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# Wellness at Amantaka

Wellness is more than being healthy in body and mind. It is a dynamic process of change and growth, a state of complete physical and mental wellbeing. Aman's spa concept has been carefully curated with four pillars of wellness in mind – nutrition, movement, psychological health and bodywork – with the goal of achieving Integrated Holistic Wellness for every guest. Treating the whole – mind, body and spirit – by integrating ancient healing practices with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that we hope extends far beyond the physical boundaries of Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey at home, and the resilience and focus to put them into action.

## A New Spa Language

Healing has fascinated humankind since ancient times. Today, we have access to time-tested healing systems, as well as cutting-edge modern medicine. Some ancient practices are now proven. Others have evolved over millennia and simply offer benefits beyond explanation.

Ancient healing systems, such as Ayurveda and Traditional Chinese Medicine (TCM), are based on complex theories of the human body and mind. They incorporate aspects of health otherwise unexplored in complimentary medicine.

Delve into this world, however, and an intriguing new language begins to explain how our bodies work. Understanding the philosophy behind traditional healing is not a prerequisite for enjoying its benefits. Aman Spa aims to demystify this language for those wishing to explore more.

Our spa menus draw inspiration from traditional healing systems the world over. Simply ask our expert therapists to understand more about any of our ingredients or treatments.

## Understanding energy

The idea of a life force, or life energy, is shared among many traditional healing systems. In Traditional Chinese Medicine, this is known as Qi. In Ayurveda and yoga, prana is the Sanskrit word used to describe this potent energy. A principle in many healing wisdoms is that any blockage to the flow of life force within a body can cause imbalances. Blockages can be physical, mental or emotional, and their removal to restore balance and energy flow is the main goal of many traditional healing practices.



# Aman Signature Treatments



Aman's line of all-natural skincare products draws on the wisdom of ancient wellness traditions while harnessing the power of nature. Rare and precious ingredients include pearls, healing tree oils, amethyst, jade, frankincense and palo santo, as well as oxygen-rich spring water and wild-harvested Amazon butters.

The range - made up of smoked body balms, fragrant dew mists, spoiling body oils, invigorating polishes and anti-ageing serums - is made from organic ingredients sourced from around the world for their purity and potency, and their close connection to Aman destinations.

Each product works holistically to nurture and enhance overall wellbeing, soaking deep into the skin to nourish and rejuvenate, meeting emotional as well as physical needs.

Grouped into three healing pathways - Grounding, Purifying and Nourishing - the products contain ingredients that work in sequence with the human body to promote change and restore balance. Bringing the physical and emotional into harmony, they aim to holistically fine-tune the body and mind, with tangible, long-lasting results.

# Grounding

Drawing on the peace of the mountains and deserts, the Grounding Rituals focus on ingredients with the ability to restore and rebuild: amber oil, rose-quartz crystals, sandalwood, Peruvian black and purple mud, wild-harvested butter and delicate tuberose. The treatments are designed to act as a balm for the pace of modern life, creating a feeling of sanctuary, reassurance and reconnection. Techniques include Tibetan Ku Nye massage, meridian and acupressure work, cupping and kneading.

## **Grounding Massage**

60 / 90 minutes

Informed by Tibetan healing traditions, this Ku Nye full-body massage grounds both body and mind. Traditional techniques stimulate the muscular system, while a subtler massage energizes the meridian system. The massage incorporates cupping along meridian lines, acupressure, kneading, deep-tissue techniques, warmed rose-quartz crystals and hot Himalayan salt poultices. The experience finishes with an invigorating Tibetan head massage that induces a deep level of relaxation.

## **Grounding Facial**

60 / 90 minutes

This therapeutic facial incorporates Tibetan massage techniques to encourage a gentle release of tension from the face. Rose-quartz crystals promote healing, frankincense aids rejuvenation, hyaluronic acid boosts hydration, and liquorice extract evens skin tone. Lymphatic and muscular massage techniques ease all-natural products into the skin and stimulate circulation. Acupressure with heated Himalayan salt poultices and meridian stimulation with warm rose-quartz crystals restore a glowing radiance. Finally, a Peruvian black mud and amethyst crystal mask, followed by a Tibetan head massage, completes the treatment.

