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SPA

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Aman Spa at Amanzoe

The ancient Greek physician, Hippocrates (460-370BC), is known as the Father of Modern Medicine for freeing medicine from the shackles of magic, superstition and the supernatural. He stated that illness was not caused by the gods, but by environmental factors, diet and lifestyle. He believed in the healing power of nature and that the human body has the power to heal itself.

“The natural healing force within each of us is the greatest force in getting well.”

Hippocrates placed great emphasis on strengthening and building up the body's inherent resistance to disease. For this, he prescribed a healthy diet, gymnastics, exercise, massage, hydrotherapy and sea bathing.

A 2,850-square-metre sanctuary, Spa and Wellness at Amanzoe combines these Hippocratic elements with therapeutic treatments drawn from ancient healing traditions the world over, including Traditional Chinese Medicine (TCM). Only all-natural products are used, and a broad variety of proven movement modalities help treat the individual as an integrated whole.

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. Aman's spa concept has been carefully curated with five pillars of wellness in mind – Medical, Nutrition, Movement, Wellbeing and Recovery – with the singular goal of achieving the ideal balance of integrated holistic wellness for every guest.

Treating the whole – 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 physical boundaries of the globe's Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey, and the resilience and focus to put them into action.

Spa And Wellness At Amanzoe

Striving to take the wellness experience of every guest to the next level, Spa and Wellness at Amanzoe combines Western and Eastern medical theory, diagnostics and practices to ensure that every angle is covered in its holistic approach to all-round wellbeing. Transformative wellness experiences are offered through integrated medical services, specialist therapies and cutting-edge culinary, aesthetic and performance science in the consultation rooms, spa treatment suites and hydrotherapy facility. The latter features a hammam, sauna, cold plunge pool and steam room.

Health and longevity with minimal time investment is the holy grail for every high achiever. We offer proven fast-track methods and effective personalised short-cut solutions to speed up self-optimisation as much as possible. Brain functionality testing, movement scanning, metabolic examination and sleep and diet habit studies are integral to the process, providing a starting point and helping chart the journey ahead. Our wellness programmes are designed as indispensable frameworks nurturing high-performance with support provided and progress tracked by an entire team of professionals.



Advanced Technology



Cellgym® Interval Hypoxia Hyperoxia Therapy (IHHT)

Our bodies are made up of billions of cells and each one needs the right amount of energy for us to live our healthiest lives. Today, however, our physical ability to generate energy is severely compromised by the challenges of our modern lifestyles, such as stress and lack of exercise or sleep.

CELLGYM® is designed to improve energy efficiency, performance and recovery, and to strengthen our cells to better cope with these everyday challenges. It works by simulating the effects of high-altitude training from which professional athletes have long been benefiting. In doing so, the technology can induce complete relaxation and an almost meditative state in as little as 30 minutes.

Taking into account age, genetics and fitness level, the therapy is completely customisable and can be experienced while sitting or lying down. Breathing through a specialised mask, you will consume a combination of oxygen-rich and oxygen-reduced air, helping to enhance your energy production. As well as a reduction in fatigue, benefits include improved metabolism and assistance with weight management. Each session is approximately 45 minutes long but can be combined with other treatments or nutritional boosters to amplify certain effects.

Advanced Technology

Active Energy

120 minutes

Ensuring the best possible results from an exercise session, the Active Energy package includes a combination of active and passive training, followed by a protein drink in the relaxing atmosphere of the spa. CELLGYM® therapy significantly enhances the benefits of the fitness session, while the protein drink provides cells with the building materials they need to tone and build the muscle structure.

Fitness session (Personal Training, Yoga or Pilates)
CELLGYM® session
Protein Drink

Reenergise And Relax

60 minutes

A fast and effective way to increase energy levels and decrease tension, this package combines a CELLGYM® therapy session and a red smoothie with active ingredients that refuel the body's cells. Effective energy production within the body's cells is the most important prerequisite for being relaxed. This treatment encourages cells to generate more energy leaving the body in a more relaxed state.

CELLGYM® session
Red Smoothie

Relaxation

90 minutes

Enter a state of absolute relaxation, in which the body releases all tension and the nervous system is balanced. Following the CELLGYM® session the benefits of massage are enhanced, working to deeply reset the muscles. A green smoothie rich in vitamins, minerals and satiating dietary fibre follows the treatment, helping to nourish the body.

