



# AMANGIRI

Spa & Wellness Menu



# Contents

|                               |    |
|-------------------------------|----|
| Aman Spa                      | 4  |
| Aman Signature Treatments     | 6  |
| Amangiri Wellness Journeys    | 14 |
| Amangiri Signature Treatments | 16 |
| Body Treatments               | 18 |
| Facial Treatments             | 23 |
| Enhancements                  | 23 |
| Mindfulness                   | 25 |
| Movement                      | 29 |
| Finishing Touches             | 32 |
| Reminders                     | 33 |
| Pricing                       | 34 |



# Aman Spa at Amangiri

## Aman Wellness

Through a balanced integration of spiritual, mental and physical practice, Aman empowers guests to recognise and fulfil their potential. A holistic endeavour guided by longevity, the Aman wellness journey is ever-evolving.

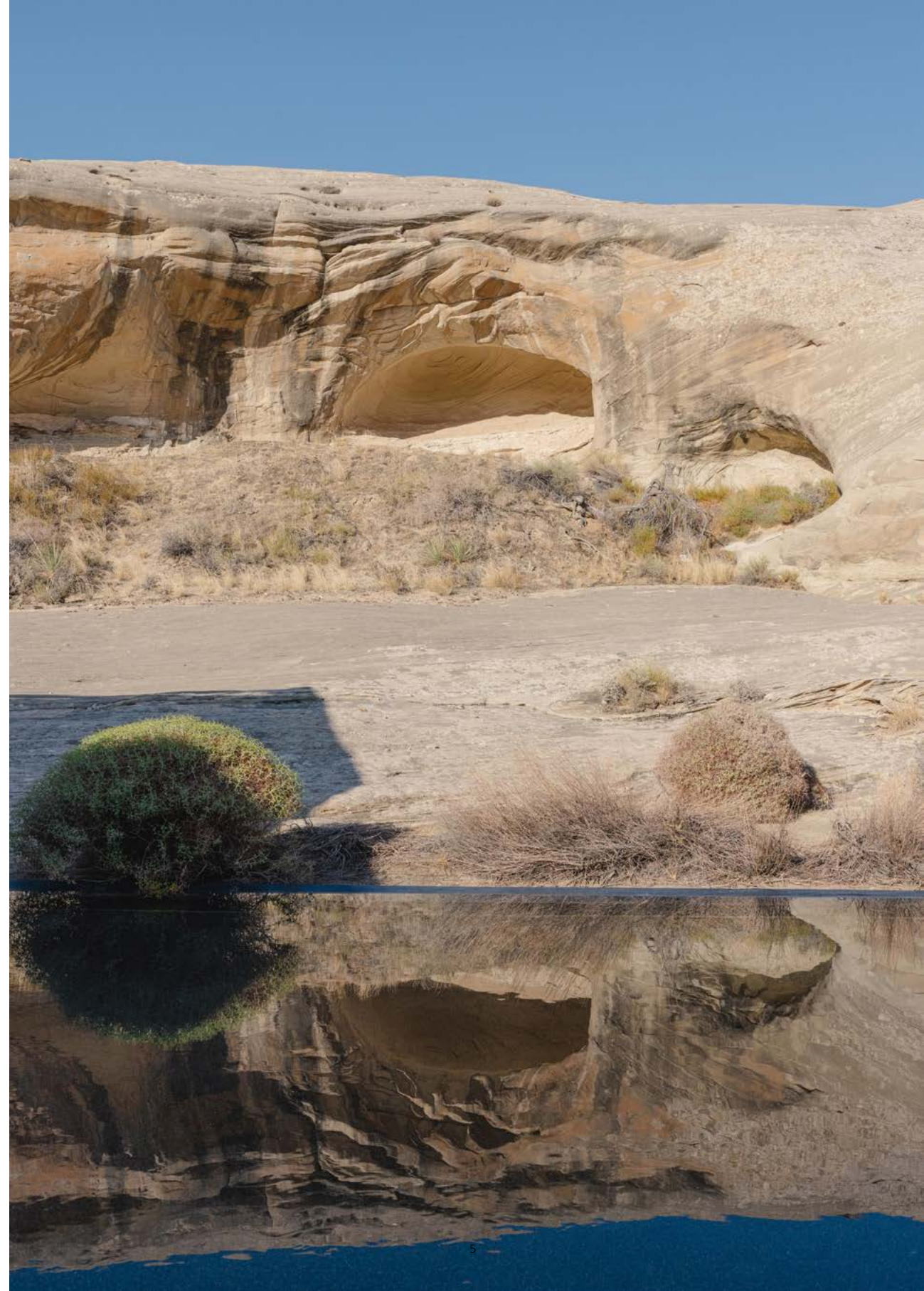
Providing sanctuaries to return to time and again, Aman Spas around the world have been carefully curated to nurture the physical, mental and spiritual, with the goal of fostering a heightened state of wellness and of being.

Treating the whole – mind, body and spirit – by combining ancient healing modalities and the finest modern therapies, Aman strives to provide guidance, support and knowledge.

## Aman Spa Amangiri

At Amangiri, the landscape itself inspires wonder and awe. The expansive high desert, the scale of the mesas and buttes and the vast sky above widen one's peripheral vision, inspiring a sense of peace and encouraging opening within.

Ranging from mindfulness walks, butte-top yoga and wild outdoor wellness experiences to aquatic fitness and holistic therapies, Amangiri's spa and wellness activities aim to strengthen and support this natural connection and the positive changes it can bring about.

