

ĀMAN  
SPA

# Contents

Wellness at Amanjiwo	03
Aman Signature Treatments	05
Grounding	06
Purifying	07
Nourishing	08
Amanjiwo Signature Treatments	10
Beauty Treatments	11
Massages	13
Enhancements	
Finishing Touches	14
Spiritual Immersion	15
Movement & Body Work	18
Spa Reminders	19

# Wellness at Amanjiwo

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 – to achieve 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 modern medicine. Delve into this world 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, however Aman Spa aims to demystify this language for those wishing to explore more.

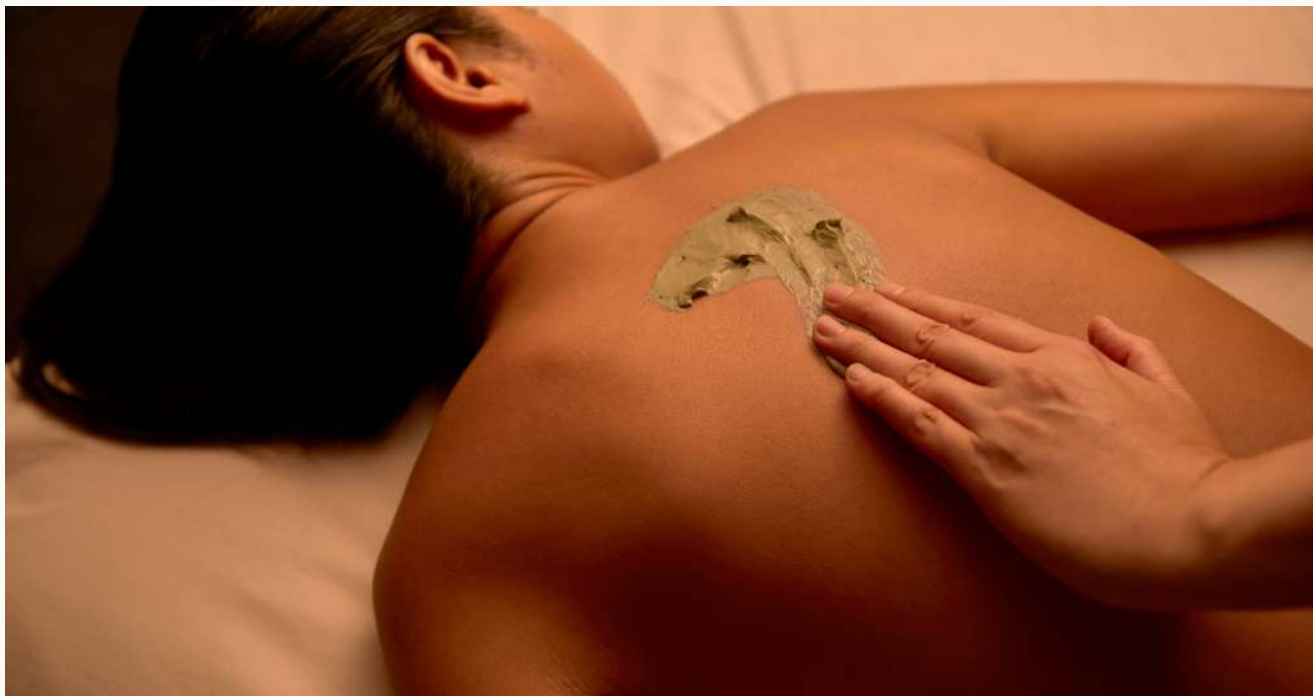
Our spa menus draw inspiration from traditional healing systems the world over. Simply ask our expert therapists to understand more about any of our ingredients or treatments.

## 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 signature treatments are based on Aman's line of all-natural skincare products which 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 butter.

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.

Grouped into three healing pathways – Grounding, Purifying and Nourishing – the products contain ingredients that work in sequence with the human body to promote change and restore balance. Bringing the physical and emotional into harmony, they aim to holistically fine-tune the body and mind, with tangible, long-lasting results.

# 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 energises the meridian system. The massage incorporates cupping along meridian lines, acupressure, kneading, deep-tissue techniques, warmed rose-quartz crystals and hot Himalayan salt poultices. The experience finishes with an invigorating Tibetan head massage that induces a deep level of relaxation.

