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Wellness at Aman Venice

Our Philosophy & Environment

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 four pillars of wellness in mind - nutrition, movement, psychological health and bodywork - with the singular goal of achieving this 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.

After exploring the myriad of canals and walkways around the city, take time to relax and refresh your body, mind and spirit with our nurturing treatments in an intimate, tranquil setting where you can simply let go and enjoy the moment. Our Boutique Spa is located, almost secretly, on the third level of the resort with access via a small stairwell leading to a discrete reception area. Gently lit with low ceilings, the spa offers three single treatment rooms, each with a dressing area and bathroom.



Aman Signature Treatments



Aman's 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 alkalizing, oxygen-rich spring water, wild-harvested Amazon butter and rainforest muds.

Consisting of smoked body balms, fragrant dew mists, liquid body oils, invigorating body polishes, anti-aging serums and more, the range is made from organic ingredients sourced from around the world for their purity and potency, and their link 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 - the products contain ingredients with molecular vibrational energy that work in sequence with the human body to promote change and return to equilibrium. The physical benefits of each product are completely aligned with its ability to address the emotional imbalance, together offering a holistic fine-tuning with tangible, long-lasting results.

The Aman Signature Treatments

Grounding Ritual

The Grounding Formation works as a balm for the restlessness caused by the frenetic pace of modern life. It imparts a feeling of safety, offering reassurance and reconnection.

Grounding Massage Ritual (90 minutes)

Grounding Body Polish & Wrap Ritual (90 minutes)

Grounding Face Ritual (90 minutes)

Grounding Journey (180 minutes)

Purifying Ritual

The Purifying Formation is a powerful spiritual cleanser that lends protection, clears stagnant prana/ chi, stabilizes the heart and mind, and eases restless agitation. It helps the guest let go of unhelpful energies and emotions, providing lightness of step and breathing space for the mind, body and soul.

Purifying Massage Ritual (90 minutes)

Purifying Body Polish & Wrap Ritual (90 minutes)

Purifying Face Ritual (90 minutes)

Purifying Journey (180 minutes)

Nourishing Ritual

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

Nourishing Massage Ritual (90 minutes)

Nourishing Body Polish & Wrap Ritual (90 minutes)

Nourishing Face Ritual (90 minutes)

Nourishing Journey (180 minutes)



Aman Venice 10th Anniversary Treatments



This year, as Aman Venice marks its ten-year anniversary, a series of events will take place around the palazzo, celebrating the hotel's special milestone. In the spa, a new, limited-edition treatment will be offered each season, perfectly suited to the climate and time of year. Aman Venice's seasonal treatments will also include mini facials using Le Terme di Salsomaggiore formulas for an added glow.

120 minutes

Spring: Il Tempio della Salute Lissaggio

The perfect way to reawaken the skin after a long winter, this exfoliating and moisturising massage with remineralising thermal salts and pure argan oil, leaves guests feeling relaxed and rejuvenated in time for the season ahead.

Summer: Tempio della Salute Osmosis Wrap

A detoxifying and stimulating body wrap with a refreshing gel derived from the thermal waters of Salsomaggiore. Ideal for warmer climes, the skin is left feeling balanced and firm for the summer season.

Autumn: Gold Coconut Glow

This glowing exfoliation with thermal salt and gold powder buffs away tired, summer skin, rejuvenating the body with a relaxing massage and enriching the skin with luxurious coconut butter.

Winter: Tempio della Salute Thermal Mud Wrap

In the depths of winter, this all-encompassing body wrap uses warm thermal mud to help increase circulation in the limbs, leaving the body nourished and energised.

Massages

Aman Venice 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 combination of different techniques, our spa therapists will tailor this relaxing massage to individual needs with a unique blend of oils and long, slow strokes.

Deep Tissue Massage

60/90 minutes

This intense massage aims to release tension in the deeper layers of the muscles and connective tissue with different techniques and varying pressure stretching, releasing toxins and promoting recovery of strained muscles.

Thai Massage

60/90 minutes

Let the energy move through your body and sharpen your senses thanks to this ancient technique that uses passive stretching and gentle pressure along the meridians of the body.

