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 the singular goal of achieving this ideal balance of Integrated Holistic Wellness for every guest.

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

A NEW SPA LANGUAGE

Healing and its agents have fascinated and compelled humankind since ancient times, for very good reason. As a result, today we have access to a treasure trove of traditional healing systems, as well as the cutting-edge science-led discoveries of modern medicine. What is intriguing is how science can now prove the efficacy of certain ancient practices, while others practiced today as they have been for millennia offer benefits that are felt without scientific explanation.

Many of the world’s ancient systems of traditional healing 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, which means that certain concepts and terms can sound strange to the uninitiated. Talk of chakras and energy can be off-putting for some when taken out of context. Yet when understood as part of the philosophy behind a traditional healing system, they reveal an intriguing new language for explaining how our bodies work. While understanding these theories is not a prerequisite to enjoying their benefits, Aman Spa aims to demystify this language for those who wish 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 let us know if you wish to learn more about the ingredients or modalities used in any our treatments, or the theories behind their origin.

AMANERA SPA

Cocooned by the lush Dominican jungle and high on a cliff, you find our peaceful Amanera Wellness Casa. It is designed as a sanctuary of tranquility and fully integrated into the tropical environment. The forces of the earth, ocean and sky tune the body and mind with the rhythms of nature, enhancing your wellbeing and assisting your spiritual journey.

The Amanera Signature Experiences provide healing treatments inspired by the moon cycles to realign yourself using Mother Nature’s ingredients, lunar energy, and holistic hands-on techniques. Plants inherited from local shamanic wisdom are used reflecting the healing tradition of the island’s indigenous Taíno Indians.

A selection of spa massages, body treatments, facials, and beauty services use locally grown plants, fruits and herbs as well as the Aman range of all-natural products. All are available at the Wellness Casa and may be provided in the privacy of your Casita or Beach Pavilions.
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 personalized 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.
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, while creams, muds and mists contain 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 need states, these reflect the landscapes of 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 deep into the skin to nourish and rejuvenate, but also work on a deeper level.

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 work 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.

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 centers 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 Amber 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 cleansing 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 acupressure work, cupping and kneading.

**Positive Effects**: A balm to 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 tranquility and inducing a meditative frame of mind.

**IF YOU WANT TO FEEL**
- Reconnected
- Grounded
- Peaceful
- Deeply rested
- Rejuvenated
- Physical relief or release
- A solid centering of the etheric body
- Stillness
- Courageous
- The space to gain perspective
- Strong

**IF YOU ARE FEELING OR EXPERIENCING**
- Uprooted
- Stressed
- Exhaustion
- Burnout
- Insecure
- Anxious
- Unable to switch off
- Jetlag
- Insomnia
- Fearful
- Tension in the lower spine
- Lower back pain
- Low energy levels
- Adrenal fatigue

**Grounding Journey**

180 minutes  
USD 600

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 build on the treatment that came before to ensure that at 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.
Grounding Scrub & Wrap Ritual  
90/120 minutes  
USD 325/450

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 vetivert. 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 Amethyst 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. Amethyst powder is again the key ingredient along with rose hydrolat. 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  
USD 325

This Tibetan-inspired Ku Nye full body treatment honors ancient Tibetan traditions of healing through grounding the body and mind. Traditional techniques are used to stimulate the muscular system and then with more subtle 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 & 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  
USD 325

This therapeutic facial incorporates Tibetan massage techniques to encourage a subtle release of tension from the face, 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 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 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, kalparia 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 the unhelpful both energetically and emotionally and gives a lightness to your step and breathing space to mind, body and soul.

