

ĀMAN  
SPA & WELLNESS

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# Wellness at Amanpuri

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 wellbeing 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 mainstream allopathic medicine. Delve into this world, 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, but 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.

# Amanpuri Holistic Wellness Centre

Amanpuri Holistic Wellness Centre is the first and original Aman Spa, dating back to 1988 when the hotel opened on a private peninsula overlooking the Andaman Sea.

Inside the shoreside sanctuary, Aman's experts in ancient healing techniques and alternative therapies aim to enable every guest to achieve their wellness goals. With an open-minded holistic ethos, no stone is left unturned when it comes to the wellbeing of every guest.

Personalised year-round wellness programmes are at the heart of Amanpuri. Nutrition plans are studiously overseen by experts raw and vegan cuisine. Movement sessions are conducted by certified instructors in Pilates, Muay Thai kickboxing, yoga, beach boot camps and more. Treatments are tailored to each guest, drawing from traditional Thai techniques, Chinese medicine, Ayurveda and other ancient wellness systems. Finally, cutting-edge, contemporary therapies, ranging from results-oriented oxygen facials to infrared and Finland-style sauna therapy, are also within reach and full-service salon covers all beauty needs.







# Medical Wellness Clinic

Amanpuri Wellness Centre boasts an integrated medical facility with in-house medical doctors, nurses, physiotherapists and traditional Chinese medicine specialists. Guests of Amanpuri have access to medical wellness services exclusively managed in collaboration with Thanyapura as part of its wellness offerings. Incorporating the very latest scientific and technological medical innovations with more traditional medical techniques, Amanpuri's integrative medical services comprise three broad categories including age reversal & prevention, aesthetic and sport performance.

## **Medical Consultation**

30 / 60 minutes

Most of us only visit our doctors when we have a specific medical problem. At Amanpuri, the medical wellness doctor and his team look at the whole picture to gain a full understanding of your health. Diagnostic screening tools such as blood tests, DNA testing and live blood analysis help assess your health from head to toe, identifying potential problems before they manifest and customising a targeted, results-oriented personal programme to address issues while optimising the body's performance. This all-around medical wellness assessment can even be beneficial to those without any symptoms of imbalance or ill health.

## **Physiotherapy Initial Consultation**

30 / 60 minutes

This physiotherapy consultation focuses on the function of joints, muscles and nerves, the effects of acute and chronic injuries, general daily wear and tear on the body, and changes caused by aging. Amanpuri's physiotherapist will use appropriate techniques during the assessment to ascertain the body's range of movements, posture and balance, as well as muscle strength and coordination. Treatment and activities will then be recommended to reinforce the natural healing process and improve performance.

# Diagnostics & Assessments

A variety of screening tests are used to assess many systems in the body, including the status of your body's cardiovascular system, blood-sugar levels, liver and kidney function, immune system and hormonal balance. During regular testing, electrolyte levels, mineral balance, size and number of red blood cells are also monitored.

## **Advanced Performance Blood Test: Male and Female**

10 minutes

Men and women over the age of 35 are more likely to suffer from hormone imbalances, which can increase their risk of other illnesses. Monitoring your hormone levels will help you maintain your metabolic balance.

This blood test's advanced profile also monitors the risk of prostate, ovarian and breast cancers, as well as a complete blood count, diabetic and lipid profile. It also checks kidney and liver functioning, thyroid function, stress and sex hormones, inflammatory markers, and Vitamins D and B12. A minimum of eight hours of fasting is required for this test. Results are available in three days.

## **Micronutrient Profile with Vitamin D2/D3**

10 minutes

An optimal nutritional balance is integral to maintaining overall good health, preventing chronic diseases and managing the ageing process. Micronutrient blood tests are precise, scientifically proven techniques for identifying nutritional deficiencies, which can be corrected through changes in diet and supplementation. Results are available in seven days.

## **Food Intolerance Test**

10 minutes

This test measures an individual's IgG antibody response to nearly 200 of the most common foods that cause food sensitivities. Refrain from taking the following medications before the test: anti-inflammatory (one day), antihistamine (three days) and steroids (a month). Results are available in seven days.

