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Wellness at Amanwella

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.

Entering this realm reveals a captivating new language that seeks to unravel the mysteries of how our bodies function. However, one need not grasp the intricacies of the philosophical underpinnings of traditional healing to reap its benefits. Aman Spa is dedicated to demystifying this language, inviting those curious to explore further.

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

Nourishing Body Polish & Wrap Ritual

90 minutes

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone and rejuvenate – in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich clay, toning rose hydrolat and anti-inflammatory argan oil. The treatment ends with a Sacred Heart Balm, applied to the whole body.

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, welcoming tighter, brighter skin.

The treatment begins with ultrasonic scrubbing to cleanse pores, supported by the use of 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.

Enhancements

Introducing Aman x 111SKIN

Combining Aman Skincare's all-natural ingredients with 111SKIN's clinical expertise and science-led technology, Aman Essentials introduces two new, limited-edition face and eye masks. Designed to infuse the skin with hydrating ingredients, the masks can be easily integrated into any Aman Skincare routine to instantly reveal a glowing, smooth and refreshed complexion. From Kalpariane®, a collagen-activating algae, to spirulina which calms the complexion, powerful ocean-derived ingredients are combined with 111SKIN's revolutionary anti-aging complex, NAC Y2™. In turn, the most powerful intracellular antioxidant, Glutathione, is stimulated and circulation and oxygen capacity boosted, providing immediate result.

Nourishing Gold Algae Face Mask

15 minutes

Encompassing 111Skin's advanced technology, the hydrogel formula infuses the skin with Aman's signature marine ingredients to yield immediate and dramatic result.

Nourishing Gold Algae Eye Mask

10 minutes

The hydrogel formula infuses the under-eye area with hydrating and radiance-boosting ingredients for a glowing and refreshed complexion. For anyone looking to boost radiance and refresh the under-eye area.

Amanwella Spa Programmes

Ayurveda Fusion

90 minutes

Abhyanga Massage is a renowned Ayurvedic therapy that emphasizes the maintenance of health through detoxification techniques such as massage, aiming to restore balance to the nervous system. This rejuvenating experience involves delicately exfoliating dry skin cells using Sandalwood powder, enhancing your skin's radiance. Indulge in a full-body massage with warm herbal oil, allowing it to seep into your skin, leaving it deeply nourished and inducing a profound sense of relaxation.

- Sandalwood Exfoliation
- Abhyanga Massage

Amanwella Mindfulness

4 hours
Single / Couple

Indulge in wellness & mindfulness activities at Amanwella with series of sessions to help you bring closer to your true self and help you unwind while enjoying your beach escape.

- Yoga and Chakra Balancing or Pranayama Session
- Amanwella Signature Massage & Head Massage with king coconut oil
- Ayurveda Wellness Lunch at the main restaurant
- Aqua Yoga (Evening Session)

Body Treatments

Trekker's Massage by Resident Specialist

90 minutes

Indulge in a rejuvenating full-body therapy session guided by our resident specialist, Manga. Manga's expertise lies in invigorating treatments that commence with a thorough deep stretching to enhance flexibility and release tension from stiff muscles. This is followed by a soothing focus on relieving tense muscles, incorporating a harmonious blend of long, flowing strokes and acupressure techniques. Experience the restoration of your body's energy flow, accompanied by an overwhelming sense of wellbeing, serenity, and profound relaxation.

Amanwella Massage

60 / 90 minutes

Our signature massage is a tailored treatment adjusted according to your needs using local essential oils. From relaxing to deeply therapeutic, our therapists have a diverse range of skills to customise the massage to suit your preferences. This treatment adapts the finer points to your specific needs and leaves you with a rejuvenating experience.

Abhyanga Massage

60 / 90minutes

A traditional Ayurvedic massage using a combination of soothing and symmetrical long strokes to eliminate the impurities from the body. Tri Doshi herbal oil is used to rebalance the doshas. This treatment begins with a gentle head massage and uses long massage strokes to regulate the nervous system and improve circulation.

Foot Massage by the Beach

60 minutes

A divinely relaxing massage concentrating solely on your feet and lower legs. This specialised foot massage improves blood flow and nerve supply, fostering a restoration of the body's natural state of equilibrium and helping to relieve stress and tension.

Massage Treatments for Children (5 -12 years old)

Full Body Massage

45 minutes

Back Massage

20 minutes

Foot Massage

20 minutes

Pedicure / Manicure

45 minutes

Our classic treatments are done with the application of cream, cutting, shaping and massaging. OPI nail polish gives ladies a polished look. Gentlemen's nails are buffed to a high shine.



Movement

Yoga

Our resident yoga instructor will customise the session according to your specific needs. Yoga session includes Hatha, Vinyasa (postures), Pranayama (breathing technique) and short relaxation.

60 minutes
Single / Couple

Pranayama & Meditation

Pranayama is a Sanskrit word to describe yoga breathing exercises that can quickly increase our energy, release stress, improve our mental clarity, and improve our physical health. 'Prana' refers to the universal life force and 'ayama' means to regulate or lengthen.

30 minutes
Single / Couple

Aqua Yoga

Experience the tranquility of Aqua Yoga in your own private pool, where gentle movements dissolve muscle tension and foster a deeper mind-body connection. The water's buoyancy alleviates pressure on your joints, enhancing flexibility and promoting relaxation, making it easier to drift into a peaceful sleep afterward.

30 minutes
Single / Couple

Full Moon Yoga*

Engage in a transformative Full Moon yoga session, where you can channel your energy, let go of what no longer benefits you, and flow through a dynamic sequence during this potent period. This hour-long practice will leave you with a profound sense of grounding, lightness, and strength.

60 minutes
Single / Couple

*Please note that this session is exclusively offered in the evening and is available only during the full moon.

Meditation with Monk

Meditate with a local monk who will guide you through this beneficial practice. Guided meditation sessions at nearby temples or the local Buddhist Centre with arrangements in advance.

60 minutes

Private Training Session

Train under the guidance of our expert local instructor specialized in Martial Arts. They are skilled in tailoring the training to meet individual needs, goals, and fitness levels. Experience the rejuvenating rush of endorphins that comes from exercising on the beach, promising a fulfilling and personalized workout experience.

60 minutes
Single / Couple

Spa Reminders

Operating hours

Spa

Daily from 10am to 7pm (last treatment 6pm)

Appointments

Advance reservation is recommended to ensure a wide availability of time and services are available. Please dial extension 0 for spa enquiry.

Shared Group Yoga

Complimentary group Yoga session is available for in-house guests. Subject to weather condition, kindly contact your guest assistant for advance reservation.

Treatment Preparation

We recommend guests arrive 10 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and relax in the spa's environment.

In-room massage is also available upon request.

Spa Environment

Please refrain from smoking and turn your mobile phone off or in a silent setting whilst in, or around the spa. It is advisable that guests under the age of 18 years are required to have parental consent prior to the 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 three hours cancellation notice. Cancellations made within three hours will be subject to 50% 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 prevailing local tax and 10% service charge.



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