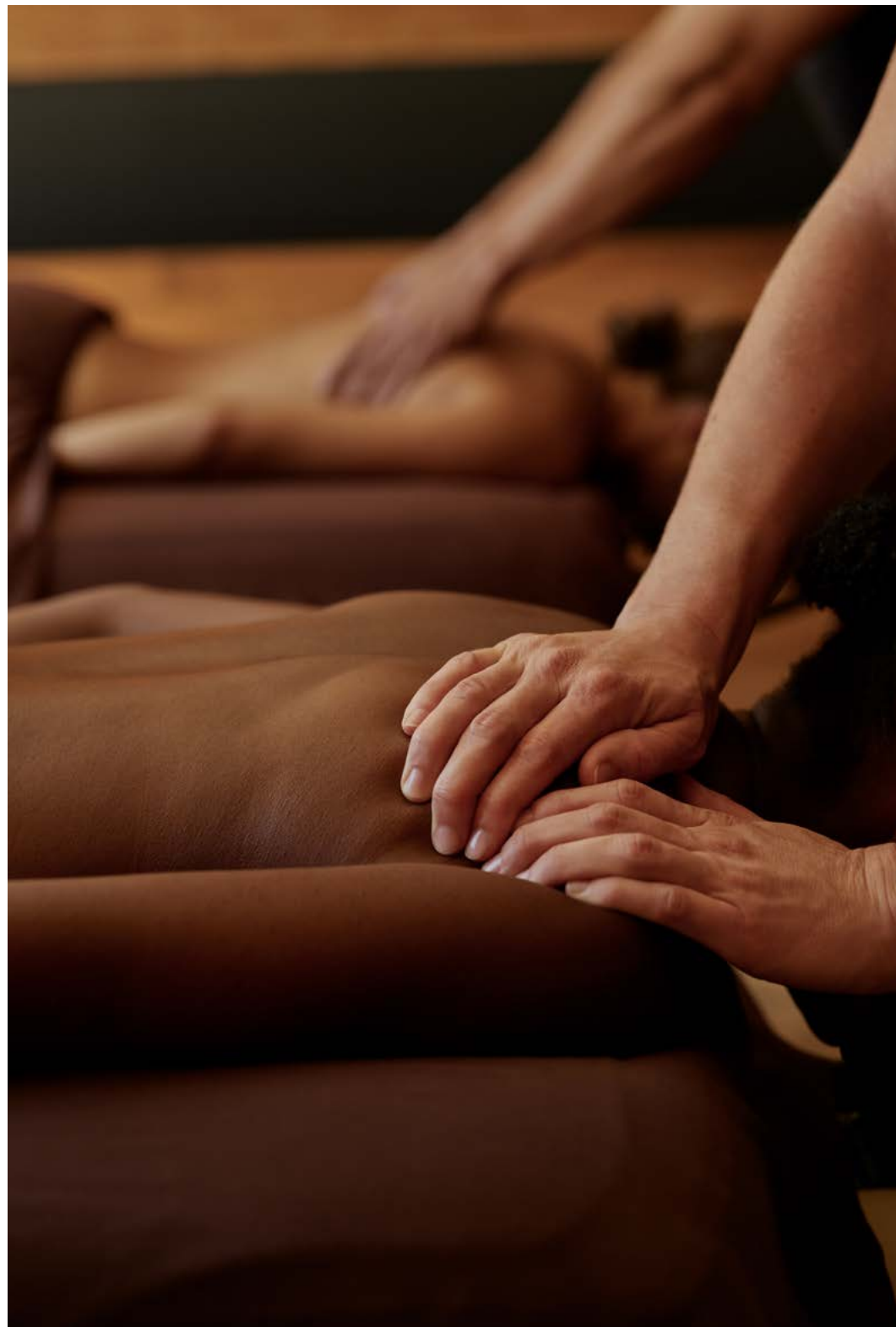


## Aman Signature Treatments

Available at Aman Spa destinations around the world, these Signature Treatments reflect the Grounding, Purifying and Nourishing pathways of the Aman Skincare product range. Each treatment is designed to support your individual needs while targeting specific concerns and personal wellness goals.

A deeply relaxing, mineral-rich Foot Ritual acts as a prelude to each – a symbolic act of service that fosters trust ahead of the treatments to come.





## Grounding

Grounding treatments work as a balm for the busyness of everyday modern life. They impart a feeling of safety, offering reassurance and reconnection.

### Grounding Massage Ritual

60 | 90 Minutes

A Ku Nye full-body massage honours ancient Tibetan healing tradition to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

### Grounding Face Ritual

60 | 90 Minutes

Suitable for normal, dry and combination skin, this facial incorporates rose-quartz crystals to promote healing, frankincense to aid rejuvenation and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a mask of Peruvian black mud and amethyst crystal, and a Tibetan head massage.

For those seeking an intense radiance boost, the 90-minute facial also includes the application of Nourishing Gold Algae Eye and Face Masks. With hydrating natural ingredients, and 111SKIN's advanced technology, the gel formula infuses the skin, generating a glowing and refreshed complexion.

### Grounding Body Polish & Wrap Ritual

90 minutes

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of silky Smoked Body Butter.

### Grounding Journey

180 minutes

Each Grounding treatment is powerful in isolation, but their effects are magnified when experienced together. Incorporating elements of all three Grounding treatments, the Grounding Journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each one ensures guests feel connected, centred and ready to reach a place of perfect contentment.

## Purifying

### Purifying Massage Ritual

60 | 90 Minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic-drainage techniques, it manipulates lymph nodes and vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

### Purifying Face Ritual

60 | 90 Minutes

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include powerful marine extracts that strengthen collagen production, brightening pearl and regenerative copper.

For those seeking an intense radiance boost, the 90-minute facial also includes the application of Nourishing Gold Algae Eye and Face Masks. With hydrating natural ingredients, and ILLSKIN's advanced technology, the gel formula infuses the skin, generating a glowing and refreshed complexion.