IF YOU WANT TO FEEL
Fortified
Cleansed
Detoxified
Protected
Peaceful
Purified
Lighter
Energised
Boostered Low energy levels

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

Purifying Journey
180 minutes
USD 600

A word with multiple connotations, ‘purification’ is a process that can apply to every aspect of a being, from its sustenance to its 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 Purifying 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.
Purifying Scrub & Wrap Ritual  
90/120 minutes  
USD 325/450

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 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, 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  
USD 325

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 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  
  * 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  
USD 325

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
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, 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 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 USD600

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.
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 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 * Boosted lymphatic system * Restored nervous system * Improved tone and texture of skin * Nourished and moisturised skin * Mental clarity and strength

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

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 the look of scarring and pigmentation * Brings luminance to the face * Soothes environmentally damaged/sensitised skin * Deeply relaxing and restorative * Nutrient dense
AMANERA SIGNATURE TREATMENTS
Healing Through Lunar Journeys

Larimar & Palo Santo Blessings
Existing only on the Dominican Republic island of Hispaniola in the Caribbean, Larimar is a rare blue gemstone containing deep spiritual healing powers. It is finely tuned with the human body and naturally encourages physical and emotional healing. Larimar represents peace and clarity and emits an energy of healing and love. It resonates with the gentle energy of water, bringing a sense of inner peace and inviting you to “go with the flow”. It also has a strong energetic connection with the Moon. Each Moon cycle powerfully affects the ocean tides and influences Larimar’s healing properties by harmonizing our chakras (human energy centres) with the energy of Mother Earth.

The traditional Dominican healing art is carried out with a smudging ceremony before any journey, which is the fanning of Palo Santo wood smoke over one’s body for a sense of a new beginning. Like Frankincense and Cedar, Palo Santo (“holy wood” in Spanish) is considered sacred. The clearing of the smoke symbolizes a connection to the nature and a cleansing of human elements. Amanera has created signature treatments based on the therapeutic effects of the journey. We use herbal compresses, poultices, with a selection of plants grown in our Organic Nursery. These poultices are gently applied to specific points of the body, releasing their healing benefits, to clean impurities, soothe aching muscles, and stimulate the internal organs.

We invite you to experience lunar journeys of self-discovery to give you a sense of revitalized, calm and serene. All signature journeys begin with a foot ritual, holistic consultation to personalize your treatment, and a Palo Santo smudging ceremony and conclude with a Larimar chakra balancing meditation.
NEW MOON - THE BEGINNING

The new moon is a great time to build focus, clarity, create the roots of your wishes and intentions, forgive and let go to renew your inner power.

Immerse yourself in the sensory experience with the smudging ceremony of Palo Santo followed by a foot ritual and a deep foot massage to forge a strong connection to the earth and open the root chakra. Warm therapeutic poultices of ruda Herbs are placed on specific points of your body as you enjoy a boosting facial massage with honey and aloe vera. A grounding full body hot stone massage helps to create an energy pathway to the earth, while soothing the muscles and joint pains.

This journey ends with larimar root chakra balancing, which generates a flow of energy to all other chakras, promotes readiness to move forward, and gives you a greater sensation of inner peace.

WAXING MOON - GROWTH - CREATIVITY

The waxing moon is the cycle during which you reach your higher creativity, expand your energy, and gain clarity of intention and intuition.

Awaken yourself with a full body coffee exfoliation blended with black pepper and rosemary to increase circulation and boost memory, followed by a warm coconut wrap to soften the skin. Soothing scalp and face pressure point massages are performed as you luxuriate in the wrap. An invigorating firm massage using local cocoa butter is designed to release deep-seated muscular pain, relieve emotional stress, and revitalize the mind. Larimar assists healing the sacral and third eye chakras to give positive energy and promote inspiration and innovation.

The balanced energy channels enable us to learn from our past, be present in the now, and see and achieve our future.
**FULL MOON – ENLIGHTENMENT** (Four Hand Signature)  
90/120 minutes  
USD 450/560

The full moon is a state of glorious fullness, a time of enlightenment with heightened psychic awareness that allows for the healing of emotional blocks and attunement to one’s divinity. Whatever is going on in the body, mind, and spirit will be amplified.