CELLGYM® session
Massage Treatment
Green Smoothie

Rejuvenation

90 minutes

One of the major contributors to ageing is the deterioration of the body's oxygen supply and less effective oxygen utilisation in the cells. This package helps you to rejuvenate outside and in by improving microcirculation throughout the body. CELLGYM® significantly increases haemoglobin levels in the blood, thereby enhancing your cells' supply of oxygen. It also deeply relaxes the facial muscles to offer better penetration and absorption of the facial's active ingredients. As a result, your skin looks firmer and more radiant, and you feel completely rejuvenated.

CELLGYM® session
MesoJet Facial Treatment
Mountain Tea

30 minutes

Add-on:
CELLGYM® session

Recommended either prior to any spa or wellness treatment or following an intense workout.





Beauty Science



Amanzoe's wellness approach combines traditional massages and relaxation treatments with advanced technologies to offer a range of non-invasive solutions for face and body rejuvenation. Utilising radio frequency technology, treatments include slimming/detoxifying sessions and unique lymphatic massage techniques for body shaping and detoxifications, as well as skin tightening, collagen increasing and cellulite reduction.

MesoJet Treatments

This versatile skin rejuvenation system incorporates supersonic sub-dermal infusions of anti-ageing compounds with a skin tightening radio frequency known as ThermiShape technology. It gently exfoliates while extracting skin impurities, infusing bioactive nutrients and toning the skin through fibroblast activation. Customised treatment serums are delivered 1.4 mm deep into the skin via a high-pressured stream of microdroplets at a speed of 200 meters per second without causing any injury to the epidermis. A series of treatments dramatically improves skin tone and texture, while fine lines and other signs of ageing appear instantly diminished.

Beauty Science

Jet Facials

60 minutes

This deeply hydrating and moisturising treatment includes gentle lymphatic drainage and exfoliation using detoxifying and soothing saline water. Followed by mandelic acid application, the skin is left free from dead cells, appearing nourished and freshly glowing. After the exfoliation one of five precious serums is infused, its action tailored to the skin needs of each individual:

- Luminosity Enhancing
- Botox-Effect
- Anti-Acne
- Anti-Ageing
- Sensitive Skin

At the end of the treatment a final skin perfector serum rich in anti-wrinkle and brightening active ingredients is applied by means of a delicate massage.

Red Carpet Jet Facial

90 minutes

The most potent anti-ageing treatment on the menu, this treatment is ideal for mature skin or as a 'last minute beauty enhancer'. Performed 3-4 hours before a special occasion, this power-boost facial offers double the nourishment with not one, but two formulations for rejuvenated skin.

Delivering advanced anti-ageing results, Anti-Ageing Power Bi-Phasic is used as a dual-phase treatment that combines two complementary serum complexes in one session, with hyaluronic acids, bio-peptides and vegetal stem cells.

Jet & Radio frequency Combined Facial

90 minutes

Combining hydroboration that provides strong nourishment to the tissues with radio frequency that stimulates the production of new collagen, this powerful treatment not only restores tone and volume to the skin but also improves the appearance of fine lines and wrinkles.

The facial starts with lymphatic drainage and cleansing, followed by an infusion of an anti-ageing complex that is gently massaged into the skin. The treatment ends with a 20-minute radio frequency session and the application of a skin perfector serum, resulting in tightened and glowing skin – the effects immediately visible.

Ready Medical Manual Facial (provided in the spa)

60 minutes

For those seeking a more 'hands-on' treatment, this fully customisable facial offers anti-ageing and hydrating results without the use of equipment. The session includes a manual lymphatic drainage, mandelic acid application, a short neck and shoulders massage followed by the application of a Ready Medical Serum - a state-of-the-art sterile compound that combines pure low molecular weight hyaluronic acid with repairing, antioxidant, brightening and highly anti-ageing hydrating properties. Afterwards your skin looks and feels bright and healthy.

