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SPA

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Wellness at Amanbagh

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'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.

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, warmed rose-quartz crystals and hot Himalayan salt poultices. The experience finishes with an invigorating Tibetan head massage that induces a deep level of relaxation.

Grounding 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 body massage with benefit of a silky-smooth smoked body butter.

Aman Signature Treatment



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, tighten and brighten skin.

60 minutes

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.



Amanbagh Body Treatments

Amanbagh Signature Massage

60 / 90 minutes

Our reviving signature massage adapted to your mood and body, is a unique combination of Swedish and deep tissue massage techniques that work to unravel tension and calm the entire nervous system. The treatment starts with holding a crystal that helps to re-balance the body energy while sound therapy promotes stillness and happiness.

Hot Stone Massage

90 minutes

Using a combination of smooth, warm stones, soothing oils and healing hands, this deeply penetrating massage works to soothe and relax tender muscles and emotions. Hot stones are placed on key energy points of the body, evoking an aura of warmth and drawing out tightness.

Deep Tissue Massage

90 minutes

Deep Tissue massage applies deeper pressure and works on the deeper layer of the muscle tissues, tendons and fascia to ease tension and reduce chronic muscle pain and helps to release toxins.

Amanbagh Spa Journey

90 / 120 minutes

A personalized experience, where experienced therapists create bespoke formulas using aromatic herbs and plants blended with unscented oils used for a revitalising scrub followed by a full-body massage.

Add-On Bliss

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

Back Massage

30 minutes

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

30 minutes

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

30 minutes

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.

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 fade over a period of weeks until it disappears.

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

Finishing Touches

Classic Manicure

45 minutes

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

Classic Pedicure

60 minutes

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

Nail Polish

20 minutes

Includes a base- and top-coat.

Ayurveda at Amanbagh



At Amanbagh we offer genuine Ayurvedic healing treatments specially tailored to each individual under the personalised care and supervision of a trained Ayurvedic physician or vaidya. Because Ayurveda pursues two main goals – preserving the health of an individual and healing the sick – we have created two different approaches. Our Rejuvenation Therapies are holistic and uplifting, working to re-instate your body, mind and soul to an ultimate state of wellbeing. Our Detoxing Therapies and Panchakarma Cleanse aim to purify the body inside and out.

Your Own Personal Ayurvedic Journey

For a coherent experience we recommend you start your Ayurvedic journey with a detailed consultation and pulse diagnosis with our Ayurvedic physician. Our resident physician can create a tailor-made wellness journey and recommend the right healing paths according to your own preference and needs.

Ayurvedic Treatments

Abhyanga

60 minutes

Ayurveda believes that massage with warm herbal oil should be a part of daily life. Abhyanga means 'to anoint', and specific oils are chosen for the head and body according to your body type. The natural healing qualities of the herbal oils, together with traditional massage techniques, deeply cleanse and rejuvenate, improving the overall appearance of the skin and relieving stress. This massage helps to harmonise imbalances in all three doshas.

Shirodhara

60 minutes

In this calming, healing therapy, a steady stream of warm medicated oil is allowed to flow from a specific height onto the forehead and the entire scalp region before a gently releasing head massage. This is one of the most popular Ayurvedic therapies: It not only enhances mental relaxation, but also cools the head, improves the functioning of the five senses and helps with insomnia, migraines, stress, anxiety and depression. It is also a great jet lag reliever.

Pinda Sweda

60 minutes

A treatment performed according to dosha type (Vata, Pitta or Kapha) this massage incorporates warm medicated oil and warm herbal bundles filled with ingredients prescribed by our Ayurvedic physician. A combination of herbal powders or freshly prepared leaves, lemon or medicated Navara rice all work to cleanse toxins from the body, improve circulation and soothe the likes of sciatica, rheumatism and other musculoskeletal issues. The treatment is also incredibly effective at releasing tense shoulders.

Pizhichil

60 minutes

In this traditional treatment, warm Ayurvedic oils are synchronously dripped from saturated cotton cloths over the entire body before a rhythmic massage with the guest resting in various positions. This deeply cleansing treatment has an extremely rejuvenating effect. It improves blood circulation, strengthens skin tissue, alleviates problems with stiff joints and retunes the entire nervous system. A great choice for anyone suffering from chronic pain.



Ayurvedic Treatments

Shiro / Mukha / Pada Abhyanga

30 minutes

A deeply relaxing treatment working on the body's Marma points with warm herbal oils, focussing on either the head, face or feet, or a combination of all three.

