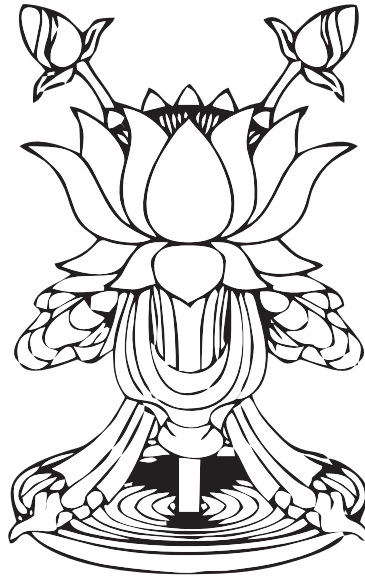


# ĀMAN

S P A



“If I had to name the biggest difference between Bhutan and the rest of the world, I could do it in one word, civility.”

- Linda Leaming  
MARRIED TO BHUTAN

Inspired by the form and spirit of a typical Bhutanese home, the design of the Amankora Gangtey Lodge echoes the flow and sensibilities of rustic rammed-earth style house. At the heart of every home is a “Choesam” or a prayer room, where each family meticulously puts together a sacred shrine, where one’s connection to the spiritual realm is a personal journey that one undertakes with devotion on a daily basis.

Meant to embody the sanctified space and significance of these divine nooks in every home, the Aman Spa in the Gangtey Lodge of Amankora is an intimate journey to one’s own search for peace, reinvigoration and bliss. Reflecting the symphony of light and space, serenity and sanctity of home prayer rooms, the spa is a small but meaningful altar of wellness - a guide to healing and meditation while one treads into a sojourn for body and soul.

## AMAN SIGNATURE TREATMENTS MASSAGE RITUALS

### GROUNDING MASSAGE RITUAL

A Ku Nye full-body massage honours ancient Tibetan healing traditions to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading, and deep-tissue techniques.

### PURIFYING MASSAGE RITUAL

The deep relaxing, detoxifying massage restores harmony to the body and clears the mind. The massage concentrates on lymphatic drainage techniques, to manipulate lymph nodes and lymphatic vessels, to increase their activity and promote the flow of lymph.

### NOURISHING MASSAGE RITUAL

The blissful, nurturing treatment is ideal for physically or emotionally exhausted souls. The use of marma point therapy brings the body back to a state of heightened awareness and balance, while rhythmic massage techniques ease muscular tension, imbuing a sense of complete restoration.

90 minutes

## GANGTEY SPA SIGNATURE TREATMENT

### TRADITIONAL BHUTANESE HOT STONE BATH

Amankora Hot Stone Bath is situated in a candle lit stone hut on a hill, a ten-minute walk from the Gangtey lodge. You have the unique opportunity to soak in a traditional wooden tub out in the open potato shed and enjoy this authentic Bhutanese healing experience. The sliding bamboo doors allow full privacy yet offer open views of the magnificent Phobjikha valley. Your body will benefit from the minerals in the heated stones and the healing effects of the local Khempa herb. Sit back and unwind in the bath for as long as you wish while sipping on a cup of hot apple cider and watching the sunset.

#### Benefits

- Heals various physical ailments
- Boots the lymphatic system and strengthens the immune system
- Stimulates blood circulation and energy flow through the body

60 minutes

## AMANKORA SIGNATURE TREATMENTS

### AMANKORA HOLISTIC MASSAGE

Our therapists combine unique healing touch with a range of diverse techniques to create a tailor-made treatment, which can either focus on specific areas of tension or promote an overall sense of relaxation and wellbeing.

60/90 minutes

### THAI MASSAGE

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is uniquely relaxing yet energizing, and is a highly effective therapeutic treatment. It is performed over loose comfortable clothing.

60/90 minutes

### FOOT REFLEXOLOGY

Reflexology points at the sole of the feet correspond to every organs and glands in the body. This treatment activates energy pathways, releases stagnation and balances out disharmonies. It is a perfect complement to a long day of walking and hiking.

60/90 minutes

### HOT STONE MASSAGE

A combination of warm stones and massage penetrates deeply into the body to soothe and relax muscles. Heated basalt stones are an extension of the hands as they glide over the body as part of this flowing massage technique, allowing the benefits to be felt at a deeper level.

90 minutes

Cancellation policy: 24 hours notice is requested for cancellations.  
For cancellations within the 24 hour period, 50% of the treatment price will be charged.