## **Natural Killer Cell Count**

10 minutes

Testing for NK cell activity involves taking a simple blood sample to measure the number and level of activation of the NK cells. A two-month wait period is required after vaccination or during an infection when taking this test. Test results are available in two weeks.

## **Natural Killer Cell Activity**

10 minutes

Natural killer (NK) cell activity tests can be used to determine the status of antitumor immunity in the body, as they represent the interplay between cancer cells and immune cells and the characteristics of those immune cells. A two-month wait period is required after vaccination or during an infection when taking this test. Test results are available in two weeks.

# Diagnostics & Assessments

## **Diagnosics & Assessments**

10 minutes

A blood test for EDIM (Epitope detection in monocytes) consists of two biomarkers: Apo10 and TKTL1. TKTL1 is involved in anaerobic glycolysis of tumour cells, which contributes to the destruction of the basal membrane and metastasis as well as the control of cell cycle. If you have recently received a Covid-19 vaccination, a two-month wait period is required before taking this test. Results are available in three weeks.

## **Telomere Length**

10 minutes

Telomere length decreases with age. Telomere shortening leads to senescence, apoptosis or oncogenic transformation of somatic cells, affecting an individual's health and lifespan. Telomere shortening has been associated with an increased risk of diseases and a poorer survival rate. Test results are available in two weeks.

## **Sirtuin Protein**

10 minutes

Sirtuins are essential for DNA repair, control of inflammation and anti-oxidative defence, which makes them viable anti-senescence/anti-ageing targets. Test results are available in two weeks.

You are at risk of toxicity if your body accumulates excessive amounts of heavy metals. The accumulation of excess heavy metals in your body tissue can cause toxicity that leads to more serious conditions. Heavy metal toxicity and mineral imbalances can lead to fatigue, brain fog, numbness, abdominal pain, dehydration, heart irregularities and other health concerns.

## **Heavy Metal Test-Oligoscan**

10 minutes

The OligoScan technology provides an almost instantaneous and precise analysis of minerals, trace elements and heavy metals in body tissues. The measurement is performed using a portable spectrophotometer that transmits data using a light beam to the OligoScan off-site server. Results are delivered within 60 seconds, which is a fast turn-around for mineral analysis.

There are tests made available to determine if a bacterial imbalance is present. Typically, two tests are done if the test shows a strong positive and you present severe gut symptoms, then a Complete Digestive Stool Analysis (CDSA) is conducted to determine which bacteria are out of balance and whether any parasites or yeast/fungi are present. Damage to the gastrointestinal wall lining affects absorption, your health and may cause Leaky Gut Syndrome.

## **Urine Organic Profile**

5 minutes

This urine test will reveal the levels of neurotransmitters, vitamins and minerals, metabolic function, antioxidants, bacterial and fungal balance, and environmental toxins in the body. Imbalances in these levels may cause fatigue, mood disorders, digestive issues and other health concerns. A mid-stream urine sample requires on the first morning of the test. Results are available in ten days.

## **Comprehensive Digestive Stool Analysis (3+)**

5 minutes

CDSA is a non-invasive evaluation of digestive function. Besides pinpointing imbalances in inflammation, gut flora, enzymes, fatty acids, bacterial overgrowth and beneficial gut flora, it can also screen for parasites. It requires a stool sample collection in a provided kit. Antibiotics should not be taken during this test for accurate results. Test results are available in 30 days.





# Treatments

## **Intravenous Therapy**

Intravenous (IV) therapy helps individuals achieve optimal health, supplying the body with the nutrients it needs. In bypassing the digestive system, absorption of essential vitamins, minerals and anti-oxidants happens immediately to better support intracellular energy and recovery.

Glucose-6-phosphate dehydrogenase or G6PD deficiency can cause haemolysis so excessive amounts of vitamin C should be avoided. An additional test for G6PD is required for the following IV therapies listed below, marked with an asterisk (\*).

Should you prefer to receive your blood test result before the IV, we will omit the Vitamin C until we receive your test results to avoid any contraindication.

