



Aman Spa

Wellness is a dynamic process of change and growth – a state of complete physical, mental and social wellbeing that is more than simply staying free from illness. The Aman Spa concept is to achieve Integrated Holistic Wellness for every guest.

Treating the whole – the mind, body and spirit – through the integration of ancient healing modalities with the best of modern science, Aman strives to provide guidance, support and knowledge for a journey that extends beyond the physical boundaries of Aman Spas around the world.

The aim of each Aman Spa is for guests to leave empowered and renewed, with the tools to continue their wellness journey.

A New Spa Language

Healing has fascinated and compelled humankind since ancient times. Today, we have access to a treasure trove of traditional healing systems, as well as cutting-edge discoveries in modern medicine. It is intriguing that science can now prove the efficacy of certain ancient practices, while others, practiced today as they have been for millennia, offer benefits that are without scientific explanation.

Many of the world's ancient healing systems, such as Ayurveda and 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, meaning some concepts and terms can sound strange to the uninitiated.

Talk of chakras and energy can be off-putting for some people, especially when taken out of context. Yet when understood as part of the philosophy behind traditional healing, they reveal an intriguing language that explains how our bodies work.

Understanding these theories is not a prerequisite for enjoying their benefits. Aman Spa aims to demystify this language for those wishing to know more.

Our spa menus draw inspiration from traditional healing systems the world over, from the rich lore of herbal medicine, to the shamanistic traditions of the Navajo Native Americans.

Please ask if you would like to know more about the ingredients and modalities used in any our treatments.

Understanding Energy

The idea of a life force, or life energy, is shared among many 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 principle in many healing modalities is that any blockage to the flow of life force within a body can cause imbalance and ill health. 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.



Amanemu Spa

Like all Aman Spas the world over, the holistic approach at Amanemu aims to promote wellbeing through the integration of treatments, relaxation, movement and nutrition. A healing aspect unique to this secluded Aman however, is its access to mineral-rich waters. The forests surrounding the resort are abundant with natural hot springs, one of which feeds the spa's two onsen bathing pools.

Dating back to the sixth century, Japanese bathing culture initially grew out of ritual Buddhist cleansing practices. By the seventh-century Heian era, health-giving herbal baths had become popular among the royal family and high-ranking nobility, leading eventually to a public-bath or onsen culture. By the 15th century, during the Edo period, public bathing was an established community activity, and today the Japanese still enjoy seasonal onsen and herbal baths for their health-giving benefits.

Onsen water is used in several of Amanemu's spa treatments along with local algae known to be powerful antioxidants, pearl powders long used in traditional Japanese beauty regimes and the herb-based traditional Japanese practice of Kampo. Kampo is a unique Japanese system of diagnosis and therapy with its roots in TCM. The underlying philosophy of Kampo is that the human body and mind are inextricably linked, and that a balance of the physical and the mental is essential for human health.

Spa Arrival & Preparation

To enhance your spa journey and enjoy the full benefits of the experience, please allow sufficient time to enjoy the onsen facilities and the spa's tranquil setting before your treatment. On arrival, you will be welcomed with a special herbal tea from the Nemu Tree (*Albizia julibrissin*), traditionally used in Kampo to rebalance emotional energy levels.

Private Onsen

60 minutes ¥ 10,000

(Max two guests; after 3 guests, additional charge JPY 5,000 per guest)

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Japanese Foot Ritual

This traditional form of welcome dates back to the Edo period, when ryokan (inns) would offer it to weary travellers. The ritual not only cleanses the feet, but can relieve any inflammation and is an effective way of calming the central nervous system. Amanemu's bath ritual is provided prior to any bodywork treatment and combines wasabi and salt from Ago Bay.



Amanemu Signature Journeys

Amanemu Seasonal Journey

90 minutes ¥36,000 / 120 minutes ¥46,000 / 150 minutes ¥56,000 / 180 minutes ¥66,000

This journey uses nature's apothecary – seasonal kampo herbs and essential oils – to meet the needs of body and mind. A 30-minute herbal compress is complemented.

Spring: cleansing and setting intentions

A local sea-salt compress containing *yomogi* (Japanese mugwort), with Japanese neroli and Japanese green tea essential oils.

Summer: movement and expanding consciousness

A *biwa* (Japanese medlar) and Japanese lemongrass herbal compress, with *hakka* (Japanese green mint) and Japanese lavender essential oils.

