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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.

Wellness at Aman-i-Khás

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.



Aman Signature Treatments



Aman Advanced Facial

60 minutes

A wholly rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin, the exclusive Aman Advanced Facial combines effective formulas made in Japan with exfoliation and manual lifting techniques to stimulate facial muscles, tighten and brighten skin.

The treatment begins with ultrasonic scrubbing to cleanse pores, then 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.



Aman Signature Treatments

Grounding Pathway

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

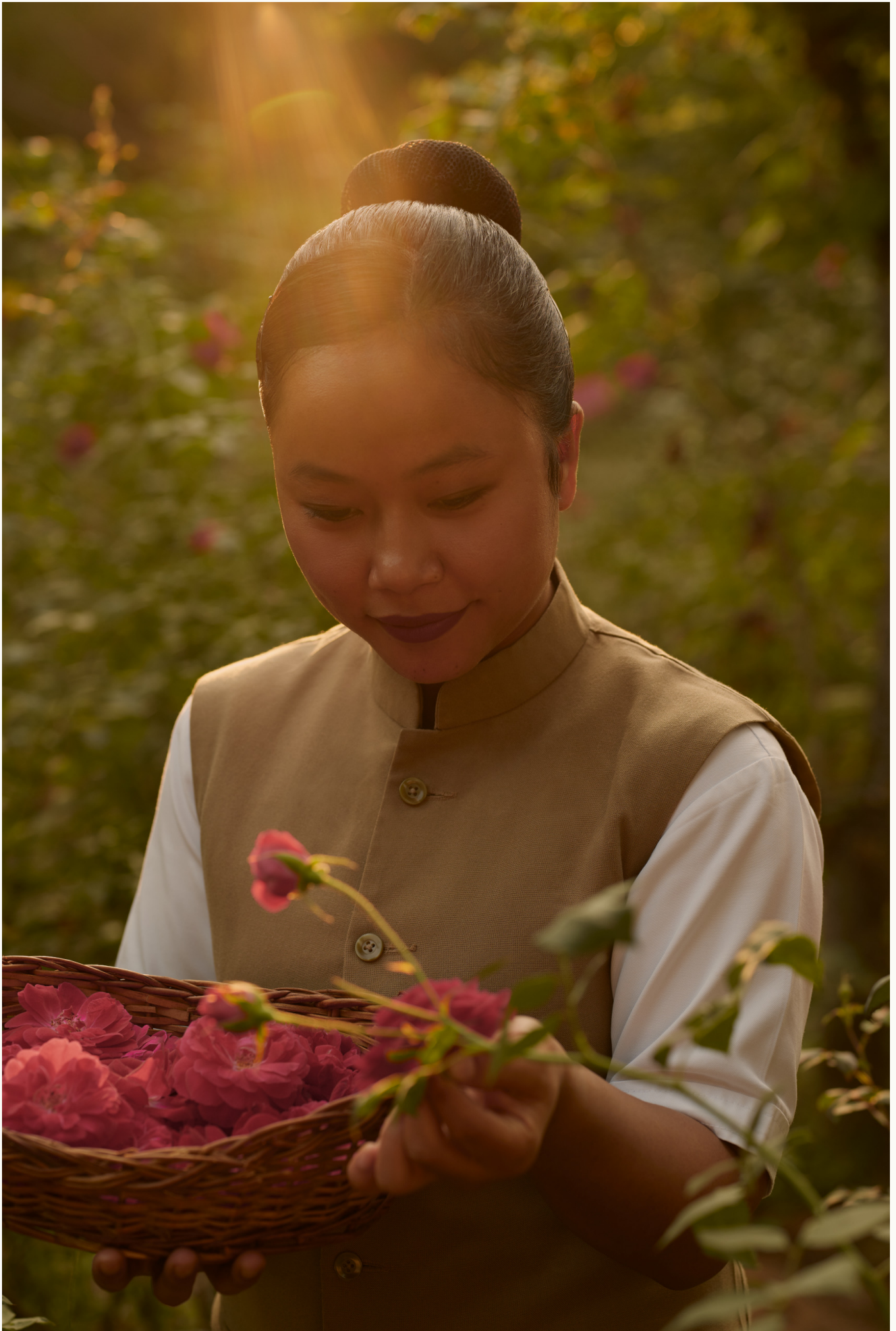
90 minutes

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 energises the meridian system. The massage incorporates cupping along meridian lines, acupressure, kneading, deep-tissue techniques, and hot Himalayan salt poultices. The experience finishes with an invigorating Tibetan head massage that induces a deep level of relaxation.

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 treatment includes a body massage with the added benefit of a silky-smooth smoked body butter.



Aman-i-Khás Signature Massages

Aman-i-Khás Body Massage

60 / 90 minutes

From the soothing to the deeply therapeutic, our therapists employ a range of skills in order to customise this massage to suit your needs. From aromatherapy and Swedish to deep-tissue and foot massage, your therapist will help you choose the modality that most suits your requirements.

Ayurvedic Herbal Poultice Massage

75 minutes

A classic Ayurvedic treatment in which the therapist uses warm balaswangandha oil – a blend infused with herbs for firm and glowing skin. The oil is massaged into the body with the help of heated linen bundles that are filled with dried herbs. This treatment will help your mind achieve serenity and leave your body feeling smooth, softened and deeply relaxed.

Ayurvedic Full Body Massage

60 / 75 minutes

A traditional Indian Ayurveda treatment using a combination of soothing and symmetrical long strokes to regulate the nervous system and improve the circulation using warm oil. It will bring relaxation, and deeper therapeutic benefits to muscles and the whole body.

