

ĀMĀN  
SPA

AMANTAKA

# Aman Spa

*“The things that matter the most in our lives are not fantastic or grand. They are the moments when we touch one another”*

*- Jack Kornfield*

The holistic approach of the spa at Amantaka aims to promote wellbeing through the integration of treatments, relaxation, movement and nutrition. Amantaka's Aman Spa features four self-contained treatment rooms, as well as steam and sauna facilities with hot and cold plunge pools. Treatments range from massages and facials to scrubs and wraps, all using organic products as well as local ingredients used for centuries in Lao therapeutic preparations. Massage oils range from the Champaca blend, mixing the fragrant Southeast Asian champaca flower with pomelo and tangerine essential oils, to the Floral blend featuring frangipani, jasmine, vetiver and patchouli essential oils. Other signature products include the lime and ginger or frangipani and hibiscus bath crystals and salt glow rubs.

## Spa Facilities

### **Treatment Rooms**

The Aman Spa provides four treatment rooms, each with changing areas, steam and sauna facilities with hot and cold plunge pools.

## Bathing Experience

Bathing has been a therapeutic ritual for centuries, offering health benefits beyond the simple act of cleansing the body. In Greece, Turkey, Russia, Japan and many other countries and cultures, water in all its states has been regarded as a purifying agent both literally and figuratively. Drawing on Buddhist bathing cultures, Amantaka's Spa Bath Houses bring together all the beneficial aspects of bathing including the social, with each able to accommodate groups of up to 4 guests. As well as an indoor jacuzzi, cold plunge pool, steam room, dry sauna and relaxation lounge, each Spa Bath House offers private dressing rooms and a double treatment room.

### **Amantaka Laotian Bath Ritual**

90 min

Detoxifying, hydrating and nourishing, this spa experience begins within our bath house with a private, self-application of customised scrub and wrap. Guests begin by unwinding in the steam room for five to ten minutes before applying organic body oil and a personalized, self-applied body scrub. After rising, some time will be spent in the dry sauna, before applying the customised body wrap to relax for a while longer. A second rinse applies, then alternating between the hot and cold-water plunge pools, to stimulate circulation before drying off. Once ready, our therapists will enter to the bath house to complete the ritual with a 60 minutes foot and massage.

### **Detoxifying Amantaka - Bath**

30 min

Detoxifying, hydrating and nourishing, this spa experience take place for about 30 minutes in the privacy of our bath house. A therapist will prepare a Laotian set of customised scrub and wrap, for self-application for a solo Lao style. Afterwards, participants will be served herbal tea and light spa refreshments in our spa relaxation area.

## Smoking Ceremony

For millennia, the smoke of different woods and resins has been used therapeutically. Cultures around the world from the Ancient Egyptians to the Native Americans have conducted smoking ceremonies for spiritual purification and to promote healing. Each of Aman's Signature treatment begins with a traditional smoking ceremony, a gentle ritual that calms and centres a guest in preparation for the treatment to come. Different smoke is used for Aman's Grounding, Purifying and Nourishing treatments, as traditionally the smoke of different woods and resins has particular properties and healing powers.

### Black Amber

The smoke of Black Amber is used for all Grounding treatments, as this derivative of the life-preserving resin is considered to restore energy and shield against infection.

### Palo Santo

Purifying treatments begin with the burning of Palo Santo, often called 'holy wood' and known to reduce inflammation, boost moods and ease stress and physical discomfort.

### Frankincense

Historically worth more than its weight in gold and used for all Nourishing treatments, Frankincense smoke is said to offer protection, enhance spiritual awareness and lift one's emotions.

## Foot Ritual

A soothing, mineral-rich foot ritual is a prelude to each signature treatment. The feet are cleansed, complementing the spiritual cleansing that takes place through a smoking ceremony. This foot ritual is deeply relaxing, but also richly symbolic. It is an act of service and care at its most humble and invites the surrender of personal will. The trust that is fostered helps guests to fully benefit from the treatments that follow.

# Amantaka Signatures

## **Amantaka Body Exfoliation**

30 min

Completely natural, our body scrub is prepared by the therapist with a seasonal selection of natural ingredients to stimulate circulation, while absorbed through the skin, soothing the nervous system and balancing the body's PH with this gentle body exfoliation.

## **Amantaka Body Wrap**

30 min

We offer a choice of organic and cooling clay wraps to nourish and repair the skin. Extracted from the grounds of Luang Prabang, this clay is rich in minerals and will restore radiance to the skin. A natural way to detox, sooth and revive the body.