Autumn: harmony and reflection

A *sansho* (Japanese pepper) and Japanese cinnamon herbal compress, with *makomodake* (Japanese manchurian wild rice), *gettoh* (Japanese peach leaf) and *shiso* (Japanese red mint) essential oils.

Winter: warming and internal focus

An *azuki* (Japanese *azuki* red bean) compress, with Japanese ginger and Japanese *ponkan*-orange essential oils.

Personalised Spa Journey

90 minutes ¥36,000 / 120 minutes ¥46,000 / 180 minutes ¥66,000

This treatment starts with a consultation with an experienced Aman Spa therapist to determine the guest's needs on the day of the treatment. A selection of products from the Aman Spa product range and locally sourced aromatherapy oils are used across a diverse array of techniques that deliver an intuitive journey – guiding you from the exact place you're in, to where you want to be.



Aman Signature Treatments

Aman Spas around the world offer therapies and treatments inspired by their destinations and local healing philosophies. Each Aman Spa also offers the Aman Signature Treatment Menu. Carefully curated to Ground, Purify and Nourish using the finest organic and natural ingredients, the three parts of the Signature Menu are personalised to the individual to target specific concerns and conditions. These treatments offer tangible benefits and long-lasting results. They employ ground crystal powders, healing tree oils, homeopathic facial mists, wild-harvested Amazon butters and other exceptional natural ingredients, including pearls and plant stem cells.

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. Comprising 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 and made 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 and the creams, muds and mists contain alkalizing, oxygen-rich vortexed spring water.

Aman's new products are grouped into three different formations – Grounding, Purifying and Nourishing. These formations have been created to meet specific physical and emotional need states. They reflect the landscapes at Aman's destinations – deserts, rainforests and oceans that span continents and cultures. Working holistically to nurture the skin and enhance overall wellbeing, the products in each formation penetrate deeply to nourish and rejuvenate. Aman products also work on a deeper level, and are highly vibrational from an energy perspective.

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

Foot Ritual

A soothing, mineral-rich foot ritual is a prelude to each signature treatment. The feet are cleansed, complementing the spiritual cleansing that takes place through a smoking ceremony. This foot ritual is deeply relaxing, but also richly symbolic. It is an act of service and care at its most humble, and invites the surrender of personal will. The trust that is fostered helps guests to fully benefit from the treatments that follow.



Grounding

Spiritual Energy: Peace

Landscape: Mountains and deserts

Climate: Dry, with temperature extremes

Key Ingredients: Amber oil, rose quartz crystals, sandalwood, jasmine, rare black Peruvian and purple muds, wild harvested butters, tuberose, argan stem cells, amethyst and silver. These ingredients have been chosen for their powerful grounding characteristics.

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

Positive Effects: The Grounding Formation works as a balm for the restlessness caused by the frenetic pace of modern life. It imparts a feeling of safety, offering reassurance and reconnection. Studies have shown that amber oil relaxes alpha, beta and theta brainwaves through its psychoactive effects, helping to soothe a busy mind and ease anxiety and stress. Sandalwood warms and calms the nervous system – its earthy aroma evokes tranquillity and induces a meditative frame of mind.

If you want to feel

- Reconnected
- Grounded
- Peaceful
- Deeply rested and rejuvenated
- Physical relief or release
- A solid centring of the etheric body
- Stillness
- Courageous
- The space to gain perspective
- Strong

If you are feeling or experiencing

- Uprooted
- Stressed
- Exhaustion
- Burnout
- Insecurity
- Anxious
- Unable to switch off
- Jet lag
- Insomnia
- Fear
- Tension in the lower spine
- Lower back pain
- Low energy
- Adrenal fatigue

Grounding Journey

180 minutes ¥76,000

As powerful as each Grounding treatment is in isolation, their effects are multiplied exponentially when experienced together. This journey is the ultimate Grounding experience, incorporating all three of the treatments above. It begins with the Scrub & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each builds on the treatment that came before, ensuring the guest feels connected and centered both internally and externally to reach a place of perfect contentment – grounded in every sense of the word.



Grounding Scrub & Wrap Ritual

90 minutes ¥36,000

This ritual helps the guest feel connected to the Earth and a renewed sense of self. The key ingredient 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 simultaneously relax and energise.

On a physical level, the skin is exfoliated, with tone brightened and texture improved. The scrub also stimulates the lymphatic system, aiding 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 scrub, the Amethyst Wrap initiates a period of stillness and calm, cocooning the body in warmth and allowing the nurturing ingredients to “soak” deep into the skin. Amethyst powder and rose hydrolat are key ingredients.

