movement, psychological health and bodywork – with the singular goal of achieving this ideal balance of Integrated Holistic Wellness for every guest.

Treating the whole – mind, body and spirit – by integrating ancient healing modalities with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that extends beyond the physical boundaries of the globe's Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey, and the resilience and focus to put them into action.

A New Spa Language

Ancient healing arts such as 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, so certain concepts can sound strange to the uninitiated. Talk of chakras and energy can be off-putting when taken out of context. Yet when understood as part of the philosophy behind a traditional healing system, they reveal an intriguing new language for explaining how our bodies work. While understanding these theories is not a prerequisite to enjoying their benefits, Aman Spa aims to demystify this language. Please ask us if you wish to know more about the ingredients or modalities used in any of our treatments.

Understanding Energy

The idea of life force or life energy is very common in 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 shared principle in many healing modalities is that any blockage to the flow of life force in a body can cause imbalance and therefore ill health in some respect. 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.



Amanyangyun Spa & Wellness Centre

A glimpse of the future, entwined with the past

A living reminder of the past, Amanyangyun embodies how every moment is a product of the moments before, holding anticipation for those to come. The past, present and future are inextricably intertwined, yet it is in the present moment alone that we exist. It is this moment – the “now” – that Amanyangyun’s 2,840-square-metre Aman Spa celebrates, all the while appreciating the personal legacy that has brought its guests to this place and preparing them for their journey going forward.

Inspired by the historic architecture of the property’s Antique Villas, the Aman Spa is nonetheless an ultra-modern wellness destination with unrivalled facilities. Designed around a tranquil 640-square-metre courtyard, it offers 10 spa treatment rooms (two double and eight single); four relaxation lounges with reclining massage chairs; and extensive thermal facilities including two private Bathing Suites, a sauna, cold plunge pool and Jacuzzi. A 20-metre heated indoor swimming pool is complemented by a 57-metre outdoor swimming pool with a relaxation terrace and forest views. A hair & beauty salon offers finishing touches, while a vast movement facility incorporates a light-filled Fitness Centre, Pilates Studio and Yoga Studio.

Open to resort guests and private members, Amanyangyun’s Aman Spa was the first to launch after the brand’s global introduction of Aman Wellness in 2016. As a result, it offered the first full expression of this initiative, incorporating every aspect of wellness from nutrition, movement and beauty, to emotional and spiritual wellbeing through the carefully curated Aman lens.

The treatments, experiences, journeys and rituals on offer reflect the link between the past and the present, drawing inspiration from the origins of the resort, its proximity to Shanghai and the traditional healing practices of China. Whether you seek a shift in wellbeing related to stress, weight or energy, or just desire some indulgent time out, Amanyangyun’s expert therapists will respond to individual needs with personalised treatment programmes and expert nutrition and fitness advice.

Tea Mixology

Tea culture in China is layered in ritual and meaning. Considered one of the seven 'daily necessities' along with firewood, rice and salt in ancient times, tea was also associated with self-cultivation, philosophy and education. Today offering tea is still viewed as a symbol of welcome, and guests can choose from a select menu of teas on their arrival at Amanyangyun's Aman Spa. This welcoming range includes classic teas such as Oolong, Dragon Well and Green tea, as well as herbal teas showcasing some of China's most important medicinal plants.

A concept inspired by the principles of oriental herbal medicine, tea mixology is the mixing together of traditional herbs and fruits to make teas suited to individual needs and situations. Complementing spa treatments and Immersion experiences alike, Amanyangyun's herbal teas are brewed from natural ingredients used in China for centuries to address a myriad of wellness goals, from lowering stress and reducing tension, to managing pain and improving overall wellbeing. Ingredients are chosen not only for their therapeutic benefits, but also to reflect the seasons and the current state of the natural environment.

Foot Ritual & Smoking Ceremony

A deeply relaxing, mineral-rich Foot Ritual is a prelude to each treatment. This is also symbolic – an act of humble service that fosters trust, helping guests to fully benefit from the treatments that follow.

The Foot Ritual is followed by a traditional Smoking Ceremony, a gentle rite of spiritual purification. The smoke of Black Amber – a derivative of the life-preserving resin – is used for all Grounding treatments to restore energy and shield against infection. Purifying treatments begin with the burning of Palo Santo, often called 'holy wood' for its ability to reduce inflammation, ease stress and boost moods. Frankincense smoke is used for all Nourishing treatments, said to offer protection, enhance spiritual awareness and lift one's emotions.