# Purifying

Designed for those seeking lightness, breathing space and a fresh start. This healing pathway detoxifies, cleanses and strengthens the skin while also clarifying the mind. The products are created to deeply cleanse and tone complexions, including congested, dull, stressed and blemished skin. Active ingredients include antioxidant-rich lilac stem cells, moisture-giving hyaluronic acid and elasticity-improving Kalpariane™ seaweed extract.

## **Purifying Massage**

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.

# Nourishing

Our Nourishing pathway is all about rejuvenation and renewal. Treatments repair and regenerate, revitalising within and without to encourage a reconnection between body and mind. The result is a feeling of joy. Active ingredients include anti-ageing argan stem cells and plumping hyaluronic acid. Other ingredients, including jasmine, sandalwood, vitamin B12 and jade crystals, are known for their powerful regenerative properties.

## **Nourishing Massage**

90 minutes

This nurturing treatment is ideal for emotionally or physically exhausted souls. The use of marma-point therapy releases energy and brings the body back into balance. Rhythmic massage techniques also ease muscular tension, and the use of sound healing stimulates the kundalini – dormant energy stored at the base of the spine.

## **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 combines elements from all three of the above Nourishing treatments in an immersive experience that feeds body and soul. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. A deep sense of restoration and renewal is the enduring aftereffect.





# Amanjiwo Signature Treatments

## Traditional Javanese Treatments

The Javanese have long-held traditions of healing and beauty rituals handed down through the generations. Engaging with local practitioners, we have combined these traditional techniques and products with our own range of Aman natural skincare products to provide a harmonious touch of the region that will revitalise your body, mind and spirit.

Before beginning your spa treatment, enjoy a taste of Jamu, an ancient elixir dating back to the time of the Buddhist empire that built Borobudur. This herbal tonic is a delicate blend of spices such as turmeric, ginger, tamarind and palm sugar. Jamu can boost the immune system and has powerful antioxidants and anti-inflammatory health benefits.

### Javanese Royal Ritual

150 minutes

A beauty ritual from the Royal Palaces of Central Java, which originated centuries ago as a purifying ritual for Javanese princesses as they prepared for their wedding day. This royal ritual begins with a relaxing Javanese massage followed by Lulur, a homemade scrub made from a blend of finely ground rice, white turmeric, milk powder, jasmine and rose. The ritual continues with an application of a milk and clay mask designed to stimulate the cells' activity and restore the pH balance of the skin. The final and most wonderful step is to relax in a warm milk bath that has been strewn with fresh jasmine and rose. The skin will be left soft, supple and radiant. The Javanese Lulur Ritual is a truly delicious experience.

### Mandi Lulur

120 minutes

This experience starts with a traditional Amanjiwo massage followed by a body exfoliation treatment made from spices including clove, ginger and turmeric, blended with ground rice. Known as Lulur, this scrub brightens the skin, helps relieve muscle tension and eases fatigue. A soothing application of yoghurt is then applied to the skin leaving it soft, supple and rebalanced. The finishing touch is a relaxing herbal bath.

### Lulur Hitam

120 minutes

Acclaimed as the masculine version of Mandi Lulur, this treatment brings the body back to into equilibrium by stimulating the circulation system. A relaxing massage is followed by an invigorating body scrub of black rice and coffee. The ritual is completed with a warm herbal bath.

