

AMAN
VENICE

SPA
MENU

After exploring the myriad of canals and walkways around the city, take time to relax and refresh your body, mind and spirit with our nurturing Spa treatments.

We provide an intimate, tranquil setting where you can let go and enjoy the moment. The spa is located, almost secretly, on the third level of the resort with access via a small stairwell leading to a discrete reception area. Gently lit with low ceilings, the spa offers three single treatment rooms, each with a dressing area and bathroom.

AMAN PRODUCTS

Harnessing the power of the Earth, Aman's new line of all-natural skincare products has been conceived in line with nature and based on the knowledge and wisdom of ancient healing traditions. Consisting of smoked body balms and butters, fragrant dew mists, liquid body oils, invigorating scrubs, anti-ageing serums, rainforest muds and more, the range is completely chemical free with organic ingredients sourced from around the world for their purity and potency. Rare and precious ingredients used include pearls, colloidal metals, amethyst, jade, frankincense and palo santo, creams, in addition to muds and mists containing alkalizing, oxygen-rich vortexed spring water.

The new Aman products are grouped into three different formations - Grounding, Purifying and Nourishing. Created to meet specific physical and emotional needs, they reflect the differing landscapes of Aman destinations: deserts, rainforests and oceans that span continents and cultures. Working holistically to nurture the skin and enhance overall wellbeing, each product formation penetrates deep into the skin to nourish and rejuvenate. Infused with high vibrational energy, the new product benefits go far deeper than the skin's surface alone.

Many of Aman's resorts are located near sacred sites that align with energetic ley lines. With this in mind, Aman products and treatments have been designed to align with the Earth and the energy of the landscape - in essence, to enable the use of medicines and healing ingredients from the planet's apothecary.

AMAN SIGNATURE TREATMENTS

Aman Spas around the world offer therapies and treatments inspired by their destinations and local healing philosophies. Every Aman Spa also provides the global Aman Signature Treatment Menu. Carefully curated to Ground, Purify and Nourish using the finest organic and natural ingredients known for their healing powers, the three distinct parts of the Signature Menu are personalised to the individual to target general concerns and specific conditions. Employing ground crystal powders, healing tree oils, homeopathic facial mists, wild-harvested Amazon butters and other exceptional ingredients of natural origin, including pearls and plant stem cells, these treatments offer palpable benefits and long-lasting results.

SMOKING CEREMONY

For millennia, the smoke of different woods and resins has been used therapeutically. Cultures around the world, from the Ancient Egyptians to the Native Americans, have conducted smoking ceremonies for spiritual purification and to

promote healing. Each of Aman's Signature treatments begins with a traditional smoking ceremony, a gentle ritual that calms and centres a guest in preparation for the treatment to come. Different smoke is used for Aman's Grounding, Purifying and Nourishing treatments, as traditionally the smoke of different woods and resins has particular properties and healing powers.

Black Amber

The smoke of Black Storax is used for all Grounding treatments, as this derivative of the life-preserving resin is considered to restore energy and shield against infection.

Palo Santo

Purifying treatments begin with the burning of Palo Santo, often called 'holy wood' and known to reduce inflammation, boost moods and ease stress and physical discomfort.

Frankincense

Historically worth more than its weight in gold and used for all Nourishing treatments, Frankincense smoke is said to offer protection, enhance spiritual awareness and lift one's emotions.

FOOT RITUAL

Another prelude to each signature treatment is a soothing foot ritual that involves a mineral rich foot soak.

A literal cleansing to compliment the spiritual purification of the smoking ceremony, the foot ritual is deeply relaxing but is also richly

symbolic. It is an act of service and care at its most humble and invites the surrender of personal will in trust and safety to fully benefit from the treatment to follow.

GROUNDING

Spiritual Energy: Peace

Landscape: Mountains and deserts

Climate: Dry with temperature extremes

Key Ingredients: Chosen for their powerful grounding characteristics, the ingredients used in these treatments include amber oil, rose quartz crystals, sandalwood, jasmine, rare black Peruvian and purple muds, wild harvested butters, tuberose, argan stem cells, amethyst and silver.

Grounding Healing Techniques: Black amber smoking ceremony, Tibetan Ku Nye massage, meridian and acupuncture work, cupping and kneading.