Ready Medical Manual After Sun Cooler (provided at the Beach Club) 45 minutes

A highly soothing and repairing treatment that is perfect after a hot day on the beach. Experience a beneficial combination of facial lymphatic drainage (using ice cubes), cooling cream application to areas irritated by the sun and a choice of Post-Treatment Repairing or Antioxidant Ready Medical Sterile Serum application.

Add-ons:

Boosters 15 minutes each

Recommended for taking treatment results even further, two choices are available:

- Vitamin C – a powerful antioxidant, enhances skin brightness and complexion, stimulates collagen production. Also suitable for acne-prone and oily skin.
- Vitamin B5 – has a strong firming action, improving skin elasticity. Calms and soothes irritated skin by deeply moisturising.

Magic Mode 15 minutes

A device setting recommended to treat wrinkles and expression lines, as well as spots caused by sun exposure and ageing, making them less visible.

In addition to the above facials, a customised treatment can be created to suit your needs. Please ask reception should you need one.

Radio frequency Body Treatments

These powerful body treatments combine radio frequency and massage to great effect. Several sessions are recommended to ensure the best result, with a maximum frequency of three sessions per week recommended per area, alternated with manual massage. Areas that can be treated include:

- Back of thighs and buttocks
- Front of thighs
- Abdomen
- Arms

Anti-Cellulite and Slimming 60 minutes

Stimulates the lymphatic flow and opens node channels to ensure drainage of the fat released during the session.

Skin Rejuvenation and Tightening 60 minutes

Restores volume and tone.

Fitness & Athletics

Spa and Wellness at Amanzoe offers every possible fitness and personalised movement modality available.

Personal Training

60/90 minutes

Whether your goals revolve around fitness, weight-management or training for a specific event, our personal trainers are intuitive experts who will assess your strengths and weakness, identify areas that could be improved upon and curate a personalised plan to help you achieve them. Training sessions can take place indoors or out and may include a variety of modalities that answer your needs.

Outdoor Outrace

60/90 minutes

Challenge yourself and reap the benefits with our new outdoor racing circuit that works every muscle group to provide an excellent full-body workout as well as adrenalin-fueled fun. Our multi-station tower combines multiple training solutions: from suspension to functional training, and from Calisthenics to strength training, to ensure a complete workout in stunning natural surroundings.

Personal Recovery

30 minutes

Before or after your training sessions, have your trainer guide you through a steam/sauna and cold plunge circuit to improve circulation, reduce lactic acid, boost your energy levels and promote recovery. This 30-minute session also includes a recovery drink with all the nutrients your body needs to ensure you bounce back stronger and faster after a workout.

HIIT

60 minutes

High-intensity Interval Training (HIIT) is a form of cardiovascular exercise where one performs a short burst of high-intensity exercise followed by a brief low-intensity activity, repeatedly, for a set time period. These intense workouts begin with a rigorous activation and mobilisation of the major muscle groups and joints, followed by the HIIT regime that typically lasts under 30 minutes. Research has shown that HIIT significantly reduces fat mass throughout the body.

Manual Holistic Stretching

30 minutes

Our trainers use a variety of stretches and equipment to enhance the body's range of motion and assist with 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.

Aqua Fitness And Rehabilitation

60 minutes

Performed in Amanzoe's dedicated indoor pool, Aqua fitness utilises water as a natural resistance tool. This form of exercise helps to burn body fat while increasing circulation and helping rehabilitate muscles and joints.

Mat & Ball Pilates, Pilates On Equipment

60/90 minutes

Pilates places particular focus on core stability and breathing patterns, rapidly correcting postural and muscular imbalances and improving overall strength and flexibility.

Before starting instruction for Pilates, you will be required to undergo an assessment session that analyses postural alignment, strength and flexibility. In identifying your strengths and weaknesses, we can then develop a programme suited to your individual needs and goals. Private instruction is available for all levels, from those who have never exercised before to professional athletes.

Tennis

Amanzoe has two floodlit tennis courts available on a complimentary basis. As well as rackets, balls and shoes (if required), Amanzoe can also provide tennis instruction and hitting partners through an external company. This requires prior arrangement.

Please contact the spa reception to book a tennis court.

Mindfulness & Movement

Hatha Yoga, Sun Salutation Yoga

60/90 minutes

Yoga can be what you want it to be. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, it is also a mindset and a way of living. Private instruction is available for all levels, from complete beginners to experienced yogis.

