

# AMANJENA

The Amanjena Spa offers relaxing and rejuvenating treatments inspired by local cultures and customs infused with raw organic products for wellbeing of the mind and body.

## Marahaba - Welcome

### AMAN Spa Rituals

#### Moroccan Bloom

This traditional Moroccan ritual aims to cleanse and soften the skin. The entire treatment is performed in a heated Hammam with steam where the skilled application of unique black olive oil soap "sabon beldi" is applied followed by deep cleansing with a "kiis" (scrub glove) which leaves your skin glowing. The traditional and local "Rhassoul" or "Ghassoul", natural rock clay sourced in the Atlas Mountains of Morocco, is then applied as a full body mask which will nourish and hydrate your skin. The ritual includes a relaxing holistic massage using blended seasonal oils.

120 minutes - dhs 2500

#### Moroccan Touch

This relaxing treatment focuses on the upper back, neck, shoulders and scalp, using local honey and sesame seeds for the back exfoliation and a massage with Argan oil infused with essential oils such as rose, geranium and rosemary. This treatment involves a combination of pressure points and different strokes which can relieve stress and delivers a deep feeling of calmness and relaxation. Argan oil improves the condition of the skin, hair and scalp, has therapeutic properties and is rich in Vitamin A and E.

90 minutes - dhs 2000

#### Moroccan Foot Recovery Treatment

After a day of sightseeing around the souks, this deeply relaxing treatment will leave you (and your feet!) feeling lighter and refreshed and ready for another day of exploration. It begins with a foot bathing ritual using Eucalyptus to invigorate the feet and legs, combined with exfoliation that will assist in rebalancing the circulatory system. It is followed by a foot massage to calm swollen feet. The feet are then wrapped in Rhassoul clay. This treatment is completed with a choice of head or hand massage.

60 minutes - dhs 1600

## MASSAGES

Relax your mind, body and soul.....

### Holistic Massage

Holistic massage experience with the application of blended essential oils in nourishing Argan oil, re-balances and promotes a sense of deep relaxation. Using a blend of essential oils, this therapeutic treatment combines elements of gentle and sedative massage strokes to balance and re-harmonise the mind and body.

60 minutes - dhs 1600

90 minutes - dhs 2000

### Deep Tissue Massage

This massage is focused on the deeper tissue structures of the muscles and fascia (the protective layer surrounding muscles, bones and joints) using many of the same movements and techniques as a Swedish massage but with more intense pressure. The therapist will work to release chronic muscle tension or knots through direct pressure within the deeper layers of the muscles and connective tissue.

60 minutes - dh 1600

90 minutes - dh 2000

### Aman Touch

After any kind of stress, such as a long flight, tension can build up in the head, neck and shoulders. Choose from either back or foot massage. This treatment focuses on problem areas using classic massage and pressure point techniques, promoting release and a sense of well-being.

30 minutes - dhs 800

### Aroma Hot Argan Oil Head Massage

This is a relaxing head massage using local heated Argan Oil with added essential oils of Rosemary and geranium which combines pressure points and different strokes and can relieve stress and delivers a deep feeling of calmness and relaxation. Argan oil in itself improves the condition of the hair and scalp, has therapeutic properties and is rich in Vitamin A and E.

30 minutes -dhs 800

## BODY & FACE TREATMENTS

### Moroccan Rose Indulgence

This Exquisite Spa experience rejuvenates the whole body top to toe, bringing body and mind back to balance. Starting with a luxurious Rose bath infused with Rose crystal salts and Rose petals to induce relaxation and followed by a full body massage with Argan oil and rose to relieve stress and tension, the treatment will culminate with a relaxing and rejuvenating full scalp and facial massage.

90 minutes – dhs 2000

### Traditional Moroccan Hammam

The entire treatment is performed in a heated Hammam with steam where the skilled application of unique black olive oil soap “sabon beldi” is applied followed by deep cleansing with a “kiis” (scrub glove) which leaves your skin glowing. The traditional and local “Rhassoul” or “Ghassoul”, natural rock clay sourced in the Atlas Mountains of Morocco, is then applied as a full body mask which will nourish and hydrate your skin.

