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# Wellness at Aman Villas

Wellness is more than being healthy in body and mind. It is a dynamic process of change and growth, a state of complete physical and mental wellbeing. Aman's spa concept has been carefully curated with four pillars of wellness in mind – nutrition, movement, psychological health and bodywork – with the goal of achieving Integrated Holistic Wellness for every guest. Treating the whole – mind, body and spirit – by integrating ancient healing practices with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that we hope extends far beyond the physical boundaries of Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey at home, and the resilience and focus to put them into action.

## A New Spa Language

Healing has fascinated humankind since ancient times. Today, we have access to time-tested healing systems, as well as cutting-edge modern medicine. Some ancient practices are now proven. Others have evolved over millennia and simply offer benefits beyond explanation.

Ancient healing systems, such as Ayurveda and Traditional Chinese Medicine (TCM), are based on complex theories of the human body and mind. They incorporate aspects of health otherwise unexplored in complimentary medicine.

Delve into this world, however, and an intriguing new language begins to explain how our bodies work. Understanding the philosophy behind traditional healing is not a prerequisite for enjoying its benefits. Aman Spa aims to demystify this language for those wishing to explore more.

Our spa menus draw inspiration from traditional healing systems the world over. Simply ask our expert therapists to understand more about any of our ingredients or treatments.

## Understanding Energy

The idea of a life force, or life energy, is shared among many traditional healing systems. In Traditional Chinese Medicine, this is known as Qi. In Ayurveda and yoga, prana is the Sanskrit word used to describe this potent energy. A principle in many healing wisdoms is that any blockage to the flow of life force within a body can cause imbalances. 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.



# Aman Signature Treatments



Aman's line of all-natural skincare products draws on the wisdom of ancient wellness traditions while harnessing the power of nature. Rare and precious ingredients include pearls, healing tree oils, amethyst, jade, frankincense and Palo Santo, as well as oxygen-rich spring water and wild-harvested Amazon butters.

The range - made up of smoked body balms, fragrant dew mists, spoiling body oils, invigorating polishes and anti-ageing serums - is made from organic ingredients sourced from around the world for their purity and potency, and their close connection to Aman destinations.

Each product works holistically to nurture and enhance overall wellbeing, soaking deep into the skin to nourish and rejuvenate, meeting emotional as well as physical needs.

# Grounding

Drawing on the peace of the mountains and deserts, the Grounding Rituals focus on ingredients with the ability to restore and rebuild: amber oil, rose-quartz crystals, sandalwood, Peruvian black and purple mud, wild-harvested butter and delicate tuberose. The treatments are designed to act as a balm for the pace of modern life, creating a feeling of sanctuary, reassurance and reconnection. Techniques include Tibetan Ku Nye massage, meridian and acupressure work, cupping and kneading.

## Grounding Massage

90 minutes

Informed by Tibetan healing traditions, this Ku Nye full-body massage grounds both body and mind. Traditional techniques stimulate the muscular system, while a subtler massage energizes the meridian system. The massage incorporates cupping along meridian lines, acupressure, kneading, deep-tissue techniques, rose-quartz crystals and hot Himalayan salt poultices. The experience finishes with an invigorating Tibetan head massage that induces a deep level of relaxation.

# Massages

The Balinese believe in taking care of the body as it is a sacred temple for the soul. Massage in Bali has been practiced through the centuries for its relaxing, stimulating and healing effects

## Balinese Massage

60/90 minutes

A traditional Balinese massage focused on stimulating circulation and inducing relaxation. This treatment employs deep thumb and palm traditional pressure methods, called Urut.

## Deep Tissue Massage

60/90 minutes

This deeply penetrating oil massage releases stubborn knots in problematic areas. A strong treatment that incorporates pressure points, deep tissue and stretching techniques and is a firm favourite amongst our guests.

## Thai Massage

60/90 minutes

Thai-inspired traditional treatment, applied with grace, mindfulness, and generosity of spirit. The therapist uses a combination of gentle stretches and pressure point massage to relieve tension and leave muscles feeling deeply supple and relaxed. Performed without massage oil, guests advised to wear their own comfortable clothing.