## **Amantaka Herbal *Samun Pai***

120 min

Steamed poultices with the healing benefits of local herbs, are infused deep into the muscle melting away any tension. This allows the benefits of a holistic ancient massage techniques to go deeper into the muscles and create, for 90 minutes, a state of total relaxation. Based on the individuals' needs, a therapist will prepare a personalised bath tube: Detoxifying with ginger, Nurturing with Spirulina or Reviving with citrus.

## **Amantaka *Anamai Hang Kai***

120 min

Amantaka body detox. This journey is designed to clean and nurture the skin. After a reviving foot ritual, the treatment will continue with a completely natural organic body seasonal scrub, followed by a protecting wrap, rich in minerals from the grounds of Luang Prabang. This will be followed by head or foot massage while allowing the skin to get the benefits of the wrap. While rinsing the body, a therapist will prepare a personalised bath tube, based on the individual's needs: Detoxifying with ginger, Nurturing with Spirulina or Reviving with citrus.

# A Holistic Meeting of Past & Present

## The Past

### **Traditional Lao Massage**

60 min / 90 min

This ancient massage technique has been passed down through the generations as a way of treating imbalance. An Arrhythmic oil-free treatment is performed over loose comfortable clothing. A gentle series of stretches opens the body to enhance mobility while deep pressure point stimulation eases tension.

### **Foot Reflexology**

60 min / 90 min

Reflexology is based on the meridian lines of acupuncture and is used to unblock energy flow (qi) within the body. Acupressure points on the feet are said to correspond with internal organs. This is why reflexology is seen as a whole-body therapy with broad health benefits.

### **Traditional Herbal Poultice**

90 min

Steamed poultices with the healing benefits of local herbs, are infused deep into the muscle melting away tension. This allows the benefits of holistic ancient massage techniques, to go deeper into the muscles and create, for 90 minutes, a state of total relaxation.

## The Present

### **Restore and Revive**

60 min / 90 min

The Restore and Revive treatment is created to recover from a long journey. This includes an anti-jet lag massage or for relief to tired feet and legs an energizing massage, also suitable after a day's sightseeing. Both of these treatments are available at our Spa or in the privacy of a suite.

### **Seeing Through Their Hands**

60 min / 90 min

Blind therapists are often gifted with a heightened sense of touch. This treatment is a traditional Lao dry massage performed over loose comfortable clothing. We are proud to support the community of Luang Prabang and The Association of the Blind.

# Holistic Wellness Journeys

## Quietud

180 min

*Wellness.* Start the journey at the Resort before the sunrise, with meditation, followed by a customised Yoga or fitness session with resident trainers. Replenish with organic natural green or Spirulina juice. Afterwards enjoy our "Solo Style" Laotian Detoxifying Bath within the privacy of our wet house. Set a relaxed mood for the entire day with a delicious breakfast from our chef's wellness menu, in the privacy of our Spa or the shady veranda overlooking the main pool.

## Well-bless

240 min

*Baci Cleansing Journey.* The *Baci* is a traditional Lao chanting ceremony to reintegrate harmony into our lives. In this signature journey, the day starts with a peaceful meditation, followed by a 60-minute Yoga or fitness session with resident trainers. Our Amantaka Laotian bathing experience and 60-minute Signature or Traditional massage, harmonizes the mind and body prior to the *Baci* ceremony. A delicious meal from the Amantaka wellness menu can be arranged after the blessing journey within the privacy of our Spa or on the shady veranda overlooking the main pool.

## Where there is Wellness

240 min

*Saibat or Alms Offerings* - Every morning at dawn the monks of Luang Prabang walk in silent procession through the quiet streets accepting alms from those waiting in the day's first light. Be a part of this moving ritual or begin the day with a walking meditation, before a 60-minute yoga class greeting the sun. Move onto relaxation in our Spa Bath House for a body detox, before enjoying a 60-minute Amantaka Signature massage. Recharge with a delicious healthy breakfast from our wellness menu.

## Wat is Welcome

240 min

*Wellness Bespoke Journey.* At the first light of the day, this experience commences with a visit to the *Wat* Buddhist Temple, offering flowers to the Buddha and being part of a chanting and meditation session among the monks of this temple. Back in the resort, a healthy breakfast from our wellness menu awaits. Our team will craft an three-hour spa journey, according to individual needs, incorporating any of our Signature Spa treatments and Movement sessions.