### Purifying Body Polish & Wrap Ritual

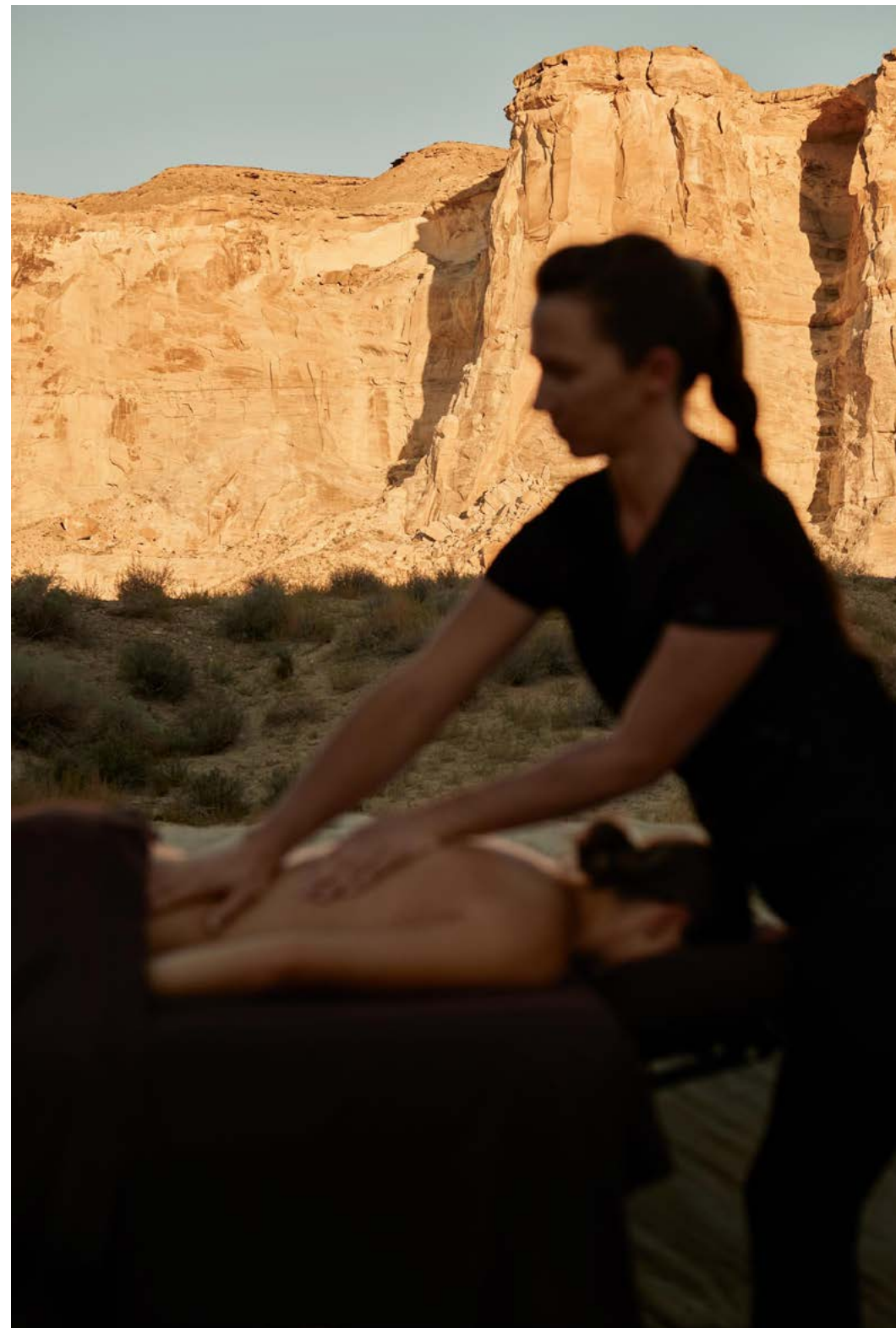
90 minutes

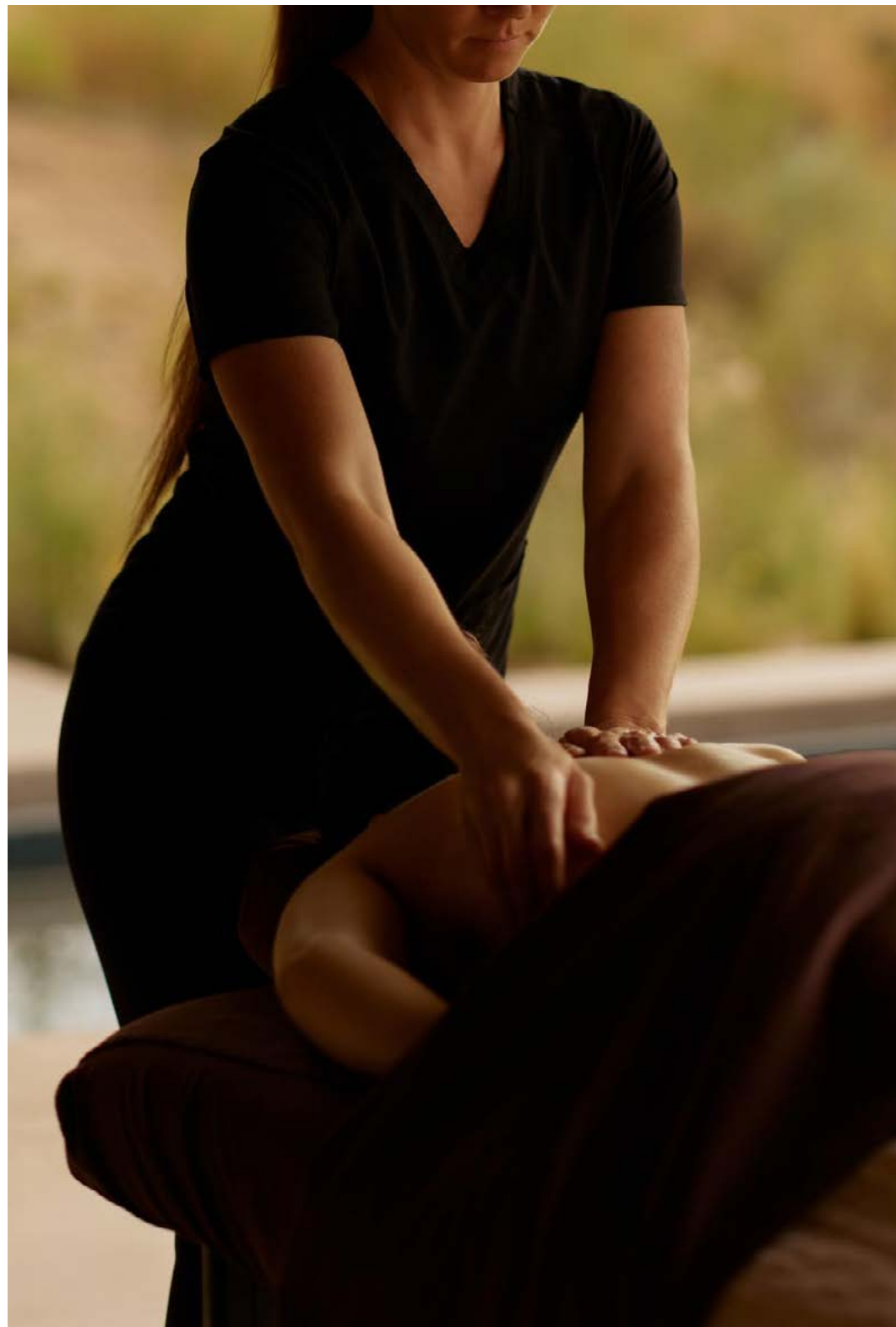
This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz, known as a master healer for its ability to attune energy levels. Seaweed-packed fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine-flora mud wrap includes deep cleansing kaolin, mineral-rich sea lavender and seaweed for boosting collagen levels. The treatment ends with a Palo Santo Salve, applied over the whole body.

### Purifying Journey

180 minutes

This in-depth journey embraces purification on every level, from cleansing the skin and detoxifying the body, to clearing negative energy and focusing the mind. Incorporating elements of all three of the above treatments, this journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual, and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace.





## Nourishing

Nourishing treatments nurture the body and encourage the healing of emotional and mental wounds, reuniting guests with their true authentic self.

### Nourishing Massage Ritual

60 | 90 Minutes

A deeply relaxing experience, this treatment incorporates chakra balancing technique and marma points therapy to balance energy, releasing negativity and bringing the body back to a state of awareness and equilibrium. On a physical level, the rhythmic massage dissipates muscular tension.

### Nourishing Face Ritual

60 | 90 Minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana, described as the universal life energy that enters the body via breath.

For those seeking an intense radiance boost, the 90-minute facial also includes the application of Nourishing Gold Algae Eye and Face Masks. With hydrating natural ingredients, and ILSKIN's advanced technology, the gel formula infuses the skin, generating a glowing and refreshed complexion.