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, which impresses 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 * Improves skin tone and texture * Silky soft skin * Deeply relaxing * Increases energy * Helps combat jet lag and improves sleep patterns * Fosters mental clarity and strength

Grounding Massage Ritual

90 minutes ¥36,000

This Ku Nye full-body treatment honours ancient Tibetan healing traditions through grounding the body and mind. Traditional techniques are used to 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 body massage is followed by an invigorating Tibetan head massage that 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 * Increases tissue permeability * Stretches tissue and reduces muscular tension * Improves athletic recovery and performance * Reduces anxiety and balances the energy body

Grounding Face Ritual

90 minutes ¥36,000

This therapeutic facial incorporates 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, and liquorice extract evens skin tone.

Lymphatic and muscular massage techniques aid product absorption and stimulate circulation to rejuvenate and raise the vibrational energy of the skin, while acupressure 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



Purifying

Spiritual Energy: Vitality

Landscape: Coast and water

Climate: From warm and humid to fresh and breezy

Key Ingredients: Palo Santo (known as “holy wood”), sandalwood, juniper berry, rose geranium, raw honey, pearl, fluorite, quartz, kalpariane and argan stem cells. These ingredients have been chosen for their purifying, anti-ageing and nurturing characteristics.

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 the guest let go of unhelpful energies and emotions, providing lightness of step and breathing space for the 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
- In need of a detox

Purifying Journey

180 minutes ¥76,000

“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, this journey begins with the Scrub & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace after completion.



Purifying Scrub & Wrap Ritual

90 minutes ¥36,000

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

Quartz, known as the "master healer" for its ability to amplify and purify energy and thought, is the key ingredient in the scrub. Seaweed fucus oil, raw honey and a purifying blend of essential oils are also used.

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 marine flora mud wrap. This includes kaolin for deep cleansing, sole for re-mineralising and hydrating, argan oil for nourishment, sea lettuce for detoxifying and eliminating pollutants, omega plankton for improving skin hydration, and sea lavender and seaweed 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

* Boosts the lymphatic system * Boosts the immune system * Detoxification * Reduces bloating/swelling * Improves skin tone and texture * Regenerates skin cells * Silky soft skin * Deep relaxation * Increased energy * Mental clarity and strength

Purifying Massage Ritual

90 minutes ¥36,000

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.

The 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 massages, the pressure applied with manual lymphatic drainage is much lower in intensity but powerful in its effects.

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 * Removes toxins * Regenerates tissue * Aids lymphatic drainage, reducing edema and swelling * Reduces cellulite * Increases immunity * Deep relaxation * Reduces muscle spasms

Purifying Face Ritual

90 minutes ¥36,000

Extremely beneficial for people living in cities exposed to pollution, this deeply relaxing, tension-releasing facial combines nerve point therapy and lymphatic drainage for a detoxifying release. The lymphatic massage stimulates the glands on the chest, neck and face, resulting in glowing, toned and brighter skin. The firm pressure applied in the nerve point therapy helps to calm the nervous system by smoothing out the ophthalmic nerves, releasing facial tension and stress.

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

Benefits

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



Nourishing

Spiritual Energy: Love
Landscape: Rainforest and rice terraces
Climate: Hot and humid

Key Ingredients: Jasmine stem cells, sandalwood, boswellic acids, vitamin B12, tuberose, fresh royal jelly, jade crystals, silk and gold. These ingredients have been chosen for their powerful regenerating abilities, and are known to fuel recuperation.

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 the guest towards others and the self, it holds the spirit of the adventure of simply being your most real and best self.

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

If you are feeling or experiencing

- Disconnected
- Emotionally low
- Anxiety
- Chronic fatigue
- Dissatisfied
- Grief
- Emotional stress

Nourishing Journey

180 minutes ¥76,000

There is infinitely more to nourishing a being than simply the food it consumes to thrive. Nourishment can come in many forms, and this journey serves to combine these in an immersive experience that touches every aspect of an individual. This journey incorporates all three of the above treatments, beginning with the Scrub & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each treatment builds on the benefits of the one before. The results are exponentially greater than the sum of their parts.



Nourishing Scrub & Warp Ritual

90 minutes ¥36,000

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. Known to nourish, hydrate, tone and rejuvenate, Jade powder is a key ingredient in both the scrub and the wrap.