## **Liver Detox Infusion\***

90 minutes

Our body has an amazingly efficient detoxification system. The major organ responsible for this process is our liver. In a healthy individual, these detoxification processes function well. However, our constant exposure to food and environmental toxins exhaust our liver and decrease its capacity to detoxify naturally, as well the body's tolerance and resistance to disease.

Give the liver a boost and replenish the nutrients it needs. The main ingredients and their benefits are:

- Vitamin C, is a strong antioxidant that can boost your blood antioxidant levels. This helps the body's natural defenses fight inflammation.
- N-acetylcysteine or NAC, helps in reducing free radical damage and plays a role in detoxification of heavy metals and other harmful substances. NAC is a precursor to glutathione and can heal the liver if taken soon enough.
- Alpha Lipoic Acid or ALA, a very potent antioxidant that protects the liver, neurons and skin from oxidative stress damage. Very uniquely fat and water-soluble, which permits its antioxidant fatty acid to work in a broader range of body tissues than other antioxidants. ALA increases the potency and effects of vitamin C and it is beneficial for liver cell and liver function.

90 minutes

## **Energy Infusion\***

It is important to give your body the energy it needs, by supplying it with the right nutrients. This infusion of essential electrolytes, vitamins and antioxidants supports depleted cells, allowing them to convert nutrients into energy, combating the symptoms of low energy and fatigue. The main ingredients and their benefits are:

- Vitamin C, an antioxidant and helps prevent oxidative stress.
- GSH, a very powerful antioxidant and detoxifier that protects that body. It neutralizes harmful free radicals, flushes away toxins, supports cell health and integrity, and strengthens immune-system activity.
- Alpha Lipoic Acid or ALA, an organic compound found in all human cells. It's made inside the mitochondrion – also known as "the powerhouse of cells" – where it helps enzymes turn nutrients into energy.



# Treatments

## Beauty Boost Infusion\*

90 minutes

This formula contains vitamins, minerals and a powerful antioxidant substances: amino acids glycine, cysteine and glutamic acid (GSH).

Free radicals and toxins accumulate in the body over time and can cause a variety of skin disorders including acne, eczema, dermatitis, wrinkles and premature aging. Detoxify your body helps eliminate free radicals and toxins, producing a smooth younger-looking skin. The main ingredients and the benefits are:

- Vitamin C, along with boasting some major health benefits, is also good for your skin. Vitamin C not only helps repair free radical damage, but it brightens the skin and helps fade dark spots, stimulates collagen production, improving the skin's texture and quality, and prevents the effects of sun damage and pollution from showing up on your skin.
- GSH, normally produced by the liver and involved in many body processes. GSH is involved in tissue building and repair, producing vital chemicals and proteins needed in the body. It also has amazing anti-aging properties to help maintain a brighter, more even complexion.

## Recovery Infusion\*

45 minutes

A great option for hydration after the sun, recovery from jet lag, headaches and overindulgence from food and alcohol. The main ingredients and the benefits are:

- Vitamin C, an antioxidant that helps protect your cells against the effects of free radicals.
- Magnesium, this mineral is important for muscle and nerve function, heart health and bone strength.
- Sodium Bicarbonate, increases plasma bicarbonate, buffers excess hydrogen ion concentration, raises blood pH and reverses clinical manifestations of metabolic acidosis.
- Vitamin B6, this vitamin helps regulate hormones and brain function, and is also important for heart health.
- Vitamin B Complex, this group of vitamins plays an important role in energy production, brain function and cardiovascular health.

## Blood Ozone Infusion\*

45 minutes

Ozone is composed of three oxygen atoms with the chemical formula of  $O_3$ , distinct from the oxygen that we breathe which is  $O_2$ . Ozone is an "activated" form of oxygen making it far more energy-boosting and active. When introduced in the blood, this will oxygenate the tissues in the whole body and can be used to ease issues ranging from aging to chronic degenerative diseases. Significant benefits include the elimination of bacteria, viruses and fungi; enhancement of the immune system; support for anti-aging and skin rejuvenation; reduction of inflammation and acceleration of wound healing; improvement in cardiovascular function; and stimulation of energy.

