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# Wellness at Amanruya

A scenic 30-minute drive from the bustling town of Bodrum, Amanruya rests in spacious seclusion on 60 acres of forested hillside, overlooking its own private bay – a rare privilege on the Bodrum Peninsula. With flourishing pine forests, olive groves, the sound of cicadas and the crystal-clear waters of Bodrum Bay as its setting, Amanruya fulfills the promise of its name ‘peaceful dream’, providing guests with a serene retreat for a moment of peace surrounded by natural beauty.

The perfect complement to its natural setting, Amanruya has the intimate and tranquil ambience of an Ottoman village. At the heart of the resort, Amanruya’s Spa is an intimate sanctuary dedicated to holistic wellness, offering an extensive spa menu inspired by traditional Turkish wellness practices. This includes a range of healing and relaxing massages and facial cleansing treatments, offered in two serene treatment suites or, if requested, in the comfort of one's own Pavilion.

The Fitness Studio is equipped with cardio and resistance training equipment, and personal trainers are available to guide workouts. Private yoga sessions can be arranged in the Yoga Studio or outdoors overlooking the sea. Tennis equipment is also available and playing partners and lessons can be arranged.

The perfect way to end any treatment or fitness session, the resort's 50-metre infinity pool is just moments away. Beautifully crafted from green and turquoise marble sourced from Antalya, it merges into the shimmering azure waters of the Aegean Sea that lies just beyond, giving guests the illusion that they are swimming straight from the pool into the warmth of the open waters.



# Aman Signature Treatments



Aman's line of all-natural skincare products draws on the knowledge and wisdom of ancient wellness traditions while harnessing the power of nature. Rare and precious ingredients used include pearls, homeopathic metals, healing tree oils, amethyst, jade, frankincense, and palo santo, as well as alkalizing, oxygen-rich spring water, wild-harvested Amazon butter and rainforest muds.

Consisting of smoked body balms, fragrant dew mists, liquid body oils, invigorating body polishes, anti-aging serums and more, the range is made from organic ingredients sourced from around the world for their purity and potency, and their link to Aman destinations.

Working holistically to nurture and enhance overall well-being, each product penetrates deep into the skin to nourish and rejuvenate, but also works on a deeper level, meeting emotional as well as physical need states.

Grouped into three unique formations that reflect three healing pathways back to wellness - Grounding, Purifying, and Nourishing - the products contain ingredients with molecular vibrational energy that work in sequence with the human body to promote change and return to equilibrium. The physical benefits of each product are completely aligned with its ability to address the emotional imbalance, together offering a holistic fine-tuning with tangible, long-lasting results.

# Spa experiences



## **Rewind & Recharge**

Designed to target areas of stress and tension, this personalised massage is fully tailored to suit the needs of each guest. Curated by our therapists to empower and balance the body and senses, the massage uses a range of techniques and products, specially selected to soothe individual concerns.

90/120 minutes

## **Men's Spa Journey**

A comprehensive spa experience specially designed for him, the journey begins with a tailored full-body massage, followed by a bespoke facial and concluding with an energising eye treatment leaving both the mind and body restored.

120 minutes

# Body treatments

## Royal Thai Massage

This version of the traditional dry massage was developed specially for the Thai Royal Family to focus on restoring the flow of energy in the body. The massage is performed by a Thai therapist who uses the weight of her own body to nurture and heal. She will also help you navigate and stretch your body for an all-encompassing experience.

50/80 minutes

## Sports and Deep Tissue Massage

This intense therapeutic massage aims to reach deeper layers of your muscles and connective tissue with increased pressure stretching and relieving muscular tension, releasing toxins and promoting recovery of strained muscles.

50/80 minutes

## Hot Stone Massage

Melt away tension, ease muscle stiffness and increase circulation and metabolism with this nurturing massage, carried out using volcanic heated stones.

80 minutes

## Traditional Balinese Massage

Born in Indonesia, the traditional Balinese massage uses a variety of unique techniques including skin rolling, kneading and stroking, and pressure-point stimulation, combined with the aromas of essential oils to lead the mind and body into a sense of calm tranquillity.

