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Wellness at Amangani

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.

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 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 below. 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.

Grounding Massage

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 energizes 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

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

Grounding Body Polish & Wrap Ritual

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 120-minute option includes a bathing ritual and the added benefit of a silky-smooth smoked body butter.

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 Journey

180 minutes

This in-depth journey approaches purification on every level, from clearing the skin and detoxifying the body, to clearing negative energy and focusing the mind. Incorporating elements of all three of the below 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.

Purifying Massage

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.

Purifying Facial

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

Purifying Body Polish & Wrap Ritual

This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz, known as a master healer for its ability to attune energy levels. Seaweed-packed fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine-flora mud wrap includes deep cleansing kaolin, mineral-rich sea lavender and seaweed for boosting collagen levels. The treatment ends with a Palo Santo Salve, applied over the whole body.

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-aging 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 Journey

180 minutes

This journey aims to combine elements of these Nourishing treatments in an immersive experience. 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.

Nourishing Massage

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 Facial

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 – universal life-force energy – that enters the body via breath. Skin is left radiant through the application of the Light Technique – a method inspired by the teachings of the Shaman healers in South America on the deeply rejuvenating and healing energy of light stored in the third eye – which focusses on the forehead, nose and throat.

Nourishing Body Polish & Wrap Ritual

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.



Amangani Signature Treatments

Native Detox Therapy

120 minutes

This holistic ritual is designed to detox your body. Start the cleanse with indigenous white sage smudge. Full body polish with yarrow petals scrub is followed by a bentonite clay mud wrap to help extract the toxins. A warm shower to remove scrub and mud prepares your skin for a customized full-body massage. Warm towels infused with essential oils are applied to hands and feet. Wellness Shot

Teton Wellness

105 minutes

This anti-inflammatory ritual starts with a revitalizing essential oil foot scrub. Anti-inflammatory, therapeutic Dream Rise Organic CBD massage oil is used throughout this treatment. Following a detoxifying foot scrub, exfoliating dry brushing session and a full body massage, your hands and feet will be wrapped in a heated organic paraffin wax. Wellness Shot

Native Crystal Ritual

120 minutes

This holistic ritual is designed to absorb and direct energies through the healing power of crystals. Calm anxiety with the gentle application of AMAN's Grounding Amethysts Scrub, rich in Rose Damascena Oil and Amethyst Powder. An infrared, oxygenation Amethyst Eye Mask and Weighted Crystal Blanket are intended to harness natural remedial energy. The science of this weighted blanket combined with the energy of clear quartz, rose quartz and amethyst, creates a self-care powerhouse. A warm shower to remove the scrub prepares your body for a head-to-toe massage. The restorative vibrations from the crystal sound bath will awaken your blissful state. Wellness Shot



Amangani Holistic Massage Therapy

Our custom blend of fresh Khmer herbs hydrates, energises and nourishes your skin with a gentle exfoliation to improve skin texture and stimulate the lymphatic system. This scrub helps to eliminate toxins and leave your skin with an overall healthy glow.

60/90 minutes

Swedish Massage

A personalized massage designed to suit individual needs. Ensuing a consultation, a nurturing Amangani Massage Therapist will use a combination of traditional massage elements, gentle connective tissue release, trigger point therapy and various pressures.

Deep Tissue Massage

Massage therapy targeted to the deepest layers of muscle tissue, tendons and fascia providing relief of pain and tension while creating further range of motion.

Hot Stone Massage

Let the heat and energy of basalt stones penetrate deeply, warming the muscle tissue and releasing tension. Once muscles begin to relax the technician will incorporate soothing Swedish Massage strokes.

Sports Massage

Advanced therapy using a fusion of neuromuscular, deep tissue, sports and Thai stretching to align and balance the body by lengthening, releasing and stretching connective tissue and muscle. Enables greater mobility and promotes muscle relaxation.

Expecting Mother Massage

A gentle and supported massage using Swedish techniques to enhance comfort, improve circulation and assist in lymphatic drainage. Designed to provide comfort for the expecting mother beyond her first trimester.

Ashiatsu Massage

This traditional Asian barefoot massage is a deep tissue therapy. Supported by parallel bars above the massage table, your therapist uses gravitational force to distribute body weight, allowing their feet to apply broad surface pressure to your body.

Traditional Thai Massage

Performed while you are wearing loose clothing on a traditional Thai mat in the movement studio. Improves flexibility and releases tension through assisted stretching and acupressure techniques.