## Chelation Therapy Infusion

120 minutes

Chelation therapy is a medical treatment for individuals experiencing heavy-metal poisoning, such as lead, mercury, arsenic and cadmium. Heavy-metal poisoning occurs when the body's soft tissues absorb toxic amounts of metal from the food we consume and the environment. How does the therapy work? A chelator, such as ethylenediaminetetraacetic acid (EDTA) and edetate calcium disodium, binds to the heavy metals in the bloodstream to form a compound, which is then processed by the kidneys and excreted in urine. An evaluation of your urinary elimination requires a kidney-function test, measurement of creatinine and assessment of blood-urea nitrogen.

The therapy helps prevent and mitigate the progression of cardiovascular disease, chronic inflammation, Parkinson's disease and Alzheimer's disease.

# Treatments

## **Curcumin Therapy Intravenous Infusion**

60 minutes

Curcumin is a polyphenolic compound which is a main active ingredient found in turmeric. It naturally possesses anti-inflammatory properties and acts as a powerful antioxidant, making this intravenous infusion an antidote for:

- Digestive issues
- Auto-immune disease flare-ups
- Irritable Bowel Syndrome (IBS)
- Crohn's disease
- Rheumatoid arthritis

## **Nicotinamide Adenine Dinucleotide (NAD+) Infusion**

60 / 90 / 120 minutes

NAD+ is one of the most significant coenzymes in the body. Like electricity that powers a battery, every cells consist of large number of mitochondria (the powerhouse of the cell), and each requires NAD+ for energy, to function at an optimal level. As we age, 50% of your NAD+ starts to deplete from our 40s, leading to progression of aging, health problems and vulnerability to diseases. The significant benefits of NAD+ are:

- Cellular regeneration
- DNA repair
- Lengthens the Telomeres, which responsible cell regeneration and longevity.
- Activates Sirtuin-Superhero genes
- Enhances neurotransmitter levels and is believed to reduce the chances of diseases such as Alzheimer's
- Restores muscle strength and functions
- Boosts immune-cell signalling

## **Therapeutic protocol for NAD+ infusion:**

60 / 90 / 120 minutes

Introductory:

1st session at 100 mg then 2nd session at 200 mg

Note: It is strongly recommended to have an introductory sessions to allow the body to absorb and utilise the properties of the NAD+ solution. After, our doctor may recommend specific protocol for NAD+ Therapy.

Most common side effects, especially during the first time administration, are tightness in the chest (the same feeling when you are catching your breath when exercising), stomach upset, tingling in the arm and mild headache. If symptoms occur, your nurse will slow or stop the drip until symptoms subside, then may continue with the drip at a slower rate. For stomach upset, we may prepare a pot of tea to drink during the drip. The following benefits are for:

- Anti-Ageing:

1st session at 300 mg, 2nd session at 400 mg and then 3rd session at 500 mg

- Brain Refuelling:

1st session at 300 mg, 2nd session at 300 mg and then 3rd session at 300 mg

- Energy Boosting:

1st session at 200 mg, 2nd session at 300 mg and then 3rd session at 400 mg

- Anxiety, Stress & Depression:

1st session at 200 mg, 2nd session at 300 mg and then 3rd session at 400 mg



# Treatments

## **Resveratrol Therapy Infusion**

90 minutes

Resveratrol is a part of a group of compounds called polyphenols – micronutrients that naturally occur in plants, red wine, dark chocolate, tea and berries. The benefits are:

- Antioxidants, meaning they can neutralize harmful free radicals that would otherwise damage your cells
- Anti-inflammatory that helps protect against disease

## **MSC Therapy Infusion/Injection**

60 minutes  
One million cells

MSCs are multipotent stem cells found in bone marrow and with a high ability to proliferate and MSC therapy is currently one of the most extensively investigated clinical areas of regenerative medicine. It can be used to:

- Treat degenerative changes in joints and to reconstruct bones and cartilage
- Repair damaged musculoskeletal tissues
- Aesthetic (or cosmetic) medicine
- Cardiovascular diseases
- Endocrine and nervous-system diseases

*A complete blood count test \*or\* blood test and a three-day advanced confirmation is required for preparation and administration of the therapy.*

## **Human Placental Extract (HPE) Injection**

10 minutes

The placenta plays a significant role in the development of a baby while still inside a mother's womb. It provides the baby with oxygen and nutrients, removes harmful waste and carbon dioxide, produces hormones that helps babies grow and passes on immunity.

