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SPA

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# Aman Spa

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 concept of vital or life-force energy is very common in traditional healing systems. In China, this is known as *qi*, while in Hindu philosophy – including yoga and Ayurvedic medicine – the Sanskrit word *prana* is used to describe this vital energy. Imbalances of this energy can be physical, mental or emotional and can lead to ill-health. Restoring the balance of energy flow is the main goal of many of these traditional healing practices

# Wellness at Aman Tokyo

Aman Tokyo's spa is one of the largest, most comprehensive hotel wellness centre in Japan's capital – an oasis set high above the city with 2,500 square metres of space over two floors.

Holistic Japanese wellness traditions are at the heart, along with a world-class range of treatments and facilities – including the signature Seasonal Journeys.

This quintessentially Japanese approach to wellness – incorporating traditional herb-based therapies, Zen philosophy and meditation – acknowledges that the body's natural state of balance is the key to good health. The 30-metre heated pool offers panoramic city views, while the world-class fitness centre features cardio, weight-training and functional equipment, along with dedicated yoga and Pilates studios.

## Arrival – The Misogi Experience

Based on traditional Japanese bathing practice, Aman Spa Tokyo offers the Misogi experience. Guests are recommended to arrive up to 60 minutes prior to their appointment to enjoy the separate male and female bathing facilities including steam rooms, traditional Japanese showers and hot baths with city views. Misogi (meaning 'water cleansing') is understood to be the redefining of what an individual feels possible, achieved through a purification process that prepares the self for change.

# Aman Signature Treatments



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

Consisting of smoked body balms, fragrant mists, liquid body oils, invigorating body polishes, anti-ageing serums and more, the range is made from organic ingredients sourced from around the world for their purity and potency, and their link to Aman destinations.

Working holistically to nurture and enhance overall wellbeing, each product penetrates deep into the skin to nourish and rejuvenate, but also works on a deeper level, meeting emotional as well as physical need states.

Grouped into three unique formations that reflect Aman's three healing pathways back to wellness – Grounding, Purifying and Nourishing – the products work in sequence with the human body to promote change and return equilibrium. The physical benefits of each product are completely aligned with its ability to address emotional imbalance, together offering a holistic fine-tuning 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.

## Grounding Facial

60 minutes  
90 minutes

This therapeutic facial incorporates Tibetan massage techniques to encourage a gentle release of tension from the face. Rose-quartz crystals promote healing, frankincense aids rejuvenation, hyaluronic acid boosts hydration and liquorice extract evens skin tone. Lymphatic and muscular massage techniques ease all-natural products into the skin and stimulate circulation. Acupressure with heated Himalayan salt poultices and meridian stimulation with warm rose-quartz crystals restore a glowing radiance. Finally, a Peruvian black mud and amethyst crystal mask, followed by a Tibetan head massage, completes the treatment.

## Grounding Body Polish & Wrap Ritual

90 minutes

A key ingredient in this ritual is amethyst powder, known for its sleep-inducing energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening overall tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving the skin radiant. The extended 120-minute option also includes a bathing ritual and the added benefit of a silky-smooth smoked body butter.

## Grounding Journey

180 minutes

Each Grounding treatment is powerful in isolation, but their effects are magnified when experienced together. This journey is the ultimate Grounding experience, incorporating elements of all three of the treatments above. It 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 – grounded in every sense of the word.

# 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.

## **Purifying Facial**

60 minutes  
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 brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

## **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 approaches purification on every level, from clearing 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

Our Nourishing pathway is all about rejuvenation and renewal. Treatments repair and regenerate, revitalising inside and out to encourage a reconnection between body and mind. The result is a feeling of pure joy. Active ingredients include anti-aging 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 Facial

60 minutes  
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 – universal life-force energy – that enters the body via breath. Skin is left radiant through the application of the Light Technique – a method inspired by the teachings of the shaman healers in South America, centred on the deeply rejuvenating and healing energy of light stored in the third eye – which focusses on the forehead, nose and throat.

## 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 restored, and a deep sense of renewal endures.





# Specialised Sessions & Therapies

## Aman Tokyo Wellness Programmes

The Aman Wellness Programme is developed to all guests to fully embrace the Aman concept of wellness. This programme is for those interested in experiencing and learning about a holistic approach to a healthy lifestyle which can be chosen from below categories:

- **Fitness & Training**
- **Mindfulness & Stress Management**
- **Detox & Purification**

An optional personalised consultation with an Aman wellness expert will allow us to tailor the programme to help achieve your specific fitness, dietary and wellness goals.