### Nourishing Body Polish & Wrap Ritual

90 minutes

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder - known to hydrate, tone and rejuvenate - in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich clay, toning rose hydrolat and anti-inflammatory argan oil. The treatment ends with a Sacred Heart Balm, applied to the whole body.

### Nourishing Journey

180 minutes

This journey aims to combine elements of these Nourishing treatments in an immersive experience. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Body and mind are left restored, and a deep sense of renewal endures.

# Amangiri Wellness Journeys

## Wild Wellness

150 minutes

This two-part journey combines invigorating movement and consummate relaxation.

After a guided warm-up, connect with the desert environment in an extraordinary way with asymmetrical strength and stability exercises on uneven terrain. This organic fusion fitness format integrates yoga, personal training and Pilates to heighten your senses and instincts as you adapt to the irregular rhythms of the landscape. A dynamic cool down prepares you for the next stage of your journey.

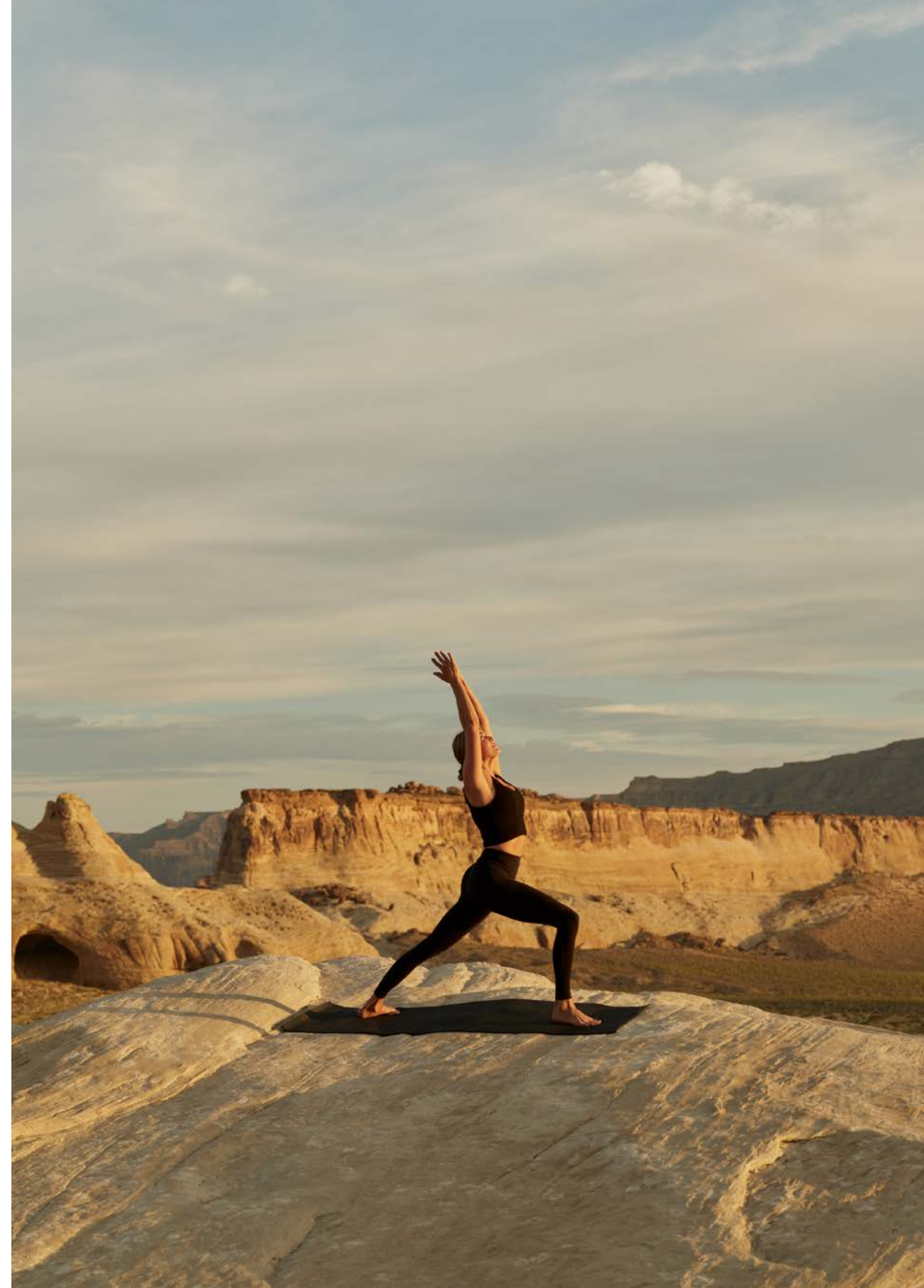
To complement your movement experience, a signature rhythmic massage follows, using varying percussion techniques such as rocking and tapping with changing dynamics and post- fitness recovery soothing techniques. This encourages profound relaxation and renewal of the nervous system.

## Peacefull Mountain

120 minutes

As the mesas were formed and sculpted by the elements over the eons into the serene landscape seen today, we invoke this gradual transformative process in the therapeutic application of temperature, gravity, movement and pressure.

Start with a guided hot and cold contrast therapy session in the Water Pavilion, transitioning to the Movement Pavilion where you will lay on air-filled massage balls for a short meditation accompanied by singing bowls. Progress to a connective tissue release rolling session, then finish with a Thai yoga massage incorporating electric vibrational myofascial tools and sound therapy.





## Amangiri Signature Treatments

### Percussion & Cryo-Roller Therapy

60 | 90 minutes

Experience the benefits of electric massage tools in the expert hands of a massage therapist. Technology, a soothing cool roller ball and intuitive touch combine to deliver relaxing, recharging and tension-relieving results.

### Utah Salt & Clay Treatment

75 minutes

Using Utah ancient sea salt and bentonite desert clay rich in trace minerals, this exfoliation and wrap will cleanse and activate your skin's natural self-renewal processes. Choose between turquoise sage mountain arnica and prickly pear pomegranate lotions for the hydrating finishing touch.

### Cranial Sacral Flotation Therapy

75 minutes

This restorative treatment begins with 30 minutes of hands-on therapy in a warm salt pool, where your therapist uses gentle cranial sacral and reflexology holds to balance the body's central nervous system. This is followed by 30 minutes of solo floating in total darkness to deepen your state of relaxation, concluding with a private 15-minute shower to transition back to stillness. Bathing suits are required.

## Body Treatments

### Personalised Massage

60 | 90 minutes

This treatment offers customized pressure and a blend of modalities to suit your needs, whether therapeutic, deep tissue, Swedish, aromatherapy or prenatal. Experience this massage indoors or out as weather permits.

### Thai Massage

60 | 90 minutes

Following tradition, this massage is enjoyed on a large floor cushion. Comfortable, movement-friendly clothing is provided. Bodywork techniques of passive stretching, compression and acupressure increase range of motion and coax the body into relaxation. Great for loosening up after activity and getting a great night's sleep.

