

Ā M A N
S P A

Simplicity, Tranquillity and Time

Elements so often missing in our busy modern lives

Our Philosophy

Wellness is more than being free from illness; it is a dynamic process of change and growth – a state of complete physical, mental and social wellbeing. The Aman Spa concept has been carefully curated with four pillars of wellness in mind: nutrition, movement, psychological health and bodywork.

The singular goal is to achieve the ideal balance – integrated holistic wellness – for every guest.

Treating the whole - the mind, body and spirit - by integrating ancient healing modalities with the best of modern science. Aman strives to provide guidance, support and knowledge in a journey that extends beyond the boundaries of our international Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools and resilience to continue their wellness journey into their everyday lives.



Amanpulo Spa

The Amanpulo Spa is nestled on the island's summit, enveloped by captivating views of sea and sky. The hushed stillness in the gentle climb to the reception pavilion impresses a ritualistic passage into a peaceful plane of renewal. An open air pathway leads to six treatment pavilions that hold a changing area, a steam shower and a deep-soaking bathtub.

Amanpulo's wellness facilities feature a Fitness Centre with state-of-the-art equipment, a Pilates pavilion, hydrotherapy suites, outdoor relaxation areas, and a salon. Moments of peace abound in the Aman Spa's Healing Garden. Four floodlit tennis courts including a multi-sport court that bask in the tropical sunshine are available for private use.

Choose your wellness and spa journey from our à la carte menu or let our specialists design a journey customised specifically for your needs.



Earth's Apothecary

Aman's new 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 alkalising, oxygen-rich spring water and wild-harvested Amazon butters. The range consists of smoked body balms, fragrant dew mists, liquid body oils, invigorating body scrubs, anti-ageing serums and more. All the products are made from organic ingredients sourced from around the world for their purity and potency, and their links 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 needs.

Grouped into three unique formulations that reflect three healing pathways back to wellness – Grounding, Purifying and Nourishing – these products contain ingredients with a vibrational energy that works in sequence with the human body to promote change and a return to equilibrium. The physical benefits of the products are completely aligned with their ability to address emotional imbalance.

Together, they offer holistic fine-tuning with tangible, long-lasting results.



Aman Signature Treatments

The Aman Spa Signature Menu, available at every Aman Spa destination around the world, reflects the Grounding, Purifying and Nourishing formulations of the Aman Spa product range. There are four treatments available within each formulation: Massage, Body Scrub and Wrap, Face Ritual, and the Journey – encompassing all three treatments to greatly amplify their effects. Each treatment is tailored to the individual to target specific concerns and help attain personal wellness goals. A deeply relaxing, mineral-rich Foot Ritual is a prelude to each treatment. This is also symbolic – an act of humble service that fosters trust, helping guests to fully benefit from the treatments that follow.



The Three Formulations

Grounding

For those seeking reconnection, stillness and perspective.

Developed to promote inner peace and return body and mind to a state of harmony, this formulation works as a balm for restlessness brought on by the frenetic pace of modern life. It imbues a sense of reassurance and reconnection, while hydrating, healing, refining and strengthening on a physical level. The use of amber oil relaxes brainwaves, helping to ease anxiety and stress.

Sandalwood calms the nervous system, its earthy aroma inducing a meditative frame of mind. Other key ingredients include rose quartz crystals, jasmine, rare black Peruvian and purple muds, wild harvested butters, and silver.

Techniques include a Tibetan Ku Nye massage, meridian and acupressure work, cupping, and kneading. Recommended for treating stress, anxiety, jet lag, dry skin, insomnia and tension in the lower back, as well as feelings of restlessness and the inability to switch off.



Grounding Massage Ritual

90 minutes

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. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

Benefits

- Moisturises dry skin and eases muscular tension
- Reduces chronic pain and improves athletic performance
- Balances the vital energy

Grounding Face Ritual

90 minutes

This facial incorporates rose quartz crystals to promote healing; frankincense to aid rejuvenation; and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated salt poultices leaves skin radiant. The treatment ends with a Peruvian black mud and amethyst crystal mask, and Tibetan head massage.

Benefits

- Brightens, firms and intensely hydrates
- Promotes cell renewal and improves uneven skin tone
- Encourages emotional stability and peace of mind

Grounding Scrub & Wrap Ritual

90 minutes

A key ingredient in this ritual is amethyst powder, known for its gentle sedative energy that promotes peacefulness and emotional stability. The full-body scrub gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of silky smooth Smoked Body Butter.

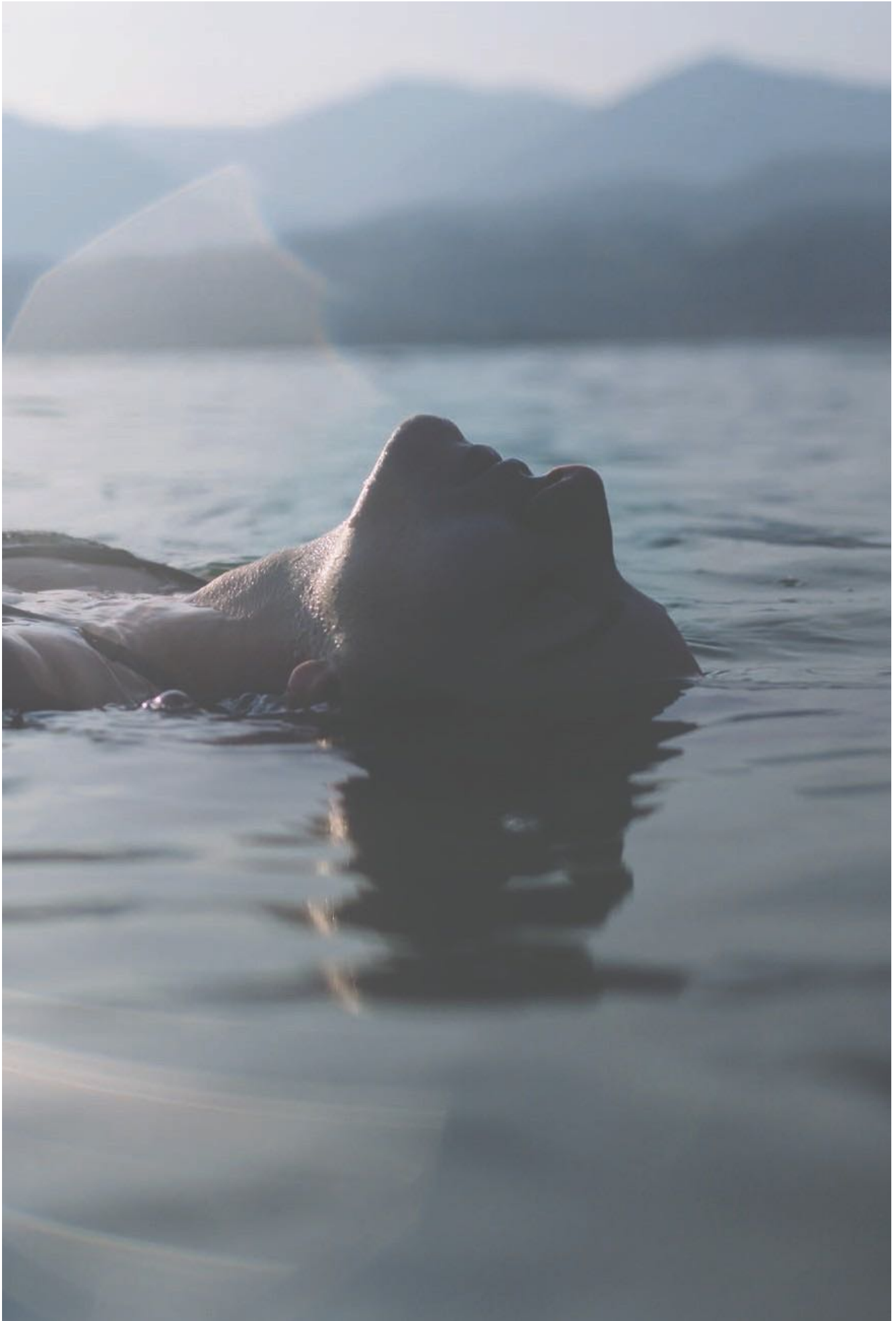
Benefits

- Restores the nervous system, stimulates circulation and regenerates skin cells
- Boosts the lymphatic system and strengthens the immune system
- Reduces stress levels and promotes mental clarity

Grounding Journey

180 minutes

Incorporating all three Grounding treatments, this journey encourages a deep connection to the earth and a renewed sense of self. It begins with the Body Scrub and Wrap, followed by the Massage, and is completed with the Face Ritual. Each builds on the treatment that came before – grounding in every sense of the word, to ensure a state of perfect contentment.



