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# Wellness at Amankila

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 – to achieve 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 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, however 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.



# Aman Signature Treatments



Aman's signature treatments are based on Aman's line of all-natural skincare products which 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 butter.

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 well-being, 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.

# Grounding

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.

# Purifying

Designed for those seeking lightness, breathing space and a fresh start. This healing pathway detoxifies, cleanses and strengthens the skin while also clarifying the mind. The products are created to deeply cleanse and tone complexions, including congested, dull, stressed and blemished skin. Active ingredients include antioxidant-rich lilac stem cells, moisture-giving hyaluronic acid and elasticity-improving Kalpariane™ seaweed extract.

## **Purifying Massage**

90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic drainage techniques, it manipulates lymph nodes and vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

# Nourishing

Our Nourishing pathway is all about rejuvenation and renewal. Treatments repair and regenerate, revitalising within and without to encourage a reconnection between body and mind. The result is a feeling of joy. Active ingredients include anti-ageing argan stem cells and plumping hyaluronic acid. Other ingredients, including jasmine, sandalwood, vitamin B12 and jade crystals, are known for their powerful regenerative properties.

## **Nourishing Massage**

90 minutes

This nurturing treatment is ideal for emotionally or physically exhausted souls. The use of marma-point therapy releases energy and brings the body back into balance. Rhythmic massage techniques also ease muscular tension, and the use of sound healing stimulates the kundalini – dormant energy stored at the base of the spine.

## **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.

## **Nourishing Journey**

180 minutes

This journey combines elements from all three of the above Nourishing treatments in an immersive experience that feeds body and soul. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. A deep sense of restoration and renewal is the enduring aftereffect.





ĀMAN

PURIFYING  
OCEAN FACE  
MIST

ĀMAN

PURIFYING  
HYALURONIC FACE  
HYDRATOR

ĀMAN

PURIFYING  
PALO SANTO SALVE

# Amankila Signature Treatments

## **Asuci Angga**

150 minutes

Inspired by the purification rituals of Bali, this treatment will leave you cleansed and refreshed from head to toe. It starts with a harmonising crystal salts and fresh lime foot scrub, followed by an Amankila massage. Then a traditional Balinese scrub made from rice and ginger is applied to exfoliate the skin and stimulate the circulatory system. The scrub is followed by a body wrap using red ginger and cajeput to draw out toxins. While cocooned in the wrap, coconut cream is massaged into your scalp to nourish your hair and calm your mind. After showering, moisturiser is applied to complete the treatment.

## **Cinta**

120 minutes

Unwind and be present to connect and receive. Begin your journey with a full-body exfoliation to cleanse and purify the skin. Then relax into a warm, aromatic bath with rose and flower essences opening the heart chakra and preparing you to receive a meridian-clearing aromatherapy body massage.

## **Mandi Lulur**

120 minutes

This calming ritual is revered for its immediate benefit to the skin and is traditionally performed as preparation for a bride on her wedding day. The treatment begins with an exfoliating body scrub using turmeric, sandalwood and ginger. Turmeric is known for reducing skin pigmentation, sandalwood helps blemishes to heal and ginger makes the skin radiant. A soothing application of yoghurt is then applied leaving skin soft, supple and rebalanced. Next is a flower-filled bath in which to luxuriate, while a cream moisturiser is massaged gently into your scalp to nourish your hair. The finishing touch is a one-hour Amankila massage.

## **Aloe Vera Sejuk**

120 minutes

This treatment rehydrates from head to toe with nourishing natural ingredients, soothing any sunburn. During a cooling wrap of lavender and sandalwood to calm any skin irritation, rich coconut oil is poured onto your scalp which is then gently massaged to provide nourishment to your hair. This is followed by a full-body application of pure aloe vera to seal in the moisture. The treatment is rounded off with a moisturising mini facial to ensure a complexion glowing for all the right reasons.

# Beauty Treatments

## **Aman Advanced Facial**

60 minutes

A wholly rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin. This facial combines effective formulas made in Japan with exfoliation and manual lifting techniques to stimulate facial muscles, encouraging tighter, brighter skin.

The treatment begins with ultrasonic scrubbing to loosen and remove oil, dirt and cellular debris from the pores. Electric microcurrent stimulation and massage help to firm the skin, while cryo globes help eliminate puffiness and promote radiance. The use of red and blue light therapy provides multiple benefits to your skin before the facial concludes with an Aman Nourishing Gold Algae mask to achieve an exceptional glow.