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 combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. Hugging the body in a warm embrace, the wrap 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
- * Boost the lymphatic system
- * Restores the nervous system
- * Improves skin tone and texture
- * Nourishes and moisturises the skin
- * Mental clarity and strength

Nourishing Massage Ritual

90 minutes ¥36,000

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 the body and mind.

This deeply relaxing treatment includes chakra and sound healing – said to activate and channel the Kundalini (dormant energy stored at the base of the spine). 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 the guest feeling taller, lighter and completely restored.

Benefits

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

Nourishing Face Ritual

90 minutes ¥36,000

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, which work to soothe and brighten 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 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, the skin is imbued with an inner luminosity.

Benefits

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



Therapeutic Massages

60 minutes ¥22,000 / 90 minutes ¥32,000 / 120 minutes ¥42,000

Foot Reflexology

Reflexology is based on the meridian lines of acupuncture and is used to unblock energy flow (qi) within the body. Acupressure points on the feet are said to correspond with internal organs. This is why reflexology is seen as a whole-body therapy with broad health benefits.

Customised Body Massage

In this aromatherapy-based oil massage, the therapist employs diverse techniques and intuition to deliver a personal and customised therapeutic treatment. It can include deep tissue, aromatherapy, Swedish and sports massage techniques.

Hot Stone Massage

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.



Result-Orientated Facials

Rejuvenate Oxygen Facial

90 minutes ¥46,000 / 120 minutes ¥56,000

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, combine 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

90 minutes ¥46,000 / 120 minutes ¥56,000

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.

Add-on Extensive Atoxelene treatment

+ ¥5,000

Add the skin-tightening, firming and smoothing effect of the Atoxelene treatment to your oxygen facial. This super-powered natural peptide treatment helps to smoothen expression lines and refine and soften the appearance of the skin.

Customised Facial

60 minutes ¥26,000

Experience a holistic facial that includes a soothing massage of the shoulders, neck and face while natural ingredients penetrate deeply to cleanse, nourish and hydrate the skin. This treatment releases tension points on the scalp and face to improve circulation and tone facial muscles.



Salon Services

Aman Manicure ¥14,000

Hands and restore a noticeably younger, smoother appearance with this blissful.

Treatment ritual -massage, manicure and application of non-toxic polish.

Maintenance Manicure (Only Care)

¥12,000

Treatment ritual - **Nail Filing and nail buffing**

Aman Pedicure ¥16,000

A relaxing treat for tired feet, massage and foot mask to stimulate, and vital energy cream to soften.

Treatment ritual - massage, pedicure and application of non-toxic polish.

Maintenance Pedicure (Only Care)

¥14,000

Treatment ritual - **Nail Filing and nail buffing**

Shellac Polish Hand

¥18,000

Shellac Polish Foot

¥20,000

Shellac Polish OFF

¥5,000



Wellness Programs

Amanemu Wellness Immersions

Amanemu's individualised wellness programmes are designed by highly qualified health professionals to help guests to achieve specific wellness goals. Immersions can be focused on stress management, cleansing, slowing the signs of ageing and the overall balancing of health.

Minimum stay from 3 nights

Rejuvenation, Cleansing & Transformation

Transforming your health requires a thorough approach that addresses many different aspects of daily life. This Immersion draws on traditional Japanese health practices to do just that by combining macrobiotic dietary principles, kampo herbal techniques and zazen meditation practices to cleanse both body and mind.

Daily onsen, lymphatic drainage treatments, cleansing herbs and a clean and healthy diet all serve to flush the system of unwanted toxic accumulations thereby improving the digestive, lymphatic, elimination and metabolic systems of the body to leave you feeling refreshed and rejuvenated. Private yoga sessions, zazen meditation and a traditional tea ceremony clear the mind and complete the transformation both physically and mentally.

Health, Beauty & Age Defying

Success in slowing down the signs of ageing is strongly determined by your overall health. This Immersion seeks to bolster physical health specifically to promote the body's and skin's natural processes of rejuvenation. It also aims to relax the mind, promote restorative sleep and engender positive thought patterns, all of which play their role in maintaining a youthful appearance and outlook on life.

Specialised beauty care treatments, traditional Japanese beautifying rituals and refreshing spa therapies tighten, smooth and illuminate the complexion while private movement sessions tone the body. A healthy diet, herbal infusions and zazen meditation serve to cleanse the metabolic and lymphatic systems, boost the immune system, brighten the eyes and lift your spirits, leaving you looking and feeling youthful inside and out.