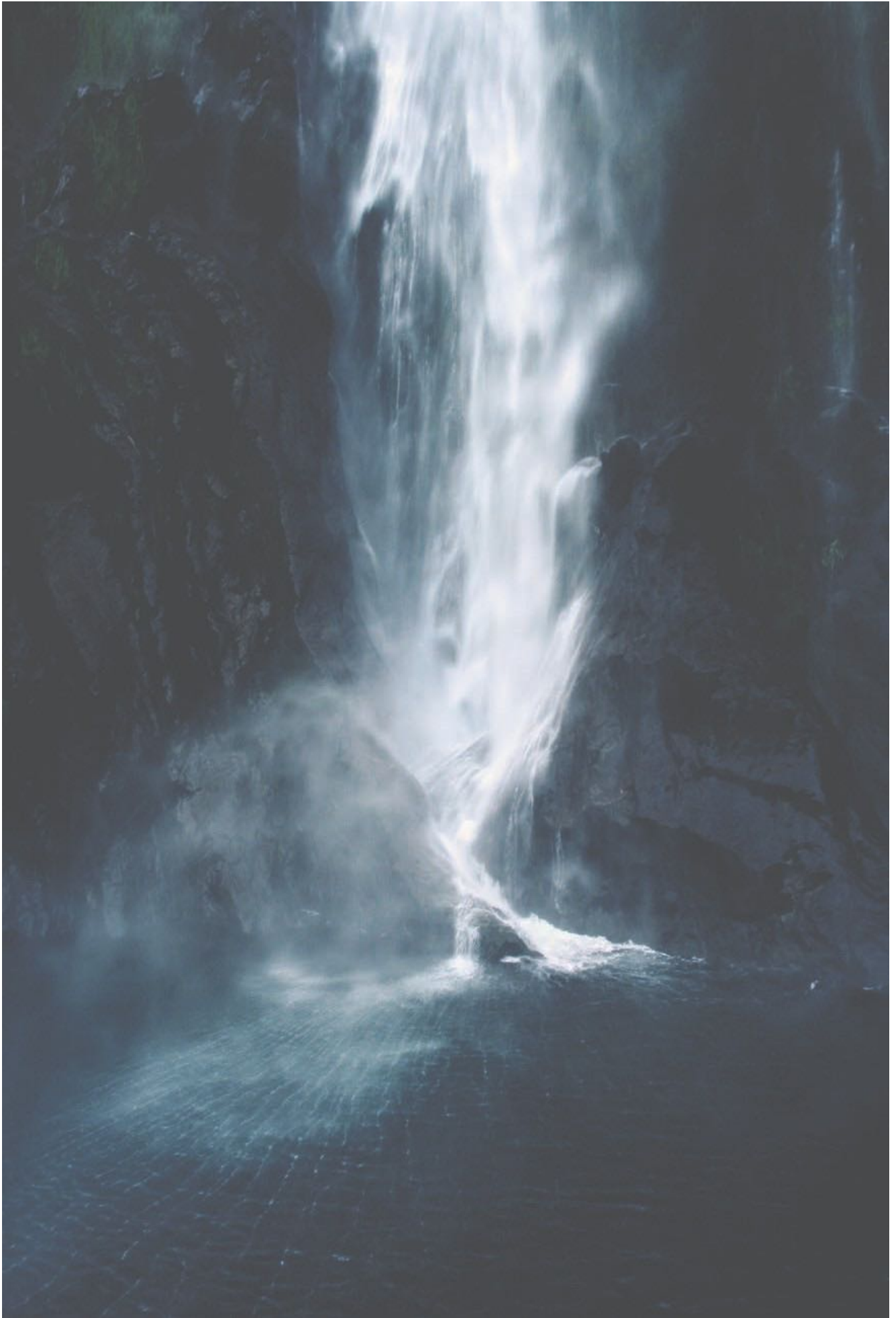
The Three Formulations

Purifying

For those seeking lightness,
breathing space and a fresh start.

A powerful detoxifier and cleanser, this formulation holds the spiritual energy of vitality – stabilising the heart and mind, easing restlessness and energising the body, helping to purge negative thought patterns. Physical benefits include cleansing and brightening, giving skin a new lease of life.

Key ingredients include palo santo, sandalwood, juniper berry, rose geranium, raw honey, pearl, quartz and argan stem cells – chosen for their anti-ageing and purifying characteristics. Techniques include lymphatic drainage, nerve point therapy and nerve stimulation. Recommended for treating bloating, low energy levels, dull skin, thyroid problems and post-illness exhaustion, as well as feelings of sluggishness, heaviness and confusion.



Purifying Massage Ritual

90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind.

The massage concentrates on lymphatic drainage techniques, manipulating lymph nodes and lymphatic vessels to increase their activity and promote the flow of lymph. Compared with traditional massage the pressure applied with manual lymphatic drainage techniques is much lower in intensity, but it is powerful in its effects.

Benefits

- Removes toxins and regenerates tissue
- Aids lymphatic drainage, reducing swelling and cellulite
- Increases immunity and eases muscle spasms

Purifying Face Ritual

90 minutes

By combining nerve point therapy and lymphatic drainage to provide a detoxifying release, this tension-releasing treatment is extremely beneficial for those exposed to excessive urban pollution.

Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative homeopathic copper, and powerful marine extracts that strengthen collagen production.

Benefits

- Hydrates, brightens and firms skin
- Drains the lymph and releases tension
- Detoxifies to reduce the effects of pollution

Purifying Scrub & 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 amplification of energy levels.

Seaweed 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, and mineral-rich sea lavender and seaweed for boosting collagen levels. The treatment ends with the full-body application of palo santo salve.

