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Wellness at Amanyara

Amanyara's spa in the Turks and Caicos overlooks a large pond, surrounded by lush vegetation. It features four double treatment pavilions, a spa boutique, a wellness studio, yoga sala, relaxation areas and an aqua therapeutic pool, lined with sun loungers.

Recreational facilities are unparalleled. There's a Fitness Centre with state-of-the-art Technogym equipment. A clubhouse with four floodlit Har-tru clay tennis courts and a championship-ready boutique. Further spaces for pickleball, basketball, lacrosse, billiards and shuffleboard. Even a world-class soccer pitch. An Erika Bloom pilates studio and a boxing gym complete the all-star line up.

Throughout the year, Amanyara also welcomes world-leading experts in for a series of dedicated wellness programs. Specialists include masters of therapeutic bodywork, seasoned sports therapists, stress-management coaches, and professors of mindfulness and meditation.

Our philosophy

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 attain their goals.



Earth's Apothecary



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.

The Aman Signature Treatments

The Aman Spa Signature Menu, available at every Aman Spa destination around the world, reflects the Grounding, Purifying and Nourishing healing pathways of the Aman Spa product range. There are four treatments available within each: a Massage, Body Scrub and Wrap, Face Ritual, and the Journey – encompassing elements of all three treatments to greatly amplify their effects.

Each treatment is tailored to target specific concerns and help enhance personal wellness. A deeply relaxing, mineral-rich Foot Ritual acts as a prelude to each – a symbolic act of service that fosters trust ahead of the treatments to come.

Grounding Ritual

Grounding treatments work as a balm for the busyness of everyday modern life. They impart 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

Purifying treatments act as a powerful spiritual cleanser, lending protection, clearing stagnant energy, and stabilising the heart and mind. Old energies and emotions are ushered away, creating new space for 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

Nourishing treatments nurture the body and encourage the healing of emotional and mental wounds, reuniting guests with their true authentic self.

Nourishing Massage Ritual	90 minutes
Nourishing Body Polish & Wrap Ritual	90 minutes
Nourishing Face Ritual	90 minutes
Nourishing Journey	180 minutes

Aman Advanced Facial



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.

60/90 minutes

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 hydraactive Mineral Mask to boost hydration.

Amanyara Spa Journeys

Allure of the Seas

4 hours

A signature treatment, using natural ingredients, that captures the essence of Aman. This renewing experience begins with a tailored morning wellness session - such as yoga, Pilates, meditation or personal training - followed by a relaxing 90-minute aromatherapy massage and a soothing soak in your secluded bathtub. After a healthy two or three-course lunch, continue with a revitalising 90-minute facial, including a face and head acupressure massage. A nourishing hair mask concludes the reinvigorating experience. For complete privacy, this journey is offered in the comfort of your villa only.

Couple's Journey

Couple's treatments are a wonderful way to reconnect and indulge as you take time to relax and unwind together in our beautiful spa sanctuary.

Island Hideaway

150 minutes

Embark on this romantic journey together, beginning with a 30-minute purifying body scrub, before a luxurious soak in your private bath infused with fragrant petals and essential oils. After your soak, attain the ultimate state of relaxation by losing yourself in a 90-minute Amanyara Signature Massage.

Twilight for Two (weather-dependent)

90 minutes

This bespoke massage for two takes place outside in an oceanfront setting, surrounded by the water's sounds and tropical aromas. It uses a variety of techniques to meet your specific needs and finishes with a glass of champagne, served in the comfort of your own villa or pavilion.



Wellness Services

AcuGraph Wellness Consultation

45 minutes

After completing a brief health and wellness questionnaire, and discussing any goals or health concerns with our wellness specialist, you will receive an AcuGraph test which assesses any imbalances in the body based on the principles of Chinese medicine. The results will reveal which treatments and therapies might be most suitable throughout your stay.

InBody Assessment

30 minutes

An InBody Assessment measures body composition, including muscle mass, body fat and water. The results can be used to offer fitness and nutritional advice to address any imbalances.

Stress Management

60 minutes

Stress Management Coaching provides information and strategies to help reduce, prevent and manage stress. With coaching, you will be able to identify and understand your stressors, change negative habits and behaviours, and incorporate various stress-reducing strategies into your everyday life.

Meditation

60 minutes

Meditation has been practiced in the East for thousands of years. In the modern world, it has become a valuable tool for managing stress, improving sleep, gaining greater clarity and improving relationships. These hour-long sessions create space for all to focus.