Pregnancy Massage

75/90 minutes

A soothing, light and caring massage for expectant mothers, helping to relieve muscle tension in the shoulders and lower back, with draining techniques to improve circulation in the legs.

Foot Reflexology

50 minutes

Reflexology is an ancient therapy. In this treatment, pressure is applied to the soles of the feet based on targeted reflex points and zones that relate to specific organs and glands in the body, promoting overall health and relieving stress.

Aman Venice Foot Treatment

50 minutes

After a day of on your feet exploring Venice, this deeply relaxing treatment offers relief and a feeling of lightness. It begins with a compress to infuse warmth into the feet and legs, combined with a gentle stretch, before an exfoliation using Himalayan crystal salts, and a foot massage to cool and calm swollen feet. The feet are wrapped in a hot compress to seal in the benefits, while the treatment is completed with a choice of head or hand massage.

Express Treatment

30 minutes

For our guests with few minutes to dedicate to themselves, the spa's 30-minute treatments offer a moment's respite from the hectic pace of daily life. From a focused massage, concentrated key areas of muscle tension to a mini facial with deep cleansing and a relaxing face massage.

Couple Massages

90 minutes

A 90-minute bespoke massage for two, complimented by an Aman x 111SKin Gold Algae Nourishing Mask leaving both body and mind rejuvenated.

Body Treatments



Aman Venice's body therapies offer a unique range of treatments incorporating the mineral-rich waters, thermal salts and bentonite clays from the spa town of Salsomaggiore Terme in northern Italy. The legacy of a prehistoric sea, these healing substances are used to enhance thermal baths, mud wraps and body treatments.

Tempio della Salute Lissaggio

90 minutes

This comprehensive journey for the entire body combines the exfoliating, lymph-draining and detoxifying properties of Salsomaggiore thermal salts with the moisturising and elasticising properties of fossil water and argan oil. The coarse salt combined with a deep but gentle body massage creates a balance of contrast that leads to total relaxation. Throughout the experience, thoughts become lighter, and the skin emerges transformed.

Tempio della Salute Thermal Mud Wrap

90 minutes

With its lymphatic draining benefits, this exfoliating treatment works to reduce fat deposits, minimise cellulite and boost circulation. Wrapping the body in this powerful mud formula, skin reemerges decongested, toned and luminous - leaving mind and body feeling lighter.

Tempio della Salute Osmosis Wrap

90 minutes

Saturated with thermal salt, the cooling gel used in this nourishing wrap derives from the fossil thermal water of Salsomaggiore Terme. Its richness offers a strong, osmotic action which has positive effects on the skin tissue as well as on the lymphatic system. Providing an exceptional detoxifying and purifying action, the treatment leaves the skin velvety-smooth, soft, and firm.

Enchanting Body Polish

60 minutes

Using the finest thermal salt, this full body polish guarantees an effective and stimulating exfoliation - skin renewed and protected with a layer of anti-pollution carrot oil. Concluding with a relaxing application of coconut oil and vitamin E cream, skin is left feeling soft-to-the-touch and enveloped in an alluring scent.

Facial Treatments

Aman Advanced Facial

60/90 minutes

A wholly rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin, the exclusive Aman Advanced Facial combines effective formulas made in Japan, with exfoliation and manual lifting techniques to stimulate 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 microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness and promote a gentle glow. The use of red and blue light therapy follows - a safe natural way to provide multiple benefits to your skin - before the treatment concludes with the application of the Aman Nourishing Gold Algae Face Mask to achieve an exceptional glow.

The facial can be extended to 90-minutes in length, incorporating a longer scalp massage for relaxation, alongside a facial massage and hydra-active Mineral Mask to boost hydration.

Aman Venice Facial

60/90 minutes

This holistic facial with Tempio della Salute thermal products and prehistoric thermal water includes a soothing massage of the shoulders, neck and face while natural ingredients penetrate the skin's surface to deeply cleanse, nourish and hydrate. Blending ancient techniques with unique plant essences, this extended facial restores vitality and radiance to the skin, leaving the complexion fresh and rejuvenated. The 90-minute treatment enhances the experience with a choice of head or foot massage.