A private movement session and spa treatment can also be customised to each individual's current condition and recommendations can be made for healthy Arva menu choices for the private lunch.

Together, all elements of the one-day Wellness Programme should combine to create a 360-degree approach to optimal wellness.

### **The one-day programme includes:**

- A 60-minute Wellness Consultation (optional)
- An InBody Assessment
- A 60-minute private session in either Pilates, yoga, kick boxing, functional training or personal training
- A 90-minute spa treatment
- Use of wet areas and spa facilities (steam room, Japanese bath and swimming pool)
- Use of the fitness centre
- A private healthy lunch at Arva's chef's counter

# Specialised Sessions & Therapies

## **Wellness Assessment**

120 minutes

Guests will have a TCM-based wellness consultation, InBody analysis, a postural assessment to grasp the condition of the body inside and out. This experience will allow guests to find the way to optimise their health while balancing the mind and body. Following this, Aman Tokyo's wellness team will guide the guests to relevant sessions and helpful treatments.

### **The Wellness Assessment will include:**

#### **Wellness Consultation**

During a wellness consultation at Aman Spa Tokyo, our specialist will conduct a thorough health evaluation by discussing, not only primary health concerns, but all elements of an individual's wellness and lifestyle, based on Chinese Traditional Medicine theory. Visual clues about the body and facial features, as well as the pulse and tongue, and directed detailed questions, will all be considered in order to give extensive recommendations relating to all aspects of wellness, including fitness, lifestyle and treatment recommendations.

#### **InBody Analysis**

The InBody analysis machine is designed to examine all elements of body composition for an in-depth understanding of the state of health of the physical body. InBody measures body weight, body mass index, body fat percentage and muscle mass, as well as visceral fat percentage and extracellular water retention. These readings allow for a well-rounded health routine to be formulated from a medical, wellness and fitness perspective.

#### **Postural Assessment**

Combined with the result of InBody analysis, in-depth postural assessment recognises that each person's body is unique and their physical regime different. The aim of the assessment is to help you make informed decisions about how you choose to move, exercise and take care of your body. This is suitable for anyone embarking on a new fitness regime or experiencing recurring muscle or joint pain. Postural alignment, strength and flexibility are analysed; strengths, weaknesses and possible areas of concern are identified; and the design of an individual programme suited to personal needs and goals is initiated.

# Aman Tokyo Signature Journeys

## Personalised Spa Journey

This Personalised Spa Journey allows the Aman Spa team to curate a unique spa experience based on the guest's individual desires through a combination of specially selected treatments. Aman Spa products are used across a diverse array of techniques that together deliver a deeply relaxing, rejuvenating experience.

120 minutes  
150 minutes  
180 minutes

## Aman Tokyo Seasonal Journeys

120 minutes

Exclusive to Aman Spa Tokyo, these relaxing, invigorating Journeys help guests tap into the energy of the changing seasons through an innovative combination of treatments and natural ingredients. Each Journey comprises a 30-minute body scrub or wrap, and a 90-minute full-body massage using Japanese herbs, plants and teas.

### Spring: March – May

The season of renewal and a time to shake off the lethargy of winter, spring is symbolised in Japan by blooming cherry blossoms. This Journey encourages awareness and appreciation through the use of sakura (cherry blossom), nioikobushi (magnolia) and green tea.

### Summer: June – August

Summer in Japan is traditionally a time to visit the forests, cooling down while appreciating their silence and grandeur. This Journey helps guests slow down, moisturise and let go of a busy mind. Ingredients include hinoki and dokudami leaves, and hakka (Japanese mint).

### Autumn: September – November

Japan's harvest season is a time to pause and reflect on all that we have, while preparing for the winter ahead. This Journey helps balance the emotions through the use of Japan's 'seven autumn herbs', as well as chrysanthemum, sansho and hinoki.

### Winter: December – February

Winter is when we need warmth and a boost to our immune systems. The ingredients used in this Journey include pine, ginger, yuzu oil, sake kasu and kuzuyu tea. Enhance your treatment with warm stones placed on key points to promote deeper relaxation.



# Japanese Wellness Services

## **Shiatsu**

60 minutes / 90 minutes

This intuitive oil-free massage technique is based on the same principles as acupuncture.

