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Aman Wellness

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 Traditional Chinese Medicine (TCM) and Ayurveda, are based on complex theories of the human body and mind. They incorporate aspects of health otherwise unexplored in modern 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.

Wellness at Amandayan

At Amandayan, the Aman Spa is housed in wooden pavilions around a 20-metre heated swimming pool. A sanctuary within this hilltop haven, the Spa offers four serene treatment rooms with steam showers, wooden bathtubs with panoramic views and relaxation areas. Two hydrotherapy suites are perfect for scrubs, baths and wraps. The fully equipped gym is complemented by a Pilates and yoga studio and an outdoor Tai Chi and meditation deck.

Amandayan's spa menu draws on Traditional Chinese Medicine (TCM) with its emphasis on balancing the body's meridians to encourage the flow of qi (life force). An ancient system that aims to treat the root cause of any issue rather than merely addressing its symptoms, TCM uses a variety of techniques to remove blockages – whether physical or emotional – that can impede the flow of qi. These include acupuncture, acupressure massage, reflexology massage, cupping, herbal tonics and more.



Aman Skincare Products



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.

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. Each product works holistically to nurture and enhance overall wellbeing, soaking deep into the skin to nourish and rejuvenate. Bringing the physical and emotional into harmony, they aim to holistically fine-tune the body and mind, with tangible, long-lasting results.

Grounding Pathway

Drawing on the peace of 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 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 Facial

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 ease products into the skin and stimulate circulation. Acupressure with heated Himalayan salt poultices and meridian stimulation with warm rose-quartz crystals restore radiance. A Peruvian black mud and amethyst crystal mask, followed by a Tibetan head massage, complete the treatment.

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.

Grounding Journey

180 minutes

Each Grounding treatment is powerful in isolation, but their effects are magnified when experienced together. This journey is the ultimate Grounding experience, incorporating elements of 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 ensures guests feel connected, centred and ready to reach a place of perfect contentment – grounded in every sense of the word.



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 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 and 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 by incorporating a longer scalp massage for relaxation, a facial massage and a hydra-active mineral mask to boost hydration.

Amandayan Signature Treatments

Himalayan Journey

100 minutes

This healing journey has been inspired by the gifts of the Himalayas – not just the salt from its ancient stones and the precious agarwood oil of the region's Aquilaria trees, but also the peace of its enduring peaks shared through singing bowls handcrafted by local artisans.

The journey begins with a Himalayan salt scrub, to purify and re-energize the physical body and the spirit. Next relax as the resonance of singing bowls induces a deeply meditative state in which body and mind can heal and rejuvenate. The journey ends with a 60-minute agarwood oil massage to release any residual tension and induce a blissful sense of peace and wellbeing.

Amandayan Signature Journey

60 / 120 minutes

Following a hot bath to unlock tight muscles, a body exfoliation using local anti-oxidant rich pomegranate will stimulate the circulatory system. A body mask is then applied using snow tea, known for its immune boosting and cleansing properties. Finally, relax in the herbal steam room to allow the benefits of the snow tea to soak into the body.

This signature treatment may be enjoyed on its own, though we highly recommend combining it with either an aroma massage to deeply relax the body, or a facial treatment for additional skin care.

Soothing Bath

30 minutes

Choose from the following to ensure a fragrant, beneficial bath to suit your needs:

- Pu'er Tea: Cleansing and detoxifying with immune boosting properties
- Mugwort: Improves circulation to bring warmth to even the coldest hands and feet
- Chinese Herbs: Turmeric, lemongrass, lime zest, tamarind and orange leaves all aid relaxation, relieving muscular pain and enhancing circulation to warm and comfort.
- Geranium & Ylang Ylang Bath Oil: Balances hormones, alleviates anxiety and lowers blood pressure, while enhancing mood and promoting emotional wellbeing
- Rosewood & Sage Bath Oil: Boosts the immune system with its antibacterial properties and relieves sore muscles while easing anxiety and lifting spirits.