### Shirodhara with Hand & Foot Paraffin Treatment

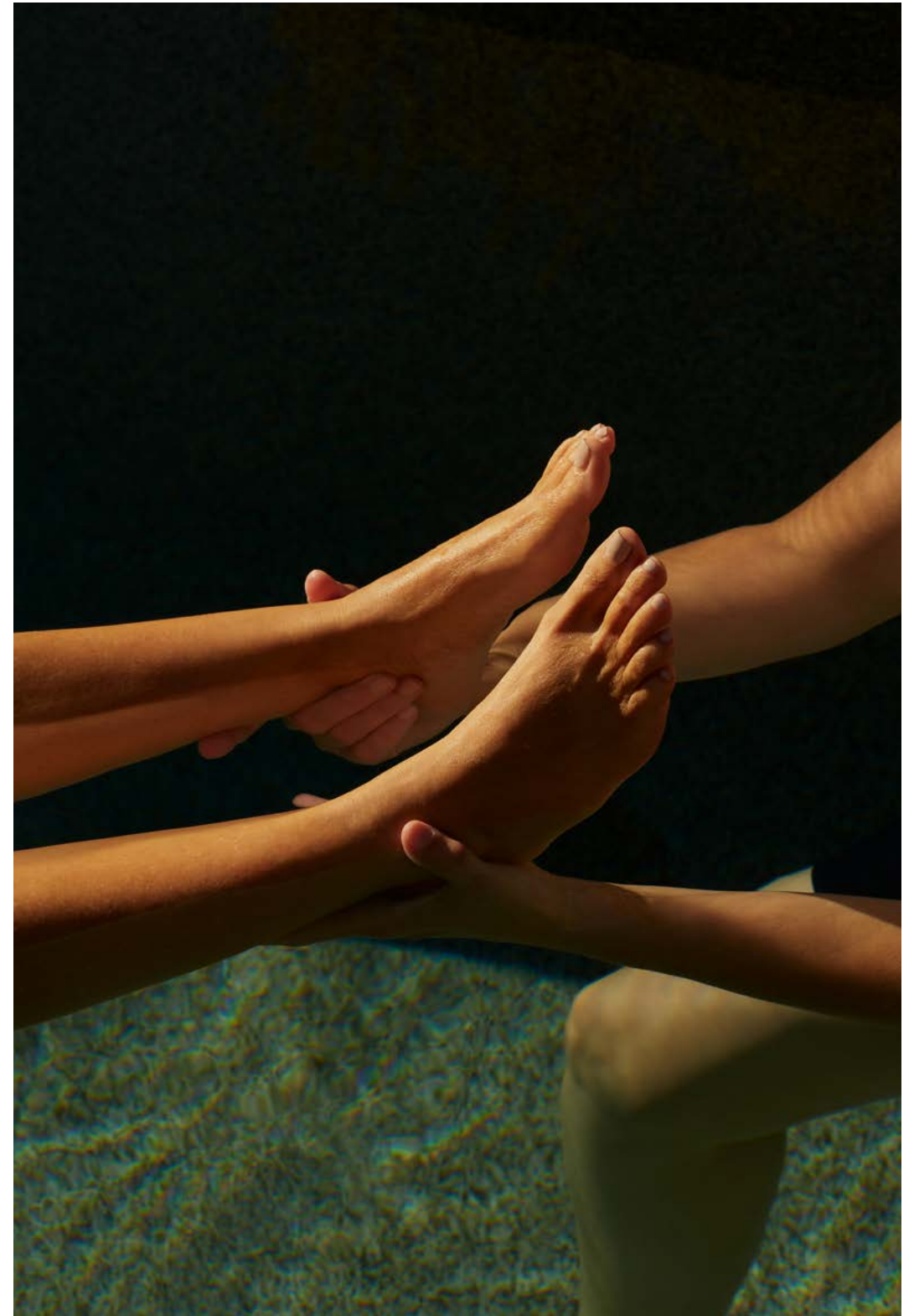
60 minutes

Hands and feet are exfoliated with your choice of our signature Aman Skincare Scrub Soaks before being wrapped in warm paraffin. As you wait for the softening effects of this soothing hand and foot treatment, experience the relaxation imbued by Shirodhara. This Ayurvedic treatment involves the pouring of a stream of aromatic oil onto the forehead, followed by a luxurious scalp massage.

### Reflexology

30 minutes

Reflexology is an ancient therapy. In this treatment, pressure is applied to the soles of the feet, based on targeted reflex points and zones that correspond to organs, glands and systems in the body, promoting overall health and relieving stress.



### Aqua Shiatsu

60 minutes

This bodywork therapy is experienced while floating in a warm pool, supported by your therapist who gently manipulates your limbs to perform stretches, massage and gentle gliding movements through the water.

### Warm Stone

60 | 90 minutes

Basalt stones store heat and when placed on the skin can convey it to the deeper layers of muscles to loosen these tissues. Himalayan salt stones contain essential minerals, relax nerves and are emotionally uplifting. In this treatment, these stones are combined with manual massage to create a thoroughly soothing experience.





## Facial Treatments

### Aman Advanced Facial

60 | 90 minutes

A rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin, the exclusive Aman Advanced Facial combines effective formulas made in Japan, with exfoliation and manual lifting techniques to stimulate facial muscles, welcoming tighter, brighter skin.

The treatment begins with ultrasonic scrubbing to cleanse pores, supported by the use of microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness.

The use of red and blue light therapy follows, before the treatment concludes with the application of the Aman Nourishing Gold Algae Face and Eye Masks to achieve an exceptional glow.

### Express Facial

30 minutes

This quick but efficient facial focuses on cleansing and hydration to counteract Amangiri's arid climate and the dryness it can cause.

## Enhancements

To amplify the benefits of your chosen treatments and customise your spa itinerary:

- Aman Nourishing Gold & Algae Face & Eye Masks
- Paraffin Hand & Foot Treatments
- CBD Oil
- Gua Sha
- Cupping
- Foot Exfoliation
- Body Exfoliation (additional 30 minutes)
- In-Room Massage
- Outdoor Massage



# Mindfulness

## Guided Meditation

30 | 60 minutes

An instructor helps navigate attention to the breath, senses, thoughts and feelings to recognise a connectedness of being.

## Breathwork

30 minutes

Breathing exercises and techniques of changing patterns encourage fuller respiration and oxygenation. Use of body focus, intention and visualisation access the physiological resources to relax, energise or facilitate other states of awareness. We recommend combining this with a meditation.

## Yoga Nidra

60 minutes

This form of meditation is experienced in a reclined position on comfortable cushions. The instructor guides the mind into a place between sleep and wakefulness, which is deeply restful and restorative to wellbeing.

## Mindfulness Walk

30 | 60 minutes

Slow down and take in the richness of the moment with this guided walk. The still spaciousness of the vast natural landscape invites you to open and quiet your mind and to be completely present, your senses interacting with the elements.