Pressure is applied to specific points on the body using the hands to restore energy flow. Shiatsu has many benefits – including improving muscle tone, facilitating proper joint alignment, stimulating blood and lymph circulation, regulating neural functioning, regulating hormones, promoting correct posture, boosting the immune system and reducing stress.

## **Acupuncture**

60 minutes / 90 minutes

Acupuncture involves the shallow insertion of tiny threadlike needles into between 5 and 20 of the body's many acupuncture points.

A relaxing and painless treatment, it is commonly used to relieve muscular tension, shoulder and back pain, arthritic pain and headaches. However, it is also very beneficial in aiding circulation, boosting the metabolism and immune system, and strengthening digestion.

Acupuncture also treats many other conditions including stress, reproductive disorders, respiratory and digestive conditions, as well as a variety of other health concerns.

## **Facial Cosmetic Acupuncture**

60 minutes / 90 minutes

This treatment combats ageing and provides an instant natural facelift by releasing tension in the neck, shoulders, face and scalp.

Fine needles stimulate the derma, encouraging collagen production and cell regeneration. Circulation is also increased – helping to improve the appearance of age spots, wrinkles and sagging.

# Therapeutic Massage

## A Holistic Meeting of Past & Present

### The Past

#### **Shirabe Rebalancing Massage**

60 minutes / 90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. Organ function is optimised and energy is brought back to the body's centre. After a brief consultation to determine focus areas, the therapist employs a combination of Japanese Anma massage techniques, gentle stretches and an Ampuku abdominal massage. This massage does not use oil.

#### **Foot Reflexology**

60 minutes / 90 minutes

Based on the concept that the foot is a microcosm of the entire body, this treatment unblocks energy flow (qi) within the body through acupressure points on the feet that correspond with internal organs – offering broad health benefits.

### The Present

#### **Customised Body Massage**

60 minutes / 90 minutes

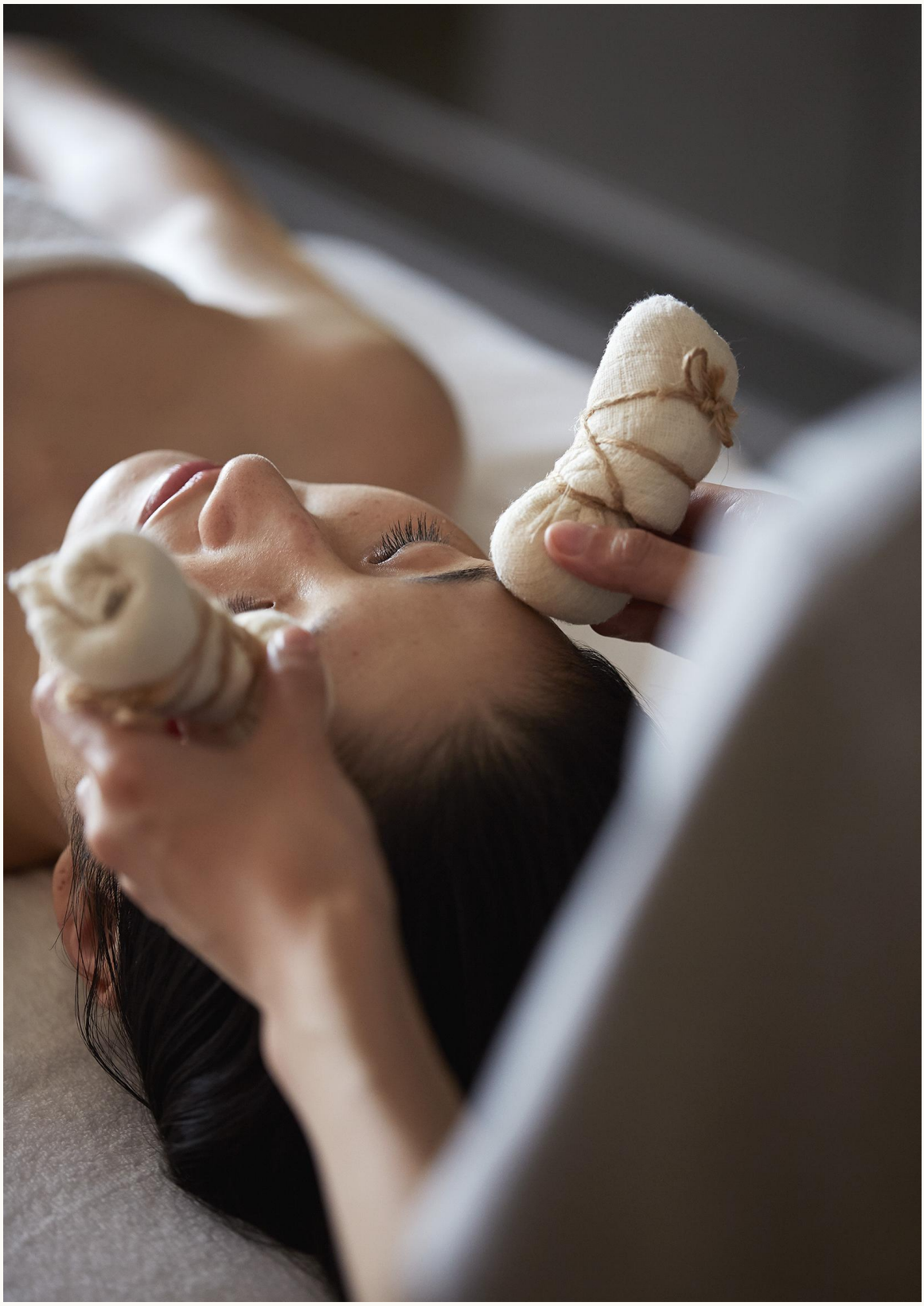
As every person is unique and every treatment is different, this massage allows the therapist to curate a personalised massage appropriate for each guest's specific needs at that time. Using our Aman Spa aromatherapy-based massage oils, the therapist draws from a variety of massage techniques from gentle aromatherapy, through to Swedish, deep tissue and sports massage techniques.

