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Wellness at Amanfayun

Our Philosophy & Environment

The Amanfayun Spa & Wellness menu reflects the resort's philosophy, offering health and wellbeing treatments and services of the future yet entwined with the past. With a collection of spa experiences, journeys and rituals that embody the uniqueness of the region, the spa pays homage to the traditional healing practices for which China is world renowned.

A peaceful sanctuary, the expansive Amanfayun Spa consists of five gracious pavilions and a private, standalone fitness space. Surrounded by bamboo groves and magnolia trees with serene courtyards in between, guests are welcomed into the spa reception, beyond which lie the Bath House, Treatment House, Yoga Room and a 20-metre heated pool.



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 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.

The Aman Signature Treatments

Grounding Scrub & Wrap

90 minutes

This ritual helps the guest feel connected to the Earth and find a renewed sense of self. The key ingredient is amethyst powder, known for its gently sedative energy that promotes peacefulness, happiness and emotional stability. It is also said to restore the nervous system and boost cell growth. The body polish process employs rhythmic techniques that simultaneously relax and energise while on a physical level, the skin is left exfoliated, with tone brightened and texture improved. The body polish also stimulates the lymphatic system, aiding the rapid elimination of toxins from the cells and increasing circulation for a feeling of radiance.

Following the cleansing body polish, the Amethyst Wrap initiates a period of stillness and calm, cocooning the body in warmth and allowing the nurturing ingredients to soak deeply into the skin. Once the wrap is concluded, a shower or bath precedes the treatment's final touch: the application of Aman's silky-smooth Smoked Body Butter, which impresses the benefits of the ritual into the skin.

Grounding Journey

180 minutes

As powerful as each Grounding treatment is in isolation, their effects are multiplied exponentially when experienced together. This journey is the ultimate Grounding experience, incorporating 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 builds on the treatment that came before, ensuring the guest feels connected and centered both internally and externally to reach a place of perfect contentment – grounded in every sense of the word.

The Aman Signature Treatments

Grounding Pathway

Drawing on the peaceful energy of the mountains and deserts, the Aman Spa's Grounding Rituals focus on key ingredients with the foundational characteristics: amber oil, rose quartz crystals, sandalwood, Peruvian black and purple mud, wild harvested butter and tuberose. The Grounding formulation works as a balm for the restlessness created by the frenetic pace of modern life. It imparts a feeling of safety, offering reassurance and reconnection. Focal techniques include Tibetan Ku Nye massage, meridian and acupressure work, cupping and kneading.

Grounding Massage

90 minutes

Informed by Tibetan healing traditions this Ku Nye full body massage grounds the body and mind. Traditional techniques are used to stimulate the muscular system, while a subtler massage energises 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 an even deeper level of relaxation both physically and mentally.

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 aid product absorption and stimulate circulation to rejuvenate and raise the vibrational energy of the skin, while acupressure with heated Himalayan Salt poultices and meridian stimulation with warm rose quartz crystals restore a glowing radiance to the skin. A Peruvian black mud and amethyst crystal mask along with a Tibetan head massage complete the treatment.

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 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 the 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.

Amanfayun Wellness Services



Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is a complete medical system that has diagnosed, treated and prevented illness for over twenty-five centuries. Using diet and exercise, massage (Tui Na, Shiatsu, and other forms of Asian Bodywork Therapy), Acupuncture, and Herbal Medicine, it can alleviate symptoms, alter states of mind, enhance immunity and increase our creative capacity.

Traditional Chinese Medicine (TCM) is based on the observation of nature and natural phenomena. TCM views humans as a microcosm of the universe that surrounds them. Humans, and all life forms, are seen as inseparable from nature, representing the juncture between the Cosmos and Earth - a fusion of cosmic and terrestrial forces. Sustained by the power of Earth and transformed by the power of the Cosmos, humanity cannot be separated from nature.

Moxibustion

60 minutes

Moxibustion is a traditional Chinese medicine therapy using moxa, or the mugwort herb. By heating the moxa and placing this very close to the skin's Qi points, the body's blood circulation naturally increases, thereby improving the healing process.

Amanfayun Seasonal Treatments



Spring Liver-protecting Treatment

90 minutes

Spring is a time of renewal - when vegetation sprouts and lush greenery appears, bringing with it a sense of vitality. The human body also wakes up from the cold winter, with blood circulation accelerated and the metabolism is more active, turning focus to nutrition and exercise.