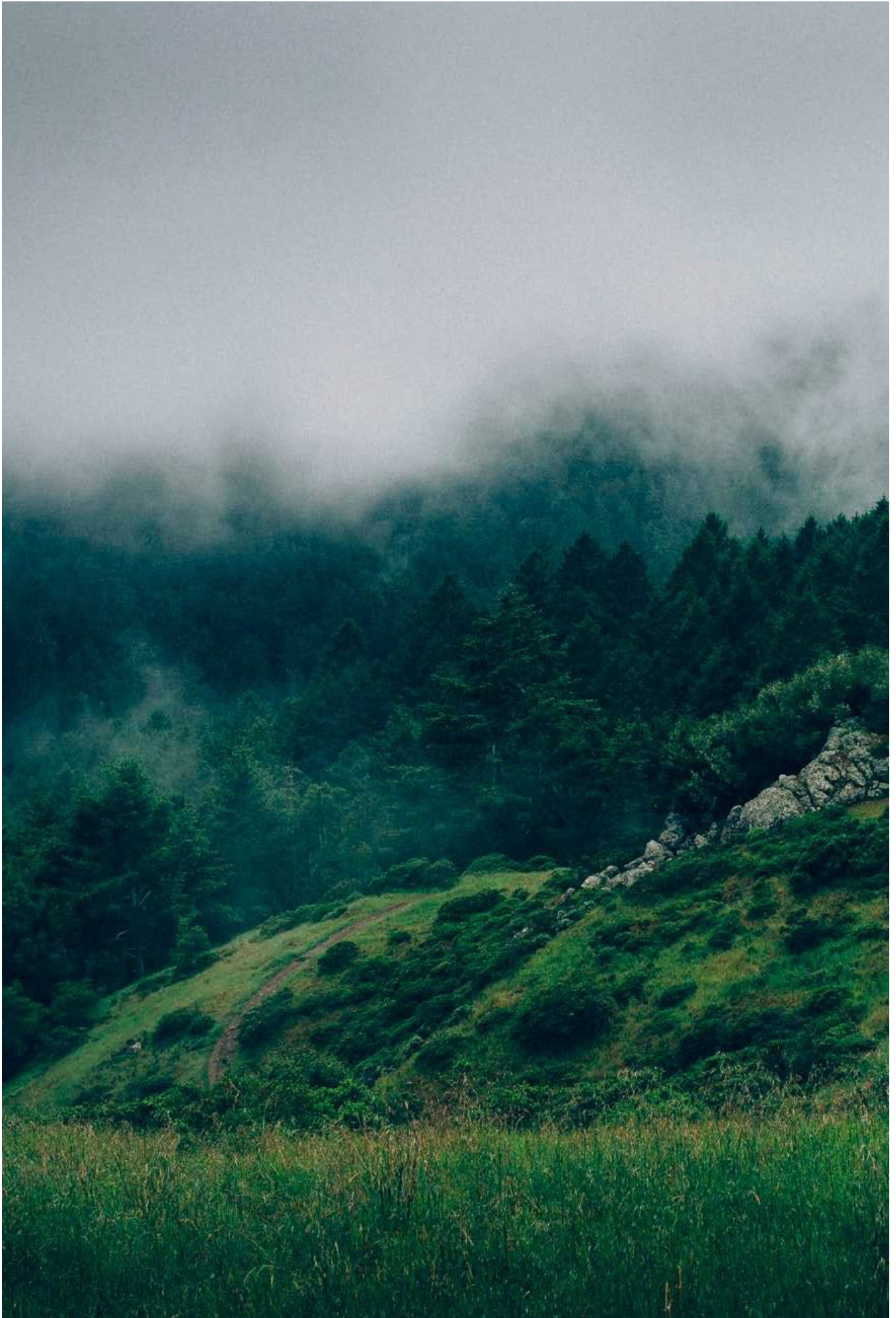
Benefits

- Detoxifies the lymphatic system and boosts immunity
- Reduces swelling and improves skin tone and texture
- Increases energy levels and mental clarity

Purifying Journey

180 minutes

This Journey targets purification on every level, from clearing the skin and detoxifying the body's organs, to removing negative energy and focusing the mind. All three Purifying treatments are applied, beginning with the Body Scrub and Wrap, followed by the Massage, and ending with the Face Ritual – leaving you clear-headed and at peace.



The Three Formulations

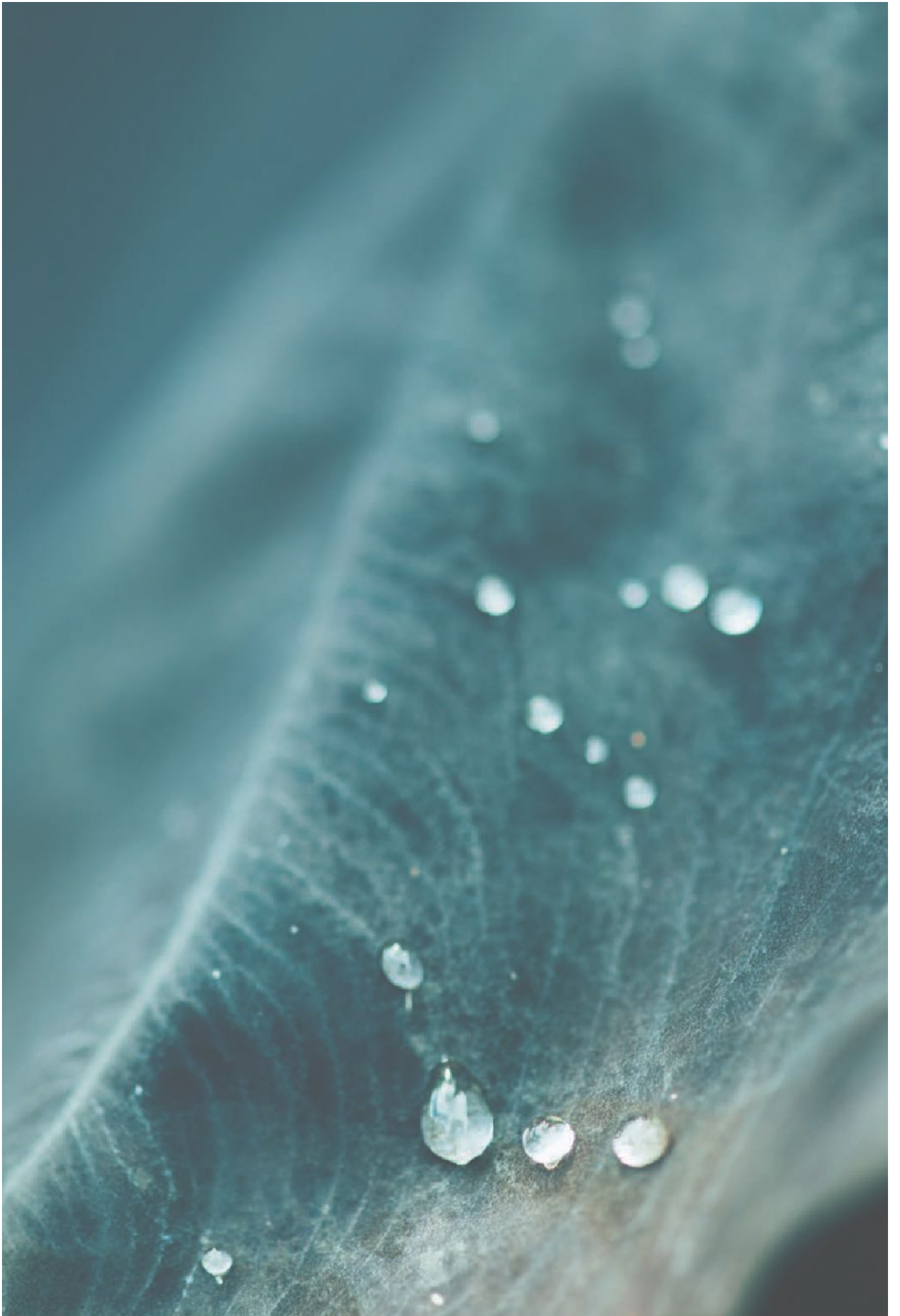
Nourishing

For those seeking regeneration,
recuperation and healing.

Holding the spiritual energy of love, this powerful formulation encourages reconnection with the self through the healing of emotional and mental wounds. It leads one towards self-acceptance, enabling individuals to be their most real and best selves, while simultaneously restoring and rejuvenating the body on a physical level.

The key ingredients of jasmine, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk and gold have all been chosen for their powerful regenerative abilities, fostering a meditative state and feelings of joy.

The techniques used in this formulation are geared towards healing. They include a chakra-balancing massage, mantra music, marma point therapy and the Light Technique - based on the shamanistic principle that luminosity is generated from various points on the head and neck. Recommended for treating lacklustre skin, the signs of ageing, anxiety, chronic fatigue and emotional stress, as well as feelings of disconnection, grief and discontentment.



Nourishing Massage Ritual

90 minutes

This 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. The use of sound healing stimulates the kundalini - dormant energy stored at the base of the spine.

