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The Wellness Casa at Amanera

Cocooned by the lush Dominican jungle and high on a cliff, our peaceful Amanera Wellness Casa is designed as a sanctuary of tranquillity, immersed in the tropical landscape.

The forces of the earth, wind, ocean, and sky, tune the body and mind to the rhythms of nature, enhancing and assisting your spiritual journey. Amanera Spa provides holistic treatments inspired by the healing tradition of the island's indigenous Arawak Taíno using Mother Nature's ingredients and empowered by the lunar forces and our integrated hands-on techniques.

Plants inherited from the local shamanic wisdom are used to embody a selection of massages, facials, scrubs, and wraps made using locally cultivated plants, fruits, and herbs, as well as Aman Skincare organic products. All treatments are available at the Wellness Casa and may also be provided in the privacy of your Casita or at the Beach Pavilions.

The Wellness Casa provides three couple treatment rooms, each with changing areas, washrooms, and shower facilities. A majestic relaxation area setting embraces the sacred contemplation of the tropical sunset. Grounded in the golden sand of Playa Grande, Amanera features two Beach Spa Pavilions dedicated to massages, private guided meditation, and yoga sessions.

Immerse yourself in the Spa's relaxing environment with a handmade local fresh herbal tea made from the leaves of the guanábana tree (soursop or *Annona muricata*), this infusion is an ancient master remedy to strengthen the whole body and induce stillness while completing your Spa holistic consultation.

The effectiveness of spa treatments is heightened in an environment conducive to genuine relaxation. Immerse yourself in the soothing ambiance, as the gentle ocean breeze and salty scent elevate your senses, ushering you into a realm of profound relaxation. Explore our extensive array of spa treatments, all available for your indulgence within the serene confines of your casita.



Earth's Apothecary



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

The Aman Spa Signature Menu, available at every Aman Spa destination around the world, reflects the Grounding, Purifying and Nourishing healing pathways of the Aman Spa product range. There are four treatments available within each: a Massage, Body Scrub and Wrap, Face Ritual, and the Journey – encompassing elements of all three treatments to greatly amplify their effects.

Each treatment is tailored to target specific concerns and help enhance personal wellness. A deeply relaxing, mineral-rich Foot Ritual acts as a prelude to each – a symbolic act of service that fosters trust ahead of the treatments to come.

Grounding Ritual

Grounding treatments work as a balm for the busyness of everyday modern life. They impart a feeling of safety, offering reassurance and reconnection.

90 minutes

Grounding Massage Ritual

90 minutes

Grounding Body Polish & Wrap Ritual

Grounding Face Ritual

90 minutes

Grounding Journey

This journey is the ultimate Grounding experience, incorporating 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.

180 minutes

Purifying Ritual

Purifying treatments act as a powerful spiritual cleanser, lending protection, clearing stagnant energy, and stabilising the heart and mind. Old energies and emotions are ushered away, creating new space for mind, body and soul.

90 minutes

Purifying Massage Ritual

90 minutes

Purifying Body Polish & Wrap Ritual

Purifying Face Ritual

90 minutes

Purifying Journey

Incorporating elements of all three of the above treatments, this journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace.

180 minutes

Nourishing Ritual

Nourishing treatments nurture the body and encourage the healing of emotional and mental wounds, reuniting guests with their true authentic self.

90 minutes

Nourishing Massage Ritual

90 minutes

Nourishing Body Polish & Wrap Ritual

Nourishing Face Ritual

90 minutes

Nourishing Journey

This immersive journey encourages the healing of emotional and physical trauma by incorporating all three Nourishing rituals. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Body and mind are restored, and a deep sense of renewal endures.

180 minutes



Amanera Signature Treatments



Unique to Hispaniola, Larimar is a rare blue gemstone believed to encourage physical and emotional healing. It resonates with the gentle energy of water and has a strong energetic connection with the moon. Each moon cycle powerfully affects the ocean tides and influences Larimar's healing properties by harmonizing our chakras (human energy centres) with the energy of Mother Earth.