Chinese medicine believes that the five main internal organs correspond and should be maintained in relation to the four seasons in nature. The Spring Liver-protecting Treatment is based on this belief and uses suspended moxibustion to dredge the liver and in turn, alleviate symptoms of anxiety. Massage pressure on the liver meridian further benefits the liver and gallbladder, while a herbal body massage relieves muscle tension.

The treatment can also be combined with Tai Chi to maintain the vitality of the body and enhance immunity.

Moxibustion

- * Dredge the liver and alleviate symptoms of anxiety
- * Relieve muscle soreness
- * Contribute to liver and gallbladder health
- * Relieve muscle soreness
- * Enhance immunity
- * Relax tendons

Amanfayun Seasonal Treatments



Summer Heart-nourishing Treatment

90 minutes

Summer is a time to grow, flourish and mature. In traditional Chinese medicine, it is also a time to nourish the heart as it works to increase circulation of oxygen-rich blood throughout the body in the warmer weather.

This treatment has been created in line with the seasonal characteristics of summer, combining the concept of traditional Chinese medicine, with back scraping and Bian stone moxibustion working to promote blood circulation, remove blood stasis and relieve the skin's surface from excess heat., The addition of a full body aromatherapy oil massage helps to soothe nerves, relieve muscle soreness and relax tendons.

The treatment can be combined with yoga practice to relax the body and mind, improving flexibility.

Benefits

- * Promoting blood circulation
- * Soothe nerves
- * Enhance immunity
- * Clearing heat
- * Relieve muscle soreness

Amanfayun Seasonal Treatments



Autumn lung-nourishing Treatment

90 minutes

During autumn, when the air turns cooler, the lungs become a key focus once more, as we breathe in potentially damaging cold, dry air. When nourished in the autumn, the lungs can help to elevate potential illness and symptoms often caused by the change in weather.

This treatment focuses on this belief, incorporating breathing therapy to help remove toxic substances from the lungs, and improve lung function. Assisted with hot stone massage, blood circulation and immunity are increased, while tightness in the chest and shortness of breath is reduced.

For maximum impact, the treatment can be combined with Pilates to enhance core stability and improve strength for the season ahead.

Benefits

* Nourishing lungs area * Smooth breathing * Peaceful mind * Relieve tight and short breath * Promoting blood circulation * Enhance immunity

Amanfayun Seasonal Treatments



Winter Kidney-nourishing Treatment

90 minutes

The kidneys regulate water, and according to traditional Chinese medicine, are the primary power of the body. In winter, it is believed that if the kidneys are well nourished, that positive energy and yang qi can be stored in abundance, leading to increased vitality and decreased fatigue in the months to come.

Balancing the body, the Winter Kidney-nourishing Treatment works to enhance blood circulation promoting radiance inside and out. By pressing the acupoints of the bladder meridian and the kidney meridian, the kidneys are nourished and immunity boosted for the season ahead.

Baduanjin courses can also accompany the treatment to clear the meridians, further promote blood circulation and enhance the yang qi of the internal organs.

Benefits

- * Enhance immunity * Anti-aging * Nourishing kidney area * Balance breath
- * Promoting blood circulation

Massages

Herbal Compress Massage

90 minutes

The heat infusion and compress of prai, ginger, turmeric and lemongrass stimulates circulation, soothes muscles and also acts as an anti-inflammatory. Gentle pressures, circular and rolling movements combined with aromatherapy oil-based massage techniques provide a deep sense of relaxation.

Bamboo Massage

90 minutes

In this firm massage treatment, which energises and unlocks tight muscles, hollow bamboo canes of different lengths and diameters are used as massage tools, either warmed or at room temperature.

Deep Tissue Massage

60 / 90 minutes

This intense yet deeply relaxing massage aims to realign the deeper layers of muscles. An ideal treatment for chronic aches and pains and contracted areas such as a stiff neck and upper back, lower back pain, leg muscle tightness and sore shoulders.

Amanfayun Signature Treatments



Energy Treatment

100 minutes

The skin is exfoliated with olive core particles and Longjing green tea extract to gently improve, purify and nourish the skin's texture. Chinese and Tibetan healing traditions improve suppleness with a herbal compress relieving pain from the back and shoulders and working as a balm for the restlessness caused by the frenetic pace of modern life.

