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Wellness at Amangani

Wellness is more than being healthy in body and mind. It is a dynamic process of change and growth, a state of complete physical and mental wellbeing. Aman's spa concept has been carefully curated with four pillars of wellness in mind – nutrition, movement, psychological health and bodywork – with the goal of achieving Integrated Holistic Wellness for every guest. Treating the whole – mind, body and spirit – by integrating ancient healing practices with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that we hope extends far beyond the physical boundaries of Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey at home, and the resilience and focus to put them into action.

A New Spa Language

Healing has fascinated humankind since ancient times. Today, we have access to time-tested healing systems, as well as cutting-edge modern medicine. Some ancient practices are now proven. Others have evolved over millennia and simply offer benefits beyond explanation.

Ancient healing systems, such as Ayurveda and Traditional Chinese Medicine (TCM), are based on complex theories of the human body and mind. They incorporate aspects of health otherwise unexplored in modern medicine.

Delve into this world, and an intriguing new language begins to explain how our bodies work. Understanding the philosophy behind traditional healing is not a prerequisite for enjoying its benefits, however Aman Spa aims to demystify this language for those wishing to explore more.

Our spa menus draw inspiration from traditional healing systems the world over. Please don't hesitate to ask our expert therapists for more information about any of our treatments or the healing ingredients used.



Aman Signature Treatments



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

The range - made up of smoked body balms, fragrant dew mists, spoiling body oils, invigorating polishes and anti-ageing serums - is made from organic ingredients sourced from around the world for their purity and potency, and their close connection to Aman destinations.

Each product works holistically to nurture and enhance overall wellbeing, soaking deep into the skin to nourish and rejuvenate, meeting emotional as well as physical needs.

Grouped into three healing pathways - Grounding, Purifying and Nourishing - the products contain ingredients that work in sequence with the human body to promote change and restore balance. Bringing the physical and emotional into harmony, they aim to holistically fine-tune the body and mind, with tangible, long-lasting results.

Grounding

Drawing on the peace of the mountains and deserts, the Grounding Rituals focus on ingredients with the ability to restore and rebuild: amber oil, rose-quartz crystals, sandalwood, Peruvian black and purple mud, wild-harvested butter and delicate tuberose. The treatments are designed to act as a balm for the pace of modern life, creating a feeling of sanctuary, reassurance and reconnection. Techniques include Tibetan Ku Nye massage, meridian and acupressure work, cupping and kneading.

Grounding Journey

Each Grounding treatment is powerful in isolation, but their effects are magnified when experienced together. This journey is the ultimate Grounding experience, incorporating elements of all three of the treatments below. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each one ensures guests feel connected, centred and ready to reach a place of perfect contentment – grounded in every sense of the word.

Grounding Massage

Informed by Tibetan healing traditions, this Ku Nye full-body massage grounds both body and mind. Traditional techniques 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 experience finishes with an invigorating Tibetan head massage that induces a deep level of relaxation.

Grounding Facial

This therapeutic facial incorporates Tibetan massage techniques to encourage a gentle release of tension from the face. Rose-quartz crystals promote healing, frankincense aids rejuvenation, hyaluronic acid boosts hydration and liquorice extract evens skin tone. Lymphatic and muscular massage techniques ease all-natural products into the skin and stimulate circulation. Acupressure with heated Himalayan salt poultices and meridian stimulation with warm rose-quartz crystals restore a glowing radiance. A Peruvian black mud and amethyst crystal mask, followed by a Tibetan head massage, completes the treatment.

Grounding Body Polish & Wrap Ritual

A key ingredient in this ritual is amethyst powder, known for its sleep-inducing energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening overall tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving the skin radiant. The 120-minute option includes a bathing ritual and the added benefit of a silky-smooth smoked body butter.

Purifying

Designed for those seeking lightness, breathing space and a fresh start, this healing pathway detoxifies, cleanses and strengthens the skin while also clarifying the mind. The products have been created to deeply cleanse and tone complexions, including congested, dull, stressed and blemished skin. Active ingredients include antioxidant-rich lilac stem cells, moisture-giving hyaluronic acid and elasticity-improving Kalpariane™ seaweed extract.

Purifying Journey

This in-depth journey approaches purification on every level, from clearing the skin and detoxifying the body, to clearing negative energy and focusing the mind. Incorporating elements of all three of the below treatments, this journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace.

Purifying Massage

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic-drainage techniques, it manipulates lymph nodes and vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

Purifying Facial

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

Purifying Body Polish & Wrap Ritual

This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz, known as a master healer for its ability to attune energy levels. Seaweed-packed 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 sea lavender and seaweed for boosting collagen levels. The treatment ends with a Palo Santo Salve, applied over the whole body.