Aman Signature Treatments



Aman's signature treatments worldwide are based on Aman's line of all-natural skincare products. These draw 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 alkalising, oxygen-rich spring water, wild-harvested Amazon butters and rainforest muds. Consisting of smoked body balms, fragrant dew mists, liquid body oils, invigorating body polishes, anti-ageing 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.

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

There are four signature treatments available within each formation: Massage, Body Polish & Wrap, Face Ritual and the Journey, which encompasses all three treatments to greatly amplify their effects. Each treatment is tailored to the individual to target specific concerns and help attain personal wellness goals.

Grounding Pathway

For those seeking reconnection, stillness and perspective.



Developed to promote inner peace and return body and mind to a state of harmony, this formation works as a balm for restlessness brought on by the frenetic pace of modern life. It imbues a sense of reassurance and reconnection, while hydrating, healing, refining and strengthening on a physical level.

The use of amber oil relaxes brainwaves, helping to ease anxiety and stress. Sandalwood calms the nervous system – its earthy aroma inducing a meditative frame of mind. Other key ingredients include rose quartz crystals, jasmine, rare black Peruvian and purple muds, wild harvested butters and silver. Techniques include a black amber smoking ceremony, a Tibetan Ku Nye massage, meridian and acupressure work and kneading.

Recommended for treating stress, exhaustion, anxiety, jet lag, dry skin and hair, insomnia, tension in the lower spine and adrenal fatigue, as well as feelings of insecurity, rootlessness and the inability to switch off.

Grounding Pathway

Grounding Massage Ritual

60 / 90 minutes

A Ku Nye full-body massage honours ancient Tibetan healing traditions to stimulate muscles, while a subtler massage energises the meridian system. This treatment includes massage along meridian lines, kneading and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of stillness.

Benefits

- * Moisturises dry skin, breaks up scar tissue and eases muscular tension
- * Reduces chronic pain and improves athletic performance
- * Dispels anxiety and balances the energy body

Grounding Body Scrub & Wrap Ritual

60 / 90 minutes

A key ingredient in this ritual is amethyst powder, known for its mildly sedative energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of Smoked Body Butter.

Benefits

- * Restores the nervous system, stimulates circulation and regenerates skin cells
- * Boosts the lymphatic system and the immune system
- * Reduces stress, increases energy, combats jet lag and improves sleep
- * Improves skin tone and texture

Grounding Face Ritual

60 / 90 minutes

This facial incorporates rose quartz crystals to promote healing, frankincense to aid rejuvenation and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a Peruvian black mud and amethyst crystal mask and a Tibetan head massage.

Benefits

- * Brightens, firms and intensely hydrates
- * Promotes cell renewal and improves uneven skin tone
- * Encourages emotional stability and peace of mind