Positive Effects: A balm for the restlessness often caused by the frenetic pace of modern life, the Grounding Formation imparts a feeling of safety, offering reassurance and reconnection. Key ingredients include amber oil, which studies have shown relaxes brain waves (alpha, beta and theta waves) through its psychoactive effect, helping to soothe a busy mind and ease anxiety and stress. Meanwhile, sandalwood warms and calms the nervous system, its earthy aroma evoking tranquillity and inducing a meditative frame of mind.

IF YOU ARE FEELING OR
EXPERIENCING

IF YOU WANT TO FEEL

Uprooted

Reconnected

Stressed

Grounded

Exhaustion

Peaceful

Burnout

Deeply rested and

Insecure

rejuvenated

Anxious

Physical relief or

Unable to switch off

release

Jetlag

A solid centering of

Insomnia

the etheric body

Fearful

Stillness

Tension in the lower
spine

Courageous

Lower back pain

The space to gain
perspective

Low energy levels

Strong

GROUNDING BODY POLISH & WRAP RITUAL

90 minutes: 250 euro

120 minutes with bathing ritual: 280 euro

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. It is also said to restore the nervous system and boost cell growth.

The full-body Amethyst Scrub also includes marapuama, maca powder, Vitamin E oil and essential oils such as sandalwood, vanilla, amber and vetiver. The scrub employs rhythmic techniques that are simultaneously relaxing and energising. On a physical level the skin is exfoliated, with tone brightened and texture improved. The scrub also stimulates the lymphatic system, aiding in the rapid elimination of toxins from the cells and increasing circulation. The lymphatic system is said to be closely linked with the energy body and on this subtler level negative energy is cleared, leaving you looking and feeling radiant. After the cleansing activity of the scrub, the Wrap initiates a period of stillness and calm, cocooning the body in warmth and allowing the benefits of the wrap's nurturing ingredients to 'soak' deep into the skin.

Once the wrap is concluded, a shower or bath will prepare you for the treatment's final touch: the application of Aman's silky smooth Smoked Body Butter to impress the benefits of the ritual into your skin.

BENEFITS

- * Restores the nervous system * Stimulates circulation * Regenerates skin cells
- * Boosts the lymphatic system * Boosts the immune system * Reduces stress levels
- * Improves tone and texture of skin * Silky soft skin * Deeply relaxing * Increases energy
- * Improves jet lag and sleep patterns* Mental clarity and strength.

GROUNDING MASSAGE RITUAL

90 minutes: 250 euro

This Tibetan-inspired Ku Nye full body treatment honours ancient Tibetan traditions of healing through grounding the body and mind. Traditional techniques are used to stimulate the muscular system, followed by a subtler massage to energise the meridian system. The massage includes cupping along meridian lines, 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.

BENEFITS

- * Moisturises dry skin, eases fatigue and promotes recovery * Reduces chronic pain
- * Breaks up scar tissue * Increased tissue permeability * Stretches tissues * Reduces muscular tension
- * Improves athletic recovery and performance * Anxiety reduction * Balances the energy body

GROUNDING FACE RITUAL

90 minutes: 280 euro

This therapeutic facial incorporates Tibetan massage techniques to encourage a subtle release of tension from the face and uses Rose Quartz crystals to promote healing, frankincense to aid rejuvenation, hyaluronic acid to boost hydration, and liquorice extract to even skin tone. Lymphatic and muscular massage techniques aid product absorption and stimulate circulation to rejuvenate and raise the vibrational energy of the skin, while acupuncture with heated Himalayan Salt poultices and meridian stimulation with warm, rose quartz crystals restore a glowing radiance to the skin. A Peruvian black mud and amethyst crystal mask along with a Tibetan head massage completes the treatment. Amethyst has a gentle sedative energy that promotes peacefulness, happiness and contentment. It is said to bring emotional stability and inner strength and can also help to increase spirituality and enhance intuition.

BENEFITS

- * Brightens and moisturises mature, dry or dull skin
- * Improves uneven skin tone and colour
- * Firms
- * Intensely hydrates
- * Promotes cell renewal
- * Imparts radiance to the skin
- * Encourages emotional stability and inner strength
- * Brings peace of mind
- * Relieves stress

GROUNDING JOURNEY

180 minutes: 500 euro

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 above, beginning with the Scrub & Wrap Ritual, followed by the Massage Ritual and rounded off with the Face Ritual. Each builds 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.