## Cruise the Wilderness

180 min

*Wellness Cruise.* An early morning spiritual journey along the Mekong River, features a delicious choice of herbal tea or Laotian coffee whilst transported along the river to a beautiful natural location for a quiet meditation and sun salutation yoga session. Refreshing organic juices to replenish, and a delicious Wellness picnic breakfast to nourish are served, while enjoying the calm and beauty of the Mekong River. Truly a connection with the wild and beauty of nature.

# Grounding

For those seeking reconnection, stillness and perspective

Spiritual Energy: Pure Peace

Landscape: Mountains and Deserts.

Climate: Dry and harsh – extreme heat and cold

Key Ingredients: amber, rose, sandalwood, jasmine, rare black Peruvian and purple muds, wild harvested butters, tuberose, argan stem cells, amethyst and silver. These ingredients have been chosen for their powerful regenerating abilities, and are known to fuel recuperation.

Grounding Healing Techniques: Smoking ceremony with black storax, Tibetan Ku Nye massage, meridian and acupressure work, heated Rose quartz crystals, cupping and kneading.

Positive Effects: The Grounding Formation is a prayer of reassurance, embracing us in a feeling of safety. Studies have shown that amber oil relaxes brain waves through its psychoactive effect. It soothes a busy mind and helps banish problems such as depression, anxiety and stress, as well as enhancing our inner heart energy – the centre of our unlimited vitality. Meanwhile, sandalwood, strong in the earth element, warms and calms the nervous system.

For those looking to feel: re-connection, grounded, rooted, peaceful, deep rest, rejuvenated, physical relief, a solid centering of etheric body, rejuvenated

For those feeling or experiencing: uprooted, stressed, extreme tiredness, burnout, insecure, anxious, unable to switch off, jet lag



## Grounding Scrub & Wrap Ritual

90 min

The Aman Atma Grounding scrub and wrap treatment is designed to encourage the body to enter a place of stillness in which deep relaxation can take place and the guest can feel renewed, centred and brought back to their physical body. The treatment starts with a nurturing foot cleanse in essential oil-infused warm water and smoking ritual with Black Storax smoke, to ground and centre the guest. The scrub works on two levels. On the physical level it exfoliates the skin, removing dead cells and so brightening tone and texture. It also stimulates the lymphatic system, aiding rapid elimination of toxins from the cells and stimulating circulation. The ingredients chosen have a grounding and relaxing effect on the guest while also strengthening their bio-energy field. Himalayan salt crystals, energy-boosting herbs, powerful essential oils and precious stones and gems, have the immediate effect of restoring energy, mental clarity, wellbeing and strength. After a shower or bath, the guest is then enveloped in silky rich body balm to impress the benefits of the scrub and wrap into the body and finish with a loving connected touch.

### Benefits

- \* Boosts immune and lymphatic systems
- \* Reduce stress levels
- \* Improve skin tone and texture
- \* Regenerate skin cells
- \* Improves jet lag or sleep patterns

## Grounding Massage Ritual

60 min / 90 min

The aim of this Tibetan-inspired treatment is to honour and respect the ancient Tibetan traditions of healing and ground the body and mind. Traditional techniques are used to stimulate first the muscular system and then with more subtle massage to energise the subtle body and meridian system. The massage includes cupping of the meridian lines, acupressure, kneading, deep-tissue techniques, warmed rose quartz crystals and hot Himalayan salt poultices. A Ku Nye full body massage is followed by an invigorating Tibetan head massage. This massage treatment works by helping the body to sink to a place of relaxation physically and mentally, in which peace can pervade and the first stage of healing can commence.

### Benefits

- \* Reduces Chronic pain
- \* Breaks up scar tissue and increases tissue permeability
- \* Reduces muscle tension and anxiety levels

## Grounding Face Ritual

60 min / 90 min

The Grounding Face Therapy uses Tibetan face techniques to bring a subtle release of tension from the face as well as encouraging healing through the subtle energy of crystals. Using Frankincense to aid rejuvenation, Hyaluronic Acid to aid rehydration and Liquorice Extract to even skin tone, lymphatic and muscular massage techniques aid product absorption and stimulate circulation, to rejuvenate and raise the vibrational energy of the skin.