It is also comprised with three major nutrients including proteins, lipid and carbohydrates, various vitamins, minerals, enzymes and nucleic acids, and many bio-active and anti-inflammatory components that can assist in the cellular renewal and repair.

The therapeutic benefits for HPE (Human Placental Extract) includes:

### Female Rejuvenation

- Anti-aging; reduces appearance of fine lines, wrinkles and pigmentation
- Promotes weight loss and healthy metabolism
- Improves skin density by igniting collagen production and cell renewal
- Treats chronic fatigue
- Improves menopausal symptoms
- Increases resistance to stress
- Boosts the immune system

### Male Rejuvenation

- Improves sexual function, increases libido and improves fertility
- Promotes lean muscle production and reduces body fat
- Increases energy and alertness
- Regulates diabetes and hypertension
- Boosts the immune system
- Improves sleep
- Reduces chronic inflammation



# Treatments

## Testosterone Replacement Therapy (TRT) Injection

10 minutes

TRT is prescribed to treat a number of male health problems caused by low testosterone levels. Testosterone plays a vital role in a range of bodily functions, including muscle and bone health, cognition, red blood cell and sperm formation, and sexual and reproductive function in males, which can decline for various reasons, including stress, aging, trauma and infections. TRT significant benefits are for:

- Mood, energy levels and sense of wellbeing
- Sexual function
- Lean body mass and muscle strength
- Bone health
- Cognition and cardiovascular health

*A specific blood test is required for preparation and administration of the therapy.*

## Human Growth Hormone (HGH) Therapy Injection

10 minutes

Growth hormone (GH) or somatotropin, also known as human growth hormone (hGH or HGH), is a peptide hormone that stimulates growth, cell reproduction and cell regeneration. It also stimulates production of IGF-1 and increases the concentration of glucose and free fatty acids. This fountain-of-youth hormone naturally declines as we age and affects our energy levels, muscle mass, hair, skin and nail quality, and immune function. HGH Therapy benefits are for:

- Bone health and protection from fractures
- Increased muscle mass
- Improved exercise capacity and energy
- Reduced risk of future heart disease

*A specific blood test is required for preparation and administration of the therapy.*

## Vitamin D3 Therapy Injection

10 minutes

There are more than 2,000 genes in the body that are affected by vitamin D3, causing more health implications than many realise. Each cell contains vitamin D receptors. When vitamin D binds to a receptor, genes are turned on or off, causing changes. This occurs on a cellular level. HGH Therapy has benefits for:

- Development and strength of bones
- Insulin control
- Preventing cardiovascular disease
- Supporting immune functions
- Mood balance

*A specific blood test is required for preparation and administration of the therapy.*

## Methylcobalamin - Vitamin B12 Injection

10 minutes

Vitamin B12 is a nutrient that helps your body's blood and nerve cells remain healthy and helps make DNA, the genetic material in each cell. Given intramuscularly at 1000 mcg, B12 Methylcobalamin or Cyanocobalamin helps prevent:

- Megaloblastic anaemia, a condition that causes fatigue and weakness
- Nerves damage
- Macular degeneration
- High blood levels of the amino acid homocysteine that have been linked to an increased risk of heart disease

# Treatments

## L-Carnitine Injection

10 minutes

L-Carnitine is a chemical that is produced in the brain, liver and kidneys. It allows amino acid to enter the blood and enhance lipid metabolism, faster than when administered as an oral supplement. Here are some of the most important beneficial effects associated with L-Carnitine administration:

- Promotes fatty acid oxidation
- Accelerates the fat-burning process
- Essential for heart and brain function, muscle movement and many other physiological processes.