PURIFYING

Spiritual Energy: Vitality

Landscape: Coastal and waterside

Climate: From warm and humid to fresh and breezy

Key Ingredients: Selected for their purifying, anti-ageing, and nurturing characteristics, ingredients used in these treatments include Palo Santo (known as 'holy wood'), sandalwood, juniper berry, rose geranium, raw honey, pearl, fluorite, quartz, kalpariane and argan stem cells.

Purifying Healing Techniques: Smoking ceremony with Palo Santo wood, manual lymphatic drainage, nerve point therapy and nerve stimulation.

Positive Effects: The Purifying Formation is a powerful spiritual cleanser that lends protection, clears stagnant prana/chi, stabilises the heart and mind and eases restless agitation. It helps you let go of things which do not serve you well, both energetically and emotionally and gives a lightness of being and breathing space to mind, body and soul.

IF YOU WANT TO FEEL

Fortified
Cleansed
Detoxified
Protected
Peaceful
Purified
Lighter
Energised
Boosted

IF YOU ARE FEELING OR EXPERIENCING

Heaviness in the body
Bloating/swelling
Dull skin
Thyroid problems
Fatigue
Post-illness exhaustion
Emotionally stuck or stagnant
Headaches/migraines
Low energy levels
In need of a detox

PURIFYING BODY POLISH & WRAP RITUAL

90 minutes: 250 euro

120 min. with a bathing ritual: 280 euro

Designed to encourage the body to enter a phase of detoxification in which deep purification can take place, this Purifying Ritual leaves you feeling revived, toned, and in a peaceful state of lightness and ease.

Known as the 'master healer' for its amplification and purification of energy and thought, quartz is the key ingredient in the scrub, along with seaweed fucus oil, raw honey and a purifying blend of essential oils.

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 Mud Wrap. This includes kaolin for deep cleansing, sole for re-mineralising and hydrating, argan oil for nourishment and other key ingredients for boosting collagen and increasing the metabolic function of skin cells.

After a shower or bath, the experience is rounded off with a full-body application of Aman's Palo Santo Salve.

BENEFITS

- * A boosted lymphatic system
- * A boosted immune system
- * Detoxification
- * Reduction in bloating/swelling
- * Improved tone and texture of skin
- * Regeneration of skin cells
- * Silky soft skin
- * Deep relaxation
- * Increased energy
- * Mental clarity and strength.

PURIFYING MASSAGE RITUAL

90 minutes: 250 euro

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.

Lymphatic massage is designed to manipulate lymph nodes and lymphatic vessels with the goal of increasing their activity and promoting the flow of lymph, which carries waste products away from the tissues. Compared to traditional massage, the lighter pressure applied with manual lymphatic drainage is much lower in intensity but powerful in its effect.

Ingredients used in this massage include arnica, palo santo and seaweed oils, which stimulate circulation and encourage the release of negative energy and toxins.

BENEFITS

- * Stimulates and balances the nervous system
- * Toxin Removal
- * Tissue Regeneration
- * Aids lymphatic drainage, reducing edema and swelling
- * Reduction in cellulite
- * Increased immunity
- * Deep relaxation
- * Reduces voluntary and involuntary muscle spasms.

PURIFYING FACE RITUAL

90 minutes 280 euro

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 on the chest, neck and face 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. Key ingredients used in this ritual include authentic pearl to brighten, colloidal copper for cell regeneration and powerful marine extracts to strengthen collagen production and re-mineralise with trace elements and vitamins A, B, C, D and E.

BENEFITS

- * Moisturises and brightens dehydrated, dull and congested skin
- * Detoxifies
- * Firms
- * Drains the lymph
- * Releases tension
- * Benefits stressed, over-worked, anxious and tired skin
- * Deeply hydrates
- * Nourishes with key skin nutrients
- * Reduces the effects of pollution on skin

PURIFYING JOURNEY

180 minutes: 500 euro

A word with multiple connotations, 'purification' is a process that can apply to every aspect of a being, from sustenance to thought processes. This journey approaches purification on every level, from clearing the skin and detoxifying the body's organs, to clearing negative energy and focusing the mind. Incorporating all three of the above 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.