# Beauty Treatments

## **Aman Advanced Facial**

60 minutes

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

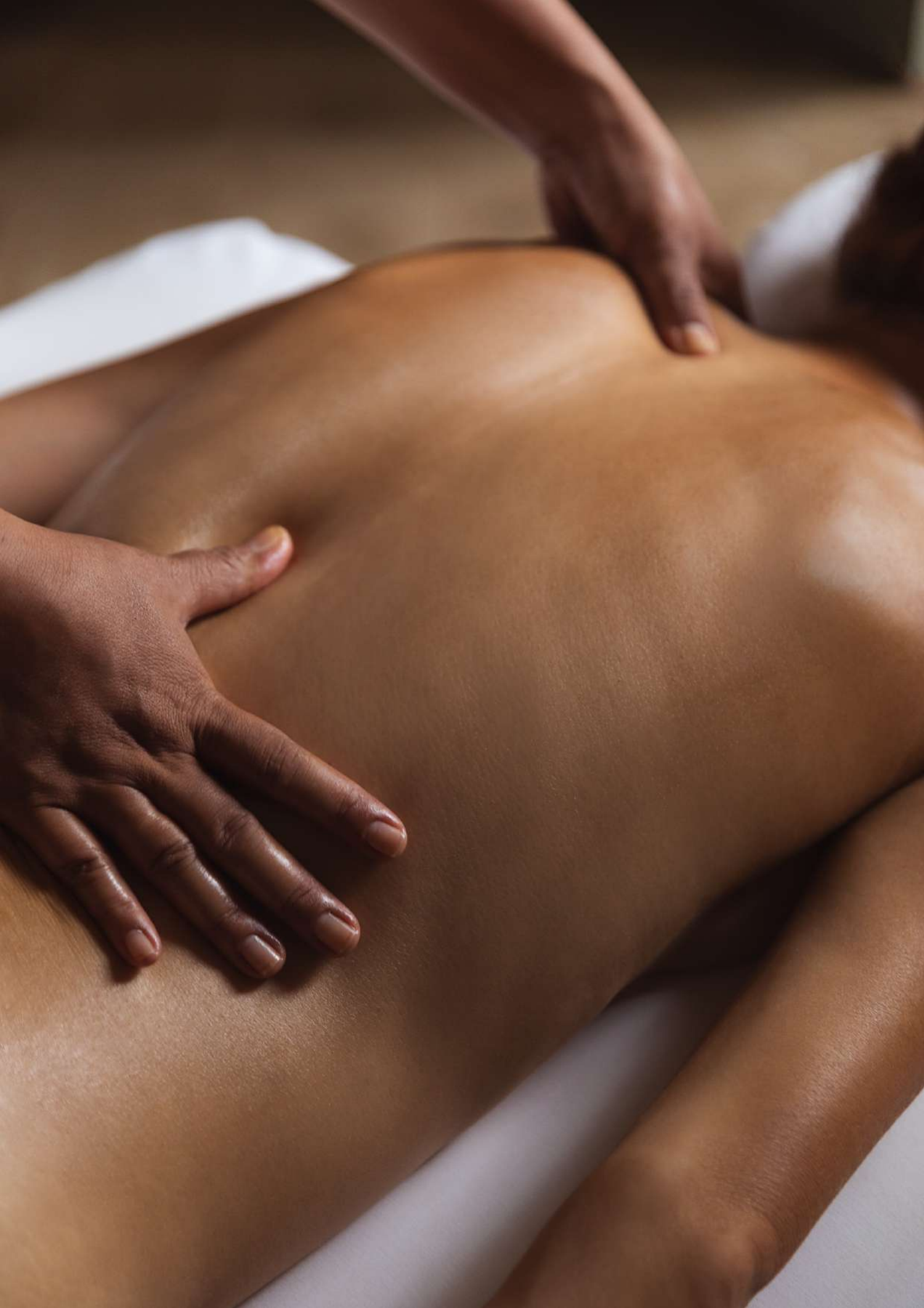
The treatment begins with ultrasonic scrubbing to loosen and remove oil, dirt and cellular debris from the pores. Electric microcurrent stimulation and massage help to firm the skin, while cryo globes help eliminate puffiness and promote radiance. The use of red and blue light therapy provides multiple benefits to your skin before the facial concludes with an Aman Nourishing Gold Algae mask to achieve an exceptional glow.

## **Nourishing Facial**

90 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, cactus oil, jasmine and silk. Together they work to soothe and brighten dull or irritated skin. This facial invites relaxation by stimulating the flow of prana - life energy - that enters the body via the breath. Skin is left radiant through the application of the Light Technique, which focuses on the forehead, nose and throat.





# Massages

## **Pijat – Traditional Javanese Massage**

60 minutes

This revitalising traditional massage employs a unique blend of acupressure point stimulation and deep tissue massage techniques. This ancient practice rooted in Javanese healing traditions targets muscle tension and stiffness, leaving you feeling invigorated and ready to embrace your active lifestyle. This massage is a perfect choice for restoring balance and vitality to your body.

90 minutes

## **Foot Massage**

60 minutes

A powerful treatment to promote relaxation, improve blood circulation and alleviate pain. The treatment involves applying pressure to specific points on the feet, which correspond to different organs and systems of the body. Continue with a leg massage to complete your journey.

# Enhancements

## **Nourishing Gold Algae Face Mask**

30 minutes

This treatment includes face cleansing, a scrub and the application of toner before the mineral-rich hydrogel mask is applied. Designed to infuse the skin with hydrating ingredients, the mask can be easily integrated into any Aman Skincare routine to instantly reveal a glowing, smooth and refreshed complexion.

