

Ā M A N

S P A

AMANGANI

AMAN WELLNESS

OUR PHILOSOPHY

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 globes Aman Spa's. 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.

AMAN SIGNATURE TREATMENTS

The Aman Spa Signature Menu, available at every Aman Spa destination around the world, reflects the Grounding, Purifying and Nourishing formations of the Aman Spa product range.

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

For more information regarding Aman Apothecary, kindly dial + 307 734 4879.

EARTH'S APOTHECARY

Aman's new 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 butters 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 wellbeing, each product penetrates deep into the skin to nourish and rejuvenate, but also works on a deeper level, meeting emotional as well as physical needs. 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 works 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.

For more information regarding Aman Wellness, kindly dial + 307 734 4879.

GROUNDING

FOR THOSE SEEKING RECONNECTION, STILLNESS AND PERSPECTIVE

GROUNDING JOURNEY

180 MINUTES | \$750

Incorporating all three encourages a deep connection to the earth and a renewed sense of self. Promotes inner peace and harmonious mind and body.

For more information regarding Grounding Rituals, kindly dial + 307 734 4879.

GROUNDING MASSAGE RITUAL 90 MINUTES | \$360

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 90 MINUTES | \$360

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 90 MINUTES | \$360

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.

For more information regarding Purifying Rituals, kindly dial + 307 734 4879.

PURIFYING

FOR THOSE SEEKING LIGHTNESS, BREATHING SPACE AND A FRESH START

PURIFYING JOURNEY

180 MINUTES | \$750

Together all three target purification on every level, from clearing the skin and detoxifying the body's organs, to removing negative energy and focusing the mind.

For more information regarding Purifying Rituals, kindly dial + 307 734 4879.

PURIFYING MASSAGE RITUAL 90 MINUTES | \$360

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 90 MINUTES | \$360

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 90 MINUTES | \$360

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.

For more information regarding Nourishing Rituals, kindly dial + 307 734 4879.

NOURISHING

FOR THOSE SEEKING REGENERATION, RECUPERATION AND HEALING

NOURISHING JOURNEY

180 MINUTES | \$750

Combined the three rituals serve to combine the many forms of nourishment into an immersive experience that touches every aspect of the individual.

For more information regarding Nourishing Rituals, kindly dial + 307 734 4879.

NOURISHING MASSAGE RITUAL 90 MINUTES | \$360

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 90 MINUTES | \$360

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 90 MINUTES | \$360

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.

For more information regarding Massage + Holistic Therapy, kindly dial + 307 734 4879.

MASSAGE AND HOLISTIC THERAPY

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

60, 90, 120 MINUTES | \$215, \$300, \$400

CUSTOM 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 and furthering 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.

For more information kindly dial + 307 734 4879.

INTEGRATIVE 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 tension release.

MOTHER-TO-BE MASSAGE

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

ASHIATSU

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

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.

For more information regarding Body Treatments kindly dial + 307 734 4879.

BODY TREATMENTS

60 MINUTES | \$215

ALPINE GLOW

Relax while your therapist performs a manual full body exfoliation using Pure Himalayan Crystal Salts. Following a warm shower, your body will receive a gentle application of hydrating body serum. Benefits include increased circulation, toxin elimination and smooth, radiant skin.

MUD WRAP

A stimulating full body dry brushing is followed with an essential oil infused Mineral Rich Clay to draw out toxins and enrich your largest organ with nourishment. Following a warm shower, your body will receive a gentle application of hydrating body serum. Leaves skin nourished, refreshed and silky soft.

For more information kindly dial+ 307 734 4879.

ENHANCEMENTS

+20 MINUTES | \$75

BACK MELT | additional time on just your back

FOOT REVITALIZATION | relaxing foot massage

DRY BRUSHING | stimulate circulation, smooth dry skin, reduce cellulite

SCALP THERAPY | warm Argan Hair Oil scalp massage

REFLEXOLOGY | pressure point massage targets hands and feet

CHAKRA BALANCING | align 7 primary Chakras, an energetic addition

REIKI | healing hands on body to release negative energy and alleviate stress

THERAPUTIC CUPPING | clinical cups used to promote blood flow

WARM HERBAL | compresses target areas of tension or inflammation

INDULGENCES

ESSENTIAL OIL THERAPY | select from Aman's signature Grounding, Nourishing, Purifying +\$40

EN SUITE TREATMENTS | invite complete relaxation to you +\$65

CHAMPAGNE TOAST | Veuve Clicquot MP

Enhancements & Indulgences may be added to any massage + holistic therapy treatment.