## Peptide Injection

10 minutes

Peptides are the building blocks of proteins and are composed of amino acids that work to regulate a variety of biological functions and processes. These naturally occurring peptides act as signalling molecules within the body and instruct other cells and molecules on what functions to perform.

Though our bodies naturally produce peptides, the number and quality can vary greatly by individual and as we age. The benefits of Peptides Therapy are:

- Recovery from injuries
- Improving immune function
- Weight loss
- Sexual function
- Promote longevity

*A specific blood test is required for preparation and administration of the therapy.*

## Colon Hydrotherapy

45 minutes

Our medical staff administers colon hydrotherapy, which is the gentle and safe infusion of warm water into the deeper part of the colon, up to the cecum (beginning of the large intestine), to remove compacted faeces and mucus. A thorough cleanse allows for increased absorption of vital nutrients through the large intestine, resulting in a feeling of improved health and rejuvenation. The benefits of Colon Hydrotherapy are:

- Improves bowel elimination
- Relieves indigestion, diarrhoea, bloating, excessive gas and constipation
- Assists liver detoxification
- Prevents allergy symptoms
- Supports weight loss

*Our medical staff will advise you to refrain from taking heavy meals at least two hours before the colon cleanse.*

## Angel of Water

45 minutes

An easy and effective colon cleanse for self-care, Angel of Water® helps eliminate toxins and stimulates digestion. During colon cleansing, water is inserted into the colon, stimulating natural contractions, which results in waste being eliminated.

- Improves bowel elimination
- Relieves indigestion, diarrhoea and constipation
- Assists liver detoxification
- Supports weight loss

# Treatments

## **Cryotherapy**

3 minutes

It is literally translated as 'cold therapy'. It involves exposing the body to extremely cold temperatures, between  $-100^{\circ}\text{C}$  and  $-180^{\circ}\text{C}$ , for up to two minutes on the first session and up to three minutes on subsequent sessions. It consists of an enclosed chamber that surrounds you with an opening for the head.

One cryotherapy session can provide some benefits, but it's most effective when used regularly. A minimum of ten sessions over a two or three [days/week] period is recommended. This therapy helps with:

- Pain relief and muscle healing
- Weight loss
- Inflammation reduction and immune system enhancement
- Anxiety and depression
- Treatment of migraines and improved eczema

In the event of feeling discomfort, please alert our team or you can step outside the chamber and warm yourself with towels if you feel very cold after the session. Guests with peripheral vascular disease, pregnant and nursing mothers should avoid this therapy.





# Aesthetics

## High Intensity Focused Ultrasound (HIFU) – Facial

60 minutes

Ultrasound energy stimulates the deeper layers of skin, resulting in a more lifted, tighter appearance by stimulating collagen production. HIFU has many aesthetic benefits, including:

- Reducing wrinkle appearance
- Lifting the eyebrows, eyelids and cheeks
- Tightens loose skin on the neck
- Provides jawline definition

The procedure works best on people older than 30 with mild-to-moderate skin laxity. Those with damaged skin or a high degree of loose skin may need several treatments before seeing results.

*Following Botox and fillers, one month is required for administration of this therapy. Once therapy has been completed, avoid direct sunlight and use sunscreens with higher SPF on treated areas. The treatment is not recommended for those with infections and open skin at the target area, severe or cystic acne, and metallic implants in the treatment area.*

## Botox

30 minutes

50 units

Our doctor will discuss your desired look with you and determine which course of treatment is appropriate. Our age-reversal experts can also explain exactly what to expect in advance. A fine needle is then used to inject just beneath the skin, reducing wrinkles and fine lines. Treatments are relatively painless, and suitable for both women and men.

Botox provides a non-surgical, safe, quick, convenient and immediate solution for forehead creases, drooping brows, crow's feet and frown lines between the eyebrows.

