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# The Aman Spa at Sveti Stefan

The Aman Spa at Sveti Stefan is located in the idyllic private bay of Queen's Beach in Montenegro, a short walk from Villa Miločer. Surrounded by native pines, fig and olive trees, it is truly a temple of wellbeing.

Spanning nearly 2,500 square meters, our extensive facilities include four double-treatment rooms, a heated 24-meter indoor-outdoor swimming pool with an outdoor relaxation extension, a fully-equipped fitness facility including a gym and three hydrotherapy rooms that include steam, sauna and plunge pools, which can be reserved for private use.

Drawing from Montenegro's natural abundance of over 650 recognised medical species of local herbs, the local tradition of wild ancient harvesting and modern science, our treatments work to gently restore the body, mind and soul.

We invite you to visit us for a complimentary consultation to create your personalised spa experience.



# Aman Skincare



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 well-being, 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.

# Body Treatments

## **Holistic Massage**

60/90 minutes

In this aromatherapy-based oil massage, our therapists combine diverse techniques with their intuition to deliver a personalised and customised therapeutic experience. We encourage you to communicate your needs and preferences so that your therapist may determine the best course of treatment.

## **Traditional Thai Massage**

60/90 minutes

Restore movement and flexibility through manipulative stretches and acupressure massage, releasing muscular tension. This body work therapy is performed over loose comfortable clothing to allow movement. Thai massage is uniquely relaxing yet energising and is a highly effective therapeutic treatment.

## **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.

## **Foot Reflexology**

60 minutes

After a full day exploring the natural beauty and historic cities of Montenegro, this foot treatment will help to soothe tired, aching feet and legs. The treatment begins with a herbal foot bath ritual followed by a wild thyme and Adriatic Sea salt scrub to stimulate circulation and re-energise the whole body. The experience culminates with a revitalising foot massage on the reflex points on the sole of your feet.

## **Back & Neck Relief**

60 minutes

This calming mind and body experience provides the perfect finale to the day's exploration. We concentrate on your back but won't neglect your neck and head to release you from the deep-seated tensions that causes back pain and headaches.

## **Prenatal Massage**

60 minutes

Believed to alleviate symptoms of anxiety, relieve muscle aches and joint pains, and as well as improve skin condition. This gentle massage is tailored to pamper expectant mothers who are in their second to third trimester of the pregnancy.

# Beauty Services



## **Aman Advanced Facial**

60 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.

## **Prenatal Facial**

60 minutes

To help rebalance the skin during this time of hormonal change, this facial is perfect for expectant mothers. Using Aman Skincare products made with sustainably sourced and natural ingredients, the treatment works to instantly restore skin's youthfulness and radiance, revealing an overall improvement in complexion.

# Spa Enhancements



## Head Massage

30 minutes

It is believed that when energy can't flow, negative energy builds up and can cause various ailments. The firm but gentle and rhythmic movements, as well as the stimulation of the 'marma' points, will increase circulation and eliminate toxins.

## Salt Scrub

30 minutes

Our custom blend of fresh local herbs hydrates energises and nourishes your skin with a gentle exfoliation to improve skin texture and stimulate lymph production. This scrub will help to eliminate toxins and leave your skin with a healthy glow.





# Spa Reminders

## **Operating Hours**

### **Spa**

Daily from 9am to 7pm (last treatment 6pm)

### **Fitness Centre**

Daily from 8am to 8pm

## **Appointments**

Advance booking is highly recommended to ensure that your preferred time and service are available. Please dial extension 240 for reservations.

## **Treatment Preparation**

We recommend that you arrive 30 minutes prior to your scheduled treatment, allowing time for you to complete your holistic consultation and immerse yourself in the spa's relaxing environment with a handmade local fresh herbal tea or cooling beverage.

## **Spa Environment**

Spa services are only available to guests over the age of 12. Guests under the age of 18 are required to have parental consent prior to booking, with a parent or guardian required to be present during the treatment.

## **In-Room Massage**

In-room massage is available in the privacy of your suite with a surcharge per session.

## **Cancellation Policy**

Though we will do our best to accommodate schedule changes, we kindly ask guests who wish to cancel reservation to give a minimum of four hours' notice for spa treatments and wellness activities. Cancellations made within the notice period will be subject to 50% charge.

## **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 taxes and service charge.

## **Valuables**

Please leave all valuables in the safe provided in your suite during treatments.



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