Vinyasa Flow

60/90 minutes

This class is known for its fluid- and movement-intensive practice. It helps expel toxins and re-energises the body. Mentally, the synchronised breathing relaxes the mind and helps release any blockage of energy flow throughout the body.

Breathwork

30 minutes

Breathing is the only automatic function in the body that we can also control. An unmatched tool for improving quality of life and enhancing wellbeing, focusing on the breath through different breathing techniques is a simple and effective way of managing anxiety, releasing stress, improving focus, sleeping better, recovering from exertion and dealing with one's emotions.

Meditation

30 minutes

An age-old method of gaining perspective, increasing self-awareness and managing stress, meditation involves bringing your full attention within and returning to your breath. While there are many different ways to meditate, we invite you to come in peace and acceptance to benefit from our guided sitting meditation.





Spa Services

Aman Signature Treatments

The Aman Spa Signature Menu, available at every Aman Spa destination around the world, reflects the Grounding, Purifying and Nourishing pathways of the Aman Spa product range.

There are four treatments available within each pathway: 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.

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 treatments 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

Another prelude to each signature treatment is a soothing foot ritual that involves a mineral rich foot soak. A literal

cleansing to complement the spiritual cleansing of the smoking ceremony, the 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 in trust and safety to fully benefit from the treatment to follow.

The Three Pathways - Grounding

For those seeking reconnection, stillness and perspective, this deeply relaxing, meditative and regenerative pathway is a balm for the restlessness brought on by the frenetic pace of modern life.

Developed to promote inner peace and return body and mind to a state of harmony, this pathway promotes skin cell regeneration, while hydrating and plumping the skin to reveal a healthy, radiant complexion. It is recommended for normal to dry skin, including mature and dehydrated complexions.

Active ingredients include argan stem cells and hyaluronic acid. The former penetrates the skin's dermis to help protect and revitalise skin cells, improving elasticity and reducing the appearance of fine lines. The latter hydrates and plumps the skin, leaving it softer and smoother.

If you want to feel or find

- Reconnected
- Grounded
- Peaceful
- Deeply rested and rejuvenated
- Physical relief or release
- Connected to your etheric body
- Still
- Courageous
- Strong
- Space to gain perspective

If you are feeling or experiencing

- Uprooted
- Stressed
- Insecure
- Anxious
- Unable to switch off
- Jet lag
- Insomnia
- Fear
- Tension in the lower spine
- Lower back pain
- Low energy

Spa Services

Grounding Scrub & Wrap Ritual

90 minutes (2 hours with a bathing ritual)

A key ingredient in this ritual is amethyst powder, known for its gently 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 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, breaks up scar tissue and eases muscular tension
- Reduces chronic pain and improves athletic performance
- Balances 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 Himalayan salt poultices leaves skin radiant. The treatment ends with a Peruvian black mud and amethyst crystal mask and a 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 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 treatment builds on the one that came before, grounding in every sense of the word to ensure a state of perfect contentment.

The Three Pathways - Purifying

For those seeking lightness, breathing space and a fresh start, this pathway detoxifies, cleanses and strengthens the skin's defenses while enhancing clarity of thought.

A powerful detoxifier, this pathway is refreshing, invigorating and energising. The products in this pathway deeply cleanse and tone normal to oily complexions, including congested, dull, stressed and blemished skin.

Active ingredients include lilac stem cells, hyaluronic acid and Kalpariane seaweed extract. The first are superior antioxidants and anti-inflammatories, which help balance healthy sebum levels and protect skin from environmental damage. The second hydrates and plumps the skin, leaving it softer and smoother. The third, a trademarked antioxidant and anti-wrinkle agent, supports collagen and elastin production to preserve skin's elasticity and suppleness.

If you want to feel

- Fortified
- Cleansed
- Detoxified
- Protected
- Peaceful
- Purified
- Lighter
- Energised
- Boosted

If you are feeling or experiencing

- Heaviness in the body
- Bloating/swelling
- Dull skin
- Thyroid problems
- Fatigue
- Post-illness exhaustion
- Emotionally stuck or stagnant
- Headaches/migraines
- Low energy
- In need of a detox

Spa Services

Purifying Scrub & Wrap Ritual

90 minutes (2 hours with a bathing ritual)

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, 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 Massage Ritual

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 lymphatic vessels to increase their activity and promote the flow of lymph. Compared to traditional massage the pressure applied with manual lymphatic drainage techniques is much lower in intensity, but 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 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 Pathways - Nourishing

For those seeking rejuvenation, renewal and awakened senses, our harmonising Nourishing pathway repairs and regenerates cells, revitalising within and without.