Benefits

- Relieves exhaustion, stress and chronic fatigue
- Reduces anxiety and deeply relaxes
- Balances the energy body and emotions

Nourishing Face Ritual

90 minutes

This brightening, moisturising treatment calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana - described as the universal life energy that enters the body via the breath. Skin is left looking truly radiant through the application of the Light Technique, focusing on the forehead, septum and throat.

Benefits

- Hydrates, soothes and feeds the skin
- Treats rosacea and dermatitis
- Improves the look of scarring and pigmentation

Nourishing Scrub & 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 Italian clay, rose hydrolat and argan oil. The treatment ends with the full-body application of Sacred Heart Balm.

Benefits

- Boosts the lymphatic system and restores the nervous system
- Feeds skin while improving tone and texture

Nourishing Journey

180 minutes

This Journey serves to combine the many forms of nourishment into an immersive experience that benefits every aspect of the individual - beginning with the Body Scrub and Wrap, followed by the Massage, and completed with the Face Ritual. Each treatment builds on the one before, leaving you feeling reconnected and rejuvenated.



Amanpulo Island Journeys

Island Journeys

Experience treatments inspired by Pamalican Island, designed to purify and delight. Various island massage techniques reflect the essence of traditional Filipino healing methods, inspired by natural harvest from the Aman Spa's Healing Garden and Beekeeping Program.

Island Tradition

2 hours, 15 minutes

An herbal steam relaxes tight muscles and prepares the body for the *Hilot* massage. This traditional massage warm banana leaves locate energy blockages, so the therapist can concentrate healing strokes on these areas of imbalance. The journey continues with a *Dag-Dagay* foot treatment, which includes a foot scrub and wrap using green tea clay and banana leaves to enhance blood circulation and stimulate lymphatic drainage. A deep foot reflexology massage using bamboo sticks releases tension throughout the body.

Island Tan

2 hours

This treatment prepares the skin for sun tanning. It begins with a cleansing herbal steam and full body sea salt scrub that leaves skin feeling soft and supple, complemented by the moisturising effects of a coconut milk bath. A 60-minute coconut oil massage leaves the body and mind relaxed and ready for sunshine.

Honey and Coconut Milk Hydration

2 hours

The Aman Spa harnesses the healing power of honey, inspired by its very own beekeeping program. The journey begins with a sugar body scrub to prepare the skin. Therapists then use pure raw honey all over the body in a warm wrap. While the decadent treatment restores the skin's moisture, a honey mask is applied to the face coupled with a relaxing scalp massage. An indulgent coconut milk bath follows, and a blissful propolis oil full body massage completes the treatment.

Sun-Kissed

2 hours

An after-sun journey that refreshes and hydrates the body, Sun-Kissed also restores balance in the skin for a lasting tan. To re-mineralise and soothe the skin, a crystal salt bath replaces lost salts and a calming face and body wrap using cucumber, lavender and aloe vera from the Healing Garden soothes inflammation. Finally, a coconut hair wrap and scalp massage hydrates hair and scalp, completing this journey.

Alternative Pain Management Pathway

Amanpulo's Alternative Pain Management will help prevent, manage and release pain by promoting harmony, in the body, mind, and soul. Encompassing a variety of disciplines including aromatherapy, herbal remedies, and yoga, Pilates, and personalised nutrition, the Aman Spa takes a holistic approach in alleviating and managing acute or chronic pain.

Aman Spa's wellness specialists will guide guests through meditation and breathing exercises as well as therapies and treatments that help ease tension in the body and clear the mind, while nutrition specialist will formulate a custom meal plan of whole foods that balance the body's system for natural self-healing.

This transformative program includes:

- OligoScan Consultation
- Personal Wellness Cuisine
- 1 Therapeutic Massage Therapy (90 minutes)
- 1 Meditation and Breathing Exercise (90 minutes)
- 1 Movement Class - Pilates and yoga (60 minutes)
- 1 Blading and Cupping Mobility Therapy (60 minutes)
- 1 Active Abdominal Therapy (60 minutes)
- 1 Hydrotherapy Circuit
- Daily Healthy Juice or Tea Tonic Prescription



Amanpulo Healing Traditions

Back to the Roots

Drawing inspiration from ancient healing methods, the Aman Spa honours the traditions of natural wellness from home that have survived for centuries.

Hilot Massage

90 minutes

Hilot is the age-old art of therapeutic healing engrained in Philippine culture. It treats 'hot' and 'cold' areas of the body. Warm banana leaves and extra virgin coconut oil are placed on the body to diagnose areas of imbalance, which are then treated with personalised massage techniques. Long, flowing strokes cool and drain areas of warmth, while more intense massage techniques heat cool areas of the body. This brings equilibrium to the body and mind.

Four Hands Remedy

90 minutes

This harmonizing massage involves the synchronicity of two therapists combining *Hilot* techniques, to induce a deep state of wellbeing. This massage is followed by a warm coconut milk bath that deeply hydrates skin and calms the mind.

Dag-Dagay Foot Treatment

60 minutes

Beyond providing relief from pain, *dag-dagay* is an indigenous tradition from the Cordilleras that honours hard work. After a day of farming, children washed off mud and gently massaged the feet of their fathers as a sign of respect. The experience begins with a revitalising salt scrub and green tea wrap to reduce any swelling. Targeting reflex points on the soles of the feet, therapists apply a strong sequence of massage strokes using bamboo sticks. A moisturiser is applied at the end of the treatment, leaving the feet soft and refreshed.

Herbal Abdominal Therapy

60 minutes

This treatment reduces bloating, enhances stomach tonicity and aids digestion. Specialized and stimulating colon massage techniques are combined with detoxifying organic products and hot herbal compress. Abdominal massage has been used in Asia for almost three thousand years as a deep massage that also promotes healthy digestion, emotional balance and longevity, and works on releasing tension in the abdomen often caused by bad dietary habits and stress.

Seven Seas Massage

90 minutes

This treatment is a combination of massage techniques found around the seven seas, designed to be enjoyed in the outdoor spa cabana as a tribute to the history of the family who first discovered Pamalican Island. It incorporates warm bamboo and Himalayan stones with long indulgent strokes for relaxation. It brings emotional connection, creating a safe space for guiding the body back to its roots, improving perception and connection with the self.



Therapeutic Massage

Regaining Balance

Wellness is more than being free from illness; it is a dynamic process of change and growth, a state of complete physical, mental and social wellbeing.

Amanpulo Oil Massage

60 / 90 / 120 minutes

The Amanpulo full body massage experience starts with a Sulu sea salt foot exfoliation to stimulate energy circulation. Using Amanpulo's *calamansi* essential oil blend, aromatherapy effects combine with a classic massage strokes to promote a sense of mental and physical relaxation. Longer massage sessions are recommended to allow therapists to customise the treatment, increasing its therapeutic benefits.

Pressure Points and Stretching Massage

60 / 90 minutes

This bodywork therapy is performed over loose comfortable clothing without the application of oil. The combination of yoga-style stretches and acupressure point massage techniques releases muscular tension whilst improving flexibility and movement.