## **Nourishing Facial**

90 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, cactus oil, jasmine and silk. Together they work to soothe and brighten dull or irritated skin. This facial invites relaxation by stimulating the flow of prana - life energy - that enters the body via the breath. Skin is left radiant through the application of the Light Technique, which focuses on the forehead, nose and throat.

## **Rejuvenate Oxygen Facial**

60 minutes

Targeting the appearance of fine lines and wrinkles, this effective anti-ageing facial dramatically enhances skin's hydration levels and significantly improves tone and radiance. A high concentration of oxygen delivered in a Rejuvenating Serum together with Hyaluronic Acid technology, combine to deeply hydrate and nourish the skin. Free radicals are neutralised, the appearance of lines and wrinkles is reduced and your skin looks visibly lifted, younger and radiant.

90 minutes

This treatment can be performed for 90 minutes with an additional vitamin A plus booster application to clarify and refine the appearance of skin prone to blemishes, visible pores, sun damage, uneven texture and deep wrinkles. It concluded with a foot massage to induce total relaxation.



# Massages

The Balinese believe in taking care of the body as it is a sacred temple for the soul. Massage in Bali has been practiced through the centuries for its relaxing, stimulating and healing effects.

## **Amankila Massage**

60 minutes

A therapeutic massage that focuses on the physical and spiritual aspects of healing. The therapist uses gentle stretches, long flowing strokes and targeted thumb and palm pressure to address muscular tension. Aromatherapy oil is used to enhance relaxation, reduce stress and promote a deep sense of wellbeing.

90 minutes

## **Balinese Foot Massage**

60 minutes

A traditional healing technique that focuses on the feet and lower legs. It incorporates stretching, acupressure and deep tissue massage combined with aromatherapy to improve blood circulation, relieve aches and pains and enhance overall range of motion as well as inducing a meditative mindset.

# Enhancements

## **Nourishing Gold Algae Face Mask**

30 minutes

This treatment includes face cleansing, a scrub and the application of toner before the mineral-rich hydrogel mask is applied. Designed to infuse the skin with hydrating ingredients, the mask can be easily integrated into any Aman Skincare routine to instantly reveal a glowing, smooth and refreshed complexion.

The duration of this treatment is already included to your existing treatment session.

## **Rose Body Scrub**

30 minutes

Made from natural ingredients including blended rice powder, rose extracts and yoghurt, this anti-inflammatory body scrub promotes healthier more radiant skin while providing a calming aromatherapy experience.

# Finishing Touches

**Amankila Cream Bath** 60 minutes

A traditional Indonesian hair treatment that improves hair elasticity and encourages growth. Coconut cream is applied to your hair after which a nourishing scalp massage induces a deep state of relaxation. Hair is then wrapped in a hot towel while you receive a foot massage. The treatment concludes with the application of a hair tonic to strengthen follicles.

**Manicure** 60 minutes

**Pedicure** 60 minutes

**Manicure & Pedicure** 120 minutes

**Nail Polish Application** 30 minutes

**Polish Removal** 15 minutes

**Gel Manicure by OPI** 90 minutes

**Gel Pedicure by OPI** 90 minutes

**Gel Mani & Pedi by OPI** 180 minutes

**Gel Colour by OPI** 30 minutes

**Gel Removal** 30 minutes

**Little Princess Manicure** (for ages 6 to 12 years old) 50 minutes

A fun treatment includes a hand or foot soak, a nail trim, a gentle massage and a choice of colours.





# Movement & Body Work

## **Reiki**

60 minutes

A holistic healing technique that involves channelling energy through the practitioner's hands to promote relaxation, reduce stress and support the body's natural healing process.

## **Balinese Meditation**

60 /90 minutes

A transformative practice rooted in Hindu-Buddhist traditions that combines rhythmic breath control, visualisation and mantra chanting to foster inner peace, spiritual connection and harmony with nature.

## **Spiritual Counselling**

60 /90 minutes

A holistic healing session that focuses on self-discovery to restore inner harmony and encourage personal growth.

## **Yoga**

60 minutes

Available for guest and couple

Our resident yoga instructors conduct private yoga classes, either in your Suite or at the bamboo pavilion next to the beach with the soothing sound of the crashing surf in the background.

Complimentary classes are available every Tuesday, Thursday and Saturday.

Kids' Yoga is also available on request.

# Spa Reminders

## Operating hours

### Spa

Daily from 10am to 10pm (last treatment 8.30pm)

### Fitness Centre

Daily from 7am to 10pm

### Appointments

Advance booking is recommended to ensure time and services are available. Please dial extension '1' to make a booking or call +62 363 41333.