*Treatments are most effective when repeated every four to six months. Avoid the use of heat applications on the treated areas, including use of sauna and excessive exposure to the sun for two weeks. This procedure is not recommended for pregnant and/or breastfeeding mothers.*

# Aesthetics

## Mesotherapy

60 minutes

Known as Lipolysis Injection, MesoFat and Mesotherapy, this treatment reduces fat in several areas including face, chin, arms, waist, buttocks, thighs and legs. The solution dissolves fat-cell membrane in the treated area. When the membranes are disturbed, the fat cells become unstable and eventually break down into smaller particles. These particles are flushed out through body's fluid circulation. Mesotherapy provides a safe, quick and convenient non-surgical solution. Benefits include:

- Reduction of excess fat on the face and the appearance of a double chin
- Diminishes the fat alongside armpits
- Abdominal reduction, bulges in lower hips and love handles

*Avoid the use of heat applications on the treated areas, including use of sauna and excessive exposure to the sun for 24 hours. This procedure is not recommended for pregnant or/and nursing guests.*

## Coolsculpting

35 minutes

Also known as Cryolipolysis, a method that targets fat in body areas that are more challenging to remove through diet and exercise. It uses freezing temperatures of -10 °C to -11 °C to break down fat cells. Fat cells are more affected by cold temperatures than other cells. This means that the cold does not damage other cells, such as the skin or underlying tissue.

During the procedure, the practitioner vacuums the skin above the area of fatty tissue into an applicator that cools the fat cells. The cold temperatures numb the site and some people report feeling a cooling sensation.

Most CoolSculpting procedures take around 35–60 minutes, depending on the area being targeted. There is no downtime because there is no damage to the skin or tissue. After the procedure, it may take around 4–6 months for the fat cells to leave a person's body. In that time, the area of fat will decrease by an average of 20%. Coolsculpting provides a non-surgical, safe, quick, convenient and immediate solution for toning and tightening specific areas of the body, including the abdomen, arms, thighs and legs.

*Common after-effects include soreness, stinging, firmness, mild discoloration, swelling and itchiness at the site.*

## ThermiVa

60 minutes

A new form of energy medicine that uses heat therapy delivered via radio frequency (RF) waves to promote collagen creation, and shrinkage and tightening of female tissues. The ThermiVa offers a smart and alternative choice for female rejuvenation that is non-surgical, non-invasive and pain-free. ThermiVa benefits include:

- Reduction of urinary incontinence
- Improved vaginal lubrication
- Enhanced intimate experience
- Restored comfort
- Boosted confidence

*It is not recommended during menstruation.*





# Physiotherapy

## **Pain Management**

Physiotherapy can be used to treat a wide range of musculoskeletal conditions, such as injuries sustained during sports, breaks and back pain. Therapeutic exercises may be included as part of physiotherapy treatment to improve strength, range of motion, endurance and to correct postural and muscular imbalances. The treatment may include joint mobilisation, manipulation and soft tissue massage, as well as stretches and trigger-point therapy to reduce stiffness and relieve pain.

## **Sports Rehabilitation**

A sports rehabilitation programme is beneficial for those who have been injured during sports or non-sporting activities. Our physiotherapist will work on improving sport-specific movements that are necessary for the activities.

## **High Intensity Laser Therapy (HILT)**

HILT technology delivers stimulates body tissue to deliver boosted energy levels. In accessing the deep tissue, regeneration and healing are accelerated. It exerts bio-stimulation effects, pain relief, an anti-inflammatory effect and relaxation of muscles.

## **Radiofrequency Therapy**

Radiofrequency (RF) therapy distributes high-frequency electromagnetic energy into the desired tissue to improve skin tightness, improve muscle tone, address tendinitis and stimulate tissue regeneration.

## **Ultrasound Therapy**

Therapeutic ultrasound is a common physiotherapy treatment, used to target soft tissues in the body to provide deep healing. This includes muscles, tendons, joints and ligaments. It can be used either acutely or chronically. An initial session of 60 minutes includes an in-depth consultation with our physiotherapist to thoroughly discuss symptoms and concerns, a movement assessment and postural analysis, as well as treatment.

30 / 60 minutes

# Traditional Chinese Medicine

The primary characteristic of Traditional Chinese Medicine is holistic treatment for the whole body in order to find the root cause of a condition or problem. As part of your consultation, your TCM practitioner will use an ancient Oriental holistic procedure to discover patterns of imbalance and assess what your body needs. While two people may experience similar symptoms, the underlying causes of these symptoms may be completely different. Your TCM practitioner can suggest a bespoke treatment plan to achieve specific wellness goals.