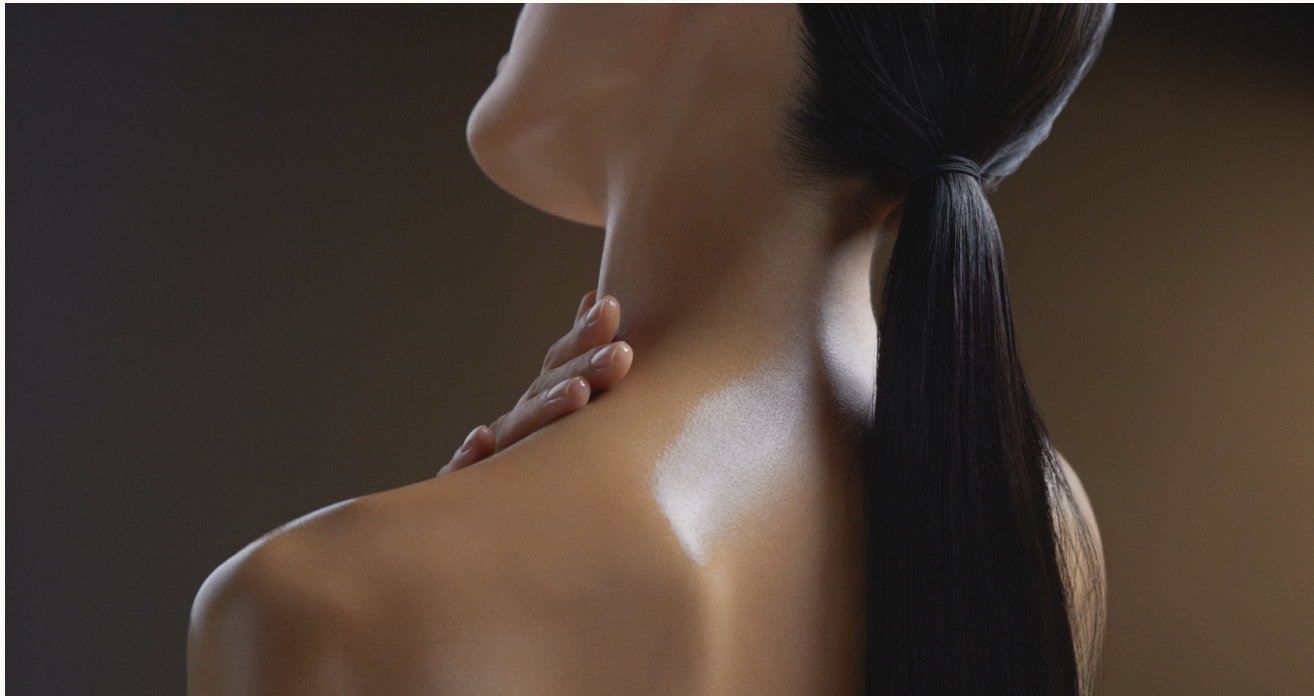
Grounding Journey

180 minutes

Incorporating all three Grounding treatments, this Journey encourages a deep connection to the Earth and a renewed sense of self. It begins with the Body Scrub & Wrap, followed by the Massage and completed with the Face Ritual. Each builds on the treatment that came before and grounds in every sense of the word, ensuring a state of perfect contentment.

Purifying Pathway

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



A powerful detoxifier and metaphysical cleanser, this formation holds the spiritual energy of vitality, stabilising the heart and mind, easing restlessness and energising the body. Negative thought patterns are purged, while physical benefits include cleansing and brightening, giving skin a new lease on life.

Key ingredients include palo santo, sandalwood, juniper berry, rose geranium, raw honey, pearl, quartz and argan stem cells – chosen for their anti-ageing and purifying characteristics. Techniques include a smoking ceremony with palo santo, lymphatic drainage, nerve point therapy and nerve stimulation.

Recommended for treating bloating, low energy levels, dull skin, thyroid problems, post-illness exhaustion, headaches and migraines, as well as feelings of stagnation, heaviness and confusion.

Purifying Pathway

Purifying Massage Ritual

60 / 90 minutes

This deeply relaxing yet revitalising treatment incorporates manual lymphatic drainage techniques and nerve point therapy on the back to balance the nervous system and promote the flow of waste products away from the tissues. The pressure applied is significantly lower than in conventional massages, but powerful in its effects. The use of arnica, palo santo and seaweed oils stimulates circulation and encourages the release of negative energy and toxins.

Benefits

- * Removes toxins and helps to regenerate tissue
- * Aids lymphatic drainage, reducing swelling and cellulite
- * Increases immunity and eases muscle spasms

Purifying Body Scrub & Wrap

60 / 90 minutes

Reviving spirits, toning the skin and inducing a state of peace, this ritual incorporates quartz, known as a master healer for its amplification of energy levels. Seaweed Fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine flora mud wrap includes deep-cleansing kaolin, mineral-rich sole and sea lavender and seaweed for boosting collagen levels. The treatment ends with the full-body application of Palo Santo Salve.

Benefits

- * Boosts the lymphatic system and the immune system
- * Reduces bloating/swelling
- * Improves skin tone and texture and helps regenerate skin cells
- * Inspires deep relaxation and mental clarity, while increasing energy

Purifying Face Ritual

60 / 90 minutes

This tension-releasing treatment combines nerve point therapy and lymphatic drainage to provide a detoxifying release extremely beneficial for those exposed to urban pollution. Lymphatic massage stimulates the glands on the chest, neck and face, resulting in glowing, toned skin, while key ingredients include brightening pearl, regenerative homeopathic copper and powerful marine extracts that strengthen collagen production.