## Sound Therapy

30 | 60 minutes

Waves of sound wash over you in this session of deep listening to vibrational singing bowls to promote relaxation, wellbeing and a euphoric sense of expansion.

## ASMR Sensory Wellness

30 minutes

This experience clears the mind, engages the senses and has a calming after- effect. During the session, wellness-oriented guided audio, kinesthetic and visual stimuli focus attention and produce autonomous sensory meridian responses (ASMR).

### Floating Guided Meditation

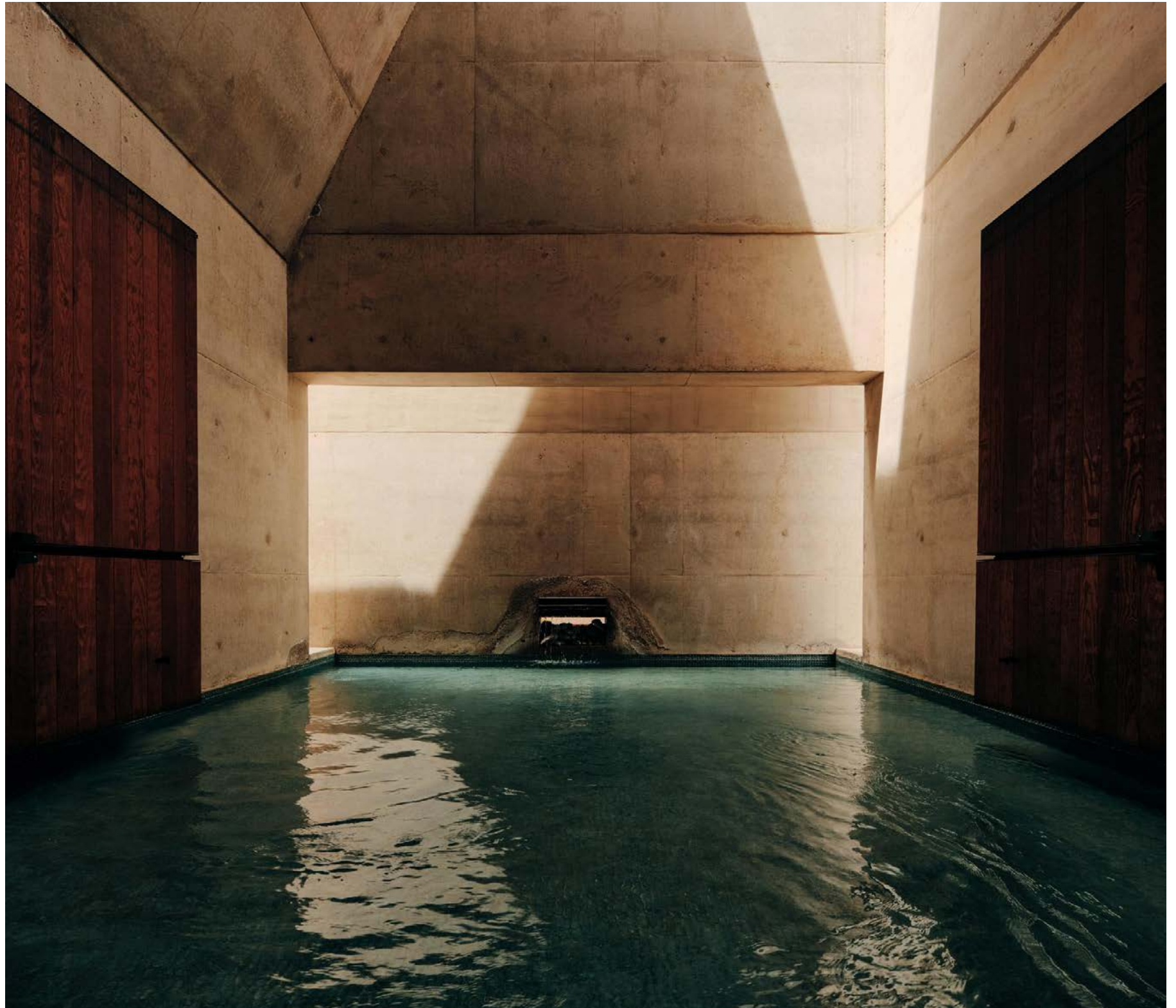
60 minutes

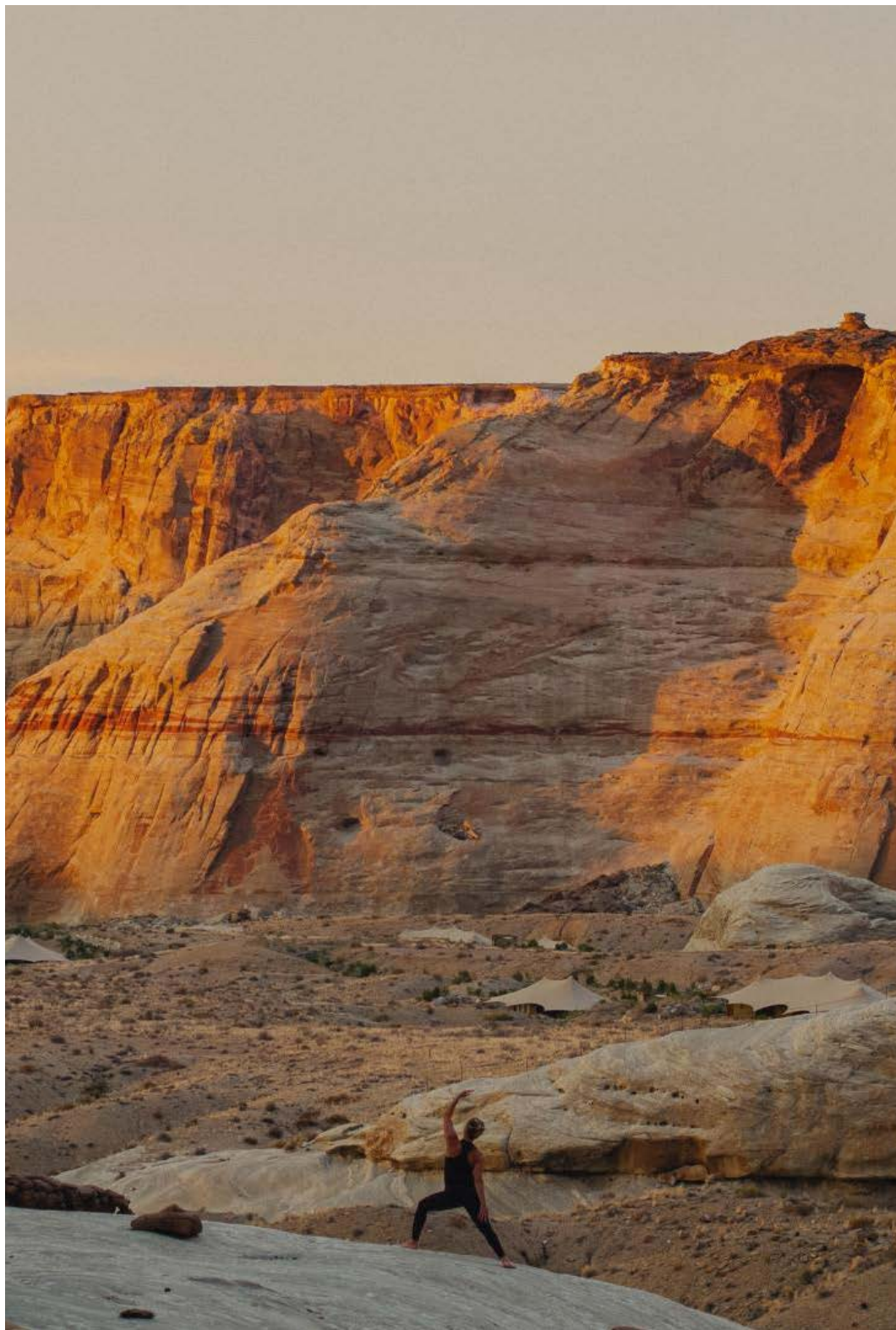
Assisted floating in a heated pool. An instructor will gently guide your mind and body to peacefully flow with the currents of consciousness.