The traditional Dominican healing art is carried out with a Palo Santo smudging ceremony, a prelude to any journey. Palo Santo is a 'holy wood', used by healers since ancient times for cleansing and spiritual purification rituals to bring a sense of a new beginning. We have created our signature treatments based on the influencing forces of each lunar cycle.

They are empowered by medicinal remedies from the local community, to clean impurities, soothe aching muscles, stimulate the internal organs, and promote healing. We invite you to experience these journeys of self-discovery. All lunar journeys begin with a foot ritual, a holistic consultation to personalize your treatment, and a Palo Santo smudging ceremony with a Larimar chakra-balancing meditation to conclude.

Healing through Lunar Rituals

New Moon -The Beginning

120 minutes

“The new moon is a great time to build focus and clarity, establish the roots of your wishes and intentions, forgive, and let go to renew your inner power.”

Immerse yourself in this sensory experience with the Palo Santo smudging ceremony followed by a foot ritual and a deep foot massage to forge a strong connection to the earth and open the root chakra. Warm therapeutic poultices of ruda herbs are placed on specific points of your body as you enjoy a head massage. A full-body grounding hot stone massage helps to create an energy pathway to the earth, while soothing muscle and joint pains.

Waxing Moon -Growth and Creativity

120 minutes

“The waxing moon is that time of the lunar cycle when you reach your highest level of creativity, expand your energy, and gain clarity of intention and intuition.”

Awaken yourself with a full-body exfoliation of coffee blended with black pepper and rosemary to increase circulation and boost memory, followed by a warm coconut wrap to soften the skin. Soothing head pressure point massages are performed as you luxuriate in the wrap. An invigorating firm massage using local cocoa butter is designed to release deep-seated muscular pain, relieve emotional stress and revitalize the mind.

Full Moon - Enlightenment (Four Hands)

120 minutes

“The full moon is a state of glorious fullness, a time of enlightenment with heightened psychic awareness that allows the healing of emotional blocks and attunement to one’s divinity. Whatever is going on in the body, mind, and spirit will be amplified.”

This powerful experience begins with a Palo Santo smudging ceremony and foot ritual to tune your roots to a higher vibration. The ultimate Amanera synchronized four-hand massage uses virgin coconut oil infused with therapeutic essential oils that balance the muscles, realign the body and restore the energy flow. This is extended by the ritual of warm herbal poultices, harmonious foot reflexology, and head acupressure massage. A complete experience to finetune the body and mind.

Waning Moon - Purification

120 minutes

“The waning moon is a time for introspection and release of emotional imbalances and blockages that may be obstacles in your evolutionary journey. In sync with these natural lunar rhythms, the body’s detoxification process is encouraged, and the elimination of toxins and fluids allows for a deeper level of purification.”

This signature experience starts with a cleansing drink of guanábana and limoncillo to absorb toxins and stimulate bowel function, giving way to the process of inner purification. This is followed by a mint ocean salt exfoliation and a marine wrap cocoon. Specific foot pressure points are massaged to enhance the therapeutic benefits. A full body lymphatic drainage massage reduces fluid retention and helps remove waste and toxins from the body tissues. Warm, stimulating herbal poultices are placed on your abdomen, followed by gentle drainage of the deep lymphatic neck vessels and a head massage. Reach a blissful state of purity, reconnecting to harmony with self and others.

Massages

Amanera Holistic Massage

This holistic aromatherapy-based oil massage involves an intuitive sense of connection for better health and relaxation. Based on your selection of aromatic oil blends, your treatment is tailor-made to enhance your physical and emotional well-being.

60 / 90 minutes

Amanera Deep Tissue Massage

Feel whole again as tension and stress diminish with this healing session that provides the highest level of restoration. Designed to penetrate the superficial layers of the muscles and to increase the oxygen, the treatment comprises a wide selection of bodywork and body stretching techniques. Trust in our hands and prepare to re-boot the mind and re-establish your balance.