Hot Stone Massage

90 minutes

The combination of warm stones and massage penetrates deeply into the body to soothe and relax tender muscles. Hot basalt stones are placed on and under the body to generate heat, releasing tension. The stones are an extension of the therapist's hands as they glide over the body as part of this flowing massage technique, allowing the benefits to be felt at the deepest level.

Back and Neck Massage

60 minutes

This calming mind and body experience provides the perfect finale to a wild safari drive. We concentrate on your back, neck and head to release you from the deep-seated tensions that causes back pain and headaches.

Head Massage

30 minutes

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

Enhancements

Extend your 60 or 90-minute full-body massage by selecting one of the following 30-minute add-on treatments.

30 minutes

Back Massage

A highly effective massage designed to reduce shoulder tightness and relieve back pain by working gently but firmly on tight spots. Your treatment concludes with a relaxing head massage.

Head Massage

An invigorating massage that releases muscular tension from the head, neck and upper shoulders, creating a deep sense of relaxation and joy, as well as clarity of thought.

Foot Massage

Performed on the soles of your feet, this wonderful massage works to restore the natural flow of energy in the body and calm the entire nervous system.

Body Scrub

Exfoliate your skin to remove dead skin cells and promote cellular regeneration. It also allows your skin to absorb the products easily, leaving your skin soft and moist.

Herbal Compress

An Ayurvedic warm herbal poultice heated herbal poultices to rejuvenate, relax and nourish your body.

Rajasthani Beauty Tradition



Henna

30 minutes

A traditional form of skin decoration, mehndi or henna is a ceremonial art form typically applied for celebrations such as weddings or Hindu festivals. Intricate and beautiful, a local artist will use your feet or hands as a blank canvas for creativity. The art will gradually fade over a period of weeks until it disappears.

Please note that mehndi appointments are subject to the availability of our local artist.

Finishing Touches

Classic Manicure

60 minutes

Includes varnish removal, shaping, soaking, buffing, and a relaxing hand massage.

Classic Pedicure

60 minutes

Includes varnish removal, shaping, soaking, buffing, and a foot massage.

Express Manicure

20 minutes

Include polish removal, nail shaping and buffing.

Express Pedicure

20 minutes

Includes polish removal, nail shaping, and buffing.

Nail Polish

20 minutes

Simple polish in a choice of colours.

Aromatic Baths - Snan

20 minutes

We gather freshly grown herbs from our garden and prepare them for you in the privacy and comfort of your tent. These herbs are harvested directly from our organic garden and are specifically crafted to enhance your post-adventure relaxation. The aromatic bath, in addition to other spa treatments, is highly recommended for a wholly rejuvenating experience.

Milky rose petal bath with vetiver, lavender and ylang ylang

A fantastic way to conclude the day's exploration, this ingredient combination promotes mental equilibrium, assists in alleviating insomnia and stress, and results in soft, nourished, and hydrated skin.

Turmeric, neem, lime and lemongrass

Indulge in a revitalising and invigorating bath that not only aids in detoxification and toning but also imparts a thorough cleanse, leaving your skin exceptionally soft. Ideal for any time of the day, whether it's before or after a massage.

Basil, marjoram, thyme and lavender

Initiate your spa journey with this delightful combination, known for effectively alleviating muscle tension and joint pain. Beyond its physical benefits, it has a calming effect on the mind, soothes the nervous system, and aids in relieving headaches.



Movement

Yoga is the physical, mental and spiritual practice of Hatha, Vinyasa (different poses), pranayama (breathing) and meditation. This enables the flow of vital energy, to rejuvenate the body, strengthen awareness and find clarity.

Each session can accommodate up to five guests.

Private yoga

60 minutes

Private yoga sessions enable guests to enjoy instruction tailored to their specific needs. Working within your range of flexibility, you will move through postures with a focus on breath and body awareness. Combining breathwork with certain postures helps improve muscle flexibility as well as deeply massage the inner organs, increasing circulation and overall health. Private instruction can be arranged in our outdoor yoga pavilion, at the spa or in the comfort and privacy of your tent.

Pranayama - breathing practice

30 minutes

Pranayama means 'extension of the life force'. It is an ancient practice of breath control to improve your sense of vitality. Drawing upon various techniques that may soothe or invigorate will help to regulate and increase oxygen supply in the body, correct patterns of breathing and help to release stress and tension. This breathing practice helps calm your body and mind, supporting you to sit in meditation with ease.

Meditation - a deep sadhana

30 / 60 minutes

Sadhana, meaning 'spiritual practice', is a guided meditation to quieten the mind, creating a space in which the intensity of surface tensions and stress subside while increased feelings of calmness, clarity, and heightened alertness are generated through the improved connection of mind and body.

Spa Reminders

Operating hours

Spa

Daily from 9am to 8pm (last treatment 8pm)

Appointments

Advance booking is recommended to ensure a wide availability of time and services are available. Please reach out to your assigned batman for spa enquiry.

Treatment Preparation

We recommend guests arrive five 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 16. Guests under the age of 16 are required to have parental consent prior to their booking being accepted.

Valuables

Please leave valuables in the safe in your suite.

Cancellation Policy

We understand that schedules change, and we will do our best to accommodate. Once spa time is reserved, we kindly ask for a minimum of four hours cancellation notice. A 50% charge for cancellations within four hours. Cancellation within one hour will be subject to the full charge of the booked treatment.

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.



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