Mindfulness, Relaxation, & Stress Control

The Mindfulness, Relaxation & Stress Control Immersion helps you achieve a deep sense of peace and relaxation while developing the skills necessary to manage a stressful and hectic lifestyle. Japanese practices like zazen meditation and traditional tea ceremonies, along with treatments such as shiatsu, acupuncture and watsu are focused on minimising the effects of stress as well as reducing tension and cultivating mindfulness.

Specialist sessions, mindful movement and meditation classes offer guidance in achieving a state of mental calm, while tightness and tension in the body is released through daily specialist therapies and spa treatments.



Recovery & Recuperation

For centuries the Japanese have understood and utilised the healing powers of the natural mineral hot springs that are such an intrinsic part of their countryside. Known as onsen, there are many thermal springs in the area surrounding Amanemu. The resort in fact offers its very own onsen facilities, and these healing springs form the basis of this Immersion targeting recovery and recuperation. Designed to aid individuals whether recovering from an illness or an injury, this Immersion also strives to optimise overall wellbeing. Aquatic body work sessions and private onsen therapy sessions are combined with personal training, rejuvenating yoga, acupuncture, shiatsu, and deep tissue massage to get the body and mind on the fast track to full health. Together with healing Japanese teas and a delicious healthy diet, all of these treatments and therapies combine to create the ultimate healing programme Amanemu has to offer.

Wellness Day Program

Amanemu Wellness Day Programme

¥72,000

This one day retreat aims to optimise wellbeing through an integrated and holistic approach. The programme starts with a private movement lesson, followed by a spa treatment and a wellness session by a specialist, supplemented with use of the onsen waters and relaxation facilities, as well as a Spa lunch.

- 60-minute private movement class
- 60-minute spa treatment
- 90-minute specialist session
- Spa lunch and refreshments
- Hydrotherapy facility with The Thermal Spring, dry sauna, steam room and male / female changing rooms



Wellness Facilities

The Thermal Springs

The two onsen pools provide naturally heated water, a comfortable 36–38°C for bathing. Male and female lounges include changing and vanity areas, a dry sauna, steam room and showers.

Treatment Rooms & Nail Salon

There are four single treatment rooms, each with a changing area, washroom, steam and shower facilities. There is also a Watsu treatment room for aquatic bodywork therapies, and a salon for manicures and pedicures.

Fitness & Yoga Studio

The light-filled fitness centre is equipped with the latest cardiovascular and weight-training equipment, including TRX and spinning bikes. The yoga studio links opens onto an outdoor deck so that classes can be enjoyed surrounded by nature.

Private Onsen

Guests may reserve an onsen for private use for up to three hours. Complimentary *yakuyu* (fresh herbs) are provided for enriching the health-giving properties of the mineral-rich waters.

Amanemu Boutique

Aman Spa products can be purchased from the resort's boutique. Also for sale are lifestyle accessories, Amanenu-branded items and local handmade crafts. Open from 7am to 10pm daily.



Reminders

The Thermal Springs Etiquette

It is customary for guests to remove their shoes before entering any building, and to shower before using the hot and cold wet facilities. Slippers are provided for changing and outdoor areas. For comfort and hygiene, guests are required to sit on a towel in the sauna and steam room.

Guests are required to wear swimming attire for bathing in the outdoor onsen. To respect the tranquil spa environment, use of mobile phones and cameras is prohibited. As the minerals in the pools stimulate the internal organs, it is recommended that bathing is limited to 30 minutes. After bathing, guests are encouraged to rehydrate with water and avoid alcohol for at least 30 minutes. It is not advisable to use the facilities after drinking alcohol or straight after food.

Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time and service is available. Please dial extension 24 to make a reservation.

Special Considerations

Most treatments can be adapted to accommodate pregnancy or injury. We offer prenatal massage and facial for 20-35week of pregnancy with doctor's permission. 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. There are some cases where we ask certain guests with tattoos to put on tops when using our public facilities including Thermal Springs.

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.

Refunds

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.

Operating hours

The thermal spring areas and fitness centre are open from 7am to 10pm daily. The spa operates from 10am to 10pm daily (last booking at 9.00pm). The thermal spring are available for children between the ages of 4 years and over & under 12 years during the time from 7.00am to 12.00 noon.

Pricing

All prices are subject to a 15% service charge and 10% consumption tax.