This pathway encourages reconnection between body and mind and cultivates feelings of joy. Nurturing, sensual and rejuvenating, it helps maintain optimal hydration and vitality for all skin types, including sensitive skins, while improving elasticity and resilience.

Active ingredients include argan stem cells and hyaluronic acid. The first penetrates the skin's dermis to help protect and revitalise skin cells, improving elasticity and the appearance of fine lines. The second hydrates and plumps the skin, leaving it softer and smoother. Other key ingredients include jasmine, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk and gold, all chosen for their powerful regenerative abilities.

If you want to feel

- Fulfilled
- Blissful
- Joyful
- Full of ease
- Reconnected
- Emotionally balanced
- Rested
- Rejuvenated
- Meditative
- Self-love
- Emotionally supported
- Nourished body and soul

If you are feeling or experiencing

- Disconnected
- Emotionally low
- Anxiety
- Chronic fatigue
- Dissatisfied
- Grief
- Emotional stress

Spa Services

Nourishing Scrub & Wrap Ritual

90 minutes (2 hours with a bathing ritual)

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
- Imparts a sense of being nurtured and held

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 Journey

180 minutes

This Journey is an immersive experience that benefits every aspect of the individual. It begins with the Body Scrub and Wrap, which is followed by the Massage and then the Face Ritual. Each treatment builds on the one before, leaving you feeling reconnected and rejuvenated.

Aman Advanced Facial

60/90 minutes

An exclusive treatment in our Aman Spa, a wholly rejuvenating experience incorporating 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 brighter and tighter. The use of red and blue light therapy, 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.

Holistic Therapy

Hamмам

60 minutes

The Hammam ritual is performed in a heated room with steam where the 100% natural Savon Noir, known as 'black soap' or 'sabon beldi' is applied. The black soap is a traditional cleansing soap made from crushed olives and olive oil. The soap is infused with eucalyptus, which provides antibacterial and antiseptic properties and ensures deep pore cleansing.

The treatment is followed by deep cleansing with a kessa glove which leaves your skin glowing. The traditional "Rhassoul" or "Ghassoul" natural rock clay sourced in the Atlas Mountains of Morocco is then applied as a full body mask to nourish and hydrate your skin.

Aromatherapy Holistic Massage

60/90 minutes

Combining the natural therapeutic properties of essential oils and the healing power of massage therapy, this aroma-based oil massage will leave you feeling deeply relaxed and revitalised. Using their intuition and a range of diverse techniques, our spa therapists will tailor this therapeutic massage to individual needs with a unique blend of warm oils and long, slow strokes.

Deep Tissue Massage

60/90 minutes

Deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle, fascia (the connective tissue surrounding muscles) and tendons. As well as relieving chronic aches and pains and contracted areas such as the neck, shoulders, upper/lower back and legs, it also increases circulation and helps to detox the body and balance the mind.

Hot Basalt Stones Massage

90 minutes

The combination of warm basalt stones and massage penetrates deeply into the body to soothe and relax tender muscles. Hot stones are placed on and under the body to generate heat and draw out tightness, while others are used as an extension of the therapist's hands, gliding over the body to induce a deep sense of wellbeing.

Thai Massage

90 minutes

Performed over loose clothing, this ancient bodywork therapy improves movement and flexibility through manipulative stretches and acupressure techniques that release muscular tension. Uniquely relaxing yet energising, it is known for clearing energy pathways while improving postural alignment and eliminating muscle pain.

Intuitive Healing Massage

60/90 minutes

Enter a state of blissful equilibrium in body and mind with this balancing therapeutic massage. Guided by intuition, your therapist will incorporate various modalities possibly including crystals, incense and sage to ensure that you find the healing and relaxation you seek.