Mindfulness & Stress Management Programs

This fully customised wellness immersion combines therapies and practices that shift focus inward to heighten self-awareness, imbue a deep sense of peace and relaxation, and develop the skills for managing a stressful lifestyle.

Taking place over a choice of one, three, five or seven days, meditation, yoga and breathwork complement purification and cleansing rituals, while specialist sessions work deeply to transform the body and mind and may include traditional bodywork, and/or mindfulness. Mental and physical tension is released through daily spa treatments including aquatic bodywork and deep relaxation massage.

Nutritional advice may also be included to relieve physiological symptoms of stress while boosting immunity and clarity. Aiming to shift focus inward to heighten self-awareness, the Immersion ends with a final consultation providing guidance for future therapies and practices that calm external stimuli.



AMAN

Amanyara Signature Treatments

Amanyara Signature Massage

60 / 90 minutes

As every person is unique and every treatment is different, this massage allows the therapist to curate a personalised experience appropriate for the guest's specific needs at that time. Using aromatherapy oils, the therapist draws from a variety of massage techniques, from Swedish to deep tissue and sports massage.

Water Shiatsu

60 minutes

Incorporating the principles of Zen shiatsu, this unique therapy takes place while floating in our volcanic-stone pool's warm waters, supported by a therapist. Eyes closed, ears just below the water's edge, awareness tunes in to the breath and the subtleties of your own system. Emphasis will be placed on gentle movements to realign the spinal column, chakras and meridians. Energy is released to induce a deeply relaxed, expanded state.

Thai Massage

90 minutes

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This oil-free bodywork therapy is performed over loose comfortable clothing to allow free movement. A highly effective therapeutic treatment, Thai massage is uniquely relaxing yet energising.

Balanced Stone Therapy

90 minutes

A beautiful blend of hot- and cold-stone therapies to promote relaxation and revitalise the whole body. The heat of Himalayan salt stones allows your therapist to access deeper muscle layers, while the cool jade stones activate the lymphatic system and reduce swelling.

Mother-to-Be Massage

75 minutes

Starting with a foot ritual to release tension in the feet, this massage then focuses on the legs, lower back, shoulders and neck. Suitable for pregnancies of three to six months.

Amanyara Signature Treatments

Four-Hand Massage

60 minutes

This harmonising massage involves two therapists working in synchronicity together to induce a deep state of relaxation. As the mind relaxes, tension is released and harmony regained.

Exotic Coco Sun Salutation

90 minutes

This pre- or post-sun ritual prepares your skin for either a sun-kissed glow or a sun-bronzed body. A mixture of sea salts and coconut oil is used for exfoliation, before a warm oil body massage to optimise the absorption of the sea minerals and hydrate the skin.

The pre-sun treatment is recommended at the beginning of your stay and completed with the application of a hydrating balm. The post-sun treatment starts with a nourishing aloe vera wrap to cool and soothe the skin, followed by a scalp and hair treatment, and an express facial. A body butter is applied to further hydrate.

Foot Reflexology

60 minutes

A natural Chinese healing practice to target the feet's reflexes, which correspond to every part of the body. By applying pressure to the reflex points, it relieves tension, improves circulation and helps to realign the natural function of the body.

Spa Enhancements

Spa enhancements are mini spa treatments - designed to enhance your spa experience with scent, texture and temperature -that must be scheduled in combination with treatment.

All services mentioned below are 30-minutes in length.

Essential Body Cleansing

Our Himalayan crystal salt scrub, mixed with essential oils, stimulates the body's circulatory and lymphatic systems. Releasing toxins and absorbing minerals into the body, it balances the body's natural PH and soothes the nervous system.

Envelop Me

Our powerful algae wrap nurtures and replenishes the skin to promote regeneration, and improve tone and texture.

Hair Mask

This hydrating hair mask is rich with Argan and coconut oil, helping to increase the hair's natural elasticity and restore shine through its combination of vitamins, minerals and antioxidants.

Sole Revival

Relax as we wrap your feet in hot towels and gently stretch and compress them. A stimulating exfoliation follows, before a hydrating cream is applied during a full foot massage.

Back Massage

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to each guest's unique needs, this is a targeted massage with aromatherapy blends that relaxes tense muscles, reenergises your body and calms your mind.

Express Facial

An ideal pick-me-up treatment to cleanse and nourish your skin. Perfect after a long flight or a late night, or whenever your skin could benefit from a boost.