#### **Hot-Stone Massage**

60 minutes / 90 minutes

This deeply relaxing massage uses heated stones that serve as an extension of the therapist's hands, gliding over the skin to draw out tension and to encourage wellbeing. The heat from the stones improves blood and lymph flow while softening the muscles and warming the body throughout.







# Results-Driven Facials

## Aman Advanced Facial

60 minutes

This wholly rejuvenating experience incorporates Aman's own skincare collection, Essential Skin. Created in Japan, Aman Essential Skin is infused with powerful rice bran and indigo extracts, to achieve a noticeably lifted, more radiant complexion. Combining these exclusive formulas with exfoliation and manual lifting techniques, the Aman Advanced Facial stimulates facial muscles, welcoming tighter, brighter skin. The treatment begins with ultrasonic scrubbing to loosen and remove oil, dirt and cellular debris from the pores. Supported by the use of electric microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness and promote a gentle glow, the complexion appears all together improved. The use of red- and blue-light therapy acts as a safe, natural way to provide multiple benefits to your skin. The treatment concludes with the application of the Aman Nourishing Gold Algae masks to achieve an exceptional glow. The facial can be extended to 90 minutes, incorporating a longer scalp massage for relaxation, alongside a facial massage and hydra-active Mineral Mask to boost hydration.

## Rejuvenate Oxygen Facial

90 minutes / 120 minutes

Targeting fine lines and wrinkles, this anti-ageing facial dramatically enhances hydration, tone and radiance. A high concentration of oxygen is delivered using Aman's Rejuvenating Serum and the Intraceuticals System, combined with Hyaluronic Acid Technology. Skin appears visibly lifted and rejuvenated.

## Add-on Extensive Atoxylene Treatment

15 minutes

This skin-tightening, firming and smoothing Atoxylene treatment works as a supplement to oxygen facials. Super-powered natural peptides help to smooth expression lines and refine the skin.

## Customised Facial

60 minutes

Experience a holistic facial that includes a soothing massage of the shoulders, neck and face while natural ingredients penetrate deeply to cleanse, nourish and hydrate the skin. This treatment releases tension points on the scalp and face to improve circulation and tone facial muscles.

# Movement

## Pilates

The low-impact Pilates exercise method was created by Joseph Pilates in the early 20th century. Pilates is a physical movement programme, designed to stretch, strengthen and balance the body. Pilates focuses on core stability and breathing patterns, rapidly correcting postural and muscular imbalances and improving overall strength and flexibility.