60 minutes – dhs 1200

### Amanjena Signature Facial with Back Cleanse

### Amanjena Refreshing Facial without Back Cleanse

Based on the knowledge and wisdom of ancient philosophies and natural healing traditions, Aman Spas' unique chemical-free product range works holistically to nurture the skin and enhance overall well-being. Our 100% natural products are unique to Aman and are rich in minerals and plant extracts. The organic essential oils rejuvenate and oxygenate the skin. In this treatment we will use a fusion of the local Rhassoul lava clay (sourced in the Atlas Mountains of Morocco) and local honey. What better way to treat your precious skin.\*

60 minutes – dhs 1600

90\* minutes – dhs 2000

(\* includes Back Cleanse using seasonal raw local products)

Refreshing Facial Hydration 30 minutes –dhs 800

## BEAUTY

### Hands and Feet

Henna Tattoo	Between	dhs 100- 500
Express Nails	30 minutes	dhs 200
Manicure	60 minutes	dhs 500
Pedicure	75 minutes	dhs 550

### Hair Removal

Full Leg Wax	45 minutes	dhs 600
Half Leg Wax	30 minutes	dhs 500
Bikini	30 minutes	dhs 500
Under Arm	15 minutes	dhs 300
Face: Eyebrow tidy/Lip/Chin	15 minutes	dhs 250

### Hair Dressing

Style & Blow dry short	dhs 400
Style & Blow Dry Medium	dhs 500
Style & Blow Dry Long hair	dhs 600
Barber	dhs 300

### Make Up

Day	dhs 800
Evening	dhs 1000

### Yoga & Fitness private sessions

1 guest	60 minutes	dhs 1200
	90 minutes	dhs 1800
Couples/ Group	60 minutes	dhs 600 per additional person
	90 minutes	dhs 800 per additional person

## **SPA REMINDERS**

### **Operating hours**

The spa operates from 9am to 8pm. After-hours spa appointments are subject to availability. Please dial extension 4 to make a reservation. The gym is open from 7am until 8 pm 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.

### **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 so that someone else may enjoy that time. Cancellations made within six hours will be subject to the full charge of the treatment booked.

### **Special considerations**

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.

### **Children**

All persons under the age of 16 wishing to have a treatment or use the facilities are regarded as minors and must be accompanied by a parent or legal guardian. 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 the booking being accepted

### **During your visit**

We aim to provide a peaceful setting for all guests, so ask you to please keep your mobile devices on silent. Alcohol and smoking are not permitted. The Spa team reserves the right to refuse access to anyone whose dress or behaviour may disturb or endanger other guests at the Spa.

### **Valuables**

We advise you not to bring or wear valuables whilst using our spa facilities. Whilst 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.

### **Hammam**

Please remember to drink enough water when using the Hammam and pay attention to certain health precautions. Out of respect, we kindly ask you to keep your modesty covered with a towel in the hammam room and use your bath robe in other Aman Spa areas.

## AMAN PRODUCTS

Unique to Aman spas, our products are made of 100 % pure essential oils and absolutes, vitamins and organic plants. They do not contain any artificial fragrance, colouring or mineral oils and have not been tested on animals.

### **Aman Cleanser**

Clay cleanser Dhs 880

### **Aman Essences**

*Essence Kapha* Dhs 935

*Purify & decongest*

*Essence Pitta* Dhs 1100

*Calm & smooth*

*Essence Vata* Dhs 935

*Nourish & strengthen*

### **Aman Moisturizer**

Facial moisturizer Dhs 1155

*Dry and sensitive skin*

*Normal / oily skin*

Hand moisturizer Dhs 770

Aman spritzer Dhs 275

All treatments are subject to 10% service charge

**Aman salts**

Crystal Salts Dhs 770

**Aman Scrub & Mask**

Deep cleanse face exfoliant Dhs 935

Intensive repair mask Dhs 1155

**Aman Lotions**

After sun lotion Dhs 770

Body lotion Dhs 770

Foot lotion Dhs 660

**Aman Special**

Eye and lip cream Dhs 1045

Face mist Dhs 880

Skin booster Dhs 1155

Skin repair serum Dhs 1155