Benefits

- * Hydrates, brightens and firms skin
- * Drains the lymph and releases tension
- * Detoxifies to reduce the effects of pollution

Purifying Journey

180 minutes

This Journey targets purification on every level, from clearing the skin and detoxifying the body's organs, to removing negative energy and focusing the mind. All three Purifying treatments are applied, beginning with the Body Scrub & Wrap, followed by the Massage and ending with the Face Ritual – leaving guests clear-headed and at peace.

Nourishing Pathway

For those seeking regeneration, recuperation and healing.



Holding the spiritual energy of love, this powerful formation encourages reconnection with the self through the healing of emotional and mental wounds. It leads one towards self-acceptance, enabling individuals to be their most real and best selves, while simultaneously restoring and rejuvenating the body on a physical level.

Key ingredients include Jasmine stem cells, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk and gold. They have all been chosen for their powerful regenerative abilities, fostering a meditative state and feelings of joy. The techniques used in this formation are geared towards healing. They include a smoking ceremony with frankincense, a chakra-balancing massage, mantra music, marma point therapy and the Light Technique – based on the shamanistic principle that luminosity is generated from three points on the face.

Recommended for treating lacklustre skin, the signs of ageing, anxiety, chronic fatigue and emotional stress, as well as feelings of disconnection, grief and discontent.

Nourishing Pathway

Nourishing Massage Ritual

60 / 90 minutes

This blissful, nurturing treatment is ideal for physically or emotionally exhausted souls. The use of marma point therapy brings the body back to a state of heightened awareness and balance, while rhythmic massage techniques ease muscular tension, imbuing a sense of complete restoration. The use of sound healing activates the kundalini – dormant energy stored at the base of the spine.

Benefits

- * Relieves exhaustion, stress and chronic fatigue
- * Reduces anxiety and deeply relaxes
- * Balances the energy body and emotions

Nourishing Body Scrub & Wrap

60 / 90 minutes

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 contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. The treatment ends with the full-body application of Sacred Heart Balm.

Benefits

- * Sense of being nurtured and held
- * Restores the nervous system and boosts the lymphatic system
- * Improves skin tone and texture, nourishes and moisturises the skin
- * Mental clarity and strength

Nourishing Face Ritual

60 / 90 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, wheat germ, cactus oil, jasmine stem cells and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana – described as the universal life force that enters the body via easy breathing. Skin is left looking truly radiant through the application of the Light Technique, focusing on the forehead, septum and throat.

Benefits

- * Hydrates, soothes and feeds the skin
- * Treats rosacea and dermatitis
- * Improves the look of scarring and pigmentation

Nourishing Journey

180 minutes

Beginning with the Body Scrub & Wrap, followed by the Massage and completed with the Face Ritual, this Journey combines many forms of nourishment into an immersive experience. Each treatment builds on the one before, leaving you feeling reconnected and rejuvenated.



Amanyangyun Spa Bathing Suites

Bathing has been a therapeutic ritual for centuries, offering health benefits beyond the simple act of cleansing the body. In Greece, Italy, Morocco, Turkey, Russia, China, Japan and many other countries and cultures, water in all its states has been regarded as a purifying agent both literally and figuratively.

Amanyangyun's Spa Bathing Suites bring together all the beneficial aspects of bathing including the social, with each able to accommodate groups of up to 8 guests for special occasions. The Spa Bathing Suites are also ideal for special time out with a loved one, or for a focused individual Wellness Immersion.

Each private Bathing Suite includes a private dressing room, double treatment room, relaxation lounge, open-air Jacuzzi, cold plunge pool, ice fountain, double showers and both indoor and outdoor dining areas. The Russian-inspired Banya Bathing Suite includes a wooden-clad Banya sauna and steam room, while the Turkish-inspired Hammam Bathing Suite offers a stone-clad hammam and private movement studio.

Half-day Bathing Suite Experience

Incorporating Amanyangyun's Signature Spa Journey in the Banya Bathing Suite, this half-day experience also includes a blessing ceremony beneath the King Camphor Tree.