This powerful experience begins with a smudging ceremony of *palo santo* and foot ritual to tune your roots to higher vibration connecting up your spine to reach your crown chakra. The ultimate Amanera synchronized four-hand massage, using virgin *coconut* oil infused with therapeutic essential oils that balances the muscles, realigns the body and restores the energy flow. It is extended by the ritual of warm herbal poultices, harmonious foot reflexology, and face acupressure massage.

The sensory journey culminates with the healing resonance of *larimar* placed on your body, inviting your solar plexus and crown chakra back to their natural state of vibration, allowing you to feel centered yet connected to the universe. An absolute experience to fine-tune the body and mind!

**WANING MOON – PURIFICATION**  
120/150 minutes  
USD 350/400

The waning moon is the time for introspection and the releasing emotional imbalances and blockages that may be obstacles in your evolutionary journey. In sync with these natural lunar rhythms, the body’s detoxification process is encouraged, and the elimination toxins and fluids allow for a deeper level of purification.

This signature experience starts with a cleansing drink of *guanábana* and *limoncillo* to absorb toxins and stimulate the bowels function, giving place to the inner purification process followed by a *mint* ocean salt exfoliation co-cooned with a marine wrap. Specific foot pressure points are massaged to enhance the therapeutic benefits. A full body lymphatic drainage massage reduces fluid retention and helps to remove waste and toxins from the body tissues. Warm stimulating herbal poultices are placed on your abdomen followed by a gentle drainage massage on the face using *larimar* cool stone.

Raise your soul to its highest purity through the healing touch on your heart and throat chakras. Reach a blissful state of purity, reconnect to harmony with self and others.
MASSAGES

Aman Holistic Massage 60/90/120 minutes USD 180/250/350
This holistic aromatherapy-based oil massage involves an intuitive sense of connection with you for better health and relaxation. It is a personalized approach that focuses on your physical and emotional wellbeing in collaboration with your therapist to select aromatic oil blends.
Select from: Deep-tissue, Aromatherapy, Swedish, Sports or any technique combination.

Amanera Four-Hand Massage 60/90 minutes USD 360/440
Our over-the-top experience where two therapists perform synchronized massage, mirroring each other’s movements at the same time. You will be completely enveloped in a wonderful experience. Highly recommended when you are visiting Amanera.

Coconut Moisture Massage 60/90 minutes USD 200/270
Indulge your senses in an exotic escape of coconut and cacao in this moisturizing holistic massage. Using local virgin coconut oil rich in vitamin E and antioxidants, this massage promotes vitality and relaxation. The tropical treatment concludes with a Coconut foot exfoliation and Cocoa body butter pressure point foot massage in this head-to-toe hydration ritual.

Hot Stone & Poultice Massage 90 minutes USD 270
This unique combination of warm therapeutic local herbs poultices and hot stones allows the therapist to access deeper muscle layers through heat therapy. Smooth stones are both massaged and placed on certain points on the body to warm and loosen tight muscles, while poultices are gently massaged onto the body. This indigenous treatment with native herbs concludes with a cold poultice facial massage to re-awaken the skin.

Foot Reflexology 60 minutes USD 180
Reflexology is the application of appropriate pressure to specific points and areas on the feet. These areas and reflex points correspond to different organs and systems and pressing these points has a beneficial effect on the organs and general health. Reflexology is a therapy that balances and boosts the entire system.

Thai Massage 60/90 minutes USD 200/270
Enhance your movement and flexibility after your Amanera workout with a Thai Stretching session. This passive yoga-like massage is a blend of stretching, acupressure, joint mobilization and muscle compression. Therapists use hands, knees, legs and feet to stretch and energize your muscles. The work is purposely slow as the therapist guides you through the stretching movements, while being aware of your physical limits.
Pre-Sun Dominican Coffee Scrub 60 minutes  USD 190
Recommended in the beginning of your stay as a pre-sun treatment. An invigorating coffee exfoliation to boost the energy flow, reduce fluid retention and detoxify the body. The secret properties of caffeine help to tighten the skin and reduce cellulite. This treatment will prep the skin for an even skin tone, reveal the skin’s natural glow, leaving your skin nourished as well as cleansed. An application of a coral-safe mineral sun protector is applied to the face and body, leaving you beach ready.