## **Grounding Body Polish & Wrap Ritual**

90 minutes

A key ingredient in this ritual is amethyst powder, known for its sleep-inducing energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening overall tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving the skin radiant. The 120-minute option includes a bathing ritual and the added benefit of a silky-smooth smoked body butter.

## **Grounding Journey**

180 minutes

Each Grounding treatment is powerful in isolation, but their effects are magnified when experienced together. This journey is the ultimate Grounding experience, incorporating elements of all three of the treatments above. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each one ensures guests feel connected, centred and ready to reach a place of perfect contentment – grounded in every sense of the word.

# Purifying

Designed for those seeking lightness, breathing space and a fresh start... This healing pathway detoxifies, cleanses and strengthens the skin while also clarifying the mind. The products are created to deeply cleanse and tone complexions, including congested, dull, stressed and blemished skin. Active ingredients include antioxidant-rich lilac stem cells, moisture-giving hyaluronic acid and elasticity-improving Kalpariane™ seaweed extract.

## **Purifying Massage**

60 / 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 vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

## **Purifying Facial**

60 / 90 minutes

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

## **Purifying Body Polish & Wrap Ritual**

90 minutes

This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz, known as a master healer for its ability to attune energy levels. Seaweed-packed 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 a Palo Santo Salve, applied over the whole body.

## **Purifying Journey**

180 minutes

This in-depth journey approaches purification on every level, from clearing the skin and detoxifying the body, to clearing negative energy and focusing the mind. Incorporating elements of all three of the above treatments, this journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace.

# Nourishing

Our Nourishing pathway is all about rejuvenation and renewal. Treatments repair and regenerate, revitalising within and without to encourage a reconnection between body and mind. The result is a feeling of joy. Active ingredients include anti-aging argan stem cells and plumping hyaluronic acid. Other ingredients, including jasmine, sandalwood, vitamin B12 and jade crystals, are known for their powerful regenerative properties.

## **Nourishing Massage**

60 / 90 minutes

This nurturing treatment is ideal for emotionally or physically exhausted souls. The use of marma-point therapy releases energy and brings the body back into balance. Rhythmic massage techniques also ease muscular tension, and the use of sound healing stimulates the kundalini – dormant energy stored at the base of the spine.

## **Nourishing Facial**

60 / 90 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, cactus oil, jasmine and silk. Together they work to soothe and brighten dull or irritated skin. This facial invites relaxation by stimulating the flow of prana – universal life-force energy – that enters the body via breath. Skin is left radiant through the application of the Light Technique, which focuses on the forehead, nose and throat.

## **Nourishing Body Polish & Wrap Ritual**

90 minutes

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone and rejuvenate – in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich clay, toning rose hydrolat and anti-inflammatory argan oil. The treatment ends with a Sacred Heart Balm, applied to the whole body.

## **Nourishing Journey**

180 minutes

This journey aims to combine elements of these Nourishing treatments in an immersive experience. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Body and mind are restored, and a deep sense of renewal endures.



# Aman Signature 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 cleanse pores, supported by the use of microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness. The use of red and blue light therapy follows - a natural way to provide multiple benefits to the skin - before the treatment concludes with the application of the Aman Nourishing Gold Algae Face Mask to achieve an exceptional glow.



# Amantaka Signature Treatments

## **Traditional Lao Massage**

60 / 90 minutes

This ancient massage technique has been passed down through the generations in Laos as a way of treating imbalance. The arrhythmic oil-free treatment is performed over loose, comfortable clothing. A gentle series of stretches opens the body to enhance mobility while deep pressure-point stimulation eases tension.

## **Amantaka Holistic Massage**

60 / 90 minutes

Our therapists combine unique healing touch with range of diverse techniques to create a tailor-made treatment, which can either focus on specific areas of tension or promote an overall sense of relaxation and wellbeing.

## **Foot Reflexology**

60 minutes

Reflexology is based on the meridian lines of acupuncture and is used to unblock energy flow (qi) within the body. By accessing acupressure points on the feet, this treatment connect to various parts of our body to improve overall health benefits.