Whether you're looking to de-stress or address a particular issue, we recommend adding one of the following treatments to your choice of massage:

- 30-minute scalp massage to improve circulation to the head and face
- 30-minute soothing hand and arm massage to release any blockages or pain
- 30-minute relaxing foot massage for energy and rejuvenation



Amanzoe Signature Treatments

Amanzoe Signature Journey

120 minutes

An'ă-trip'sis

[G. a rubbing, fr. Anatribō, fr. ana, intensive, + tribō, to rub]

The holistic healing philosophy of Greek medicine states that man is essentially a product of the natural environment and that good health is found when living in harmony with nature. Hippocrates believed that massage firms up muscles and organs that are too lax, while relaxing muscles, joints and organs that are too stiff, rigid or tense.

The perfect way to begin your stay at Amanzoe, our signature journey promotes lost harmony by integrating ancient healing techniques and locally sourced natural products.

This treatment begins with full body acupressure to relax muscles and joints and to soothe pain and discomfort. Dry skin brushing follows, providing a circulatory boost, aiding blood flow and getting oxygen back to the surface of the skin.

A combination of warm olive oil and local beeswax is then used for a deeply relaxing massage, along with cupping, helping the function of the immune system and the body's natural ability to heal itself. The journey ends with a laurel oil head massage which quiets the mind and encourages inner peace.

Kalopsia

90 minutes

Showcasing the healing powers of Mother Nature and named after the Greek word for sweeping beauty, the Kalopsia treatment was created to celebrate Amanzoe's 10-year anniversary and aims to relieve stress using flora and fauna from Amanzoe's surroundings.

It begins with the inhalation of rose essential oil and a gentle body exfoliation with calendula oil, amethyst powder and Himalayan salts, followed by a fragrant bath afloat with rose petals and infused with handpicked lavender, rosemary, mint, sage, jasmine, pennyroyal, neroli, orange, marjoram and spearmint. The treatment finishes with the application of a deeply nourishing rose-water body cream, leaving skin renewed and mind and body at ease.

Prenatal Treatments

A woman's body goes through many changes during pregnancy; Amanzoe's one-of-a-kind prenatal experiences soothe and relax both mother and child during this special time.

Only suitable for those in their second and third trimesters.

Prenatal Massage

60/90 minutes

Designed to provide physical and emotional support through nurturing touch, this gentle massage eases tension and soothes nerves while also decreasing swelling, reducing sciatic pain and improving lymphatic and blood circulation.

Amanzoe Rejuvenation (Body Polish & Wrap)

90/120 minutes

This deeply relaxing body treatment is designed to target areas prone to stress and tightness during pregnancy. A gentle body exfoliation with pure unprocessed Greek salt is followed by a nourishing massage with unscented oil to leave you feeling totally revitalised and refreshed. The 120-minute journey is completed with Greek yoghurt and raw honey body envelopment.

Amanzoe Facial

60 minutes

This pampering holistic facial includes a relaxing massage of the face, shoulders and neck. Local Greek honey is used to gently exfoliate and enliven your skin, while a Greek yoghurt face mask will deeply nourish and hydrate. Warm stones will melt away all tension and fatigue. This beautiful anti-ageing and lifting facial will leave you and your skin feeling refreshed, calm and rejuvenated.

Aman Juniors

Kids Swimming	60 minutes
<p>Learning to swim is a key life skill that contributes immensely to the confidence, fitness and safety of your child. Our experienced instructors will ensure your child enjoys the learning process in Amanzoe's main swimming pool. Those who can already swim can master the subtleties of different strokes. Suitable for ages 3+.</p>	
Beach Tennis Discovery	30 minutes
<p>Come down to our Beach Club and discover this fun sport that is a hybrid of beach volleyball, tennis and badminton. A huge amount of fun, it successfully combines the fast pace of tennis with the social and relaxed nature of volleyball.</p>	
Aman Yogini's	30 minutes
<p>Yoga is a great way for children to increase awareness of themselves, others and the world around them, while also having fun. Yoga instills confidence while improving strength and balance, engaging a child's natural, boundless energy, and conveying valuable lessons in positive thinking and self-acceptance.</p>	
Natural Olive Oil Massage	30 minutes
<p>A soothing full body massage using local olive oil. Deeply relaxing and ideal for dehydrated skin.</p>	
Face Time	30 minutes
<p>Developed especially for our junior guests, this soothing facial begins with a relaxing massage of the face, shoulders and neck. Careful application of local Greek honey gently exfoliates and enlivens the skin before a nourishing mask of yogurt and cucumber is applied.</p>	
Junior Mani/Pedi	30 minutes
<p>This treat offers a choice of mini-manicure, mini-pedicure or mini mani-pedi combination, and begins with a massage of the hands and/or feet. This is followed by the trimming and shaping of nails and then optional colour application.</p>	