Asian Sports Massage

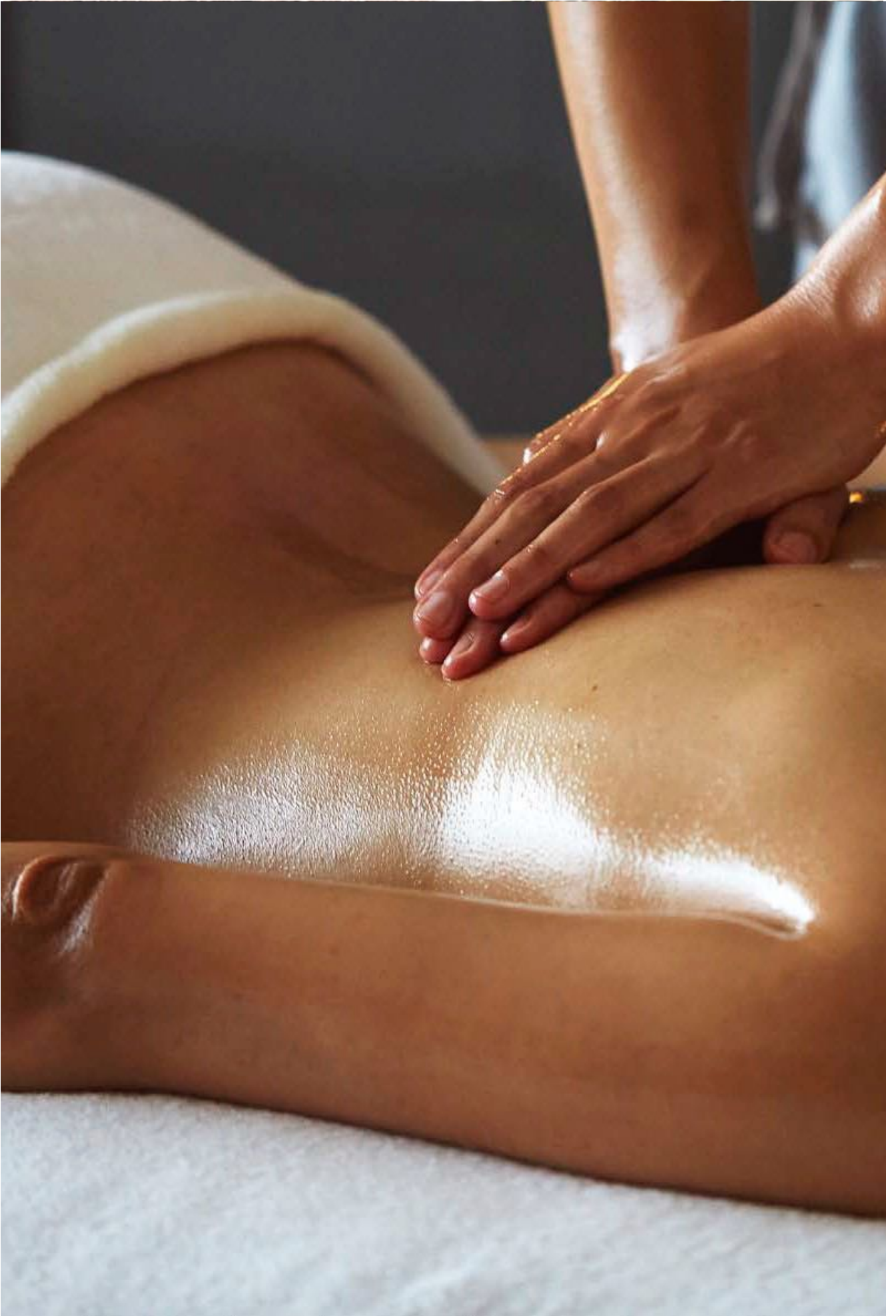
60 / 90 / 120 minutes

Our combination of sports and deep muscle massage will aid in dissolving longstanding knots and tissue adhesions throughout the body. Following this treatment, stiff muscles will feel relaxed, with improved balance in hips, back, shoulders and neck.

Himalayan Salt Stone Therapy

75 minutes

This warm salt crystal stone therapy soothes away stress and tension and increases one's sense of well-being. Its grounding properties help to improve sleep, promote healthy blood sugar, emit negative ions, and support a healthy respiratory system, balancing the central nervous system.



Mini Rituals

Mini rituals are spa enhancements that are designed to complement your spa experience with scent, texture and temperature.

**spa enhancements must be scheduled in combination with a treatment*

Sulu Skin

30 minutes

A detoxifying full body scrub that begins with a herbal steam to open the pores and begin the process of eliminating fluid. Salt from the Sulu Sea is used as a scrub to stimulate the lymphatic system to remove toxins from the body. Moisturiser is applied at the end for hydration.

Sun Kissed Wrap

30 minutes

This full body wrap will hydrate, calm and balance the skin after sun exposure. Aloe vera from the Healing Garden combined with cucumber and lavender essential oil provide the necessary remedy for sun damage. A scalp and face massage are included during the body wrap, and the treatment is then completed by an application of body lotion.

Coconut Hair Wrap and Scalp Massage

30 minutes

This traditional Asian beauty treatment uses warm extra virgin coconut oil, poured into the hair and massaged into the scalp, to nourish hair damaged by sun and seawater. A deeply relaxing neck and shoulder massage releases tension.

Buko Bath Experience

30 minutes

A decadent skin hydration experience that immerses the body in warm coconut milk. This bath is highly recommend after a full body massage or a body scrub.

Finishing Salon Services

Pampering for the hair, hands, and feet that contribute to total wellbeing may be enjoyed in the privacy of the salon. The space may be booked for exclusive use.

Tropical Hydration Therapy

60 minutes

This treatment uses the beneficial properties of coconut oil, combined with the re-balancing properties of a nourishing hair mask. While the mask takes effect, enjoy a relaxing neck and shoulder massage. The hair is then washed and blow-dried to finish the treatment.

Hair Wash and Blow Dry

Hands and Feet

- Aman Manicure
- Maintenance Manicure
- Aman Pedicure
- Maintenance Pedicure
- Nail Polish Change
- Gel Nail Polish Removal

Waxing

- Neck, Lip, or Chin
- Under Arm
- Basic Bikini
- Brazilian
- Back
- Half Leg
- Full Leg



Family Wellness

Strengthening Ties

Bonding treatments designed for parents and children are curated by the spa's wellness specialists tailor-made for families spending time together in Amanpulo.

Chillax Massage

60 minutes

This treatment is designed for parents and young adult children ages 13-16 years old. Through specific touch points and using all natural products, the massage relaxes the muscles, eases tension, and encourages the progression of verbal and social interaction.

Family Fitness

60 minutes

Families seeking a fitness challenge can head over to the Jungle Run, an obstacle course built into the island's lush forest. With over ten challenges, it awaits friendly competition that involves running, climbing, jumping, crawling, and balancing, on soft ground under the shade of trees.

Other pleasurable options for fun fitness include guided yoga, Zumba, or personal training sessions.

Pre-Natal Massage

75 minutes

Designed for women up to six months of pregnancy, the massage promotes relaxation and connection between mother and child. The treatment begins with a soothing foot ritual, followed by gentle massage on the legs, lower back, shoulder and neck areas. The treatment is gentle and safe, however prior consultation with their family physician is prescribed.

Spa Party

30 minutes

Spend time together at the salon and enjoy bonding moments over funky nails, hand and foot massage, or sun kissed facial.