60 / 90 minutes

Amanera Four-Hand Massage

One of our most intense massage treatments, where two therapists perform synchronized massage, mirroring each other's movements at the same time. You will be completely enveloped in this wonderful experience. Coconut Moisture Massage

60 / 90 minutes

Hot Stone & Poultice Massage

This unique combination of hot stones and warm therapeutic poultices of local herbs allows the therapist to access deeper muscle layers through heat therapy. Smooth stones are both used to massage and placed on specific points of the body to warm and loosen tight muscles, while poultices are gently massaged onto the body.

60 / 90 minutes

Foot Reflexology

Reflexology is the application of appropriate pressure to specific points and areas on the feet. These areas and reflex points correspond to different organs and systems and pressing them has a beneficial effect on the organs and general health. Reflexology is a therapy that balances and boosts the entire system.

60 minutes

Thai Massage

Enhance your movement and flexibility after your Amanera workout with a Thai stretching session. This passive yoga-like massage is a blend of stretching, acupressure, joint mobilization, and muscle compression. Therapists use hands, knees, legs, and feet to stretch and energize your muscles.

60 / 90 minutes



Body Treatments

After-Sun Cooler

90 minutes

This is a pampering, hydrating aloe vera body wrap infused with essential oils, combined with a hair and scalp massage treatment using local virgin cocoa butter. This therapy is carefully designed to cool down the whole body and treat skin that has been exposed to the sun.

Sports Recovery

120 minutes

This powerful therapy is designed to alleviate muscular fatigue after physical activities, it is focused on the core areas. The treatment starts with a mineral salt scrub to prepare for better absorption of the therapeutic oils. A synergy of hot stones and manual deep-tissue massage follows to allow for effective manipulation of tight muscles.

Prenatal Indulgence

90 minutes

Tailored specifically to your body's needs during this transitional time, this therapy focuses on the areas affected by pregnancy's discomforts, such as aching back, fatigue, and tired legs. Local cocoa butter is used to improve the skin's elasticity and prevent stretch marks. It includes a gentle coconut foot scrub and a restorative full-body massage.



Hand and Foot Care



Amanera Manicure

60 minutes

This cuticle and nail treatment includes filing, gentle buffing, and hand exfoliation, encouraging a naturally beautiful finish to the nails. This is complemented by a thorough arm and hand massage with cocoa butter and jojoba oils to ensure full hydration.

Amanera Pedicure

60 minutes

This complete pedicure ritual includes a blissful foot and leg massage that helps to relax fatigued muscles. A preliminary sugar and salt foot exfoliation stimulates blood circulation, making you feel lighter and revealing soft, beautiful, and healthy feet.

Spa Reminders

Operating hours

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

Treatments can be provided outside of hours upon request.

Appointments

Guests are encouraged to book treatments in advance to ensure that their preferred time and services are available. Reservations can be made directly from your Casita by calling the Spa extension.

The minimum age for treatments is 16. Guests under the age of 16 require parental consent prior to their booking being accepted

Amanera Boutique

All Aman Spa products used at Amanera are available to purchase at the resort's boutique, along with Aman lifestyle accessories. The boutique is open daily.

Spa Location

The Spa is located amid the greens of Playa Grande Golf & Ocean Club, a short five-minute car drive from Casa Grande. The Spa will arrange pick-up from your Casita or preferred location within the resort, 20 -30minutes prior to your treatment allowing time to complete a holistic consultation and relax in the spa's environment.

Additional Locations

We offer most of our treatments in the privacy of your Casita and in the peaceful setting of our Spa Beach Cabana. Please note a surcharge of \$100 per person applies to each session.

Spa Environment

The Spa is an Adult only area. Smoking and the use of mobile phones are prohibited in and around Amanera Spa.

Cancellation Policy

We understand that schedules change and we will do our best to accommodate. Once your spa time is reserved, we kindly ask for a minimum cancellation notice of 24 hours. Cancellations made within 24 hours will be subject to the full charge for the booked treatment. Cancellations need to be made during the spa operation hours of 11am-8pm.

Special Considerations

Many 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.

Pricing

All spa and wellness services are subject to 18% government taxes and service fees. Prices are subject to change without prior notice. Spa reservations after operation hours are subject to an additional surcharge.

Valuables

Please leave all valuables in the safe in your Casita.



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