Aman Signature Massage Rituals

Grounding Massage

60/90 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 energizes 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 Massage

60/90 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 Massage

60/90 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.



Aman Signature Face Rituals

Grounding Face Ritual

60/90 minutes

This therapeutic ritual combines Tibetan massage techniques to encourage a subtle release of tension from the face. Rose quartz crystals promote healing, frankincense aids rejuvenation, hyaluronic acid boosts hydration, licorice extract to even tone, a Peruvian black mud and amethyst crystal mask. The treatment concludes with the application of the Aman Nourishing Gold Algae masks to achieve an exceptional glow.

Purifying Face Ritual

60/90 minutes

This tension releasing treatment is beneficial to those exposed to urban pollution. Nerve Point Therapy and Lymphatic massage stimulate detoxification and glowing, toned skin. Key ingredients include brightening pearl, homeopathic copper and marine extracts. The treatment concludes with the application of the Aman Nourishing Gold Algae masks to achieve an exceptional glow.

Nourishing Face Ritual

60/90 minutes

Brightening, moisturizing treatment that calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine stem cell and silk. Soothing and brightening dull skin while stimulating the flow of prana, providing a much deeper full body experience than most facials. The treatment concludes with the application of the Aman Nourishing Gold Algae masks to achieve an exceptional glow.

Aman Advanced Facial

60/90 minutes

The treatment begins with ultrasonic scrubbing to loosen and remove oil, dirt, and cellular debris from the pores. Supported by the use of electric microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness and promote a gentle glow, the complexion appears all together brighter and tighter. The use of red and blue light therapy, a safe natural way to provide multiple benefits to your skin. The treatment concludes with the application of the Aman Nourishing Gold Algae masks to achieve an exceptional glow.

Aman Signature Body Rituals

Grounding Body

75/90 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.

Purifying Body

75/90 minutes

This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz, known as a master healer for its ability to attune energy levels. Seaweed-packed fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine-flora mud wrap includes deep cleansing kaolin, mineral-rich sea lavender and seaweed for boosting collagen levels. The treatment ends with a Palo Santo Salve, applied over the whole body.

Nourishing Massage

75/90 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.





Enhancements & Indulgences

A beneficial addition to deepen any Amangani Spa treatment

Massage Enhancements

15/ 30 minutes

Scalp Therapy

Warm Argan Hair Oil scalp massage

Head, Neck and Shoulders

Targeted focus for your upper body

Reflexology

Massage therapy applying pressure to the specific points on the feet, ears and hands to restore energy (30 min)

Dry Brushing

Increase blood circulation, reduce inflammation, remove toxicities and unclog pores

Organic Paraffin Hand and Foot Massage

Soothes and heal dry skin includes extra massage on hands and feet

Indulgences

En Suite and Open-Air Treatments

Invite complete relaxation to you en suite or on your private balcony

In Home Treatments

for our homeowners or villa rentals

After Hours

Treatments scheduled outside of operating spa hours, subject to availability

Dream Rise USDA Organic CBD Oil

Perfect for arthritis, sore athletes and anxiety sufferers

Essential Oil Therapy

Select from Aman's signature Grounding, Purifying and Nourishing

Facial Enhancements

LED Light Treatment

Red light for anti-aging, blue light for problematic skin

15/ 30 minutes

Lymphatic Drainage

Manual massage to prevent swolleness

15/ 30 minutes

Facial Waxing

Eye, Lip, Chin (individually 15 min)

30 minutes

Tinting (15 minuite)

Eye Shaping (wax and tint)

Enhancements & Indulgences

IV Therapies

60 minutes

Wellness

Rehydrate and replenish your body with essential energy-boosting fluids and well-being vitamins. It includes: Calcium, B-Complex, B12, Vitamin C, and Magnesium.