After-Sun Cooler 90 minutes  USD 270
A pampering hydrating aloe vera body wrap infused with mint essential oils combined with a hair and scalp massage treatment using local virgin cocoa butter. This therapy is carefully designed to cool off the whole body and treat the skin exposed to the sun. Includes gentle lymphatic drainage facial using cooling larimar stone and cucumber mask.

Coconut Oat Polish 60 minutes  USD 190
A pure tropical luxury, this body ritual is an excellent exfoliation for any age and is recommended for sensitive skin. Coconut and oat are excellent moisturizers for healing, anti-oxidants, and itch-relieving benefits. Conclude with a hydrating massage application, leaving your face and skin glowing and renewed.

Papaya Oats Wrap 60 minutes  USD 190
This anti-aging and anti-inflammatory body wrap promote healthy skin and reduces signs of aging due to the huge amounts of vitamins and minerals such as A, C and E. These properties are rich in antioxidants and flavonoids, destroying free radicals and preventing further damage. While wrapped, a fresh banana honey mask is applied to the face in a stimulating facial massage.

Marine Algae Wrap 60 minutes  USD 190
Harnessing all the incredible benefits of seaweed, this body wrap hydrates the skin with minerals and enzymes, activates circulation, relieves aches and pains, increases metabolism, invigorates skin tissue, and improves skin’s elasticity. The wrap is also an excellent aid to treat skin conditions such as eczema and psoriasis. Highly recommended as part of detox or weight loss program or for general well-being.

All treatments conclude with application of nutritive Cocoa body butter.
TREATMENT FOR GOLFERS

**Golfer’s Reviver**
90 minutes USD 270
Restore energy after a day on the golf course. This treatment soothes aching muscles and targets swing tension held in the back and neck, fatigued legs, and feet. Start with a foot ocean soak ritual followed by a full body massage to melt away the tension. It concludes with a refreshing boosting aloe vera facial that helps to replenish and revitalize the skin after the sun.

**Golfer’s Recovery**
120 minutes USD 350
Designed to alleviate golfer’s muscular fatigue, focused on the back and core areas. This powerful therapy starts with a mineral salt scrub to prepare a better absorption of the therapeutic oils. A synergy of hot stone and manual deep tissue massage follows to allow effective manipulation of the tight muscles.

PRENATAL TREATMENTS

**Prenatal Massage**
60 minutes USD 180
A balancing massage for women after their first trimester to promote comfort, improve circulation, and encourage overall emotional and physical well-being during this special time.

**Prenatal Indulgence**
90 minutes USD 250
Tailored specifically to your body’s needs during this transitional time, the therapy focuses on the areas affected by pregnancy’s discomforts such as aching backs, fatigue, and tired legs. Local cocoa butter is used to improve skin’s elasticity and prevents stretch marks. It includes a gentle coconut foot scrub, restorative full body massage, and a refreshing face massage.

**Prenatal Facial**
75 minutes USD 210
A customized facial that hydrates the skin using the all-natural Aman skincare line. This relaxing facial includes an arm and hand massage and concludes with a cooling foot massage.

**Prenatal Movement**
60 minutes USD 150

**Duet**
USD 220

Select from: **Yoga & Meditation**

These practices impact your overall well-being, target various issues like fatigue and cramps and help prevent common discomforts during pregnancy. Breathing techniques are included to promote physical and emotional integration which is particularly healing during such a special time. We encourage privates throughout pregnancy, while a duet can also be a meaningful connecting experience for the babymoon couple.

*Because every prenatal is different, we recommend that you consult with your physician prior to any spa reservation. Certain treatments and techniques may not be available during the first trimester.*
**FACIALS**

**Holistic Facial**

*60/90 minutes*  
USD 180/250

Experience a holistic facial that includes a deep cleanse, exfoliation, facial massage, and mask. A soothing massage on your neck, shoulders, and scalp is performed while the natural anti-aging ingredients of the skin care products penetrate deep into the skin to nourish and rejuvenate. This 90-minute treatment includes hand and foot massage.