Finishing Touches

We are on our feet all day and they absorb a great deal of pressure which can contribute to poor circulation and swelling. Similarly, our hands are exposed to the elements and are often extremely dry and tight due to being used in almost every daily action that we undertake. Our hand and feet treatments have been developed with this in mind and are suitable for both men and women.

Aman Manicure (Regular or Shellac)

60 minutes

Release tension from the hands and restore a noticeably younger, smoother appearance with this blissful combination of scrub, balm and relaxing hand massage.

Treatment ritual: Exfoliation and soak, massage, balm application, manicure and choice of nail polish (optional).

Aman Pedicure (Regular or Shellac)

60 minutes

A relaxing treat for tired feet, comprising an energising and detoxifying scrub and soak. A gentle foot massage follows to stimulate vital energy and soften the skin.

Treatment ritual: Exfoliation and soak, massage, cream application, pedicure and choice of nail polish (optional).

Nail polish change (Regular or Shellac)

30 minutes

Shellac removal

15 minutes

Manicure for gentlemen

45 minutes

Pedicure for gentlemen

45 minutes

Hair Removal

Lip/chin/under arm/eyebrow

15 minutes

Bikini

30 minutes

Brazilian/Hollywood

60 minutes

Half leg

30 minutes

Full leg

45 minutes

Men back/Men chest

45 minutes

Beard trimming

15 minutes

Eyebrow trimming

10 minutes

Hair Care

Hair treatment 15 minutes

A dose of deep hydration and comfort to relieve hair and scalp by using Miriam Quevedo Haircare. Ideal for all hair types.

Wash & blow-dry 45 minutes

Hair cut for men 20 minutes

Hair cut for women 30 minutes

Hair cut for children 30 minutes

Highlights & colouring 60/90 minutes

Make-up

Day time look 45 minutes

Evening look 60 minutes

Wedding or Photo shoot 60 minutes

Spa Facilities

Spa and Wellness at Amanzoe encompasses 2,850 square meters, providing a combination of wellness services including treatments, integrated movement programmes, aesthetic therapies and relaxation.

Treatment Rooms

We have 9 treatment rooms, 5 double, 2 outdoor (one of which is for thai massage), one for Watsu treatment and one for facial treatments. In addition , there is a Finishing Salon that provides hair styling , manicure/pedicure and waxing services.

Fitness Centre, Yoga Pavilion & Pilates Studio

The spacious, light-filled Fitness Centre is equipped with the latest in cardiovascular and weight-training machinery, while the east-facing Yoga Pavilion overlooks rolling hills cloaked in olive groves. The Pilates Studio offers allegro reformers and other Pilates-specific equipment.

Sauna

Much has been made of the health benefits of sauna, with good reason. Physically, nothing is more reinvigorating than a deep and healthy sweat. Tension fades. Muscles unwind. Mentally, you emerge relaxed, revived and ready for whatever the day may bring.

Steam

The cleansing and relaxation benefits of steaming are well known. Steam rooms create an environment that encourages deep breathing. As a result, one can break up congestion inside the sinuses and lungs. It also promotes skin health and boosts the immune system

Cold Plunge Pool

The benefits of immersing yourself in cold water have been recognised for thousands of years in Traditional Chinese Medicine and even by the ancient Greeks and Romans. Cold water addresses muscle inflammation and facilitates recovery. It is also extremely refreshing after a steam or sauna.

Spa Etiquette

Operating hours/Appointments

The Fitness Centre is open from 7am to 10pm daily. Please contact a Guest Assistant for access at any time outside of these hours. The spa operates from 10am to 8pm daily with the last booking at 7pm. Out of hours spa appointments are subject to availability and incur an additional charge. Please dial extension 4 to make a reservation. We highly recommend booking your treatment in advance to get your preferred time and service.