### Flotation Therapy

30 | 60 minutes

Set within our heated saltwater pool, the session allows you to float in isolation with music and light enhancements, evoking a sensation of weightlessness and sensory deprivation.





## Movement

### Yoga

60 minutes

Linking breath and movement, body and awareness, exercise and rest, we offer multiple yoga modalities for your holistic fitness practice. All levels welcome.

### Kundalini Yoga

60 minutes

Also known as yoga of awareness, sessions open with sound (humming or chanting) and breathwork to warm up, progressing into energising exercises, asana postures including mudras (hand positions) and closing with relaxation, meditation and sound. Overall, it systematically activates the body's major energy centres.

### Aerial Yoga

60 minutes

Low-impact, but high-conditioning, this form of suspension fitness integrates yoga poses with Pilates, dance and acrobatics-inspired moves using slings or hammocks anchored to a support structure above.

### Yoga On the Rocks

120 minutes

Hike onto the Amangiri mesas to practice yoga for sunrise, sunset or any time between. Breathe and stretch toward the horizon in this inspiring wellness adventure.

### Tower Butte Yoga

120 minutes

Begin your day at sunrise atop Tower Butte, your own private, open-air yoga studio 1,000 feet above Lake Powell. The journey starts with a scenic helicopter flight departing Amangiri before dawn, flying over the rock formations of Glen Canyon before landing on top of Tower Butte. Here, your yoga instructor guides you through a yoga and meditation session inspired by the magical energy of the surrounding scenery.

*Please note this treatment will incur both a local tax and an 10% service charge.*



## Strength Training

60 minutes

Experienced in resistance training, endurance, conditioning, functional fitness, HIIT, bootcamp, circuit and cardio, our instructors will work with your current regimen, help refine it, or develop a new fitness routine. All levels welcome.

## Jump & Suspend

60 minutes

This distinctive fusion fitness class incorporates suspension and jump board training on the Pilates Reformer and suspension training system, providing a complete resistance, core and cardio training session.

## Longevity Fitness

60 minutes

Balance, stability and mobility-oriented routines to ensure quality and ease of movement does not lessen with time.

## Aqua Fit-Boarding

60 minutes

Fun and challenging, this class involves yoga and functional fitness exercises on a standup paddleboard (SUP) in Camp Sarika's swimming pool. Excellent for conditioning the core and helping to stabilise muscles, it also improves balance on land.

## Ai Chi

60 | 90 minutes

A form of aquatic exercise based on Tai Chi and Qi Gong, Ai Chi is a total body relaxation and strengthening process characterised by slow movements under water coordinated with deep breathing.

## Cryo & Thermal Therapy

30 minutes

Guided use of the spa's Water Pavilion, including cold plunge pool, sauna and steam room. Contrast thermal therapy is believed to help with recovery from exercise and can be a powerful wellness experience in its own right.

## Myofascial Release

60 minutes

Focused on the chains of connective tissue, or fascia, throughout the body, your instructor will guide the use of equipment for re-patterning these connections for greater ease of movement and postural support.

## Pilates

60 minutes

Using the Reformer, mats and other specialised multi-function equipment apparatus, this instructor-led session is a low-impact, core-based, full-body workout that builds strength, mobility and flexibility. Excellent for encouraging efficient postural alignment and movement patterns.

# Finishing Touches

Timings are approximate and may vary depending on your needs. The Manicure/Pedicure Combination includes a hand and foot paraffin application and massage of the hands, arms, feet and legs.

## Nail Care

|                     |             |
|---------------------|-------------|
| Manicure            | 45 minutes  |
| Pedicure            | 60 minutes  |
| Manicure & Pedicure | 105 minutes |
| Nail Polish         | 25 minutes  |
| Shellac/Gel Removal | 30 minutes  |
| Gel Polish          | 25 minutes  |

## Waxing

|                   |            |
|-------------------|------------|
| Chin/Nose/Ear/Lip | 15 minutes |
| Eyebrow/Underarm  | 30 minutes |
| Half Arm          | 30 minutes |
| Bikini            | 30 minutes |
| Half Leg/Full Arm | 45 minutes |
| Back              | 60 minutes |
| Leg/Brazilian     | 60 minutes |

## Hair

Hair cuts, blow dries and styling and makeup available on request. Price to be determined based on style, length of hair and time needed.

# Reminders

## Operating Hours

**Spa**  
Daily from 9am to 9pm (Last treatment 8pm)

**Fitness Centre**  
Open 24 hours

## Appointments

Advance booking is highly recommended to ensure that your preferred time and service are available. Please dial extension '4161' for Spa or +1 435 675 '4161' directly.

## Treatment Preparation

We recommend arriving at least 15 minutes before your treatment, allowing time to use our Water Pavilion with its sauna, cold plunge, steam room, hot tub and soaking pool facilities.

## Spa Location

The spa and gym are located in the resort's Mesa Wing.

## Spa Environment

The Spa facilities are unisex/mixed use, and require the wearing of a swimsuit. The minimum age for using the facilities and receiving a spa treatment is 18 years. Please refrain from smoking and using your phone/device while using the Aman Spa.

## Valuables

During all treatments, please leave all valuables in the safe provided in your suite.

## 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 12 hours' cancellation notice to enable someone else to enjoy that time. Cancellations made within the respective notice period will be subject to full charge for the service booked.

## Pricing

All prices are subject to local taxes and 18% service charge. Spa treatments outside of operating hours are subject to an additional surcharge.