Individual Session  
60 minutes / 90 minutes

Group Session  
60 minutes / 90 minutes

## Yoga

**Hatha Yoga** is a gentle introduction to basic yoga postures that will help you feel more flexible, leaner and relaxed. Poses are held for a longer time to allow improved mind-body connection.

**Ashtanga Yoga** is a system of yoga that follows a set sequence of asanas, or postures, always in the same order. It is typically fast-paced, vigorous and physically challenging.

**Yin Yoga** is a slow-paced style in which poses are held for five minutes or longer. The purpose is to apply moderate stress to the deeper connective tissues – the tendons, fascia and ligaments – with the aim of increasing circulation in the joints and improving flexibility.

## Personal Fitness

**Functional Training:** Train your muscles to work together with maximum efficiency and prepare them for daily tasks by simulating common movements you might do at home, at work or playing sport. Functional Movement exercises emphasise core stability, calisthenics and plyometrics.

**Kick Boxing:** Learn boxing techniques and basic self-defence moves from our experienced Thai boxing coaches while rapidly gaining fitness and strength.

**TRX Suspension Training:** This workout leverages gravity and your body weight in a wide range of exercises. TRX delivers a fast, effective whole-body workout, helps build a solid core and increases muscular endurance. Suitable for all fitness levels.

**Circuit Training:** A series of strength or cardiovascular exercises (or both), repeated two or three times with little or no rest in-between sets – excellent for weight loss, toning and endurance.

**Bootcamp:** A combination of cardio and strengthening exercises maximising the use of your surroundings and own body weight, providing a full-body workout without relying on equipment.

**Manual Holistic Stretching:** Assists muscular recovery following workouts by releasing lactic acid. It also helps to release tired, sore and stiff muscles, alleviate back pain and increase blood circulation. This can be highly beneficial for releasing muscle tightness and freeing up a limited range of motion due to ageing.

**Core & More:** This session is designed to train the core region throughout the three planes of motion, concentrating on the abdominals, pelvic floor, lower back and upper-body muscles.



# Wellness Facilities

Aman Spa is one of the largest and most comprehensive hotel spa in Tokyo, occupying almost 2,500 square metres on levels 33 and 34 of the Otemachi Tower, with breathtaking views of Japan's capital and surrounding cityscape.

**Spa Treatment Rooms:** Eight spacious treatment rooms, each featuring a dressing room, treatment area, steam shower and bathroom.

**Fitness Centre:** The spacious, light-filled Fitness Centre is equipped with the latest in cardiovascular and weight-training machinery from Technogym and Life Fitness. TRX and spinning bikes are also available.

**Pilates and Yoga Studio:** This light-filled space is equipped with Allegro Reformers and other Pilates and yoga apparatus. Private classes can be arranged.

**Swimming Pool:** The 30-metre heated swimming pool is lined with generously spaced double daybeds offering spectacular views of Tokyo through floor-to-ceiling glass windows.

**Relaxation:** Both male and female changing areas feature aroma steam rooms, traditional Japanese and Western showers, and hot plunge pools. These are known as the spa's Misogi facilities – named for the self-purification undertaken by a mythical Shinto hero on his return from the underworld.

Please note that Spa facilities, treatments and the fitness centre are available for guests aged 16 years and above. Children aged 15 and under are welcome to use the swimming pool when accompanied by an adult. Infants wearing diapers are not permitted in the pool at any time.

# Spa Reminders

## Operating Hours

### Spa Reception

Daily from 6.30pm to 10pm

### Spa Treatments

Daily from 10am to 10pm (last treatment 9pm)

### Fitness Centre

24 hours

### Swimming Pool and Spa Hydro Facility

Daily 6.30am to 10pm

## Appointments

Advance booking is recommended to ensure a wide availability of time and services are available. Please dial extension 24 to make a reservation. The minimum age for treatments is 16 years.

## Treatment Preparation

We recommend guests arrive 10 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and relax in the Spa's environment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

## Spa Environment

Smoking and the use of mobile phones are prohibited in and around the Aman Spa. Please note that the spa facilities, spa treatments, and fitness center are available for guests aged 16 and above. Children aged 15 and under are welcome to use the swimming pool when accompanied by an adult. Infants wearing diapers are not permitted in the pool at any time.

## Guest Attire

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for Spa treatments.