Giving Back

Pag-Asa Massage

75 minutes

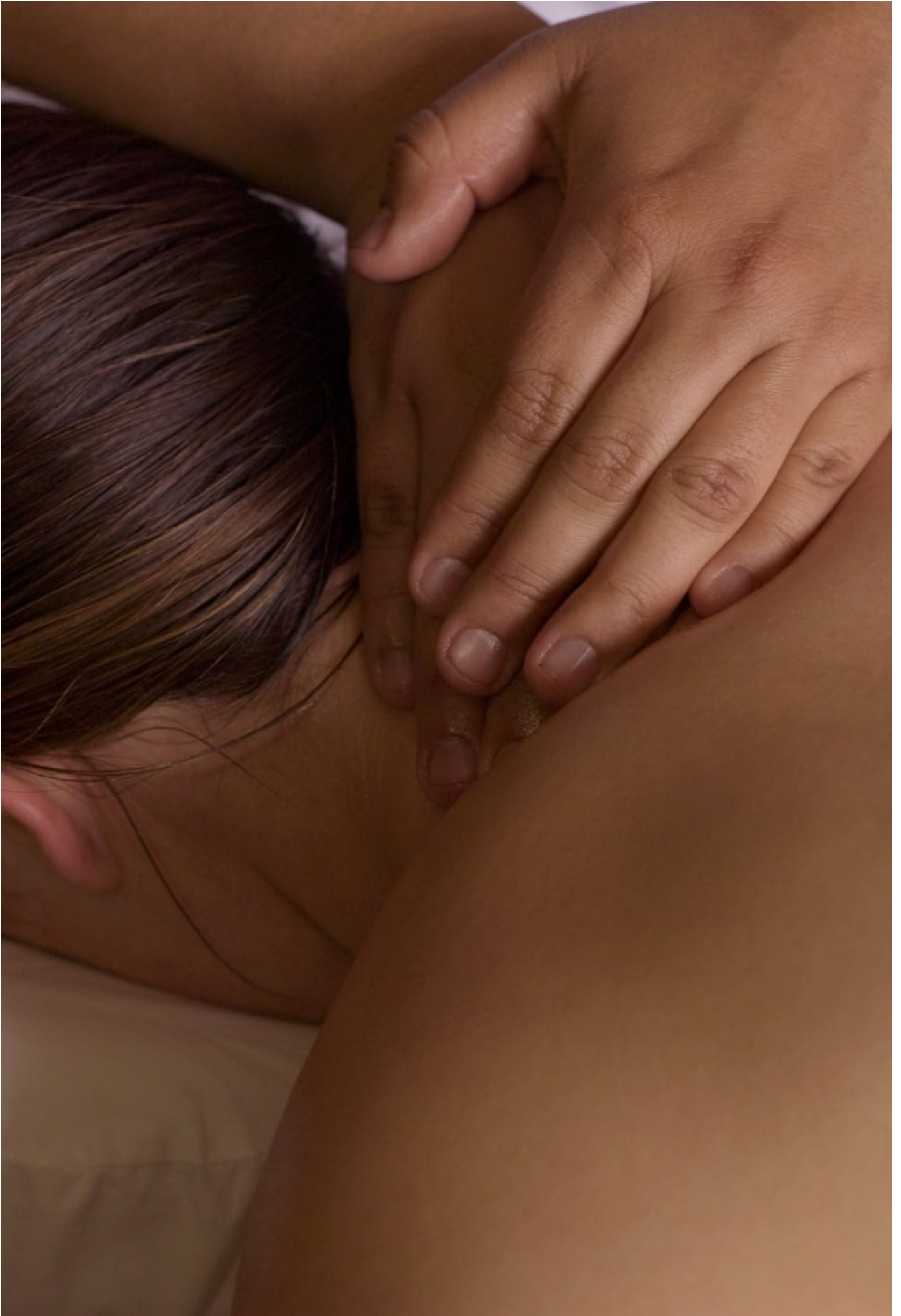
The Pag-Asa Massage, named after the Filipino word for 'hope', offers an experience that embraces a unique sense of place that restores hope in the inner self as much as it shares it with others.

A one-of-a-kind treatment lovingly created by the therapists hailing from the islands, the full body massage is designed to bring relief to tension points in the body, while bringing forth distinct pampering characterised by genuine nurture and care.

Surrender to the intuitive hands and cumulative knowledge of Amanpulo's local spa therapists for a healing treatment founded on the essence of kindness and thoughtfulness.

Proceeds benefit the health centre of Manamoc Island through the Andres Soriano Foundation.

On behalf of the Manamoc Island community, we would like to express our gratitude.





Movement and Bodywork

Personal Training

Reap the benefits of a custom program tailored for specific fitness goals. Be inspired by the island's energy - workouts may be enjoyed at the fitness centre or in breathtaking outdoor settings.

TRX Suspension 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.

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 mix of cardiovascular training and strength exercises, boot camps are based on military style fitness programmes that provide an all-over body workout.

Tabata

Considered a more extreme form of high-intensity interval training (HIIT), Tabata comprises shorter and rigidly defined workouts.

Other Modalities

Personal training may be designed to include weight and resistance training, fit ball, BOSU, dance aerobics, floor core and more.

Mat Pilates

Pilates is an innovative and safe system of mind-body exercise using a floor mat or variety of equipment. It evolves from the principles of Joseph Pilates and can dramatically transform the way your body looks, feels and performs, through low impact exercises designed to stretch and strengthen muscles, release tension, improve posture and ease movements during daily activities, recreation and sports.

Meditation

Meditation is the practice by which there is a constant observation of the mind. It cultivates simple awareness and concentration for the specific purpose of discovering that infinite well of wisdom that lies within.

Yoga

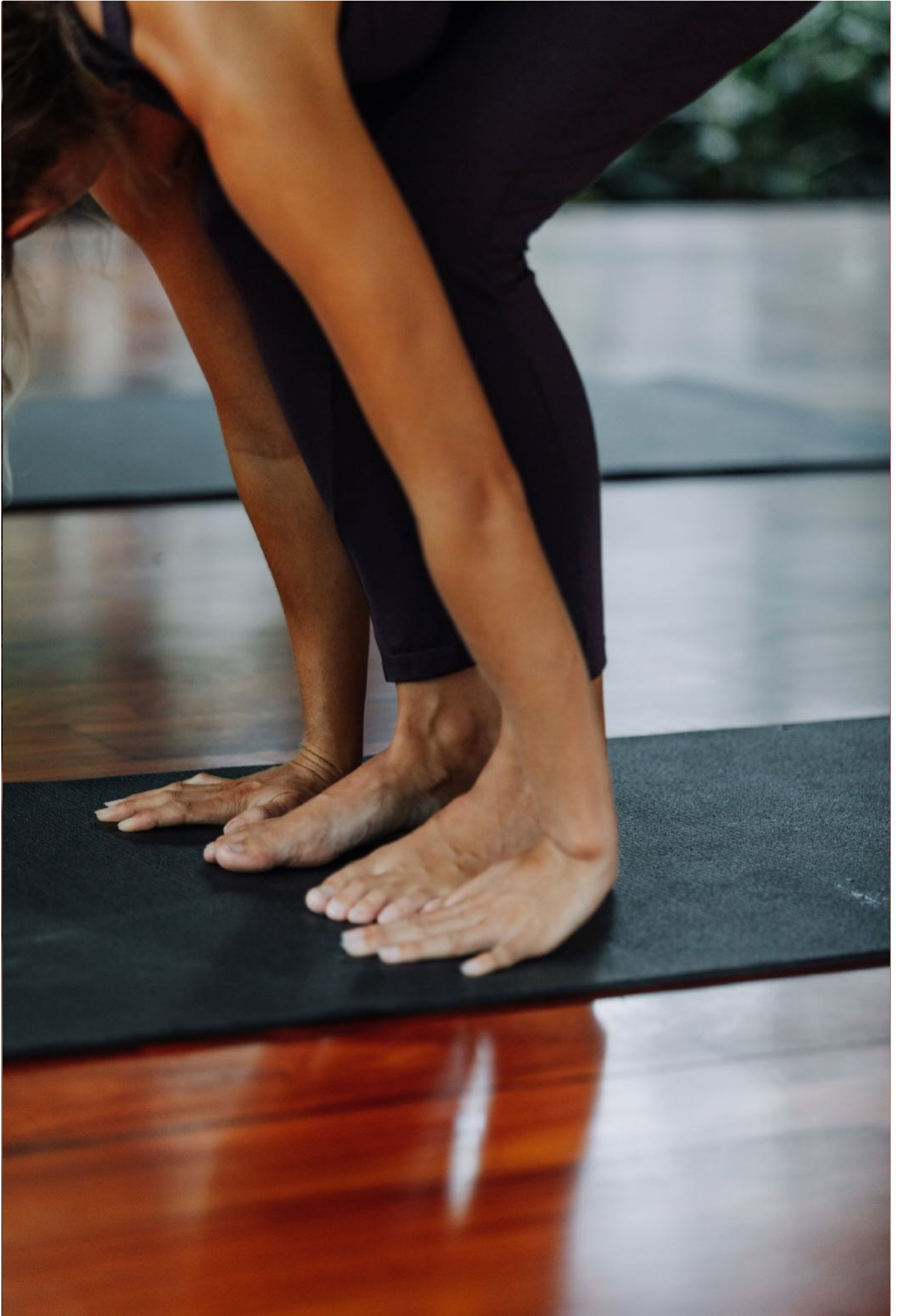
Vinyasa Flow, Hatha, Detox, Yin, Ashtanga, or combinations of all are available at all times of the day. Sessions are tailored to your level, from novice to professional.