## **Herbal Poultice**

90 minutes

Steamed poultices – infused with local herbs such as galangal, turmeric, lime and lemongrass – are combined with the benefits of ancient holistic massage techniques to relax your body and bring about a state of total relaxation.

## **Seeing Through Their Hands**

60 minutes

Visually impaired therapists are often seen as gifted with a heightened sense of touch. We are proud to support the local community of Luang Prabang and The Association of the Blind by training blind therapists. This uniquely restorative experience involves a traditional Laos oil-free massage, performed over loose, comfortable clothing.

## **Bath Enhancement**

30 minutes

The hydrotherapy baths in all our treatment rooms use high pressure to massage the body and stimulate circulation, releasing stress, improving digestion and enhancing blood flow. The perfect prelude to a longer massage or facial treatment.



# Movement & Body Work

Amantaka's Spa is complemented by a Movement Studio overlooking the tranquil swimming pool, where personal fitness and healthy goals can be achieved with the help of our movement specialists and a wide range of immersive classes.

## **Yoga**

A gentle introduction to the basic yoga postures. Hatha yoga improves flexibility and aims to leave devotees feeling more relaxed. Poses are held for a longer time to allow a better mind and body connection.

## **Sitting & Walking Meditation**

Sitting and walking meditations are essentially the same: stabilize your attention, while sustaining and increasing peripheral awareness. The main real difference you'll learn in these guided sessions is where the attention is focused.

## **Tennis**

A private session with a professional coach can be arranged between 7 and 11 am upon request. Racquets, balls and refreshments are provided on our floodlit court, a short distance from the hotel.

## **Personal Training**

These expert-led sessions train muscle groups to work together for maximum efficiency. They aim to supplement common everyday movements – beyond what we typically do at home or work – with a range of core stability, calisthenic and plyometric exercises.

## **Manual Holistic Stretching**

Assists 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. Highly beneficial for releasing muscle tightness and freeing up limited motion range.

## **Kick Boxing**

Work out with an experienced Thai boxing coach in this class and learn about traditional boxing techniques, such as proper mechanics of punches, elbow and knee strikes. Ideal for anyone looking for an active session to improve cardio health and master new skills.

## **TRX Suspension Training**

This workout leverages gravity and body weight across a wide range of exercises. TRX delivers a fast, effective whole-body workout, that helps to build a solid core and increases muscular endurance. Suitable for all fitness levels.

## **Circuit Training**

A series of strength or cardiovascular exercises, repeated two or three times with minimal rest in between sets. Excellent for weight loss, toning and endurance.

## **Boot Camp**

A combination of cardio and strengthening exercises that maximises the use of your surroundings and own body weight. A natural full-body workout without the need for equipment.

## **Core & More**

This session is designed to train the core area, concentrating on a range of muscle groups including the abdominals, pelvic floor, lower back and upper body.

## **Private Sessions**

60 / 90 minutes

# Spa Reminders

## **Operating hours**

### **Spa**

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

### **Fitness Centre**

Daily from 7am to 9pm

## **Appointments**

Advance booking is recommended to ensure a wide availability of time and services are available. Please dial extension 2 for spa or +856 71 860 333 directly.

## **Treatment Preparation**

We recommend guests arrive 15 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and relax in the spa's environment.

## **Spa Environment**

The minimum age for spa treatments or use of the gym is 12. Guests under the age of 18 are required to have parental consent prior to their booking being accepted.

## **Guest Attire**

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobe are provided for spa treatments.

## **Valuables**

Please leave all valuables in the safe in your suite.

## **Cancellation Policy**

We understand that schedules change and we will do our best to accommodate. Once your spa time is reserved, we kindly ask for a minimum cancellation notice of four hours for Spa treatments and 24 hours for wellness activities. Cancellations made within the respective notice period will be subject to 50% charge for the booked service.

## **Special Considerations**

Our holistic consultation must be completed and signed 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. Spa reservations after operation hours are subject to an additional 50% surcharge.

## **In-Room Massage**

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



AMANTAKA  
55/3 Kingkitsarath Road  
Ban Thongchaleun  
Luang Prabang, Laos

Tel: +856 71 860 333  
E-mail: [amantakares@aman.com](mailto:amantakares@aman.com)