

ÄMÄN  
SPA

# Wellness at Amankora Gangtey

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.

# Contents

Wellness at Amankora	03
Aman Signature Treatments	05
Grounding Ritual	06
Purifying Ritual	07
Nourishing Ritual	08
Amankora Signature Treatments	10
Immersive Experiences	13
Movement	15
Spa Reminders	16



# 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 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 meridian pathways. 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**

90 minutes

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 restores a glowing radiance. Finally, a Peruvian black mud and amethyst crystal mask, followed by a Tibetan head massage, completes the treatment.

# Nourishing

Our Nourishing pathway is all about rejuvenation and renewal. Treatments repair and regenerate, revitalising inside and out 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 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 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 – 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, surrounding the deeply rejuvenating and healing energy of light stored in the third eye – which focusses on the forehead, nose and throat.

# 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.

## **Purifying Facial**

90 minutes

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.





A'MAN  
GROUNDING  
MACA CLEANSING POWDER

A'MAN  
NOURISHING  
ULTIMATE CREAM  
CLEANSER

A'MAN  
GROUNDING  
STEM CELL FACE  
& EYE SERUM

# Amankora Signature Treatments

## **Traditional Hot-Stone Bath**

60 minutes

Amankora Hot-Stone Bath takes place in a candle-lit stone hut on a hill, a 10-minute walk from the Gangtey lodge. You have the unique opportunity to soak in a wooden tub out in the open and enjoy this traditional Bhutanese healing experience. The sliding bamboo doors allow full privacy yet offer open views of the magnificent Phobjikha Valley.

Your body will benefit from the minerals in the heated stones and the healing effects of the local Khempa herb. Sit back and unwind in the bath for as long as you wish while sipping on a cup of hot apple cider and watching the sun set.

## **Hot-Stone Massage**

90 minutes

A combination of warm stones and massage, which penetrates deeply into the body to soothe and relax muscles. Heated basalt stones act as an extension of the hands as they glide over the body as part of this flowing massage technique, allowing the benefits to be felt at a deeper level.

## **Amankora Holistic Massage**

60 / 90minutes

Our therapists combine unique healing touch with a range of diverse techniques to create a tailor-made treatment, which can either focus on specific areas of tension or promote an overall sense of relaxation and wellbeing.

## **Thai Massage**

60 / 90 minutes

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is uniquely relaxing yet energising and is a highly effective therapeutic treatment. It is performed over loose comfortable clothing.

## **Foot Reflexology**

60 / 90 minutes

Reflexology points at the sole of the feet correspond to all organs and glands in the body. This treatment activates energy pathways, releases stagnation and balances out disharmonies. It is a perfect complement to a long day of walking and hiking.

## **Hot-Oil Head Massage**

60 minutes

This signature treatment is based on the ancient healing system of Ayurveda. Warmed coconut oil nourishes the hair and the scalp, while a back, neck and shoulder massage offers a relaxing addition to this luxurious treatment. Deep thumb pressure, friction and soothing strokes, combined with the warmth of the oil, helps to reduce tension, improve circulation, and flush out physical and emotional toxins.



# Immersive Experiences



## Monk-Led Meditation

Meditation is a great way to unlock a deep sense of relaxation and reduce stress, in turn cultivating mindfulness, peacefulness and compassion. It is also an excellent way to integrate with the rich cultural fabric of Bhutan after hiking through and visiting ancient temples, monasteries and fortresses.

This spiritual experience involves a meditation in the nearby temple or by the forest right next to the lodge, led by a master Lama. It's designed to help all guests implement the art of relaxation into their daily lives, improving the ability to make clear decisions. A valuable mental immersion into the world of mindfulness, concentration and serenity.

## Buddhist Spiritual Cleansing

It is a common belief that every place has its local protective deity or spirit. To please the spirit and keep it happy, the Bhutanese fumigate every morning and during special *pujas* (religious ceremonies). It is also a ritual for self-cleansing of all bad spirits surrounding us, and to be blessed with good luck.

Spiritual cleansing involves the burning of selected herbs in a fumigation stupa. Here at the lodge, our *stupa* is located at the top of the hill in front of the main entrance of the lodge. Should you wish to perform a cleansing ceremony, this should take place early in the morning in the presence of a monk who will guide you in the ritual.



# Movement

Amankora's Spa Aman Spa overlooks the dramatic Gangtey valley, where personal fitness and health goals can be achieved with the help of our movement specialists and immersive classes.

## **Yoga**

Yoga is a tradition that originated in India more than three thousand years ago. Its purpose is to help us achieve our highest potential and to experience enduring health, happiness and wellness. With regular practice, quality of life, physical health and mental wellbeing are improved.

## **Sound Bath**

During this meditative journey, healing instruments and music are used to immerse guests in relaxing new soundscapes. The goal is to bring about a regenerated state of rest, rebalance energy pathways and create an instant feeling of wellbeing.