Nourishing

Our Nourishing pathway is all about rejuvenation and renewal. Treatments repair and regenerate, revitalising within and without to encourage a reconnection between body and mind. The result is a feeling of joy. Active ingredients include anti-ageing argan stem cells and plumping hyaluronic acid. Other ingredients, including jasmine, sandalwood, vitamin B12 and jade crystals, are known for their powerful regenerative properties.

Nourishing Journey

This journey combines elements from all three of the following Nourishing treatments in an immersive experience that feeds body and soul. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. A deep sense of restoration and renewal is the enduring aftereffect.

Nourishing Massage

This nurturing treatment is ideal for emotionally or physically exhausted souls. The use of marma-point therapy releases energy and brings the body back into balance. Rhythmic massage techniques also ease muscular tension and the use of sound healing stimulates the kundalini – dormant energy stored at the base of the spine.

Nourishing Facial

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, cactus oil, jasmine and silk. Together they work to soothe and brighten dull or irritated skin. This facial invites relaxation by stimulating the flow of prana – universal life-force energy – that enters the body via breath. Skin is left radiant through the application of the Light Technique – a method inspired by the teachings of the Shaman healers in South America on the deeply rejuvenating and healing energy of light stored in the third eye – which focuses on the forehead, nose and throat.

Nourishing Body Polish & Wrap Ritual

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone and rejuvenate – in both the scrub and wrap. The scrub 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 clay, toning rose hydrolat and anti-inflammatory argan oil. The treatment ends with a Sacred Heart Balm, applied to the whole body.



Amangani Signature Treatments

Native Detox Therapy

This holistic ritual is designed to detox body and mind. It begins with a smudging ritual using cleansing white sage. A full body steam then softens the skin and opens the pores before a full body polish with yarrow petals removes dead skin cells to encourage a healthy glow. The scrub is followed by a bentonite clay mud wrap to help with the extraction of toxins. A warm shower will remove the clay and prepare your skin for a customised full-body massage, during which warm towels infused with essential oils are applied to the hands and feet. Afterwards, relax with a Wellness Detox Juice before you rejoin the world beyond our spa.

Après Ski Dream

Perfect after a day or more on the slopes, this anti-inflammatory ritual incorporates therapeutic Dream Rise Organic CBD massage oil throughout to eliminate any muscular stiffness and ensure effortless ease of motion. Begin with a revitalising and detoxifying essential oil foot scrub, before relaxing completely with an exfoliating dry brushing session and a full body massage. During the massage, your hands and feet will be wrapped in heated organic paraffin wax to soften and moisturise these hardworking extremities. Afterwards, continue your well-deserved time out relaxing with a Wellness Booster Juice.

Native Crystal Ritual

Many ancient cultures, including the Native Americans, believed (and continue to believe) that crystals possess potent energies that can be harnessed for various purposes. When it comes to healing, crystals are said to interact with the body's energy field, encouraging balance and alignment. This holistic ritual has been designed to calm anxiety and positively re-energise both the physical and emotional body, beginning with the gentle application of Aman's Grounding Amethyst Scrub - rich in Rose Damascena Oil and Amethyst Powder. Next a pause allows an infrared, oxygenation Amethyst Eye Mask and Weighted Crystal Blanket (featuring clear quartz, rose quartz and amethyst) to harness natural remedial energy. A warm shower then removes the scrub and prepares your body for a blissful head-to-toe massage during which the restorative vibrations from a crystal sound bath will add their calming effect. Sip Valerian Root & Lemon Balm Tea afterwards while continuing to relax.

Amangani Holistic Massage Therapy

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

Swedish Massage

Personalised after a consultation to accommodate individual needs, this therapeutic massage incorporates a combination of traditional massage elements, gentle connective tissue release, trigger point therapy and various pressures.

Deep Tissue Massage

This massage therapy targets the deepest layers of muscle tissue, tendons and fascia to provide relief from pain and tension while enhancing 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, your therapist will incorporate soothing Swedish Massage strokes.

Sports Massage

This targeted massage incorporates neuromuscular, deep tissue, sports and Thai stretching to align and balance the body by lengthening, releasing and stretching connective tissue and muscle. Promotes muscle relaxation while enhancing mobility.

Expectant Mother Massage

A gentle and supported massage using Swedish techniques to enhance comfort, improve circulation and assist with lymphatic drainage. Perfect for expectant mothers beyond their first trimester.

Ashiatsu Massage

This traditional Asian barefoot massage is a deep tissue therapy. Supported by parallel bars above the massage table, your therapist uses gravitational force to distribute body weight, allowing their feet to apply broad surface pressure to your body.

Traditional Thai Massage

Performed while you wear 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

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 evens tone and a Peruvian black mud and amethyst crystal mask purifies and nurtures. The treatment concludes with the application of the Aman Nourishing Gold Algae mask to achieve an exceptional glow.