The duration of this treatment is already included to your existing treatment session.

30 minutes

## **Lulur Body Scrub**

A traditional Indonesian body scrub made from a blend of natural ingredients such as rice powder, white turmeric and other spices. Excellent for exfoliating, enhancing circulation and leaving the skin smoother and more radiant looking.

# Finishing Touches

## **Javanese Cream Bath**

60 minutes

Incorporating a scalp massage and a deeply relaxing massage to the neck, shoulder, and hands, this bathing ritual uses moisturising cream to nourish roots, improve the condition of the scalp and provide a rich sheen to your hair.

# Spiritual Immersion

Providing insight into local traditions, mystical Javanese rituals are imbued with a sense of purity and life-enhancing energy.

## **Tolak Balak**

90 minutes

In traditional Nusantara communities, especially in Java and Bali, 'Tolak Balak' is part of a spiritual rite. 'Balak' known as the destructive force of evil, can be neutralised through this ritual, which includes mantras, meditation and jamu (a local herbal elixir). During a 90-minute session focusing on protection and purification, guests are introduced to a variety of ancient Javanese philosophies and techniques. Beginning with the recitation of mantras, energy is invoked and the mind is focused.

The ritual finishes with the sampling of Jamu, which is made from medicinal plants to strengthen the immune system. Offering meaningful insight into Central Javanese culture, Tolak Balak will leave you feeling cleansed, lighter and re-energised.

## **Ruwatan**

90 minutes

This purification ritual is offered beside the Progo River, a serenely beautiful setting in which to experience tranquil self-healing. Ruwatan is guided by Joko Triagung, a healer-shaman renowned throughout Yogyakarta Province.

## **Javanese Healer Experience**

90 minutes

Spend valuable time with Joko Triagung, a master of Kebatinan (inner-directed, mystical spirituality) with a focus on Tenaga Dalam (inner power). He draws on various spiritual practices called Kejawen – a syncretism of animism (the dimension of spirits and ancestors), Hindu-Buddhist values and practices (including tantrism) and Mystic Sufism. His therapeutic approach depends on guests' needs and can include a herbal mixture of plants (jamu), energy healing (prana) or invocations of forces via a familiar spirit.

# Spiritual Immersion



## **Semedi Meditation Class**

60 minutes

Generations of Javanese spiritual and ascetic practitioners have performed this method of meditation, which is part of the Semedi lifestyle, in order to attain calmness and clarity of mind. Derived from the word Samadhi in the ancient Sanskrit language meaning 'perfect mental absorption', it is considered a yogic foundation for the understanding of truth. Semedi is achieved through a series of exercises, which sequentially bring a practitioner through stages of breath optimisation, mudra concentration, awareness meditation and calmness of body and spirit.

## **Meditation in Sacred Sites**

+6 hours

Designed as a mini pilgrimage covering three to four sites, this journey aims to help you find peace and purity within. Several different itineraries are available.

A cleansing emphasis is sought from the sacred cave Goa Kiskendo in the Menoreh Hills with its hermitage sites, maintained by the Sultanate of Yogyakarta throughout their royal history of spiritual seekers. Another popular route is to the Candi Prambanan Shivaist site and its string of neighbouring Bodhisattva temples to demonstrate the importance of the ancestral Shiva-Buddha Tantra path. Participants will be guided and assisted through a series of ritual offerings and contemplative meditation with the expert assistance of Pak Sugeng, a Shiva-Buddha Tantric priest and mystic.





# Movement & Body Work

## **Private Yoga Class**

90 minutes

Our expert yoga practitioner will guide you through a class tailored to your specific needs.

## **Private Yoga Class with Breakfast at Progo Riverbank**

Enjoy a private yoga or meditation session before a delicious breakfast in our tranquil yet energising Progo River setting. The proximity of 'banyu', the water element, is ideal for recharging and letting go.



# Spa Reminders

## Operating hours

### Spa

Daily from 09:00 to 21:00 (last treatment 19:30)

### Fitness Centre

Open 24 hours

### Appointments

Advance booking is recommended to ensure time and services are available. Please dial extension '1' to make a booking or call +62 (293) 788333.

### Treatment Preparation

We recommend guests arrive 15 minutes before scheduled treatments, allowing time to complete a holistic consultation and relax in the spa's environment.