50/80 minutes

## Oriental Harmony

A bespoke full body massage to target individual needs, the Oriental Harmony treatment begins with a consultation with an experienced therapist to create your unique therapy – whether seeking pure relaxation or a deeper massage to heal aching muscles.

50/80 minutes

## Foot Reflexology

Pamper your feet with this stimulating massage focussing on reflex points on the soles of the feet. Using a gentle massage technique, tired feet are restored, with the body's own natural healing process encouraged through the application of pressure on particular areas.

25/50 minutes

## Aman Touch

Using soothing essential oils on the areas where most tension is stored, this gentle massage encourages a deep sense of relaxation – the perfect spa treatment to enjoy at the beginning of a stay. With a focus on the back, neck, and scalp, muscles are relieved, and the body is left feeling lighter and more limber.

35 minutes

## Summer Radiance Body Peel

Experience a soothing massage with exfoliating body oils to rid the body of unwanted dry skin cells. Perfect for preparing the skin at the start of your stay, the treatment results in a smooth, healthy glow.

60 minutes

# Beauty Services

## **Aman Advanced Facial**

An exclusive treatment in our Aman Spa, this wholly rejuvenating experience incorporates Aman's newest skincare line, Essential Skin.

60 minutes

Created in Japan, Aman Essential Skin is infused with powerful rice bran and indigo extracts, to achieve a noticeably lifted, more radiant complexion. Combining these exclusive formulas with exfoliation and manual lifting techniques, the Aman Advanced Facial stimulates facial muscles, welcoming tighter, brighter skin.

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.

## **Amanruya Facial**

A simple and effective facial to address unique skin care concerns for a relaxing, nourishing, and restorative experience. Using Aman Skincare products, created with natural botanical extracts, impurities are removed and the skin's radiance restored. The treatment is completed with our signature face mask for added hydration - perfect for sun-kissed skin.

50 minutes

## **Rejuvenating Eye Treatment**

This energising eye treatment, complete with hydrating hydrogel Nourishing Algae Eye Mask, infuses the delicate eye area with brightening and radiance-boosting ingredients for a glowing and refreshed complexion.

45 minutes





# Movement & Body Work with a personal instructor



## **Private Yoga**

A gentle approach to yoga practice, private Hatha Yoga sessions encourage flexibility, lengthening the limbs and leaving the body relaxed. Poses are held for a longer time to allow a better mind and body connection.

60 minutes

## **Gravity Yoga**

Gravity Yoga, also known as Aerial Yoga, combines elements of traditional yoga, Pilates and dance while your body is suspended in mid-air in a silk hammock. It enables you to take your practice off the ground and into the air, challenging and encouraging courage, balance, strength and mobility.

60 minutes



# Spa Reminders

## **Operating hours**

### **Spa**

Daily from 10am to 7.30pm (last treatment 6.30pm)

### **Fitness Centre**

Open for private access with prior bookings required. Please contact the hotel reception to confirm your preferred time.

## **Appointments**

Advance booking is highly recommended to ensure that your preferred time and service are available. Please dial extension 700 for spa or extension 2 after operation hours for assistance.

## **Treatment Preparation**

We recommend that you arrive ten minutes prior to your scheduled treatment, allowing time for you to complete your holistic consultation and immerse yourself in the spa's relaxing environment with a handmade local fresh herbal tea or cooling beverage.

## **Spa Location**

The Spa is beautifully 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 20 minutes prior to your treatment. Kindly notify the Spa or your Guest Assistant should you wish to be picked up from a different point within the resort.

## **Spa Environment**

Spa services are only available to guests over the age of 12. Guests under the age of 18 are required to have parental consent prior to booking, with a parent or guardian required to be present during the treatment.

## **In-Room Massage**

In-room massages are available in the privacy of your Pavilion with an additional 50% surcharge.

## **Cancellation Policy**

Though we will do our best to accommodate schedule changes, we kindly ask guests who wish to cancel reservation to give a minimum of four hours' notice for spa treatments and 24 hours' notice for wellness activities. Cancellations made within the respective notice period will be subject to 50% charge.

## **Special Considerations**

Our holistic consultation must be completed and signed prior to your first visit 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 taxes and service charge.

## **Valuables**

During all treatments, please leave all valuables in the safe provided in your suite.



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