The Signature Spa Journey begins with the gentle percussion of Venik Therapy using herbal bath brooms from Amanyangyun's own camphor trees. As the Banya's steam releases muscular tension, stimulates the lymphatic system and improves blood circulation, the next step is a full body polish, to exfoliate and cleanse the skin. This is followed by a 60-minute personalised full body oil massage in the treatment room. To complete your journey, take advantage of the hydrotherapy facilities, boosting immunity by alternating hot and cold plunge pools, and combining the metabolism-increasing benefits of steam and ice. Afterwards, relax with nutritional water and TCM-inspired herbal tea in either of the dining rooms or the cosy relaxation lounge. Facial services can be added to this spa experience.

- Raising Yun An Aman documentary viewing
- Camphor King blessing ceremony
- Amanyangyun Antique Villa tour
- Aman Signature Spa Journey (4 hours)
 - Private use of the Bathing Suite, a treatment ritual, healthy refreshments, tea mixology service and access to all other wellness facilities
- Additional indulgences or celebration set-up can be arranged on request

Amanyangyun Signature Treatments



Agarwood and Singing Bowl Healing

100 minutes

Prized for its fragrance, Agarwood is a gift from nature that is becoming increasingly rare. In this unique spa journey, this special wood is combined with sound therapy and a blend of patchouli and jasmine essential oils to leave you feeling balanced and relaxed and your skin renewed.

- Foot Bath & Singing Bowl Ritual
- Warm Bowl Massage
- Agarwood Massage

Amanyangyun Seasonal Journey

120 minutes

A nostalgic sensory journey inspired by the story of Shanghai, this two-hour spa experience draws on the wisdom of TCM to balance and centre, leaving mind, body and spirit rejuvenated and at peace. Focusing on balancing the Zang-fu Organs through stimulating the related meridian lines, the flow of qi, blood and other bodily fluids is restored, removing both physical and mental blockages. Chinese jasmine, chamomile, liquorice, tuckahoe, ophiopogon bodinieri and cassiae torae are among the natural ingredients sourced locally and incorporated into the treatments that form part of this journey. The famous Shanghainese floral fragrance Bai Yu Lan (Shanghai Magnolia) and Chinese evening primrose oil also feature.

- Nourishing Body Polish
- Herbal Compresses Massage
- Peony Cream Application



Himalayan Crystal Salt Healing

100 minutes

The Himalayas were once submerged by an inland sea, which evaporated and left vast underground sea salt deposits. Today this natural pink mineral salt stone is not only used for fine dining, but also in body treatments for its purification, sterilisation and antibacterial benefits. This treatment involves the heating and application of pink Himalayan sea salt to the body, along with aromatic rose and sandalwood oils, to leave body and mind purified and rejuvenated.

- Foot Bath & Singing Bowl Ritual
- Crystal Salt Purification Massage
- Crystal Salt Aromatherapy Massage

Zen Wood

100 minutes

The combination of warm natural birch, Aman essential oils and the sound of rain sticks will instill a deep sense of peace and wellbeing, engaging all five senses and helping to clear the mind and balance the body. The massage will build from gentle to strong, gradually easing tension, relaxing muscles and restoring vital energy to its natural equilibrium.

- Foot Bath & Rain Sticks Healing Ritual
- Birch Stick Massage
- Deep Tissue Massage

Therapeutic Massage

In Traditional Chinese Medicine (TCM), knowledge of the human body is based on Taoism, which emphasises the oneness of nature and all beings. The balance of yin and yang is intrinsic to Taoism and to TCM, impacting how the body's life force (qi) runs through 12 meridians (energy pathways) in the body. Dotted along these meridians are up to 2,000 acupoints – the locations where qi rises close to the surface of the body. When qi flows freely through the meridians, the body is balanced and healthy, but if this vital force becomes blocked or weakened (through diet or stress for example), this imbalance can result in physical, mental or emotional ill health. To regain balance TCM employs therapies ranging from herbal medicine to acupuncture, as well as a variety of massage techniques.

Meridian Therapy

60 / 90 minutes

This relaxing acupressure massage therapy seeks to unblock and balance the meridian lines of the body. Long flowing strokes focusing on the meridians are interspersed with specific pressure on acupressure points. A choice of aromatherapy oils is available.