### Spa Environment

The minimum age for spa treatments or use of the Fitness Centre 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 fitness and wellness activities. Undergarments and bathrobes are provided for spa treatments.

### Valuables

Please leave all valuables in the safe in your suite.

### Cancellation Policy

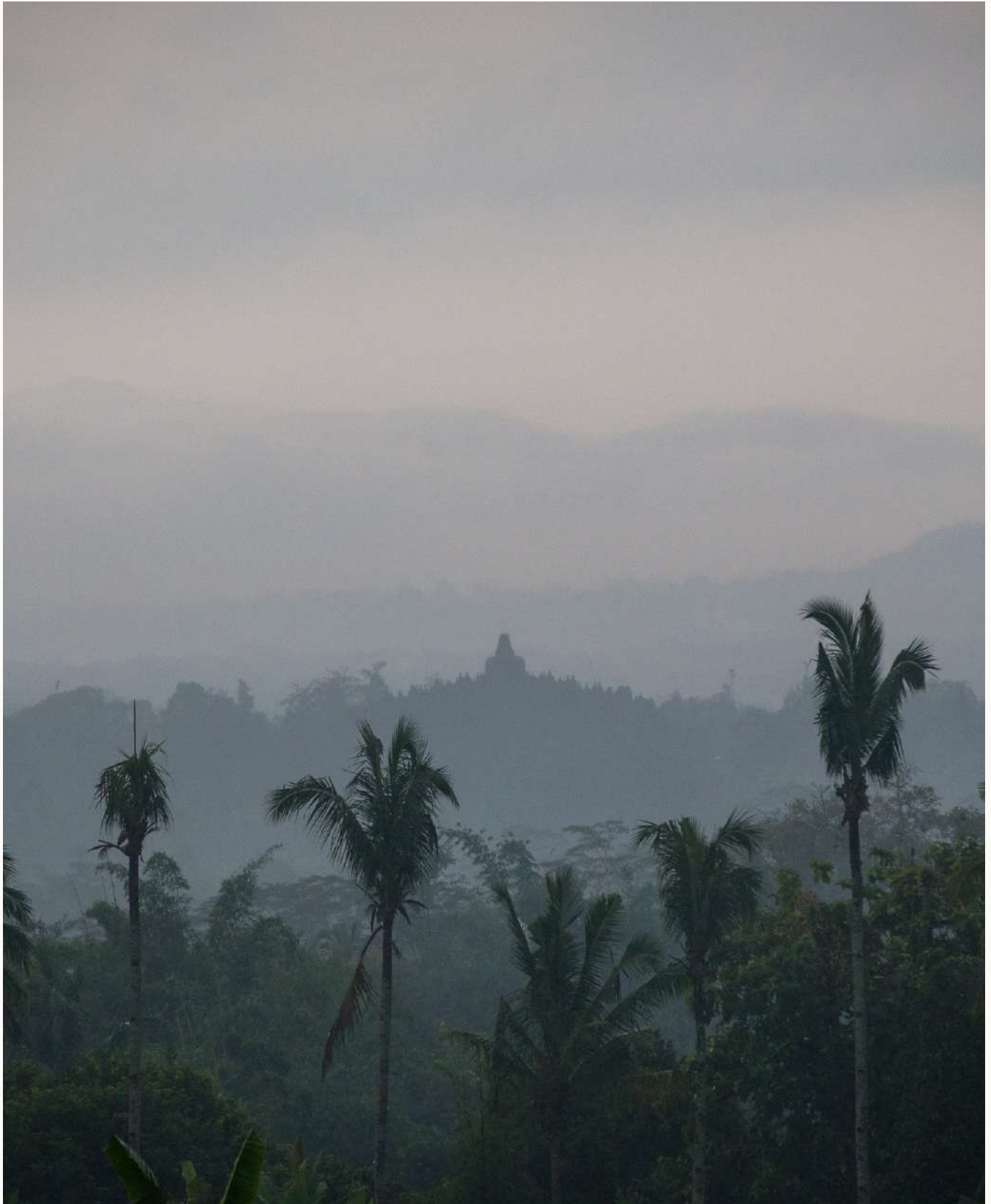
We understand that schedules change and we will do our best to accommodate such changes. Once your spa time is reserved, we kindly ask for a minimum cancellation notice of four hours for spa treatments and 24 hours for wellness activities. Cancellations made within the respective notice period will be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