Summer Journey

150 minutes

Longjing tea from Fayun village is renowned for its antioxidant effects, removing oil and dirt from the skin's pores and improving its radiance. A herbal compress massage fosters a deep sense of relaxation while rose quartz crystals encourage a gentle glow. A Peruvian black mud and amethyst crystal mask, along with a Tibetan head massage, complete the treatment.

Active Face Ritual

100 minutes

Wake up the youthful vitality of the skin with warm energy crystal stones and contour massage therapy used to stimulate facial muscle movement, purify the epidermis, and tighten and brighten the complexion.

Movement & Bodywork with a Personal Instructor

Tai Chi

60 minutes

Often referred to as both a martial art and a moving meditation, Tai Chi was developed in China over 800 years ago. The slow, rhythmic and graceful movements allow Qi energy to circulate around the body, bringing optimum health and calming the mind.

Yoga & Meditation

Hatha Yoga offers a gentle introduction to basic yoga postures that encourages flexibility and relaxation while making the muscles longer and leaner. Poses are held for a longer time to allow better connection between body and mind.

Ashtanga Yoga is a yoga method in which a series or sequence of “asanas” or poses are always carried out in the same order. It is typically fast-paced, vigorous and physically challenging.

Yin Yoga is a slow-paced style of yoga in which poses are held for five minutes or longer. The purpose is to apply moderate stress to the connective tissue - the tendons, fascia and ligaments - with the aim of increasing circulation in the joints and improving flexibility.

Meditation is derived from Buddhism, Taoism and Hinduism and used as a tool for alleviating stress, calming the mind, healing the body, and achieving ambitions through gaining insight into our very reason for living.

Private Classes are available for up to four people.

Movement & Bodywork with a Personal Instructor



Singing Bowl Yoga

60 minutes

Aroma singing bowl yoga uses essential oils and singing bowls, combined with yoga postures, to soothe nerves and regulate emotions. Through the vibration of singing bowls, the aroma of essential oils and the practice of yoga, it brings full-dimensional physical and mental healing through hearing, smell and touch, and finally feels the energy given by nature.

Private Classes are available for up to four people.

Spa Enhancements

Deep Tissue Massage

30 minutes

This intense yet deeply relaxing massage aims to realign the deeper layers of muscle. An ideal treatment for those seeking to soothe chronic aches and pains and stiff areas such as the neck, upper and lower back, lower, legs and shoulders.

Body Scrub

30 minutes

The essence of restoring vitality and purity is supplemented by soothing and refreshing rosemary and peppermint essential oils which stimulate the skin's metabolic circulation in this brightening body treatment.

Body Wrap

30 minutes

With intense purifying effects, this nourishing body wrap helps to remove dead skin cells, absorbs excess oil, relieves inflammation and shrink pores resulting in overall skin health.

Mini Facial Treatment

30 minutes

For maximum results for those short on time, this restorative facial treatment offers an instant moisture boost, opening the face's energy centre and leaving behind a beautiful glow.

Eye Treatment

30 minutes

This unique eye lifting technique effectively relieves symptoms of eye edema, restores the vitality of the skin around the eyes and reduces the appearance of fine lines.

Moxibustion Therapy

30 minutes

A body treatment combined with moxibustion to increase blood circulation, release muscle tension, balance the five elements of the body, and enhance immunity.

Spa Reminders

Operating hours

Spa

Daily from 10am to 10pm (last treatment 9pm)

Outdoor Swimming Pool

Daily from 10am to 7pm, closed in winter

Private Fitness

24-hours

Appointments

Advanced booking is highly recommended to ensure that the preferred time and service are available. Please dial spa extension 6 or the reception (+86 (0) 5718 732 9999) to be connected to the spa.

Treatment Preparation

We kindly recommend arriving at least 15 minutes prior to the scheduled treatment, allowing time for to complete a holistic consultation and become immersed in the spa's relaxing environment.

Spa Environment

The minimum age for taking a spa treatment or using the gym is 16 years old. Guests under the age of 14 are required to have parental consent prior to their booking being accepted.

In-Room Massage

In-room massages are available 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 changing needs. Since your spa time is reserved especially for you, we kindly ask you to give a minimum of four hours cancellation notice to enable someone else to enjoy that time. Cancellation made within four hours will be subject to a total charge of the treatment booked.

Special Considerations

Our holistic consultation must be completed and signed prior to the 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

Please kindly note that all prices are subject to local taxes and service charge.

Valuables

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



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