The treatment includes Acupressure with hot poultices and meridian stimulation with warm rose quartz crystals restore a glowing radiance to the skin. A Peruvian black mud and amethyst crystal mask completes the treatment. Amethyst has a gentle sedative energy that can promote peacefulness, happiness, and contentment. It is said to bring emotional stability and inner strength, and it can also help to increase spirituality and enhance intuition.

### Benefits

- \* Moisturises, brightens and soothes mature, dry, and dull skin
- \* Improves uneven skin tone and colour
- \* Intense hydration
- \* Promotes cell renewal
- \*Relieves stress
- \*Brings peace to the mind

## Grounding Journey

180 min

There is infinitely more to Grounding a being than simply the food it consumes to thrive. Grounding can come in many forms, and this journey serves to combine these in an immersive experience that touches every aspect of an individual. This journey incorporates all three of the above treatments, beginning with the Scrub & Wrap Ritual, followed by the Massage Ritual and rounded off with the Face Ritual. Each treatment builds on the benefits of the one before. The results are exponentially greater than the sum of their parts.

# Purifying

For those seeking lightness, breathing space and a fresh start

Spiritual Energy: Pure Vitality

Landscape: Oceans and seas.

Climate: Breeze of ocean and sea

Key Ingredients: Palo santo, sandalwood, juniper berry, rose geranium, raw honey, pearl and quartz crystals, argan stem cells.

Purifying Healing Techniques: manual lymphatic drainage, nerve point therapy and nerve stimulation, heated fluorite crystals.

Positive Effects: The Purifying Formation is a powerful spiritual cleanser, which lends protection, clears stagnant prana, stabilises the heart and mind and eases restless agitation. It helps us to let go of that which is not needed both energetically and emotionally.

For those looking to feel: A gentle yet fortifying purification, cleansed, detoxified, protected, relieved agitation, purified, lighter, energised, boosted immunity

For those feeling or experiencing: heaviness in the body, bloating/swelling, dull skin, fatigue, post-illness exhaustion, emotionally stuck or stagnant, low energy levels, in need of detox

## Purifying Scrub & Wrap Ritual

90 min

The Aman Atma Purifying scrub and wrap treatment is designed to encourage the body to enter a place of detox in which deep purification can take place and the guest can feel revived, toned and in a state of lightness. The treatment starts with a nurturing foot cleanse in essential oil-infused warm water and smoking ritual with Black Storax smoke, to ground and centre the guest. The ingredients chosen have a cleansing and detoxifying effect on the guest while also strengthening their bio-energy field. This scrub and wrap is designed to boost the lymphatic system; stimulate the circulation and regenerate skin cells. Rhythmic techniques are used to scrub the body from top to toe and a wrap cocoons the body, further enhancing the effects of the scrub. After a shower or bath, the guest is then enveloped in silky rich body balm to impress the benefits of the scrub and wrap into the body and finish with a loving connected touch.

### Benefits

- \* Boosts lymphatic and immune systems
- \* Detox
- \* Reduction in bloating/swelling
- \* Improves skin tone and texture
- \* Deep relaxation resulting in increased energy

## Purifying Massage Ritual

60 min / 90 min

Lovingly designed to be both relaxing and purifying – a therapeutic lymphatic treatment, using Manual Lymphatic Drainage techniques with nerve stimulation on the back, for anyone needing a purifying release. The massage is designed to manipulate lymph nodes and lymphatic vessels with the goal of increasing their activity and promoting the flow of lymph, which carries waste products away from the tissues, back towards the heart. Compared to traditional massage, the lighter pressure applied with manual lymph drainage is much lower in intensity but powerful in its effect. Nerve Point Therapy and Nerve Stimulation on the back helps boost the lymphatic system and in addition, they stimulate vital organs and balance the nervous systems. With the use of powerful ingredients – arnica, palo santo and seaweed oils, the body's circulation is stimulated and cleansed, encouraging a release of negative energy and toxins.

### Benefits

- \* Stimulates and balances the nervous system
- \* Aids drainage, reducing edema and swelling
- \* Toxin Removal
- \* Tissue regeneration – scarring, stretch marks, wrinkles and reduction in cellulite

## Purifying Face Ritual

60 min / 90 min

This deeply relaxing, tension-releasing facial combines an effective technique called 'nerve point therapy' and lymphatic drainage for a detoxifying release. The combination of these facial massage techniques removes toxins at a deep level. Lymphatic massage stimulates the glands on the chest, neck and face to aid drainage of stagnant lymph resulting in glowing, toned and brighter skin. Nerve Point therapy uses firm pressure and helps to calm the nervous system by smoothing out the ophthalmic nerves releasing any tension and stress within the face. Using pearl to brighten, colloidal copper for cell regeneration, and marine ingredients to strengthen collagen production and re-mineralise with trace elements and vitamins A, B, C, D & E.