For more information regarding Aman Skin Care, kindly dial + 307 734 4879.

SKIN CARE

AMANGANI SIGNATURE FACIAL

60, 90 MINUTES | \$215, \$300

Combining circell skincare and advanced tissue manipulation to rejuvenate and brighten. Natural enzymes, Antioxidant-rich red algae, fine clays and pure vitamin c are used to exfoliate, even skin tone and refine skin texture. Defy gravity and reveal a youthful glow.

GENTLEMAN'S FACIAL

60 MINUTES | \$240

This decongesting facial combines Circell's skincare with techniques to detoxify and rejuvenate. Antioxidant-rich red algae, tea tree oils, and fine clays exfoliate while gently remove impurities to promote a clear complexion, reduce pore size and refine skin texture. The Collagen Eye Treatment is pure collagen fibers and peptides resulting in visibly plump lines, restore moisture and soothe eye area.

For more information on Body Therapy, kindly dial + 307 734 4879.

RESULT ORIENTED ADDITIONS

NATIVE COLLAGEN MASK | added to sculpt, lift, firm and hydrate. Defy gravity and reveal a youthful glow +\$50

THE COLLAGEN EYE TREATMENT | pure collagen fibers and peptides resulting in visibly plump lines, restore moisture and soothe eye area +\$30

To compliment your skin care treatment, kindly visit our Enhancements & Indulgences

For more information regarding Meditation and Movement, kindly dial + 307 734 4879.

MEDITATION & MOVEMENT

To schedule a class, kindly check with our spa attendants for availability of seasonal offerings.

The gym is designed to meet all of your cardiovascular and core training needs. Fitness equipment includes treadmills, an elliptical, and a spin bike. Additionally, a multifunctional strength machine, free weights and training accessories are available.

The gym can be accessed 24 hours a day. Personal trainers can be arranged to provide a private training session.

Men's and women's locker rooms, located across from the spa desk, include rejuvenating steam rooms accessible 24 hours.

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MEDITATION

20 MINUTES \$65

MEDITATION CLASS | quietly engage in guided reflection

45 MINUTES \$275

CRYSTAL SOUND BOWL HEALING | ancient tool to restore one's mind body and spirit into a state of balance.

Harmonic Vibrations of 14 Crystal Gemstone Singing Bowls played in symphony promotes quieting the mind and facilitates and meditative state.

MOVEMENT

60 MINUTES \$150

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

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

PRIVATE TRAINING | one-on-one program aimed at individual's training, life, health and fitness goals

Additional fee per guest +\$45

For more information regarding Spa Etiquette, kindly dial + 307 734 4879.

SPA ETIQUETTE

Spa treatments available daily from 9.00AM until 8.30PM.

En Suite Treatments | If you would like to receive your treatment in the privacy and comfort of your room please note this is an option for a surcharge +\$65 within the hotel and +\$125 per treatment at Amangani Homes.

Cancellation Policy | Failure to change or cancel your Spa appointment within six hours of your scheduled treatment will result in a full charge.

Spa & Wellness Center | Locker rooms, gym, movement studio, pool and hot tub are available 24 hours a day. Guests under 16 must be accompanied. Treatments scheduled outside of Spa hours are booked upon availability with an additional charge.

Pricing | All Spa services are subject to a 20% service charge and retail items may incur 6% sales tax.

For more information regarding Spa Etiquette, kindly dial + 307 734 4879.

Expecting Mothers | Most treatments can 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 herbal steam rooms, private showers, robes, slippers and vanity amenities. The minimum age for receiving a Spa treatment is 16 years, guests under 18 are required parental consent prior to booking being accepted.

Valuables | We advise you not to wear valuables whilst using our Spa facilities. While we endeavor to care for your belongings, 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 your robe and slippers provided in your suite. These items are also available to change into in the Spa

For more information regarding Grounding Rituals, kindly dial + 307 734 4879.