**Zone Therapy Balancing Facial**

*90 minutes*  
USD 250

Combining acupressure points on the face and foot, this facial brings you balance and awakens the body’s own intelligence to rejuvenate the face from inside out. Deep cleansing, mask and age-defying massage techniques are incorporated using the healing properties of cool larimar stones to revitalize the system, leaving your skin toned and radiant.
**HAND & FEET CARE**

**Amanera Manicure**
60 minutes  USD 95
A cuticle and nail treatment include filing, gentle buffing and a hand exfoliation, to encourage a natural beautiful finish to the nail. A thorough arm and hand massage with shea butter, avocado and jojoba oils ensure full hydration.

**Amanera Pedicure**
60 minutes  USD 95
A complete pedicure ritual includes a blissful foot and leg massage that helps relax fatigued muscles. A preliminary beta carotene sugar and salt foot exfoliation stimulates body circulation, making you feel lighter and revealing soft, beautiful, happy feet. *

**Nail Polish Change**
30 minutes  USD 30

*Amanera treatments use “7 free” range, which does not contain harmful chemicals of most nail products; nor is it tested on animals.*
**MOVEMENT AND POSTURE**

**Yoga & Meditation**
Yoga is a physical, mental, and spiritual practice that harmonizes the body and mind. Various yoga postures (asanas), breathing techniques, and meditation are incorporated to promote the flow of vital energy. Working within your range of flexibility, you will move through postures with the focus on breath and body awareness.

**Moonlight Yoga**
Unite your body, mind, and spirit with our Moonlight yoga by the beach. The gentle sound of the waves will enhance your experience and take you on a journey of self-discovery. A sacred Moon Ritual is practiced to release all that is no longer serving your higher self. It is an opportunity to let things go, to stay calm, breathe, deeply through difficult moments, forgive, heal and surrender so that you may step forward into your true power. After the Yoga session, your spirit will be pure and awake. To close the ceremony, we will serve a healthy locally-inspired detoxifying beverage. *Dependent on the full moon cycle.

**Surfers’ Yoga**
A restorative experience for all-levels of surfers to restore the body and bring a mind stillness. Learning how to breath properly might be the biggest benefit surfers will get from practicing yoga. Your muscles are constantly contracting while in the water and benefit greatly as they gain length during yoga. Focusing mainly on the lower back, latissimus dorsi, deltoid and trapezius muscles stretching, core and leg strengthening, as well as balance. A brief closing meditation soothes the soul to inspire the mental agility and build focus to challenge the waves empowered and renewed.

**Golfers’ Yoga**
Increasing flexibility in the spinal rotators is key to preventing injuries. As we focus on improving core strength-these muscles result in more spinal support and less strain on the lower back. The golf swing requires stability and flexibility of the hips and thoracic spine. A regular yoga practice can help address these issues.

Private/Duet/Trio
Additional person
60 minutes
USD 150/220/270
USD 30
High Intensity Interval Training Program (HIIT)  Private/Duet/Trio  60 minutes  USD 150/220/270
HIIT is varied functional movements performed at high intensity and are the core movements of life. HIIT training reflects the best aspects of gymnastics, weightlifting, running, rowing and more. They move the largest loads and the longest distances, so they are ideal for maximizing the amount of work done in the shortest time. Intensity is essential for results and is measurable as work divided by time or power. The more work you do in less time, or the higher the power output, the more intense the effort. By employing a constantly varied approach to training, functional movements and intensity lead to dramatic gains in fitness.

Personal Training
Our personal trainers offer a vast array of individualized training programs that focus on problem areas and optimize overall movement performance levels. Sessions can be held in the fitness center or in the great outdoors.