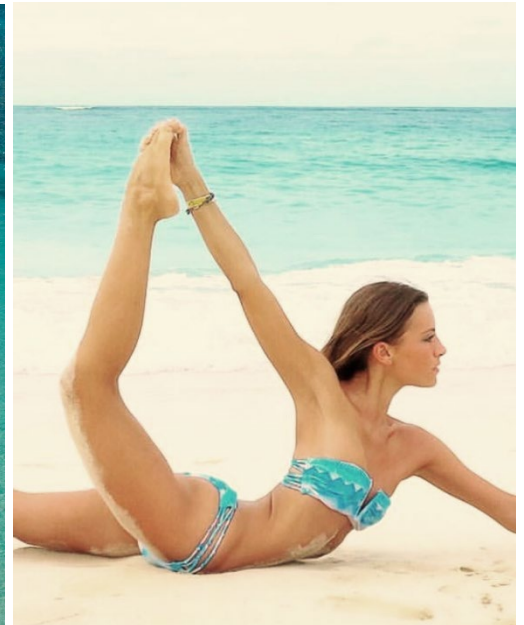
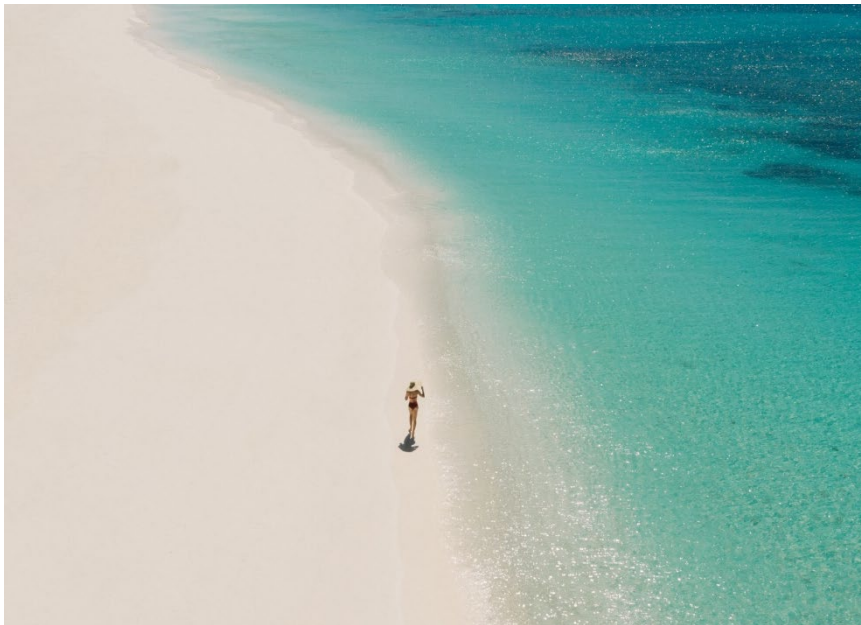
Tennis Court

An artificial grass tennis court is located by the Clubhouse, while a multi-sport hardcourt ideal for tennis is located by the West Villa Clubhouse. Hitting partners are available for practice sessions. The courts are available for individual or group use.

Multi-sport Hardcourt

Located by the West Villa Clubhouse, the versatile outdoor multi-sport court features a Laykold surface that is designed to decrease fatigue and injury enabled by its force reduction technology. Guests can enjoy a game of futsal, basketball, volleyball, tennis, or pickleball, with the option of sports guides overseeing the match.





Wellness Specialist

Holistic Health, Nutrition, Yoga, Healthy Lifestyle Educator

RESIDENT SPECIALIST:
TANIA BALASCH

Tania Balasch is an international holistic health coach, yoga instructor, and healthy lifestyle educator. Her purpose is to educate and equip others with the necessary tools to achieve a happy, balanced lifestyle. She has gained knowledge around the world through her education, personal experiences and continued research. She leads guests in following a wholefood plant-based diet combined with daily yoga practice and movement activities.

Amanpulo strives to provide guidance, support and knowledge in a holistic mindful healing journey that extends beyond the boundaries of the Aman Spa. Our aim is for guests to leave empowered and renewed, with the tools and resilience to continue their wellness journey.

Eat to Bloom Pathway

Eat to Bloom is an all-encompassing 3, 5, 7-day program that focuses on the nourishment of body, mind, and spirit. A custom plant-based diet will be designed along with daily exercises and meditation to inspire a healthy lifestyle that will help achieve fitness goals. The program aims to equip guests with a lifestyle that they can adopt after they leave Amanpulo. For full immersion in nature, cooking classes and wellness sessions will center around the organic farm and Spa. The program includes: 1 Holistic Nutritionist Consultation with Oligoscan, 1 Cooking Class, 1 Spa Treatment (90 minutes), 1 Fitness Movement Class (60 minutes), 1 Mindful Movement Class (60 minutes).

Heavy Metal Test - OligoScan Holistic Nutritionist Consultation

Each nutritional consultation begins with a one-to-one evaluation with a holistic nutritionist. Your nutritionist will gain a detailed understanding of your current health state through the health history. This will be followed by a heavy metal test - OligoScan. The OligoScan technology provides an almost instantaneous and precise analysis of minerals, trace elements and heavy metals in body tissues. The measurement is performed using a portable spectrophotometer that transmits data using a light beam to the OligoScan off-site server. (75 minutes)

Mindful Movement Class

Power Vinyasa Yoga

Vinyasa style is the way of focusing on linking conscious breath with a vigorous and mindful flow. It will build strength, flexibility and concentration while cleansing the body and calming the mind. It is a great cardiovascular and strength building workout combined with breath work. (60 minutes)

Fitness Movement Class

Classical Mat Pilates

A low-impact class that incorporates all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement and flexibility. Weights, balls, therabands, rings or barre may be used, all with appropriate modifications, adapting postures to each individual's needs. (60 and 90 minutes)

Full Ab Workout

Quick but intense workout that focuses on the core to promote abdominal strength and definition. (30 minutes)

Fascial Stretching

Gentle and relaxing yoga stretches that you can incorporate in your daily routine back home. These may be done anytime and anywhere to keep your fascia flexible and lubricated. Fascia is the internal connective tissue that wraps around the organs and lends support to our muscles, bones, nerves, and blood vessels. Fascial stretching can release back pain, sciatica and neck pain. (60 minutes)

Holistic Workshop

Macrobiotic Workshop

Informative talk on the macrobiotic lifestyle and diet. Cooking tips and recipes. Cooking class on demand.

Raw Veganism Workshop

Dosha Body Type- Informative talk on the raw vegan lifestyle and diet. Cooking tips and recipes. Private cooking classes on demand.

Food Combining Workshop

For optimum health and digestion.

Veganism Workshop

Informative talk on the vegan lifestyle and diet. Cooking tips and recipes. Cooking class on demand.

Intermittent Fasting Workshop

To achieve optimum health, mental clarity, longevity, weight loss and performance.

Primary and Secondary Foods Workshop

To find the balance between primary and secondary foods for optimum health and happiness.

Blood Type Diets Workshop

Informative talk to eat right for your blood type.

Life Skills for Healthy Living

Informative talk on creating a healthy life and understanding nutrition.