Special Considerations

Most treatments can be adapted to accommodate pregnancy or injury. If you are pregnant, we will guide you through suitable treatments; massages are modified for expectant mothers following the first trimester (12 weeks). Please contact us with queries and share any medical or health concerns.

Treatment Preparation

We recommend that you arrive 15 minutes prior to your scheduled treatment time, allowing time to complete your holistic health assessment and enjoy a cup of fresh herbal tea or a cooling beverage.

Spa Environment

Please refrain from smoking and turn your mobile phone off or to a silent setting while in or around the spa.

Cancellation Policy

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.

Age Policy

Children under the age of 13 are not permitted to receive spa treatments. For the ages of 13-16 a parent or guardian must accompany the child in the treatment room for the entire treatment and a waiver must be signed. For children between the ages of 10-16 express nail treatments are also available. A parent or guardian must be present for the entire treatment and the waiver must be signed.

In Room Treatments

Please note that our spa offers some treatments at your pavilion or villa with an additional charge.

Valuables

Please leave your valuables in the safe provided in your pavilion.

Pricing

All prices are in Euros and are inclusive of tax.

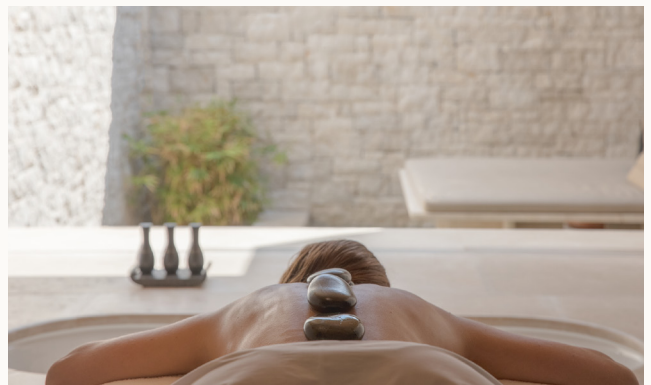
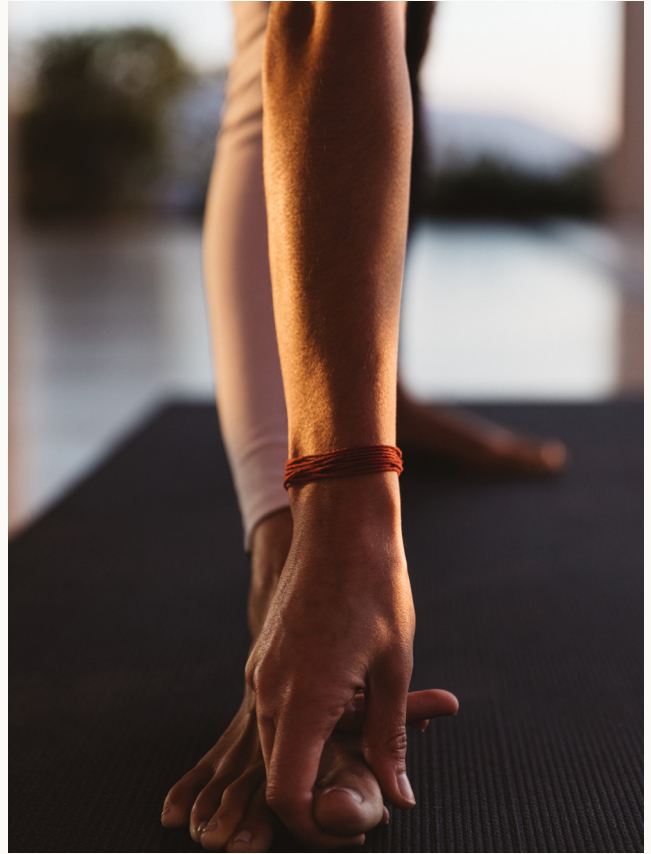
Late arrivals

Out of respect for other guests' reservation times, please be aware that we are unable to extend your treatment time in the case of a late arrival.

External Guests

Upon request and availability.

Gallery







Agios Panteleimonas, Kranidi
Argolida 213 00, Greece

aman.com