



Aman Spa

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.

A New Spa Language

Ancient healing arts such as Ayurveda and Traditional Chinese Medicine are based on complex theories of the workings of the human body and mind.

Talk of chakras and energy can be off-putting when taken out of context. Yet when understood as part of the philosophy behind a traditional healing system, they reveal an intriguing new language for explaining how our bodies work. While understanding these theories is not a prerequisite to enjoying their benefits, Aman Spa aims to demystify this language. Please ask us if you wish to know more about the ingredients or modalities used in any of our treatments.

Understanding Energy

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



Aman Spa Kyoto

Like all Aman Spas the world over, the approach here aims to promote wellbeing through the integration of world-class treatments with unparalleled relaxation. A unique aspect is Aman Kyoto's access to mineral-rich waters. The Japanese garden surrounding the resort is abundant with natural hot springs. The healing power of nature with her vast apothecary of medicinal plants, mineral-rich hot springs and soul-cradling beauty is well documented. Even a simple immersion – such as walking through a forest – has a powerful effect on wellbeing.

Known for offering transformative wellness experiences that inspire enduring positive lifestyle changes, Japan – a country well versed in the secrets of longevity. Bathing, breathing practice, Zazen meditation, consuming green tea, the physical practice of shiatsu, acupuncture and moxa will all be part of the Aman Kyoto experience.

Aman Kyoto's spa menu offers Aman Kyoto Signature treatments, Aman's signature treatments, Shiatsu Japan's intuitive massage technique, acupuncture and reflexology are key therapies incorporated in immersive spa journeys.

In addition, Aman Kyoto's spa menu includes bespoke treatments that incorporate healing ingredients unique to the area. These include Kyoto green tea, Tanba Kuromame black soy beans, local sake, and cold-pressed camellia oil. Gold leaf is also an intrinsic element in treatments inspired by Kyoto's Kinkaku-ji Temple, including the Japanese Gold Leaf Facial in which it is applied as a mineral-boosting mask.

Onsen

Dating back to the sixth century, Japanese Onsen bathing culture initially grew out as purify ritual and healing methods. By the 15th century, the culture was firmly established as a medical activity and sacred form of healing, with specific protocols among the Imperial family and nobility. Eventually, Onsen culture spread among the public. To this day, Japanese people enjoy it as a traditional form of healing and relaxation, known for its many health benefits. It is also widely undertaken as an alternative medical treatment.

Kyoto Green Tea Aroma

The calming aroma of local green tea is present throughout Aman Spa. The fragrance is emitted from a cha-koro Kyoto-style incense burner to help maximise the overall experience. The fragrance is known for its grounding and meditative effects, while also helping to harmonize the body and mind. Aman Kyoto's treatments also begin with deep breathing exercises using green tea.



Spa Treatment Arrival & Preparation

The spa reception is an elegant space with a specially designed Japanese tea from the one of the most renowned Kyoto tea houses, Koyama-en. Guests are welcomed with an originally blended Kyoto roasted green tea with Tanba kuromame black bean.

To enhance your experience at Aman Spa, please allow sufficient time before your treatment to enjoy the onsen bathing facilities and the tranquil setting.

In line with Japan's traditional ryokan inn concept that informs much of the resort's design, the Spa offers both indoor and outdoor onsen bathing facilities with separate bathing pools for men and women. The pools' mineral-rich waters are supplied by the property's naturally occurring hot springs.

Japanese Foot Bath

Every treatment at Aman Kyoto will begin with a foot ritual dating back to the 16th century, when ryokan inns would offer the practice to weary travellers. Cleansing the feet while calming the central nervous system and reducing any inflammation, the foot ritual will also incorporate 24ct gold leaf, as well as sake, rice bran known as Azuki, and natural sea salt from the Sea of Japan

Post Spa treatment Tea Journey

Compliment Spa treatment, offer the originally seasonal tea which is blended by Grand Master Koyama from the most renowned Kyoto tea houses, Koyama-en, with homemade healthy fine sweet in calming relaxation lounge.



Aman Kyoto Signature Program

Aman Kyoto Wellbeing Programme

¥63,000

This half-day programme takes a holistic approach to the wellbeing of the body and mind. It is recommended for guests looking to experience the true harmony of nature in a beautiful Japanese garden, and includes the following:

- 60-minute Aman Kyoto Signature Journey
- Access to the onsen facilities
- Meditative yoga
- A healthy lunch with terrace views of the beautiful Kerry Hill garden

Aman Kyoto Mindfulness

Meditative Yoga

¥24,000

The permanent forest and eight acres of exquisite gardens surrounding Aman Kyoto form an ethereal landscape that acts as an extension of the Aman Spa and serves as a serene setting for guided yoga and meditation, as well as Forest Bathing and Shinrin-yoku. A Japanese term coined in 1982, Shinrin-yoku means 'taking in the forest atmosphere', and the practice is said to combine the healing benefits of mindful way whilst absorbing the tranquility and drama of the nature and the resort's setting.



Aman Kyoto Journeys

Aman Kyoto Signature Journey

60 minutes ¥40,000 / 90 minutes ¥54,000

This deeply relaxing Journey incorporates a range of full-body massage treatments using Japanese and local essential oils such as Kyoto Kitayama cedar, podocarpus, hinoki cypress, yuzu citrus, hakka mint, green tea, sakura cherry blossom, ginger, shiso and cold-pressed camille oil. The ingredients have long been used by the maiko and geiko in their traditional beauty regimes.