NOURISHING

Spiritual Energy: Love

Landscape: Rainforest, jungle and rice terraces

Climate: Hot and humid

Key Ingredients: Chosen for their powerful regenerating abilities and known to fuel recuperation, the ingredients in these treatments include jasmine stem cells, sandalwood, boswellic acids, vitamin B12, tuberose, fresh royal jelly, jade crystals, silk and gold.

Nourishing Healing Techniques: Smoking ceremony with frankincense, chakra balancing massage, mantra music, marma point therapy, the Light Technique

Positive Effects: The Nourishing Formation encourages the healing of emotional and mental wounds with a nurturing embrace. Lifting and carrying you in tenderness towards others and towards yourself, it holds the spirit of the adventure of simply being your most real and finest self.

IF YOU ARE FEELING OR EXPERIENCING

Disconnected
Emotionally low
Anxiety
Chronic fatigue
Dissatisfied
Grief
Emotional stress

IF YOU WANT TO FEEL

Fulfilled
Blissful
Joyful
Full of ease
Gentleness
Reconnected
Energetically balanced
Rested
Rejuvenated
Meditative
Self-love
Emotionally supported
Nourished body and soul

NOURISHING BODY POLISH & WRAP RITUAL

90 minutes: 250 euro

120 minutes with a bathing ritual: 300 euro

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.

The Jade Scrub also contains healing calendula oil, restorative amethyst powder and a nourishing blend of essential oils, as well as Himalayan salts. These salts stimulate circulation and leave the skin soft and thoroughly cleansed while infusing the body with 84 essential trace elements and minerals.

The Jade Mud Wrap hugging the body in a warm embrace 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.

BENEFITS

- * Sense of being nurtured and held
- * Boosted lymphatic system
- * Restored nervous system
- * Improved tone and texture of skin
- * Nourished and moisturised skin
- * Mental clarity and strength

NOURISHING MASSAGE RITUAL

90 minutes: 250 euro

Daily life can leave even the most organised, successful and happy amongst 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 body and mind. Deeply relaxing, the treatment includes chakra and sound healing, said to activate and channel 'the Kundalini' (dormant energy stored at the base of the spine). In addition, marma point therapy balances the energy body, releasing negativity and bringing the body back to a state of awareness and balance. On a physical level, the rhythmic massage dissipates muscular tension leaving you feeling taller, lighter and completely restored.

BENEFITS

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

NOURISHING FACE RITUAL

90 minutes: 280 euro

This rejuvenating and calming facial treatment heals on a physical level with richly nourishing ingredients such as honey, rosehip, 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. Prana is described as the universal life force that enters the body via the breath. Easy breathing is therefore a key to wellbeing. Radiance is addressed and achieved with the Light Technique, which is based

on shamanistic principles stating that light is generated by three points on the face – the forehead, the septum and the throat. By encouraging this light generation through various massage techniques and gentle holds, skin is enhanced with an inner luminosity.

BENEFITS

- * Moisturises, brightens and soothes dry, dull and irritated skin
- * Treats rosacea and dermatitis
- * Works to improve scarring and pigmentation
- * Brings luminance to the face
- * Soothes environmentally damaged/sensitised skin
- * Deeply relaxing and restorative
- * Nutrient dense

NOURISHING JOURNEY

180 minutes: 500 euro

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 above 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.

AMAN VENICE SIGNATURE TREATMENTS

Exclusive to Aman Venice and in conjunction with Tempio di Salute – Terme Salsomaggiore, we offer a typically Italian spa experience. This includes both a fango treatment, derived from a mixture of very pure bentonite (fango) clays and fossil waters enriched with thermal salt and a fossil water, oil and salt massage.

The unique waters of Salsomaggiore Terme stem from the residue of a prehistoric sea which was formed 20 to 40 million years ago. At that time, the warm sea which occupied the present-day Po Valley in northern Italy was home to a rich variety of sea life. It later became an underground reservoir which, through a natural miracle of osmosis, generated fossil thermal water and its incomparable mineral-rich salt, known as white gold. The benefits of these precious salted waters were already known and experienced in Roman times.

In 1839 Doctor Lorenzo Berzieri rediscovered that these fossil waters were able to treat a multitude of diseases and ailments once deemed incurable. Today, Salsomaggiore is considered one of the most important Terme, or Thermal Stations, in Italy and in Europe.