Beach Circuit
Boost your metabolism and build strength, conditioning and endurance with a beach circuit workout utilizing the natural landscape of the Dominican Republic. Begin with a soft-sand jog down Playa Grande Beach to challenge your body as well as add resistance as you sink into the sand. Tone arms, legs and abs with conditioning squats, planks and lunges, for this total body workout leaving you beach-ready.

Beach Boxercise
Combines elements of boxing, cardio, and aerobics to increase your stamina, flexibility, and strength while on the beach. Release stress, burn calories, enhance muscle tone, gain confidence, and self-esteem. Enjoy 2018’s best beach resort for your personal workout!

Martial Art Kickboxing
Learn this effective cardio and toning workout with Antonio. Develop coordination, flexibility, focus, and self-defense skills by integrating kickboxing into your workout and get a plethora of muscular, cardiovascular and stress relieving benefits.

Dominican Inspired Movements: Salsa, Bachata, and Merengue
Come experience the Dominican rhythms of salsa, bachata, and merengue with our Dance Instructor. A fun and healthy way to get your body moving. Whether you learn the basic steps or practice advanced turn patterns, this improves the harmony between your mind and body, giving you a sense of well-being.

Private/Duet/Trio  60 minutes  USD 130/200/240
Additional person  USD 30

All Sessions include 50-minutes of Training, 10-minute stretching session and energetic water to replenish the body.
Enjoy a tennis lesson or hitting partner in Amanera.

No matter your skill level, our tennis instructor will perfectly suit your needs helping you to learn new skills and giving you advice on positioning and strategy in addition to stroke technique to sharpen your game on the court while having fun in a tropical environment.

The two Har-Tru clay courts are located close to the spa. Both courts are equipped with LED flood lighting for evening game. Complimentary professional equipment including racquets, balls, and tennis shoes are available.

1 hour hitting partner with the tennis pro Rolando  Private/Duet  USD 50/75
1 hour tennis lesson with Rolando  Private/Duet  USD 100/150
Additional person  USD 30

Cancellation policy for lessons: 100% within 24 hours
SPA REMINDERS

Spa Location
Please notice that the Spa location is 5-minute car drive from Casa Grande. The Spa will arrange a pick-up 20 minutes prior to your treatment from your casita. Kindly notify the Spa or your guest assistant should you wish to be picked up from a different point within the resort.

Appointments
Reservations can be made directly from your casita by calling the Spa extension. Advance booking is highly recommended to ensure that your preferred time and service is available. Please let us know if you're running late. Depending on the circumstances, your treatment may have to be performed by an alternate therapist and/or substituted for a shorter treatment in order to accommodate the next guest who arrives on time for the appointment after you.

Cancellation Policy
Though the staff will do their best to accommodate schedule changes, Amanera kindly asks guests to give a minimum notice of 6 hours for spa treatments and 24 hours for Yoga Sessions, during spa opening hours if they wish to cancel, so that someone else may enjoy that appointment time. Cancellations made within 6 or 24 hours, respectively, will be subject to the full charge of the service booked.

Treatment Preparation
We invite you to arrive 15 minutes prior to your scheduled treatment time, allowing time to complete your spa holistic consultation and enable emersion into the spa’s relaxing environment with a handmade local fresh herbal tea, or cooling beverage.

Special Considerations
Registration form and disclaimer must be completed and signed prior your first visit to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any medical or health concerns.

Spa Environment
Minimum age for receiving a spa treatment is 12 years old. Express nail services can be received starting 10 years old. Guests under the age of 18 are required to have parental consent prior to the booking being accepted. Parents presence is required during all the treatment.

In-Room Treatments
We offer most of our treatments in the privacy of your accommodation. Please note an additional USD40 applies to each session.

Late-Evening Treatments
Please note an additional USD50 applies for treatments finishing beyond 8pm.

Pricing
Please note that Spa prices are exempt Service Charge and Tax.

Operating Hours
The spa operates from 11:00am to 08:00pm daily. Last appointment at 06:30pm, although treatments can be provided out-of-hours, upon request. The fitness center is open from 07:00am to 09:00pm daily, although it can be opened out-of-hours, upon request.