Aman Venice Thermal Anti-Age Treatment

60/90 minutes

Using Tempio della Salute powerful thermal products, this comprehensive, customised facial starts with a gentle consultation as face and neck are thoroughly cleansed, nourished, hydrated, and rejuvenated. Placement of crystals instill a deep sense of peace and calm before the treatment is completed with a refreshing alginate mask to soothe and firm the skin and a reflexology session to provide a complete sense of wellbeing.

Oxygen Facial: Urban Oxy System

90 minutes

An innovative and effective anti-aging treatment, the Urban Oxy System is the result of scientific studies and rigorous testing. What makes this treatment so effective is the use of special apparatus and skincare products that trap oxygen inside the skin. This produces a barrier against harmful smoke, sun damage, and stress, causing the skin to glow with a toned and moisturized appearance.

Couple Facials

90 minutes

Enjoy a bespoke facial in the company of a loved one, emerging lighter and brighter thanks to the powerful natural products of Le Terme di Salsomaggiore.

Finishing Touches



Hand & Foot Care

Our feet absorb a great deal of stress that can result in 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 we undertake. Our hand and foot treatments have been developed with this in mind and are suitable for men and women alike.

Manicure (60 minutes)

Pedicure (60 minutes)

Mani & Pedi File and Polish (45 minutes)

Nail Polish Change (30 minutes)

Movement & Body Work



On the fourth level of the palazzo, Aman Venice's gym offers aerobic and strength-conditioning equipment, and an area for free-weights and stretching, accompanied by commanding views over the city. Sessions are also available with our certified personal trainer, allowing fitness and wellness goals to be maintained even while travelling.

Personal Training in the Gym

Enjoy a 60-minute session with the hotel's personal trainer who will tailor every session to suit individual goals – whether simply seeking to uphold an existing exercise routine or looking for a new challenge.

60 minutes

In-Room Fitness

Technogym Case Kits are available upon request, ensuring an efficient workout in the privacy and comfort of one's own suite. The kit includes a foam roller, mobility ball, exercise mat, loop bands, power bands and a QR Code which can be scanned for accessing to a virtual personal trainer.

Private Yoga

A gentle approach to yoga practice, private Hatha Yoga sessions encourage flexibility, lengthening the limbs and leaving the body relaxed. Poses are held for a longer time to allow a better mind and body connection.

60 minutes

Sunrise Yoga

During the warmer, summer months, guests are invited to greet Venice at dawn with Sun Salutations on our Altana (balcony), offering amazing views of the city's roofline.

It is advised to book yoga sessions no less than three days in advance to ensure availability. For all yoga cancellations, a minimum of 24-hours notice is required.

Spa Reminders

Operating hours

Spa

Daily from 2 pm to 8pm (last treatment 7pm)

Fitness Centre

Open for private access with prior booking required. Please contact the hotel reception to confirm your preferred time.

Appointments

Advance booking is highly recommended to ensure that your preferred time and service are available. Please dial extension 750 for spa or +39 041 2707750 directly.

Treatment Preparation

We kindly recommend you arrive ten minutes prior to your scheduled treatment, allowing time for you to complete your holistic consultation and immerse yourself in the spa's relaxing environment.

Spa Location

Our spa is located on the 3rd Floor of the palazzo.

Spa Environment

The minimum age for taking a spa treatment or using the gym is 16 years old. Guests under the age of 18 are required to have parental consent prior to their booking being accepted.

In-Room Massage

In-room massages are available in the privacy of your suite with an additional surcharge.

Guest Attire

Proper attire is required for all fitness and wellness activities. Spa attire including undergarments and bathrobe are provided for treatments.

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 12 hours cancellation notice to enable someone else to enjoy that time.

Special Considerations

Our holistic consultation must be completed and signed prior to your first visit to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any medical or health concerns.

Pricing

All prices are subject to local tax and service charge.

Valuables

During all treatments, please leave all valuables in the safe provided in your suite.



Palazzo Papadopoli
Calle Tiepolo, 1364
30125 Venice, Italy
TEL: +39 041 27 07 750
EMAIL: amanvenice.spa@aman.com