The fossil waters of Salsomaggiore Terme are extracted from a depth of 1000 to 2000 meters and are rich in sodium chloride, bromide, iodine, lithium, calcium, magnesium and potassium. These elements are known to reactivate the circulation, revitalize and detoxify.

All spa products cater to both men and women and represent a lifestyle choice of simple luxury, recognizing nature's healing touch.

BODY TREATMENTS

TEMPIO DELLA SALUTE LISSAGGIO

90 minutes: 280 euros

COUPLES TEMPIO DELLA SALUTE LISSAGGIO

90 minutes: 560 euros

An interlude of complete relaxation to allow you to regain the pleasure of wellbeing. The Lissaggio treatment is inspired by the ancient tradition of spa purification. It combines the exfoliating, lymph-draining and detoxifying action of Salsomaggiore thermal salt with the moisturizing and elasticizing properties of the water's oil and argan oil. The pleasant friction, with a deep but gentle body massage, characterized in contrast with the coarseness of salt, promotes a thermal action leading to total relaxation.

Through this magical journey, thoughts become lighter, the body surrenders to the pleasure, and wellbeing pervades the whole body in only one session.

THERMAL BATH WITH LISSAGGIO

120 minutes, 315 euros

COUPLE THERMAL BATH WITH LISSAGGIO

120 minutes, 630 euros

An addition to an already magical experience, this add-on to our signature Lissaggio treatment offers a warm rose petal bath with prehistoric Salsomaggiore thermal salt and essential oils.

BENEFITS

* Stimulates lymphatic drainage, reducing swelling * Toxin Removal * Deep relaxation * Reduction in cellulite

TEMPIO DELLA SALUTE THERMAL MUD WRAP

60 minutes, 180 euros

The mud used in this treatment is obtained from the swelling and maturation of natural clays characterized by their purity, mixed with the precious fossil water of Salsomaggiore Terme and enriched with thermal salt. It performs a lymph-draining action, reduces fat deposits and minimizes cellulite blemishes, reactivates and boosts circulation, and exfoliates the skin.

After undergoing this treatment, the skin appears decongested, toned and luminous. Tissues become smoother, whilst in time the "orange peel effect" tends to diminish. And you will feel a new lightness of body and spirit.

BENEFITS

* Strengthens the skin * Reduction in cellulite

* Reduces swelling in the legs

TEMPIO DELLA SALUTE OSMOSIS WRAP

60 minutes, 180 euros

This pleasant gel, saturated with thermal salt, derives from the fossil thermal water of Salsomaggiore Terme. Its richness allows a strong osmotic action which has positive effects on the skin tissue as well as on the lymphatic system. The Osmosis Wrap provides an exceptional detoxifying action and purifies the body. This treatment leaves the skin velvety-smooth, soft, and supple yet firm, but the true benefits lie in the transformative powers of this treatment to promote wellbeing.

BENEFITS

- * Toxin Removal * Tissue Purification
- * Velvet skin
- * General wellbeing

AMAN VENICE FOOT TREATMENT

60 minutes: 150 euro

After a day of being on your feet as you walk around Venice, this deeply relaxing treatment will leave you feeling lighter and refreshed. It begins with a compress to infuse warmth into the feet and legs, combined with a gentle stretch, before an exfoliation using Himalayan crystal salts, and a foot massage to cool and calm swollen feet. The feet are wrapped in a hot compress to seal in the benefits, while the treatment is completed with your choice of head or hand massage.

BENEFITS

- * Rest for feet and legs * Benefits swollen feet and muscular spasm * Deep relaxation
- * Aids lymphatic drainage

AMAN VENICE MASSAGE

60/90 minutes, 150/200 euro

Our signature massage rebalances and promotes a sense of deep relaxation. Using a blend of essential oils, this therapeutic treatment combines elements of Swedish massage, reflexology and energy work.

BENEFITS

- * Stimulates and balances the nervous system * Deep relaxation
- * Increased energy

REFLEXOLOGY FOOT MASSAGE

50 minutes, 150 euro

Reflexology is an ancient therapy. In this treatment, pressure is applied to the soles of the feet based on targeted reflex points and zones that relate to specific organs and glands in the body, promoting overall health and relieving stress. Reflexology combines the art of healing with science, enabling energy to flow properly through previously blocked channels, encouraging blood flow, relieving pain, and restoring a sense of general wellness.