Altitude/Immunity

Get instant relief from headache, nausea, & dehydration, while boosting your immune system. It includes: Calcium, B-Complex, B12, Vitamin C, Magnesium, and Zinc

Beauty

Fortify hair, skin, and nails while supporting your collagen to help improve complexion. It includes: Calcium, B-Complex, B12, Vitamin C, Magnesium, Biotin, and Glutathione

Recovery/Performance

Improve endurance, shorten muscle recovery, and refuel the body. It includes: B-Complex, B12, Vitamin C, Magnesium, Amino Acid Blend, Folic Acid, Selenium, and Glutathione

All Inclusive

Optimize wellness with our most comprehensive infusion therapy. It includes: Calcium, B-Complex, B12, Vitamin C, Magnesium, Biotin, Lipostat Plus, Zinc and Glutathione

Booster Shots

Glutathione Push

Our Glutathione Injection Service delivers a powerful boost of this master antioxidant directly into your system, ensuring maximum absorption and effectiveness. By replenishing and optimizing your glutathione levels, you can experience a range of benefits, including improved skin tone, enhanced immune function, and increased energy levels

B12 Injection

Experience a revitalizing boost with this injection service. These injections deliver a concentrated dose of vitamin B12, known for its energy-boosting and mood-enhancing properties. Perfect for those seeking increased vitality, mental clarity, and overall wellness

Vitamin D3

Vitamin D is crucial to the building and maintenance of healthy bones and teeth, as well as enhancing energy levels. This vitamin is the perfect supplement as it is the natural form of vitamin D that your body makes from sunlight

Wellness Services

Oxygen Therapy

This therapy provides pure, medical grade oxygen delivered at nearly four times the concentration of oxygen found in everyday air. This will help restore your energy and vitality

Red Light Therapy

Due to its powerful diffusion range, red light is used in deep tissue treatments to promote muscle recovery, boost skin rejuvenation, and relieve pain, improving general well-being and physical performance."

Integrative Medicine



Practiced at Amangani Spa by external Certified Medical providers. Amangani spa is not a licensed medical facility.

Acupuncture

60 minutes

Acupuncture is one of the oldest and most commonly practiced healing modalities in the world. After a holistic health consultation, our resident Acupuncturist, will painlessly place sterile threadlike needles at various acupoints along the body's meridian lines balancing Qi, alleviating pain, and promoting vitality. Treatments include personalized herbal flower essences, acupressure and individual assessment. Aiding circulation, boosting metabolism, reproductive, respiratory and stress-related disorders are amongst the myriad of benefits of acupuncture.

Traditional Chinese Medicine

60 minutes

Traditional Chinese Medicine identifies the root cause of a condition by treating the body as a whole. The energetic state of each body system will be addressed through consultation. Nutritional, lifestyle and stress management will be addressed. You will leave with an individualized prescription of herbal and botanical support to address your needs. A prescription will be uniquely crafted of Chinese Herbs.

Reiki

60/90 minutes

Reiki is a healing technique that uses energy force and gentle touch. This Japanese form of stress reduction and relaxation can facilitate healing and alleviate imbalances



Movement & Meditation

Healing Crystal Sound Bath

60 Minutes

An ancient tool to realign one's mind, body and spirit into a state of balance, this experience begins with a clearing sage smudging ceremony. Harmonic vibrations of Crystal Gemstone singing bowls promote the quieting of the mind and facilitate a meditative state. Chakras are aligned with a tuning fork and intensions of well-being are established during this mindful practice

Deep Luminous Cleanse

90 Minutes

Cathartic voyage of guided Somatic breath work rewires and rebalances your nervous systems by activating your vagus nerve leaving your feelings lighter, safer and clearer within your physical vessel.

Movement

60 Minutes

Yoga

A Hindu spiritual, ascetic discipline, including breath control, meditation, and the adoption of bodily postures

Yin Yoga

A slow paced style of yoga which positions are held for longer periods of time to promote advanced breath work

Pilates Mat Class

Employs controlled breathing during body weight resisted movement to build core strength

Canceling your movement session within 24 hours may result in a full charge

Spa Reminders

Operating hours

Spa

Daily from 9am to 7pm

Fitness Centre

Daily, 24 hours

En Suite or After Hours

If you would like to receive your treatment in the privacy and comfort of your suite or outside of scheduled spa hours, please note this is an option for a surcharge +\$75 within the hotel and +\$125 per treatment at Amangani Homes.

Spa and Wellness Centre

For Amangani guests, locker rooms, gym, movement studio, pool and hot tub are available 24 hours a day. Guests under 16 must be accompanied.

Expecting Mothers

Some treatments may be adapted to accommodate pregnancy. If you are pregnant, we invite you to join us after your first trimester. Please inform the coordinator and therapist of your pregnancy upon scheduling a treatment.

Environment

Separate men and women's changing areas are equipped with eucalyptus steam rooms, private showers, robes, slippers and vanity amenities. The minimum age for receiving a Spa treatment is 16 years.

Valuables

We advise you not to wear valuables while using our spa facilities. We do not assume liability for any loss of or damage to personal items.