Sarvanga Dhara

60 minutes

Medicated milk or a herbal decoction are continuously poured on the whole body by a therapist who works in a unique pattern to strengthen the nervous system and protect against any pain or future neurological issues. Excellent for anyone with high blood pressure, general fatigue and skin disorders.

Shiro Vasthi

60 minutes

A very traditional Ayurvedic treatment in which oil is retained on the scalp either using cotton pads or a special head cap. Useful for anyone suffering from insomnia, burn-out or impaired concentration.

*Our Ayurvedic treatments mentioned above provide a brief introduction to the culture of wellness and wellbeing, deeply enriched by India's ancient healing traditions. For guests seeking to fully immerse themselves in transformative wellness journeys with Ayurveda, our resident physician can create tailor-made healing programmes ranging from 3 to 21 days. Please feel free to ask our team for more information.



Movement

Yoga

60 minutes

Yoga is a tradition that originated in India more than three thousand years ago. Its purpose is to help us achieve our highest potential and to experience enduring health, happiness and wellness. With regular practice, quality of life, physical health and mental wellbeing are improved.

Private Yoga
(single/couple)

Our resident yoga instructor will personalise each session according to your specific needs. Classes include asana (postures), mudras (gestures), pranayama (breathing technique) and relaxation.

Pranayama / Breathing Practice

45 minutes

Indulge in a holistic journey of mind and body with our diverse yoga and meditation offerings. Discover the timeless practice of Hatha Yoga, a gentle yet powerful form that emphasises alignment and balance, making it perfect for all levels. For those seeking a more dynamic and challenging experience, delve into Ashtanga, a rigorous practice that combines breath, movement, and precise postures to build strength and flexibility. Unleash your inner flow with Vinyasa, a fluid and creative style that synchronises breath with movement, fostering a harmonious connection between body and spirit. These sessions will not only promote physical wellbeing but also guide you towards a tranquil state of mind through meditation, leaving you rejuvenated and at peace. Join us on this transformative path to inner serenity and vibrant health.

(single/couple)

Pranayama means "extension of the life force". This is an ancient yogic technique that aids breath control and expansion in order to activate the life force of the body and attain a higher state of vibratory energy and awareness. This simple but highly effective breathing practice helps calm both body and mind. Concentrating on the breath distracts, focuses and clears the brain, allowing you to sit in meditation with greater ease.

Movement

Sadhana Meditation

Sadhana, meaning 'spiritual practice' is a guided meditation to quiet the mind. Gentle yet powerful, it helps surface tensions and stress to subside, increasing calmness, clarity of mind and alertness. It also improves the mind/body connection, allowing you to tap into your deepest desires and stay aligned to your truth.

Yoga Nidra

45 minutes

Yoga Nidra or 'yogic sleep' takes you into a state of deep inner awareness and higher consciousness. As you let go of your attachment to the physical world and travel inside, you release mental anxiety and reach a state of deep relaxation akin to the space between waking and sleeping.

Vipassana Meditation

45 minutes

The word vipassana means 'seeing through, or to see things as they really are'. This mindful breathing meditation is one of India's most ancient and is based on self-transformation through self-observation. It focuses on the deep interconnection between body, breath and mind and allows for a purification that aims to free your entire being from pain and suffering.

Hawan

45 minutes

This ancient Fire Meditation, said to originate around 1500BC, combines fire and mantra chanting with deep symbolism to help fulfill a specific desire of an individual, family or society.

JalNeti

45 minutes

A yogic technique to cleanse and purify nasal passages through the use of warm saline water, JalNeti helps to remove mucus and relieve muscular tension in the face. A great practice to take home and especially good for those with sinus issues.

Kunjal

45 minutes

A strong digestive cleanse which releases acidity and relaxes all the internal systems of the body. Warm saline water, drunk slowly, is used to remove excess mucus, undigested matter and bile through vomiting. It also helps to release pent-up emotions, or 'stomach knots.'



Spa Reminders

Operating hours

Spa

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

Fitness Centre

Opens 24 hours daily

Appointments

Advance reservations are recommended to ensure the requested time and service is available. Please dial extension 4 to contact the spa directly.

Treatment Preparation

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

Spa Environment

The minimum age for spa treatments or use of the gym is 13. Guests under the age of 16 are require adult for supervision.

Guest Attire

Suitable attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for use during spa treatments.

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 a 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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