Therapeutic Treatments

Moxibustion and Cupping

30 / 60 minutes

This treatment involves the application of heated cups to the back of the body, on areas of tension along the meridian lines. The heated cups create suction to draw out impurities from the body to the surface layers. Moxibustion is then performed, which is the burning of herbs close to the skin, to increase blood circulation and further draw out impurities. Please note that this powerful therapy leaves temporary marks on the areas of skin where cups are applied.

Tui Na Massage

60 / 90 minutes

A fundamental treatment in TCM, Tui Na is a strong deep tissue massage that works to relax the body while also restoring the balance of qi. In TCM, pain in the body is seen as the result of blockages, and Tui Na seeks to remove these by increasing circulation and focusing on certain acupressure points, boosting the body's self-healing capabilities. Relaxing yet energizing, the massage is performed over loose comfortable clothing without the application of oil.

Herbal Compress Massage

90 minutes

The heat infusion and compress of prai, ginger, turmeric and lemongrass stimulate circulation and soothe muscles, also providing anti-inflammatory benefits. Gentle pressing, circular and rolling movements combine with aromatherapy oil-based massage techniques to provide a deep sense of relaxation.

Bamboo Massage

60 / 90 minutes

In this firm massage treatment, which energizes 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.

Movement & Meditation



Singing Bowl Healing

60 minutes

Himalayan singing bowls are handcrafted from precious metals and have been used in meditation for centuries. Producing harmonic tones when struck, their vibrations and sounds promote relaxation, reducing stress and aiding in mindfulness practices. The soothing resonance helps to restore the flow of qi, rebalance the body and promote a deep sense of calm and wellbeing.

Meditation

Practiced for thousands of years to alleviate stress, calm the mind, heal the body and gain insight into our very reason for being, meditation is a powerful tool for consciously improving wellbeing.

Tai Chi

On a wooden deck surrounded by trees, practice this ancient Chinese wellness art guided by an experienced Tai Chi master. The slow, graceful movements focus the mind in a kind of moving meditation, and the holding of postures drawn from martial arts strengthens muscles and increases stamina.

Yoga

Hatha Yoga: A gentle introduction to basic yoga postures, hatha yoga will help you feel more flexible, stronger and relaxed. Poses are held then changed in a gentle flow to encourage a better mind and body connection.

Yin Yoga: A slow-paced style of yoga in which poses are held for a longer period. This applies moderate stress to the connective tissue - the tendons, fascia and ligaments - to increase circulation in the joints and improve flexibility.

Yoga Nidra: This is a powerful meditation technique performed lying down. Also known as yogic sleep, it is deeply restorative and beneficial for good health, mental peace and higher awareness.

Sun Salutation: A warm up that increases blood supply to the joints while stretching and strengthening the whole body. It is said to improve the efficiency of the internal organs.

Spa Reminders

Operating hours

Spa

Daily from 11am to 8pm (last treatment 6.30pm)

Fitness Centre

Daily from 9am to 8pm

Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time and service is available. Please dial extension 6306 to make a reservation.

Special Considerations

Most 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.

Treatment Preparation

Guests are kindly requested to arrive at least 10 minutes before their treatment is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

Spa Environment

Smoking and the use of mobile phones are prohibited in and around the Aman Spa. The minimum age for a spa treatment is 16 years. Guests under the age of 16 years are required to have parental consent prior to the booking being accepted.

Cancellation Policy

Although staff will do their utmost to accommodate any booking changes, guests are kindly requested to give at least six hours' notice of cancellation so that someone else may enjoy that time. Cancellations made within six hours will be subject to the full charge of the treatment booked.

Refund

Unopened retail products are exchangeable within seven days of purchase with presentation of original receipt.

Valuables

Please do not bring valuables into the Spa. Safes are provided in every guest room.