### Benefits

- \* Moisturises, brightens and soothes dull & congested skin
- \* Benefits stressed, over worked, anxious and tired skin
- \* Skin detox
- \* Lymphatic drainage
- \* Tension release
- \* Deep hydration
- \* Brightens the skin

## Purifying Journey

180 min

There is infinitely more to Purifying a being than simply the food it consumes to thrive. Purifying can come in many forms, and this journey serves to combine these in an immersive experience that touches every aspect of an individual. This journey incorporates all three of the above treatments, beginning with the Scrub & Wrap Ritual, followed by the Massage Ritual and rounded off with the Face Ritual. Each treatment builds on the benefits of the one before. The results are exponentially greater than the sum of their parts.

# Nourishing

For those seeking regeneration, recuperation and healing

Spiritual Energy: Love

Landscape: Rainforest and rice terraces

Climate: Hot and humid

Key Ingredients: Jasmine stem cells, sandalwood, boswellic acids, vitamin B12, tuberose, fresh royal jelly, jade crystals, silk and gold. These ingredients have been chosen for their powerful regenerating abilities, and are known to fuel recuperation.

Nourishing Healing Techniques: Smoking ceremony with frankincense, chakra balancing massage, mantra music, marma point therapy, the Light Technique.

Positive Effects: The Nourishing Formation encourages the healing of emotional and mental wounds with a nurturing embrace. Lifting and carrying the guest towards others and the self, it holds the spirit of the adventure of simply being your most real and best self.

For those looking to feel: fulfilled, blissful, joyful, full of ease, gentleness, reconnected, energetically balanced, rested, rejuvenated, meditative, self-love, emotionally supported, nourished body and soul

For those feeling or experiencing: disconnected, emotionally low, anxiety, chronic fatigue, dissatisfied, grief, emotional stress

## Nourishing Scrub & Wrap Ritual

90 min

For those feeling tired and depleted, this treatment encourages the body to enter a phase of deep rest in which it can be physically and emotionally nourished. Jade powder is a key ingredient in both the scrub and the wrap. The Jade Scrub also contains healing calendula oil, restorative amethyst powder and a nourishing blend of essential oils, as well as Himalayan salts. These salts stimulate circulation and leave the skin soft and thoroughly cleansed while infusing the body with 84 essential trace elements and minerals. The Jade Mud Wrap combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. Hugging the body in a warm embrace, the wrap imparts the benefits of its ingredients while also stilling the mind. After a shower or bath, the treatment culminates in the full-body application of Aman's Sacred Heart Balm.

### Benefits

- \* Sense of being nurtured and held
- \* Boosts lymphatic system
- \* Restores the nervous system
- \* Improves skin tone and texture
- \* Nourishes and moistures skin
- \* Mental clarity and strength

## Nourishing Massage Ritual

60 min / 90 min

Daily life can leave even the most organised, successful and happy amongst us feeling depleted and lacking in energy. Ideal for physically or emotionally exhausted souls, this treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems, helping to recharge and refuel the body and mind. This deeply relaxing treatment includes chakra and sound healing – said to activate and channel the Kundalini (dormant energy stored at the base of the spine). Marma point therapy balances the energy body, releasing negativity and bringing the body back to a state of awareness and balance. On a physical level, the rhythmic massage dissipates muscular tension, leaving the guest feeling taller, lighter and completely restored.

### Benefits

- \* Deeply relaxing
- \* Relieves exhaustion, stress and chronic fatigue
- \* Reduces anxiety
- \* Balances the energy body

## Nourishing Face Ritual

60 min / 90 min

This rejuvenating and calming facial treatment heals on a physical level, with richly nourishing ingredients such as honey, rosehip, wheat germ, cactus oil, jasmine stem cells and silk, which work to soothe and brighten the skin. On a deeper level, it invites relaxation and rebalancing by focusing on facial marma points to remove any internal blockages and stimulate the flow of prana. Prana is described as the universal life force that enters the body via breath. Easy breathing is therefore a key to wellbeing. Radiance is addressed and achieved with the Light Technique, which is based on shamanistic principles stating that light is generated by three points on the face – the forehead, the septum and the throat. By encouraging this light generation through various massage techniques and gentle holds, the skin is imbued with an inner luminosity.