### 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 soothing environment.

### Spa Environment

The minimum age for spa treatments or use of the gym is 12. Guests under the age of 18 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 bathrobes are provided for spa treatments.

### Valuables

Please leave all valuables in the safe in your suite.

### Cancellation Policy

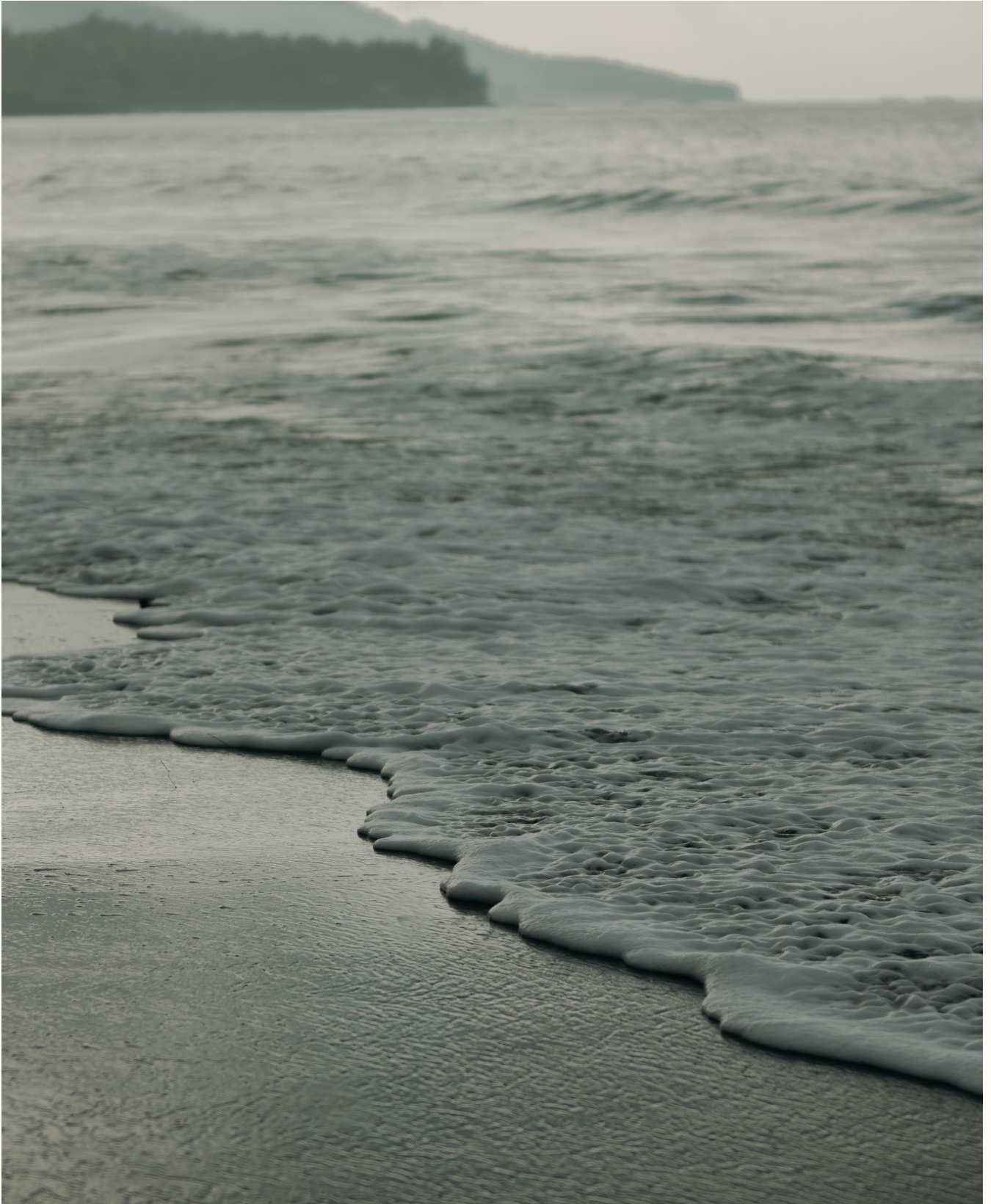
We understand that schedules change and will do our best to accommodate such changes. Once your spa time is reserved, we kindly ask for a minimum cancellation notice of four hours for spa treatments and 24 hours for wellness activities. Cancellations made within the respective notice period will be subject to a 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 spa with any medical or health concerns.

### Pricing

All prices are subject to local tax and service charges. Spa reservations after operation hours are subject to an additional 50% surcharge.



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