Bath Menu

Sink into a restorative aromatherapy bath and discover the benefits of warm water, ancient detoxifying salts, restorative herbs and powerful essential oils.

Grounding Bath

Himalayan salts and Grounding Amethyst Bath & Shower Oil are included in this drawn bath to rejuvenate, relax and ground the mind, body and soul. Complimented with green tea and music.

Purifying Bath

This cleansing, detoxifying and energy-boosting bath combines Aman's Auric Cleanse Bath Salts with our Quartz Scrub & Soak. A great way to end an activity-filled day. Complimented with mint tea and music.

Nourishing Bath

Our Nourishing bath includes Aman's own Coconut Milk Bath and Jade Scrub & Soak to nurture the full body. Complimented with chamomile tea and music.

Amanyara Movement

Pilates Specialist: Erika Bloom Method

Born in California, with a studio in Tribeca, pilates pioneer Erika Bloom personally hand picks, trains and supervises each specialist at Amanyara. Monthly education workshops allow experts to draw on a deep knowledge of pilates, anatomy and mind-body movement practices. Specialists are also schooled in the latest physiological research to effect body-changing results.

Pilates Apparatus or Mat Pilates (60 minutes)

Amanyara brings a holistic approach to fitness with Erika Bloom Method Pilates: a fusion of exercise science, holistic medicine and biomechanical knowledge. Sessions are individually tailored to achieve desired goals, which might include toned muscles, increased flexibility, improved posture and injury prevention. Instructors will provide a customized pilates session, whether focused on rehabilitation or a challenging fitness workout. Awareness will be brought to your breath and your alignment will be evaluated through existing posture and movement patterns. The result is a finely tuned, individualised workout that emphasises lengthening and strengthening. Pilates is adaptable to all bodies, whether pregnant or post-partum, athletic or not, young or old, injured or healthy.

Yoga

Yoga is a physical, mental and spiritual discipline originating in ancient India. Through the practice of asana, pranayama and meditation, the flow of vital energy, body flexibility and mind control are increased, changing patterns of awareness and bringing the entire being into a healthier and more balanced state. It helps to revive dormant energy, rejuvenate the tissues and encourage new cell formation, strengthening the various physiological processes that make the body healthy and active.

Personal Fitness (60 minutes)

Functional 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.

Boxing

Learn boxing techniques and basic self defence from our experienced boxing coach, while improving fitness and strength.

TRX

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.

Clubhouse



Four floodlit clay Har-Tru tennis courts and a pickleball court are available for day and nighttime matches. The Clubhouse also has an indoor and outdoor lounge, and a championship-ready tennis boutique with clothing and racket-stringing for an additional fee. Tennis balls, rackets and shoes are complimentary.

To reserve a court, schedule a lesson, participate in our clinics or arrange a match, please contact our tennis team.

The Clubhouse also offers pickleball, basketball, volleyball, bocce shuffleboard, billiards and a world-class soccer pitch.

Cancellation policy for tennis lessons: 12 hours

Amanyara Legends Program

To celebrate its 15th anniversary year in 2021, Amanyara launched its Legends Program with a series of varied fitness and wellness clinics throughout the year, hosted by sporting icons. Making use of its unrivalled spaces, the program invites guests to improve their sporting skills through clinics with award-winning professional athletes from across the globe. Past hosts have included tennis great Maria Sharapova, surf champion Candice Appleby and NFL player Demarcus Lawrence.

Spa Reminders

Operating Hours

Spa

Daily from 9am to 8pm daily

Fitness Centre

24-Hour

Appointments

Guests are encouraged to book treatments in advance to ensure that their preferred time and services are available. The minimum age for treatments is 16. Guests under the age of 16 require parental consent prior to their booking being accepted.

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

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

In-Room Massage

We offer most of our treatments in the privacy of your accommodation. Please note a surcharge applies to each session.

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 twelve hours. Cancellations made within twelve hours will be subject to the full charge for the booked treatment. Cancellations need to be made during the spa operation hours of 9am–8pm.

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.

Pricing

All spa and wellness services are subject to 28% government taxes and service fees. Prices are subject to change without prior notice. Spa reservations after operation hours are subject to an additional surcharge.

Valuables

Please leave all valuables in the safe in your suite.



AMANYARA
Providenciales Turks and Caicos Islands
British West Indies

Tel: +1 649 941 8133
E-mail: amanyarares@aman.com