Pricing

| Aman Signature Treatments            | Duration    | Per Person |
|--------------------------------------|-------------|------------|
| <b>Grounding</b>                     |             |            |
| Grounding Massage Ritual             | 60 minutes  | USD 350    |
| Grounding Massage Ritual             | 90 minutes  | USD 450    |
| G rounding Face Ritual               | 60 minutes  | USD 350    |
| Grounding Face Ritual                | 90 minutes  | USD 450    |
| Grounding Body Polish & Wrap Ritual  | 90 minutes  | USD 450    |
| Grounding Journey                    | 180 minutes | USD 885    |
| <b>Purifying</b>                     |             |            |
| Purifying Massage Ritual             | 60 minutes  | USD 350    |
| Purifying Massage Ritual             | 90 minutes  | USD 450    |
| Purifying Face Ritual                | 60 minutes  | USD 350    |
| Purifying Face Ritual                | 90 minutes  | USD 450    |
| Purifying Body Polish & Wrap Ritual  | 90 minutes  | USD 450    |
| Purifying Journey                    | 180 minutes | USD 885    |
| <b>Nourishing</b>                    |             |            |
| Nourishing Massage Ritual            | 60 minutes  | USD 350    |
| Nourishing Massage Ritual            | 90 minutes  | USD 450    |
| Nourishing Face Ritual               | 60 minutes  | USD 350    |
| Nourishing Face Ritual               | 90 minutes  | USD 450    |
| Nourishing Body Polish & Wrap Ritual | 90 minutes  | USD 450    |
| Purifying Journey                    | 180 minutes | USD 885    |
| <b>Aman Wellness Journeys</b>        |             |            |
| Wild Wellness                        | 150 minutes | USD 625    |
| Peaceful Mountain                    | 120 minutes | USD 525    |

| Amangiri Signature Treatments                  | Duration        | Per Person    |
|------------------------------------------------|-----------------|---------------|
| Percussion & Cryo-Roller Therapy               | 60 minutes      | USD 300       |
| Percussion & Cryo-Roller Therapy               | 90 minutes      | USD 400       |
| Utah Salt & Clay Treatment                     | 75 minutes      | USD 350       |
| Cranial Sacral Floatation Therapy              | 75 minutes      | USD 350       |
| <b>Body Treatments</b>                         |                 |               |
| Personalised Massage                           | 60 minutes      | USD 300       |
| Personalised Massage                           | 90 minutes      | USD 400       |
| Thai Massage                                   | 60 minutes      | USD 300       |
| Thai Massage                                   | 90 minutes      | USD 400       |
| Shirodhara with Hand & Foot Paraffin Treatment | 60 minutes      | USD 300       |
| Reflexology                                    | 30 minutes      | USD 175       |
| Aqua Shiatsu                                   | 60 minutes      | USD 325       |
| Warm Stone                                     | 60 minutes      | USD 300       |
| Warm Stone                                     | 90 minutes      | USD 400       |
| <b>Facial Treatments</b>                       |                 |               |
| Aman Advanced Facial                           | 60   90 minutes | USD 350   475 |
| Express Facial                                 | 30 minutes      | USD 175       |

Enhancements

|                                            | Duration   | Per Person | Additional Person |
|--------------------------------------------|------------|------------|-------------------|
| Aman Nourishing Gold Algae Face & Eye Mask |            | USD 75     |                   |
| Hand & Foot Paraffin                       |            | USD 150    |                   |
| CBD Oil                                    |            | USD 55     |                   |
| Gua Sha                                    |            | USD 75     |                   |
| Cupping                                    |            | USD 75     |                   |
| Foot Exfoliation                           |            | USD 75     |                   |
| Body Exfoliation                           | 30 minutes | USD 150    |                   |
| In-Room                                    |            | USD 125    |                   |
| Outdoor                                    |            | USD 125    |                   |

Mindfulness

|                            |                 |               |         |
|----------------------------|-----------------|---------------|---------|
| Guided Meditation          | 30   60 minutes | USD 125   225 | USD 100 |
| Breathwork                 | 30 minutes      | USD 125       | USD 100 |
| Yoga Nidra                 | 60 minutes      | USD 225       | USD 100 |
| Mindfulness Walk           | 30   60 minutes | USD 125   225 | USD 100 |
| Sound Bowl                 | 30   60 minutes | USD 155   285 | USD 100 |
| ASMR Sensory Wellness      | 30 minutes      | USD 125       | USD 100 |
| Floating Guided Meditation | 60 minutes      | USD 325       |         |
| Flotation Therapy          | 30 minutes      | USD 150       |         |
| Flotation Therapy          | 60 minutes      | USD 250       |         |

Movement

|                                           | Duration       | Per Person    | Additional Person |
|-------------------------------------------|----------------|---------------|-------------------|
| Yoga                                      | 60 minutes     | USD 225       | USD 125           |
| Yoga On The Rocks                         | 120 minutes    | USD 325       |                   |
| Kundalini Yoga                            | 60 minutes     | USD 225       | USD 125           |
| Myofascial Release                        | 60 minutes     | USD 225       | USD 125           |
| Aerial Yoga                               | 60 minutes     | USD 225       |                   |
| Pilates                                   | 60 minutes     | USD 225       | USD 125           |
| Strength Training                         | 60 minutes     | USD 225       | USD 125           |
| Ai Chi                                    | 60   90minutes | USD 275   375 | USD 125           |
| Jump & Suspend                            | 60 minutes     | USD 225       | USD 125           |
| Longevity Fitness                         | 60 minutes     | USD 225       | USD 125           |
| Cryo & Thermal Therapy                    | 30 minutes     | USD 125       |                   |
| Aqua Fit-Boarding                         | 60 minutes     | USD 325       |                   |
| Tower Butte Yoga - <i>up to 5 persons</i> | 120 minutes    | USD 4,500     |                   |

Finishing Touches

Nail Care

|                       |             |         |
|-----------------------|-------------|---------|
| Manicure              | 45 minutes  | USD 105 |
| Pedicure              | 60 minutes  | USD 175 |
| Manicure & Pedicure   | 105 minutes | USD 260 |
| Nail Polish           | 25 minutes  | USD 55  |
| Shellac / Gel Removal | 30 minutes  | USD 45  |
| Gel Polish            | 25 minutes  | USD 55  |

Waxing

|                         |            |         |
|-------------------------|------------|---------|
| Chin / nose / Ear / Lip | 15 minutes | USD 35  |
| Eyebrow / Underarm      | 30 minutes | USD 35  |
| Half Arm                | 30 minutes | USD 55  |
| Bikini                  | 30 minutes | USD 55  |
| Half Leg / Full Arm     | 45 minutes | USD 50  |
| Back                    | 60 minutes | USD 100 |
| Leg / Brazillian        | 60 minutes | USD 100 |



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