BENEFITS

* Stimulates and balances the body * General wellbeing

BODY POLISH

30 minutes: 75 euros

An exfoliation using Himalayan crystal salts removes dead skin cells and stimulates the circulatory system to assist with lymphatic drainage. The minerals from the salt are absorbed through the skin, balancing the body's pH level and soothing the nervous system.

BENEFITS

* Silky skin * Toxin Removal * Tissue Regeneration
* Soothing the nervous system

FACIALS

OXYGEN FACE TREATMENT: URBAN OXY SYSTEM

60 minutes: 250 euros

An innovative and effective anti-aging treatment, the Urban Oxy System is the result of scientific studies and rigorous testing. What makes this treatment so effective is the use of special apparatus and skincare products that trap oxygen inside the skin. When used in conjunction with active ingredients, the molecule obtained enters the cell membrane and increases the energy required to repair and protect the skin from external pollution. This produces a barrier against harmful smoke, sun damage, and stress, causing the skin to glow with a toned and moisturized appearance.

BENEFITS

* Rejuvenating treatment * Deeply moisturizing
* Brightens up the skin

THE GLOW FACIAL TREATMENT

90 minutes 280 euros

This is a complete journey through body and soul thanks to the powerful products of Susan Ciminelli, New York beauty guru to the Hollywood stars. The customized facial starts with a gentle consultation as face and neck are thoroughly cleansed, nourished, hydrated, and rejuvenated to fit each guest's needs, including placement of crystals to instil a deep sense of peace and calm. The treatment is completed by combining aromatic essential oils with reflexology, a technique known for its incredible healing benefits and effectiveness in relieving deep-seated tension.

BENEFITS

- * Glow * Skin renewal * Deep nourishing
- * Clear mind * Deep sense of calm

AMAN VENICE FACIAL

60/90 minutes, 180/200 euros

This holistic facial with Tempio della salute thermal products and prehistoric thermal water, includes a soothing massage of the shoulders, neck and face while natural ingredients penetrate deeply to cleanse, nourish and hydrate the skin. This anti-ageing and lifting facial will leave your skin fresh and rejuvenated. Blending ancient techniques with unique plant essences, this extended facial restores vitality and radiance to the skin. The 90-minute treatment includes the option of a head or foot massage.

BENEFITS

- * Tissue Regeneration * Skin renewal* Rejuvenating
- * Deep relaxation

FINISHING TOUCHES

AMAN MANICURE	105 euro
AMAN PEDICURE	105 euro
AMAN FILE AND POLISH HANDS OR FEET	60 euro
NAIL POLISH CHANGE	40 euro
PERSONAL TRAINER 60 min	per person 120 euro
YOGA TEACHER 60 min	per person 120 euro

We kindly advise you that is mandatory to book yoga sessions and personal training in advance.

SPA REMINDERS

OPERATING HOURS

The spa operates from midday to 8pm daily (last booking at 7pm). After-hours spa appointments are subject to availability. Please dial extension 750 from your room to make a reservation. The gym is open from 7am until 9pm daily. Please contact a guest assistant should you want to use the gym outside of these hours.

APPOINTMENTS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

SPECIAL CONSIDERATION

Most treatments can be adapted to accommodate allergies, pregnancy or injury. Please contact us with any queries and let us know of any medical or health concerns.

SPA & FITNESS ENVIRONMENT

Please refrain from smoking and turn your mobile phone off or to a silent setting whilst in, or around, the spa.

The minimum age for taking a spa treatment or using the gym is 16 years old.

Guests under the age of 18 are required to have parental consent prior to their booking being accepted.

VALUABLES

We advise you not to bring or wear valuables while using our spa facilities. While we endeavour to take care of your belongings, we do not assume liability for any loss of, or damage to, personal articles. The spa shall not be liable for any accident or injury suffered by any guest.

CANCELLATION POLICY

We understand that schedules change and we will do our best to accommodate your needs. Since your spa time is reserved especially for you, we kindly ask you to give a minimum of six hours' cancellation notice to enable someone else to enjoy that time. Cancellations made within six hours will be subject to the full charge of the treatment booked.