### Benefits

- \* Moisturises, brightens and soothes dry, dull and irritated skin
- \* Treats rosacea and dermatitis
- \* Works to improve the appearance of scarring and pigmentation
- \* Brings luminance to the face
- \* Soothes environmentally damaged/sensitised skin
- \* Deeply relaxing and restorative
- \* Nutrient dense

## Nourishing Journey

180 min

There is infinitely more to nourishing a being than simply the food it consumes to thrive. Nourishment can come in many forms, and this journey serves to combine these in an immersive experience that touches every aspect of an individual. This journey incorporates all three of the above treatments, beginning with the Scrub & Wrap Ritual, followed by the Massage Ritual and rounded off with the Face Ritual. Each treatment builds on the benefits of the one before. The results are exponentially greater than the sum of their parts.



## Hand & Foot Care

Developed with the impact of daily wear and tear in mind, Aman's hand and foot treatments are suitable for both men and women.

Aman Manicure	60 min
Aman Pedicure	60 min

## Holistic Therapies

### **Reiki**

60 min

This gentle yet effective energy healing system originated in Japan. Our resident practitioner works with 'life force' energy to encourage proper energy flow throughout the body which rebalances and promotes self-healing. *Reiki* treatments are delivered through clothing and can be used to help any number of conditions and issues, or simply used for relaxation. It is a holistic system, addressing physical, emotional, mental and spiritual imbalances.

# Movement & Body work with a Personal Instructor

## **Sitting & Walking Meditation**

60 min

The practice of sitting and walking meditation is essentially the same: stabilizing the attention while sustaining and increasing peripheral awareness. The main real difference is where one focuses their attention. Both are powerful practice in its own right.

## **Pilates**

60 min

The low-impact Pilates exercise method was created by Joseph Pilates in the early 20<sup>th</sup> 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.

## **Tennis**

60 min

A private session with a professional coach to hit with you can be arranged between 7 and 11 am upon request. Racquets, balls, and refreshments are provided on our floodlit court, situated a short distance from the hotel.

## **Private Yoga Session**

60 min / 90 min

Hatha Yoga: A gentle introduction to basic yoga postures. Hatha yoga will help you feel more flexible, longer, leaner and relaxed. Poses are held for a longer time to allow a better mind and body connection.

## Personal Fitness

60 min

*Functional Training:* Train the muscles to work together with maximum efficiency and prepare them for daily tasks by simulating common movements that can be done at home, at work or playing sport. Functional Movement exercises emphasise core stability, calisthenics and plyometric.

*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 rock-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.

*Boot camp:* A combination of cardio and strengthening exercises maximising the use of the surroundings and one's 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 psoas, abdominals, and pelvic floor, lower back and upper-body muscles.

## Amantaka Boutique

All Aman Spa products used at Amantaka are available to purchase at the resort's boutique, along with lifestyle accessories, Aman-branded items and local handmade crafts. Open from 7am to 9pm daily.

# Spa Reminders

## **Appointment**

Guests are encouraged to book treatments in advance to ensure their preferred time and service is available. Please dial extension 24 to make a reservation.

## **Special Considerations**

Most treatments can be adapted to accommodate injury or pregnancy. Please contact us for any queries and let us know of any medical or health concerns.

## **Treatment Preparation**

Guests are kindly requested to arrive at least 15 minutes before their treatment is due to begin, allowing time to complete a holistic health assessment and receive a brief run-down of your treatment. Afterwards, give yourself the luxury of time to reap the benefits of your session in the tranquil environment of our relaxation lounge.

## **Spa Environment**

Smoking and use of mobile phones are prohibited in and around the Aman Spa. The minimum age for a spa treatment is 18 years.

## **Cancellation Policy**

We understand that schedules change. Since your spa time is reserved especially for you, we kindly ask you to give a minimum of 4 hours cancellation notice so someone else may enjoy that time. Cancellations made within 4 hours will be subject to a 50% charge.

## **Valuables**

Please leave your valuables in your room.

## **Operating hours**

The spa operates from 7am to 9pm daily. After-hours spa appointments are subject to availability.

## **Pricing**

All prices are subject to a 10% service charge and 10% government tax.