## Foot Massage and Reflexology

60 minutes

Your therapist will work on the lower legs with focus on the pressure points on the soles of your feet to help restore balance in the body. Ideal after a long journey or a day of sightseeing.

# Aman Villas Traditional Treatments

## Holistic Facial

60 minutes

Soothing rhythmic movements enliven, balance, and rejuvenate the skin, whilst a unique blend of plant essences and oils deeply cleanses and nourishes. Zone Therapy massage techniques will address and stimulate the reflex points on the face and the treatment will finish with an uplifting technique using the ancient wisdom of marma point therapy from India.

## Lulur

120 minutes

This experience starts with a 60 min Balinese massage, followed by a body exfoliation made from local spices, including clove, ginger, and turmeric, blended with rice powder. Known as lulur, it brightens the skin, helps relieve muscle tension and eases fatigue. A relaxing soak in a warm herbal bath completes the treatment.

# Enhancements

## Invigorating Coffee Scrub

30 minutes

Stimulating body scrub made from blended coffee, ginger, and fresh honey, leaving your skin smooth and tingling. application of body lotion finishes this invigorating treatment.

## Aloe Vera Soothing Wrap

30 minutes

Freshly grown Aloe Vera from our garden is used in this deeply moisturizing wrap. Hydrating after-sun cream is then applied to calm and soothe the skin further.

# Spiritual Immersion

## Energy Healing

60 minutes

Energy healing is a holistic approach to healing that focuses on the subtle energy system within the body. The practitioner will engage in a body scanning process, where he will use his hands or intuitive abilities to assess the energy flow within the client's body. Energy healers work with these energetic imbalances to restore harmony and promote well-being. After the energy healing session is complete, based on your observed inner energy, the practitioner will conclude your session with a discussion on your health conditions, habits and even your ideal future prognosis.

## Self-healing

60 minutes

Self-healing is a transformative process that empowers individuals to take an active role in their own healing journey. It involves exploring and addressing the emotional, mental, and energetic baggage or challenges that may be hindering guest growth and well-being. In a self-healing session, a practitioner acts as a guide providing techniques and support to facilitate the healing process.

## Meditation

60 minutes

The session begins with brief explanation and Q&A, continuation of meditation guidelines uses a technique such as mindfulness, focusing on a particular object thought, or activity to train attention and awareness to achieve a mentally clear and emotionally calm and stable stage.

# Movement

## Yoga

60 minutes

Book a private session with our Balinese yoga teacher, who teaches all levels of Hatha Yoga, or with our local community yoga teacher, a specialist in Ashtanga Yoga. Both are very knowledgeable about the Balinese Hindu religion should you have any questions.

## Healing Power of Reiki

60 minutes

Reiki is a holistic healing practice that channels universal life energy through the hands to promote relaxation, reduce stress, and support the body's natural healing process. It helps balance the mind, body, and spirit, fostering overall well-being and inner peace. This treatment is offered in the privacy of your villa at Aman Villas at Nusa Dua.



# Spa Reminders

Operating hours

## **Spa**

Daily from 9am to 10pm (last treatment at 7:30pm)

### **Appointments**

Advance booking is recommended to ensure a wide availability of time and services are available. Please get in touch with your guest assistant or butler to make a reservation.

### **Treatment Venue**

Treatments can be enjoyed in the privacy of your suite or by the swimming pool. Don't hesitate to get in touch with your guest assistant or butler to make a reservation.

### **Spa Environment**

The minimum age for spa treatments is 12. Guests under the age of 18 are required to have parental consent prior to their booking being accepted.

### **Guest Attire**

Proper attire is required for all spa and wellness activities. Undergarments and sarongs are provided for spa treatments.

### **Valuables**

Please leave all valuables in the safe in your suite.

### **Cancellation Policy**

We understand that schedules change, and we will do our best to accommodate. Once your spa time is reserved, we kindly ask for a minimum cancellation notice of four hours for Spa treatments and 24 hours for wellness activities. Cancellations made within the respective notice period will be subject to 50% charge for the booked service.

### **Special Considerations**

Our holistic consultation must be completed and signed 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.

### **Pricing**

All prices are subject to local tax and service charges. Spa reservations after operation hours are subject to an additional 50% surcharge.





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