## 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.

## Cancellation Policy

Although staff will do their utmost to accommodate any booking changes, we kindly ask for a minimum of six hours cancellation notice. Cancellations made within six hours will be subject to the full charge of the treatment booked. All cancellations need to be made during spa operation hours of 6.30am to 10pm.

## Refunds

Unopened retail products are exchangeable within seven days of purchase with presentation of original receipt.

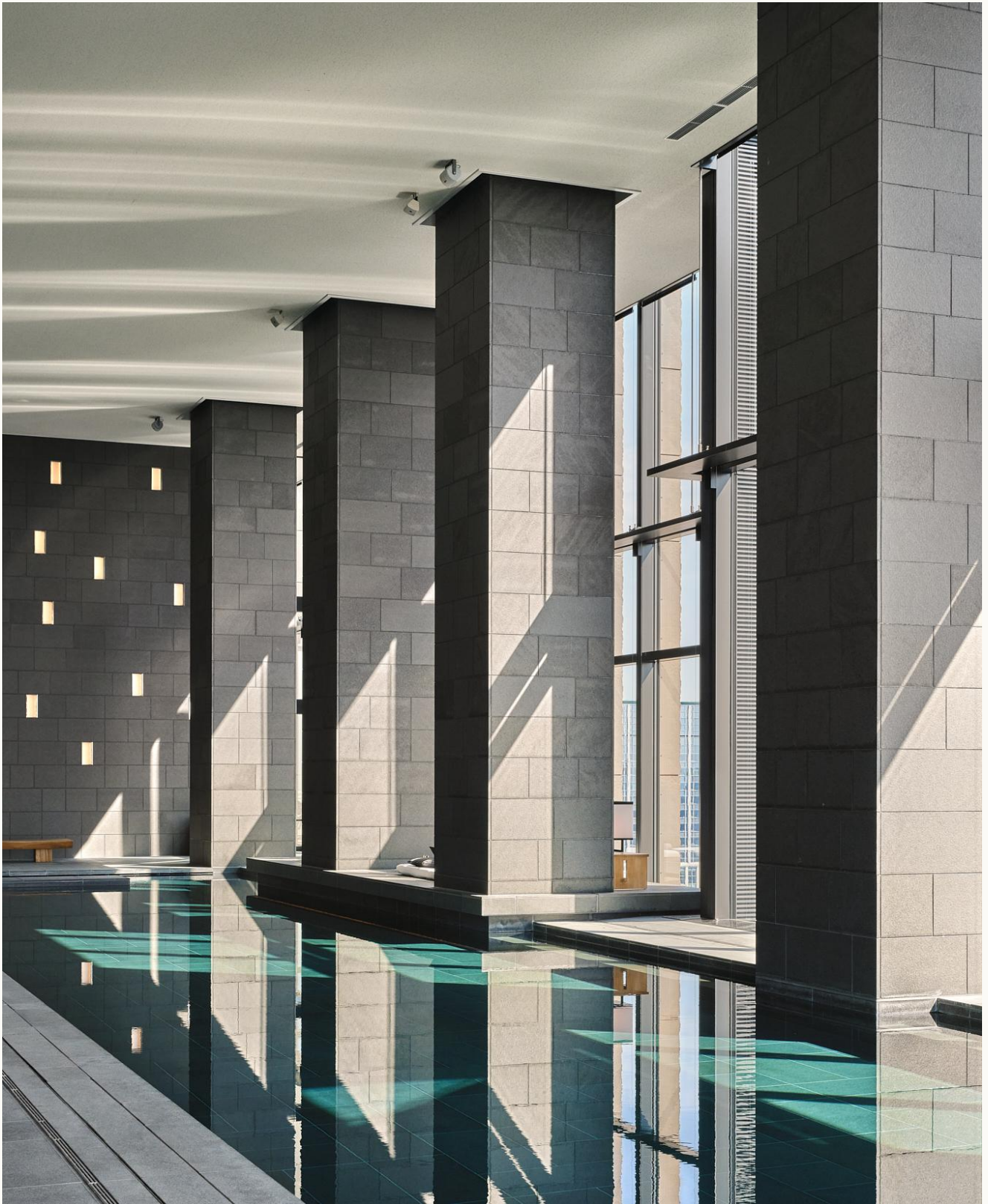
## Valuables

Please do not bring valuables into the Spa. For in-house guests, safes are provided in every suite.

## Pricing

All prices are in Japanese Yen, inclusive of 15% service charge and 10% consumption tax.





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