Cancellation Policy

Canceling or changing your spa appointment within six hours of your scheduled treatment will result in a full charge. Cancellation for guests not staying at Amangani is 24-hours.

What to Wear

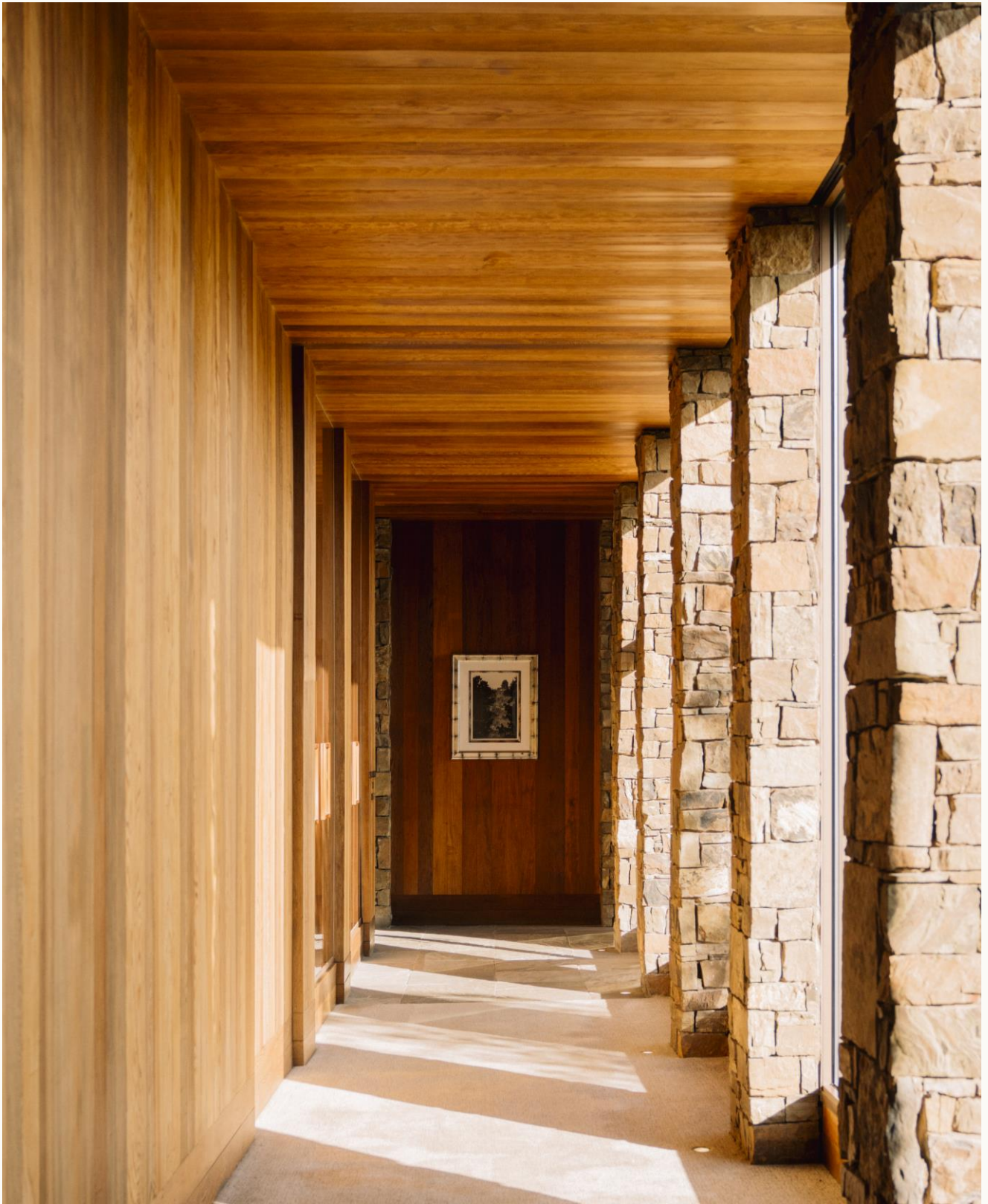
Feel welcome to walk to the spa wearing the robe and slippers provided in your suite. Please check in with the Spa desk for a key and locker assignment.

Pricing

All spa services are subject to a 22% service charge and retail items may incur 6% sales tax.

Package

Treatments included in the package can be extended for longer periods and will be charged at full menu price for the additional service.



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