Room service policy

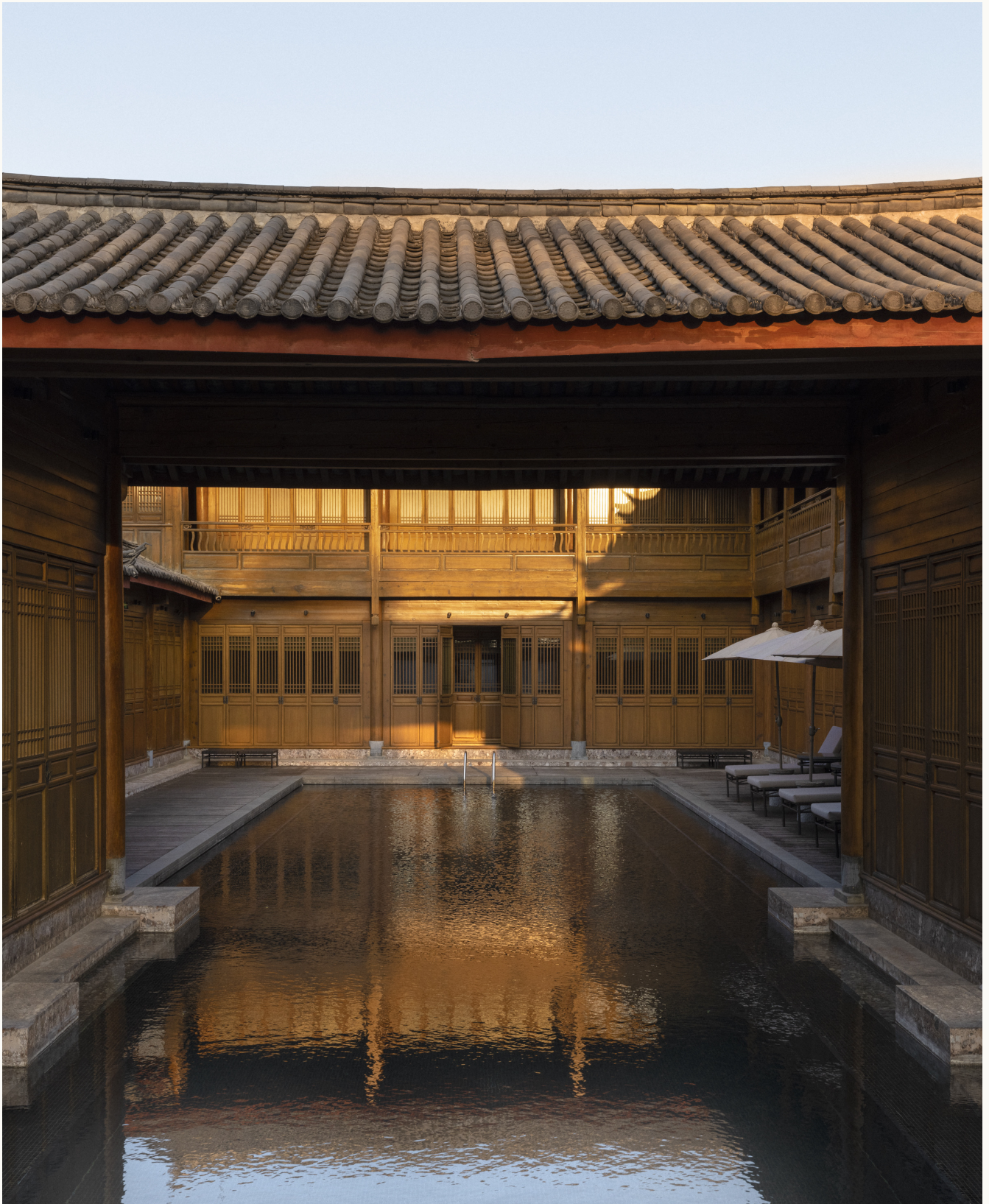
In-room massage incurs an additional charge.

Age Policy

Children under the age of five are not permitted to use the swimming pool or any other spa facilities. Children under the age of 14 may use the pool if supervised by an adult but may not use the hydro facilities or take spa treatments. Those aged 14 to 16 may use these facilities and take spa treatments only when a waiver is signed.

Pricing

All prices are subject to local tax and service charge.



AMANDAYAN
29 Shishan Road, Gucheng District Lijiang,
Yunnan PRC / 674199

Tel: +86 888 533 9999
Fax: +86 888 532 1111
E-mail: Amandayan.res@aman.com
www.aman.com