



Wellness Escape at Aman New York

Until December 2026

A restorative two-night stay designed to strengthen and restore, combining advanced wellness technologies with an Eastern medicine approach. The experience includes NAD+ IV therapy, contrast therapy, a holistic wellness session, daily mindful movement and nourishing in-suite amenities.



Your stay includes:

- Daily 60- minute personal training session for two
- Daily 60-minute mindful movement session (Pilates, meditation, yoga, pranayama, qigong or tai chi) for two
- One 60-minute session in the Contrast Therapy Suite for two
- Two 60-minute NAD+IV therapy sessions
- Holistic wellness session for two, including a consultation and tailored introductory treatment
- Daily healthy amenity

Additional Inclusions:

- Flexible check-in (upon availability)
- Daily breakfast at Arva or in-suite
- Complimentary house cars for drop-offs within a 20-block radius
- Complimentary bar, including an espresso setup, signature bottled cocktails, snacks, wine and spirits
- Butler service
- Daily cultural programming
- Access to a comprehensive three-floor wellness facility including an indoor pool, Fitness Centre, Cold Plunge Terrace, sauna and steam room
- Access to signature Aman restaurants