Happy Gut Workshop

An informative talk on how to clean the gut to help lose weight, gain energy and eliminate pain from the root cause of disease

Ayurvedic Diet Philosophy

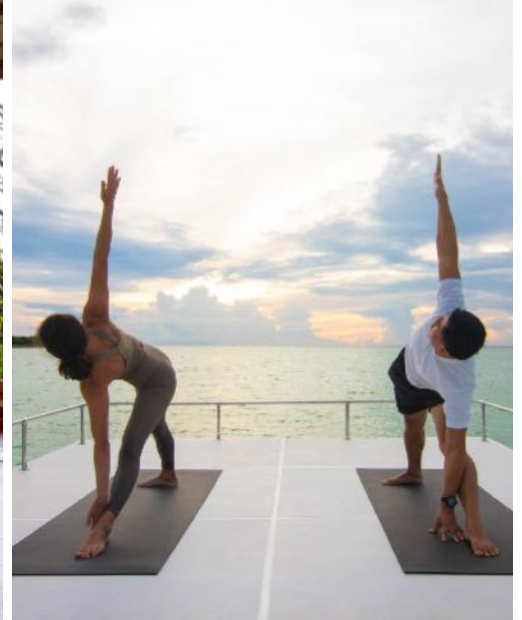
Dosha Body Type- Informative talk about the Ayurveda philosophy and how to eat for your dosha body type to find balance in life.

Integrative Nutrition

For those interested in private sessions, first session on health history will be complimentary.

The Golden Path to Happiness

Everyone has a unique set of life experiences that reveal how one deals with success and failure. The golden path aims to help find happiness with ten specific behaviours.



Fitness Specialist

Personal Training, Blading and Cupping
Mobility, Thai Massage Stretch, Yoga

RESIDENT SPECIALIST:
ELMER MUNAR

Elmer Munar is a certified personal trainer and group fitness instructor incorporating different modalities. He specializes in fat loss, toning, strength and endurance training, body conditioning yoga, mat Pilates, and mobility training. Elmer is also an experienced holistic Thai Massage stretch therapist, incorporating elements of Thai massage and yoga. Holistic manual stretching can be included in a fitness session or as a stand-alone treatment to alleviate muscle tightness or body pain.

Personal and Group Training Programs

Elmer designs targeted workouts based on guests training needs. The personalized programs can be one-on-one or group sessions to meet specific fitness goals.

Blading and Cupping Mobility Therapy

Move better and feel better. Blade and Mobility pods are used to treat soft tissues, myofascia and muscles by various direct compressive stroke and techniques while improving blood flow, decreasing pain and increasing mobility around the joints. Massage and stretch are also incorporated to relax the muscle tissues and restore movement

Holistic Thai Massage

Elmer uses Thai Massage techniques to support joint function by releasing facial restrictions, leaving body revitalised and pain-free.

Yoga and Meditation

Yoga is a practice that harmonizes the body, mind and soul through the means of various breathing techniques, postures and movements, relaxation and concentration, self-inquiry and meditation. Benefits include improvement in posture, balance, flexibility, muscle strength, breathing, circulation, increased energy and deeper sleep.

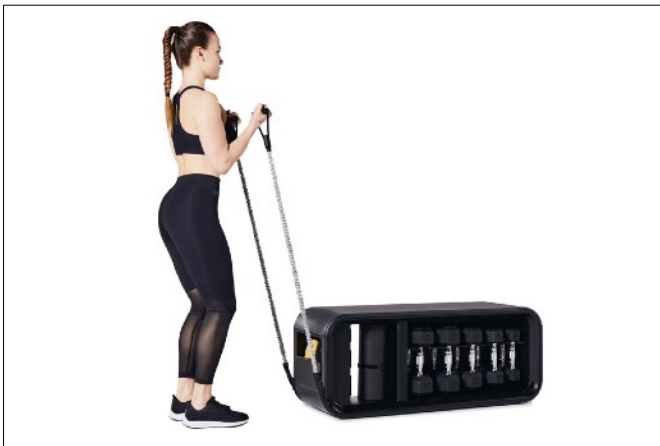
Equipoise into the Blue

The constant motion of the sea carries with it a force that fuels emotion, creativity and passion. Allow the body, mind and spirit to connect with the flow of the sea in guided yin yoga and float mediation while onboard a private boat. This profound experience promotes release of inner pains and renews overall wellbeing.



YOUR HOME GYM IN AMANPULO

The Aman Spa introduces the Skillbench Experience for guests who wish to continue their fitness journey in the privacy of their home on the island. A mobile functional training workstation, Skillbench is designed to enable a large range of exercises. The versatile fitness tool serves as a work-out bench that is complete with a set of dumbbells from 2.5 to 10 kg, a set of weighted knuckles from 1 to 3 kg, resistance bands, and an exercise mat.



The Skillbench Experience promotes:

- Increased muscle tone - hexagonal dumbbells allow endless weight training exercises, isolating single muscle groups or combining muscles for full-body blasts
- Flexibility and strength - power bands facilitate mobility through stretching and provide incremental resistance for strength exercises with 3 different resistance levels
- Core power-ups - weighted knuckles escalate core improvement with engaging exercises

Rental for use in the Casita or Villa
 1 hour - 3 hours
 24 hours

*Includes a one-time introductory session with the Aman Spa's Fitness Specialist.

For reservations, please touch 2 for your Guest Assistant or 7609 for the Aman Spa.

Wellness Facilities and Spa Etiquette

Availability

Aman Spa is open from 9am, and our last treatments finish at 9pm daily. The Fitness Centre is open 24 hours daily. Wet facilities are open from 9am to 9pm daily. Advanced reservations are recommended to ensure availability at your preferred treatment time. Selected treatments are available after-hours up until 10.00pm with advance notice in your casita. There is an additional charge for after-hours treatments.

Fitness Centre

To ensure privacy and freedom of space, the Fitness Centre is available on a first come, first served basis, maximum of four guests at a time. Please ensure that you always wear appropriate clothing and footwear when in the Fitness Centre. For safety reasons, the Fitness Centre is not recommended for guests under the age of 16, as the equipment is designed for use by adults. Amanpulo provides alternative activities for younger guests. For reservations and further information please contact your guest assistant on extension [2].

Lockers Wet Facilities

We invite you to come and indulge yourself in our wet facilities, available for exclusive use by reservation. Please note that facilities are not recommended for guests under the age of 16, guests who are pregnant, guests who have any health conditions and guests who are under the influence of alcohol.

Cancellation

We understand that schedules change and we will do our best to accommodate your needs. 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 the full charge of the treatment booked.

Arrival and Departure

Please ensure that you arrive at Aman Spa at least ten minutes before the scheduled start time of your treatment. This is to ensure ample time to complete our health consultation form and to prepare for your treatment with us. After your treatment, please feel free to relax in the reception pavilion.

Treatment and Preparation

It is not recommended to eat a heavy meal or drink alcohol before taking a spa treatment or fitness session. We provide all amenities that you need to enjoy your spa experience with us. We recommend that men shave before receiving any facial treatment.

Smoking and Mobile Phone

Aman Spa and Fitness Centre are no-smoking facilities and smoking of any kind is prohibited. For the benefit of other guests, please always keep your mobile devices on silent mode.

Valuables

We recommend that you remove all jewellery and valuables, and lock them in your Casita safe prior to visiting. The Aman Spa or Fitness Centre to avoid damage or loss.

In Suite Charge

Casita or Villa bookings are available for a limited range of treatments and incur a surcharge of P 1,750. Visiting specialists are charged at separate rates. Please note that there is a surcharge of P 2,500 for after-hours treatments.

Ocean View Cabana / Shigerino Nature Cabana

Connect your senses with the flora and fauna. These outdoor facilities are available for a limited range of treatments and incur a surcharge of P 1,750

Special Considerations

Some treatments can be adapted to accommodate illness, surgery, pregnancy or other medical conditions. Please contact Aman Spa directly for advice.

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