Hot Stone Massage

60 / 90 minutes

Hot Stone massage is very effective in promoting internal harmony and positive energy flow. It is also deeply relaxing as smooth heated stones are used as an extension of the therapist's hands, gliding over the skin to help draw out tension and encourage a deep sense of wellbeing.

Traditional Chinese Massage

60 / 90 minutes

A fundamental traditional treatment in China, Tui Na is a strong deep tissue massage that works to relax the body while also restoring the balance of qi. In TCM, pain in the body is seen as the result of blockages, and Tui Na seeks to remove these by increasing circulation and focusing on certain acupressure points, boosting the body's self-healing capabilities. Relaxing yet energising, the massage is performed over loose comfortable clothing without the application of oil.

Hands & Feet Reflexology Massage

60 minutes

This deeply relaxing massage involves the application of pressure to the feet and hands with specific thumb, finger and hand techniques. It is based on the TCM system of zones and reflex areas that reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body.



Aman Advanced Facial



Aman Advanced Facial

60 / 90 minutes

A wholly rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin, the exclusive Aman Advanced Facial combines effective formulas made in Japan, with exfoliation and manual lifting techniques to stimulate facial muscles, welcoming tighter, brighter skin.

The treatment begins with ultrasonic scrubbing to loosen and remove oil, dirt and cellular debris from the pores, supported by microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness and promote a gentle glow. The use of red and blue light therapy follows – a safe, natural way to provide multiple benefits to your skin. The treatment concludes with the application of the Aman Nourishing Gold Algae Face Mask to achieve an exceptional glow.

The facial can be extended to 90 minutes in length, incorporating a longer scalp massage for relaxation, alongside a facial massage and hydra-active Mineral Mask to boost hydration.

Results-Oriented Facials

Cool Laser Face Therapy

60 / 90 minutes

Offering exceptional anti-ageing results through the reduction of fine lines and even deep frown lines, this highly effective and clinically proven skin therapy utilises 'Laserneedles'. These focused beams of light penetrate the skin to stimulate cellular respiration and micro-circulation, revitalising skin cells to defend against ageing. Aside from the cellular effects, the inclusion of infrared and red wavelengths helps to improve the look of scarring and blemishes, also bringing inflammation under control. Wrinkles are targeted through focusing the 'Laserneedles' on facial acupuncture points, thereby relieving muscular tension without any bruising or skin punctures.

Rejuvenate Oxygen Facial

60 / 90 minutes

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 Aman's Rejuvenating Serum through the Intraceuticals System, together with Hyaluronic Acid Technology, combines to deeply hydrate and nourish the skin. Free radicals are neutralised, the appearance of lines and wrinkles are reduced and your skin looks visibly lifted, younger and luminously radiant.

Opulence Brightening Oxygen Facial

60 / 90 minutes

The Intraceuticals System delivers a high concentration of oxygen to the skin, but this time in Aman's Opulence Serum. Together with Hyaluronic Acid Technology, this treatment combines botanical brighteners and super-concentrated Vitamin C to brighten and balance dull, uneven skin. Pigmentation is minimised, leaving your skin luminous, toned and more radiant. Results are not only instant but continue to improve in the following days.

Spa Enhancements



Spa enhancements are mini-spa treatments that are designed to enhance your spa experience with scent, texture and temperature.

Spa enhancements must be scheduled in combination with a treatment and are 30 minutes in duration.

- Deep Anti-Stress Massage
- Hand/Foot Hydrating Treatment
- Body Scrub or Wrap
- The Express Facial
- Eye Revitalising Treatment

Finishing Touches



Aman Lash Perfect Extension	60 minutes
Aman Chic Manicure & Absolute Pedicure	60 minutes
Express Manicure or Pedicure	30 minutes
Hair Grooming Service	
Hair Cleanse & Blow Dry	
Hair Cleanse, Cut & Blow Dry	
Hair Cleanse, Deep Nourishing & Blow Dry	

Personalised Spa Experience

Custom-design your own personalised spa experience whether a time-out treat for you alone, a couple's escape or a special occasion with friends or family. We can cater to groups of various sizes and will ensure that every detail is taken care of, promising an unforgettable experience in Amanyangyun's serene embrace.

Please consult our spa consultants for further information.