## Acupuncture

30 / 60 minutes

The 2,500-year-old TCM practice of acupuncture stimulates specific acupoints along the body's meridian lines with thin sterile needles following the same principles as Meridian Therapy. Acupuncture is pain-free and remarkably relaxing, since once the needles are in place, a period of rest and calm follows. The areas stimulated are often felt to have a feeling of warmth or energy collecting beneath the skin.

The goal is to relieve discomfort associated with a variety of diseases and help stimulate the body's natural healing abilities, promote physical and emotional wellbeing. Benefits include:

- Help with several pain conditions, including back, neck and knee pain associated with injury or daily activity
- Reduction in stress and enhanced mental clarity
- Promotion of better sleep
- Better immune and nervous system function

## Cupping

45 minutes

Cupping is an ancient method of alternative medicine that involves strategically placing cups on the skin to create suction. The pressure gradient created by cupping draws the tissues to the surface, decompressing them. Physical opening of the tissues allows for an invigorating energy flow over the entire body. Benefits include detoxification, pain relief, decreased inflammation, increased blood flow and deep relaxation with a sense of wellbeing. Cupping is a safe, traditional treatment, that helps resolve:

- Chronic muscle tightness and pain faster than massage therapy alone
- Promotes blood flow to help relieve muscle tension and increases circulation
- Helps reduce the appearance of cellulite
- Helps to flush out toxins through the lymphatic system

# Traditional Chinese Medicine

## **Chi Nei Tsang**

60 minutes

Chi Nei Tsang is an abdominal detox massage that originated in ancient China and literally means “working the energy of the internal organs”. This highly effective form of holistic bodywork, uses a sequence of deep, soft and gentle pressure on the abdomen, ribs and pelvic area to open the flow of energy, release blockages and promote a greater *chi* flow. Stress and tension are reduced and other benefits of Chi Nei Tsang include:

- Releasing tension and energetic blockages in the abdomen
- Improve the flow of energy to the entire body
- Detoxify and harmonising your internal organs

## **Moxibustion**

30 minutes

Moxibustion is a form of heat therapy in which dried mugwort is burned on or close to the skin's surface. This is intended to warm and invigorate *qi* flow in the body and dispel pathogenic influences. It can also remove certain blockages in the flow of energy that leads to mental and physical health problems, and be used to treat back pain, headaches, migraines, muscle stiffness, tendonitis, fatigue, menstrual cramps and digestive problems.

# Facilities

## **Daily Complimentary Wellness Classes**

Amanpuri offers daily complimentary wellness classes ranging from yoga and Pilates to beach jogging and Muay Thai boxing. Enquire at the spa reception for the full class schedule and any further details.

## **Infrared Sauna**

Offering a host of anti-ageing health benefits, our infrared sauna emits infrared light experienced as radiant heat. This is absorbed by the surface of the skin and aids in detoxing, increasing cellular metabolism and boosting the skin's natural healing processes.

## **Steam**

The cleansing and relaxation benefits of steaming are well known. Amanpuri also offers herbal steam options, aided by the healing properties of specific herbs.







# Medical Wellness Clinic Reminders

## Operating hours

### Medical Wellness Clinic

Daily from 8am to 5pm (last treatment 4pm)

### Fitness Centre

Daily from 6am to 9pm

## Appointments

Advance booking is recommended to ensure availability of time and services. Please dial extension 7201 and 7202 for spa or +66 76 324 333 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.

## Medical Wellness Clinic Environment

The minimum age for spa treatments or use of the gym is 16. Guests under the age of 16 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 consultation time is reserved, we kindly ask for a minimum cancellation notice of six hours for spa treatments and 24 hours for wellness activities. Cancellations made outside of 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 staff with any medical or health concerns.

## Pricing

All prices are subject to 10% service charge (+). Clinic reservations after operation hours are subject to an additional 50% surcharge.



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