Purifying Face Ritual

This tension releasing treatment is beneficial to those exposed to urban pollution. Nerve Point Therapy and Lymphatic massage stimulate detoxification and promote glowing, toned skin. Key ingredients include brightening pearl, homeopathic copper and marine extracts. The treatment concludes with the application of the Aman Nourishing Gold Algae mask to achieve an exceptional glow.

Nourishing Face Ritual

This moisturising treatment calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine stem cells and silk. Soothing and brightening dull skin while stimulating the flow of prana, it provides a much deeper full body experience than most facials. The treatment concludes with the application of the Aman Nourishing Gold Algae mask to achieve an exceptional glow.

Aman Advanced Facial

Designed to brighten and tighten the complexion, this treatment begins with ultrasonic scrubbing to loosen and remove oil, dirt and cellular debris from the pores. Electric microcurrent stimulation and massage help to firm the skin, while cryo globes help eliminate puffiness and promote radiance. The use of red and blue light therapy provides multiple benefits to your skin before the facial concludes with an Aman Nourishing Gold Algae mask to achieve an exceptional glow.



Enhancements & Indulgences

The following can be added on to your spa treatment to deepen your experience and make it even more beneficial and memorable.

Massage Enhancements

Scalp Therapy

Warm Argan Hair Oil scalp massage

Head, Neck and Shoulders Massage

Targeted focus for your upper body

Foot Revitalisation

Relaxing foot massage

Dry Body Brushing

Increases blood circulation, reduces inflammation, removes toxins and unclogs pores

Organic Paraffin Hand and Foot Massage

Soothes and heals dry skin while relaxing hands and feet

Indulgences

En Suite and Open-Air Treatments

Enjoy your treatment in your suite or on your private balcony

In-Home Treatments

For homeowners and villa residents

After Hours

Treatments scheduled outside of operating spa hours, subject to availability

Dream Rise USDA Organic CBD Oil

Perfect for athletes and those suffering from arthritis or anxiety

Essential Oil Therapy

Select from Aman's signature Grounding, Purifying and Nourishing oils

Facial Enhancements

Microcurrent

An age defying technique that revitalises for a smoother complexion

LED Light Treatment

Red light for anti-ageing, blue light for problematic skin

Lymphatic Drainage

Manual massage to reduce and prevent swelling

Integrative Medicine

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

Traditional Chinese Medicine (TCM)

This in-depth consultation includes an individualised herbal prescription based on your own unique requirements.

Traditional Chinese Medicine identifies the root cause of a condition by treating the body as a whole. During a detailed assessment, Oriental holistic diagnostic methods help uncover any patterns of disharmony or imbalance to reveal what your body needs – be it nutritional assistance or stress management. TCM has harnessed the healing powers of herbs for centuries, and they are prescribed in the form of teas, powders, pastes, lotions or tablets depending on the herb and its intended use. Our TCM practitioner may also recommend acupuncture to help rebalance your qi (life force).

Acupuncture

Known for its efficacy, acupuncture is a 2,500-year-old TCM practice that stimulates specific acupoints along the body's meridian lines with threadlike sterile needles. Acupuncture is pain-free and remarkably relaxing, as once the needles are in place, a period of rest and stillness ensues.

Commonly used for easing muscular tension, shoulder and back pain, arthritic pain and headaches, acupuncture is also very beneficial in aiding circulation, boosting the metabolism and immune system, strengthening digestion and treating reproductive, respiratory and stress-related disorders.



Meditation & Movement

Healing Crystal Sound Bath

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 intentions of wellbeing are established during this mindful practice

Deep Luminous Cleanse

This guided shamanic breathwork session rewires and rebalances your nervous system by activating your vagus nerve to leave you feeling lighter, safer and clearer within.

Movement

Hatha Yoga

An ancient mind and body practice that includes breathwork and various asanas (poses) to build strength and flexibility while encouraging a meditative state of being.

Yin Yoga

A slow-paced style of yoga in which positions are held for longer periods of time to promote advanced breath work.

Pilates Mat Class

Employs controlled breathing during body weight resisted movement to build core strength.

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

Spa Reminders

Operating hours

Spa

Daily from 9am to 7pm

Fitness Centre

Daily, 24 hours

In-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 within the hotel or at Amangani Homes.

Spa and Wellness Centre

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

Expectant Mothers

Some treatments may be adapted to accommodate pregnancy, but only after the first trimester is completed. Please inform the coordinator and therapist of your pregnancy upon scheduling a treatment.

Environment

Separate men's 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.

Cancellation Policy

Cancelling 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.

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.

Pricing

All spa services are subject to a service charge and retail items may incur a sales tax.

Package

Treatments included in the package can be extended for longer periods and will be charged at full menu price for the additional service.



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