Movement & Mindfulness

Available in private or group sessions with a personal instructor, our movement classes are designed to be mindful, fun and challenging with an emphasis on technique and alignment. Daily scheduled group movement classes are also on offer.

Private Session - Single | Group Session - 2-4 people

60 minutes

Boxing

Learn boxing techniques and basic self-defense moves from our experienced boxing coaches while rapidly gaining fitness and strength.

TRX Suspension Training

This workout leverages gravity and your body weight in a wide range of exercises. TRX delivers a fast, effective whole-body workout, helps build a rock-solid core and increases muscular endurance. Suitable for all fitness levels.

Circuit Training

A series of strength or cardiovascular exercises (or both) repeated two or three times with little or no rest in between sets. It is excellent for weight loss, toning and endurance.

Boot Camp

A combination of cardio and strengthening exercises maximising the use of your surroundings and your own body weight to give you a full body workout without relying on equipment.

Manual Holistic Stretching

This session assists in muscular recovery following a workout by releasing lactic acid built up during training. It also helps to release tired, sore and stiff muscles, alleviate back pain and increase blood circulation. Very beneficial for releasing muscle tightness and limited range of motion due to ageing.

Core & More

This session is specifically designed to train the core region throughout the three planes of motion, concentrating on the psoas, abdominals, pelvic floor, lower back and upper body muscles.

Yoga

60 minutes

Hatha Yoga

A gentle introduction to basic yoga postures, Hatha yoga will help you feel more flexible, longer, leaner and more relaxed.

Yin Yoga

A slow-paced style of yoga in which poses are held for five minutes or longer. The purpose is to apply moderate stress to the connective tissue (the tendons, fascia and ligaments) with the aim of increasing circulation in the joints and improving flexibility.

Yoga Nidra

This is a powerful meditation technique performed lying down. Also known as yogic sleep, the technique is practical and easy to do, as well as being deeply restorative and beneficial for good health, mental peace and higher awareness.

Sun Salutation

A warm-up that prepares the body for asana practice, said to improve the efficiency of the internal organs. Increases blood supply to the joints while stretching and strengthening the whole body.

Pilates

60 minutes

Designed to stretch, strengthen and balance the body, the low impact Pilates exercise method was created by Joseph Pilates in the early 20th century. Pilates places particular focus on core stability and breathing patterns, rapidly correcting postural and muscular imbalances and improving overall strength and flexibility.

Tai Chi

60 minutes

Originating in China, tai chi combines breath work with flowing movements to encourage the flow of qi. A martial art, tai chi involves sequences of forms and postures that can be practiced with or without weapons. As well as increasing lymphatic flow, tai chi can help to balance hormones, release tension in the muscles and joints, calm the mind, reduce stress, improve sleep and assist with weight loss.

Singing Bowl Healing

60 minutes

Singing bowl healing employs different audio frequencies to work on the physical, emotional and etheric bodies, loosening blocked energy and restoring a clear and balanced state of mind and body. Ideal for those wishing to relieve stress and anxiety, or simply looking to relax and rejuvenate.

Spa Reminders

Operating hours

Spa

Daily from 10am to 10pm (last booking at 9pm)

Fitness Centre and Changing Area

Daily from 7am to 10pm

Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time and service is available. Please dial extension 6306 to make a reservation.

Special Considerations

Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any queries and inform staff of any medical or health concerns.

Treatment Preparation

Guests are kindly requested to arrive at least 10 minutes before their treatment is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

Spa Environment

Smoking and the use of mobile phones are prohibited in and around the Aman Spa. The minimum age for a spa treatment is 16 years. Guests under the age of 16 years are required to have parental consent prior to the booking being accepted.

Cancellation Policy

Although staff will do their utmost to accommodate any booking changes, guests are kindly requested to give at least six hours' notice of cancellation so that someone else may enjoy that time. Cancellations made within six hours will be subject to the full charge of the treatment booked.

Refund

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

Valuables

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

Age Policy

Our facilities are designed for use primarily by adults. Please bear in mind the following restrictions for children. For the swimming pool, children under the age of five are not permitted, and children under the age of 14 must be supervised by an adult. Children under the age of 14 may not use the hydro facilities and take spa treatments, and children aged from 14 to 16 may use these facilities and take spa treatments only when a waiver is signed.



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