## **Private Sessions**

60 / 90 minutes

It is advised to book yoga sessions no less than three days in advance to ensure availability. For all yoga cancellations, a minimum of 24 hours' notice is required.

# Spa Reminders

## Operating hours

### Spa

Daily from 2pm to 10pm (last treatment 10pm)

### Appointments

Advance booking is recommended to ensure a wide availability of time and services are available. Please dial extension number 202 for spa directly.

### 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.

### Spa Environment

The minimum age for spa treatments or use of the gym is 13. Guests under the age of 16 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 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 four hours cancellation notice. Cancellations made within four hours will be subject to the full charge of the booked treatment.

### Special Considerations

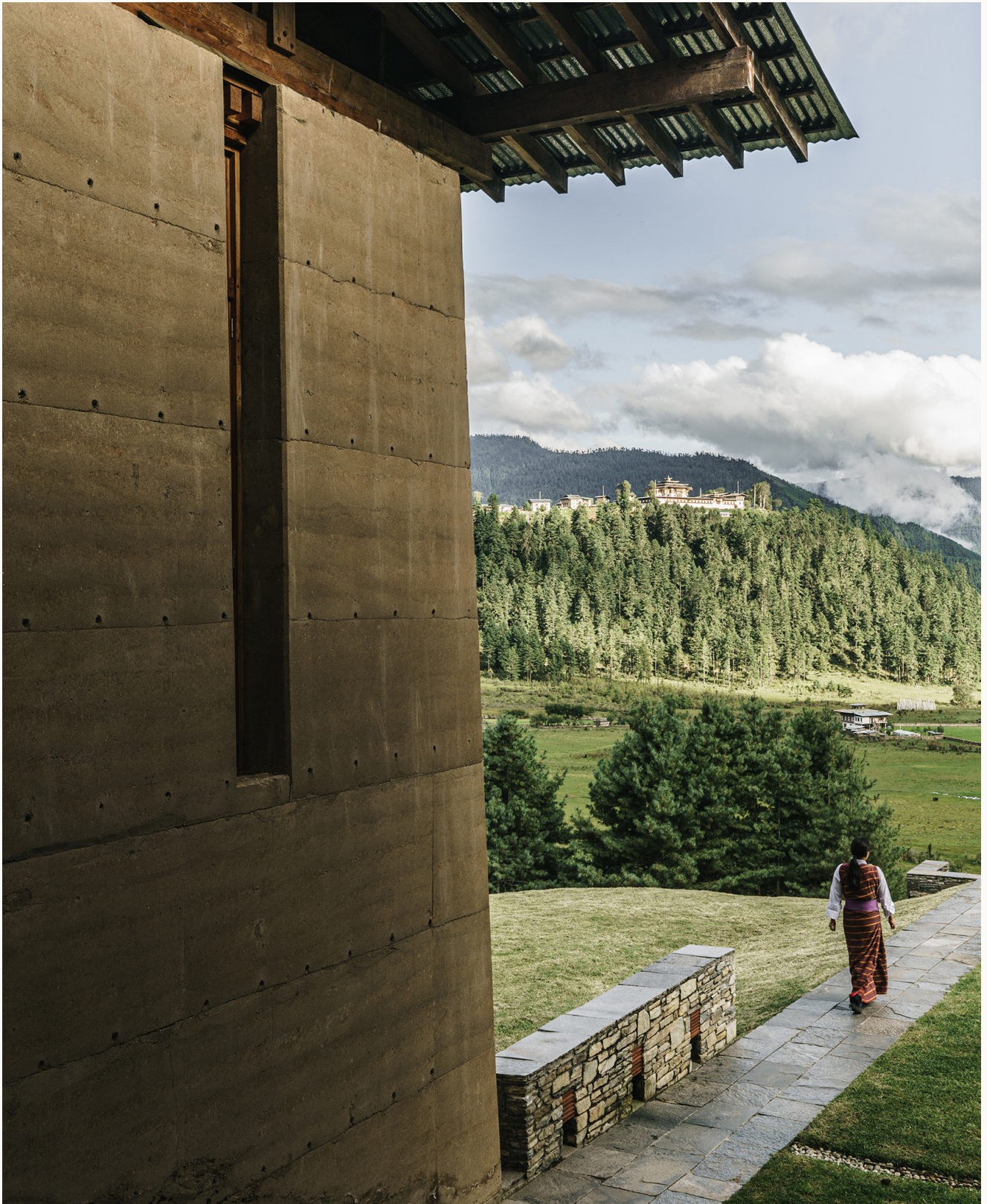
Our holistic consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any medical or health concerns.

### Pricing

All prices are subject to local tax and service charge.

### Packages

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



AMANKORA GANGTEY  
Tokha Village, Gangtey, Phobjikha  
Wangduephodrang PO BOX 333  
Kingdom of Bhutan

Tel:+975 17 128 805  
E-mail: gangteyspa@aman.com