30 minutes ¥18,000

An additional body polish can be included in the Journey. The treatment uses azuki powder and Kyoto natural silk cocoon soup. Scrub by Kyoto kibiso extreme smooth silk towel which made by natural youngest cocoon.

Personalised Spa Journey

120 minutes ¥68,000 / 180 minutes ¥96,000

This remarkably intuitive Journey begins with a consultation in which an Aman Spa therapist pinpoints the guest's needs. Aman Spa products and locally sourced aromatherapy oils are used across a diverse array of techniques – guiding guests to exactly where they want to be.

Japanese Gold Leaf Facial

90 minutes ¥54,000

This holistic facial includes a soothing massage of the shoulders, neck and face. Natural ingredients penetrate deeply to cleanse, nourish and hydrate the skin. The treatment releases tension points on the scalp and face to improve circulation and tone facial muscles. In collaborate 24k fine gold mask application

on your face, neck and decollate for mineral nutrition to your skin. Able to apply Japanese most fine platinum leaf with additional fee.

Additional Platinum Mask

+¥4,400



Japanese Wellness Services

Shiatsu

90 minutes ¥54,000

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

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

This treatment does not use oil.

Acupuncture

90 minutes ¥54,000

Acupuncture involves the shallow insertion of tiny sterile threadlike needles into between five and twenty of the body's many acupuncture points.

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

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



Aman Signature Treatments

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

There are four treatments available within each formation: 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.

Aman Skincare

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, wild-harvested Amazon butters and rainforest muds.

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 need states. Grouped into three unique formations 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.

Foot Ritual

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 Formations

Grounding

For those seeking reconnection, stillness and perspective Developed to promote inner peace and return body and mind to a state of harmony, this formation 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, springing and kneading. Recommended for treating stress, anxiety, jet lag, dry skin and hair, insomnia, tension in the lower spine, as well as feelings of insecurity, restlessness and the inability to switch off.

If you want to feel

- Reconnected
- Grounded
- Peaceful
- Deeply rested and rejuvenated
- Physical relief or release
- A solid centring of the etheric body
- Stillness
- Courageous
- The space to gain perspective
- Strong

If you are feeling or experiencing

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

Grounding Scrub & Wrap Ritual

90 minutes ¥58,000

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 ¥58,000

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 the vital energy

Grounding Face Ritual

90 minutes ¥58,000

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 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 ¥116,000

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 Formations

Purifying

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

A powerful detoxifier and cleanser, this formation 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 on 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, post-illness exhaustion, as well as feelings of sluggishness, heaviness and confusion

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

Purifying Scrub & Wrap Ritual

90 minutes ¥58,000

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 Massage Ritual

90 minutes ¥58,000

This deeply 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. 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 ¥58,000

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 ¥116,000

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 guests clear-headed and at peace.



The Three Formations

Nourishing

For those seeking regeneration, recuperation and healing. Holding the spiritual energy of love, this powerful formation 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 Formation 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.

If you want to feel

- Fulfilled
- Blissful
- Joyful
- Full of ease
- Gentleness
- 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

Nourishing Scrub & Wrap Ritual

90 minutes ¥58,000

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 ¥58,000

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 ¥58,000

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 ¥116,000

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 the guest feeling reconnected and rejuvenated



Therapeutic Massages

60 minutes ¥36,000 / 90 minutes ¥50,000 / 120 minutes ¥68,000

Foot Massage

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

Customised Body Massage

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



Result-Orientated Facials

Aman Advanced Facial 60 minutes

60 minutes ¥54,000 / 90 minutes ¥68,000

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 technique, the Aman Advanced Facial stimulates facial muscles, welcoming tighter, brighter skin.

The treatment begins with the 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 the 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.

Rejuvenate Oxygen Facial

90 minutes ¥68,000 / 120 minutes ¥82,000

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

Opulence Brightening Oxygen Facial

90 minutes ¥68,000 / 120 minutes ¥82,000

The Intraceuticals System delivers a high concentration of oxygen using Aman's Opulence Serum. Together with Hyaluronic Acid Technology, this treatment combines botanical brighteners and super-concentrated Vitamin C to brighten and balance dull, uneven skin. The results continue to improve in the following days.

Add-on Extensive Atoxylene treatment

15 minutes + ¥7,500

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

Customised Facial

60 minutes ¥36,000

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



Reminders

Onsen etiquette

Guests should remove their shoes before entering the changing room, and shower before bathing. To maintain the tranquil environment, use of mobile phones and cameras is prohibited. Bathing is done without any attire. Guests are recommended to limit sessions to no longer than 30 minutes due to the water temperature and high mineral content. Guests are also encouraged to stay hydrated and avoid alcohol or food for at least 30 minutes prior to bathing.

Operating hours

The Onsen bathing area is open from 7.00am to 10.00pm daily. The spa operates from 10am to 10.00pm daily (last booking at 8:00pm).

Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time and service are available. Please dial extension SPA to make a reservation. The minimum age for treatments is 16 years. Guests under the age of 16 require parental consent prior to the booking being accepted.

Special Considerations

Many treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any queries and inform staff of any medical or health concerns.

Treatment Preparation

Guests are kindly requested to arrive at least 10 minutes before their session is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

Spa Environment

Smoking and the use of mobile phones are prohibited in and around Aman Spa.

Cancellation Policy

Although staff will do their utmost to accommodate any booking changes, guests are kindly requested to give at least 24 hours' notice of cancellation so that someone else may enjoy that time. Cancellations made within 24 hours will be subject to the full charge of the treatment booked. Any cancellations need to be made during the spa operation hours of 7.00am to 10:00pm.

Refunds

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

Valuables

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

Pricing

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