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# Wellness at Amankora Thimphu

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 blended 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 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**

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 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 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.





# Amankora Signature Treatments

## Hot-Stone Massage

90 minutes  
USD 238

A combination of warm stones and massage 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

60/90 minutes

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.

# Amankora Signature Treatments

## **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 the 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, improves circulation, and flushes out physical and emotional toxins.

## **The Jet Lag Reviver**

90 minutes

Whether you're recovering from a long journey or a hectic lifestyle, this ritual will revive you from head to toe. The treatment begins with a deeply relaxing hot-stone massage focusing on deep pressure points. You will then enjoy a neck, shoulder and scalp massage to reduce tension and promote relaxation. A nourishing facial massage will re-energise the skin and leave you refreshed and revitalised. Foot reflexology to promote circulation and reduce water retention completes the treatment. To cap it off, a short breathing-technique session will seek to improve and stimulate your lymphatic system to help your skin flush out toxins, swelling and inflammation to minimise breakouts and a dull, sallow appearance.

## **Trekker Massage**

60 / 90 minutes

The perfect complement to a long day of walking, this massage concentrates on the feet reflexology points and the muscles of the legs, even you can experience the starching pressure points, using stimulating peppermint and rosemary to soothe tiredness and uplift body and mind.



# Aman Signature Treatment



## **Aman Advanced Facial**

60 minutes

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

The treatment begins with ultrasonic scrubbing to cleanse pores, supported by the use of microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness. The use of red and blue light therapy follows - a natural way to provide multiple benefits to the skin - before the treatment concludes with the application of the Aman Nourishing Gold Algae Face Mask to achieve an exceptional glow.

# Immersive Experiences



## **Monk-Led Meditation**

Meditation is a great way to find a deep sense of relaxation and reduce the feeling of 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.

## **Astrology Reading**

Our gifted local astrologer tells the fortunes of the villagers and religious people in the valley. Some come from other valleys far and wide to learn their fortunes and uncover some connections with our past. If you wish to have your fortune told, we will take you to the astrologer's house in the nearby village, or invite him to meet you at the lodge.



# Movement

Amankora's Spa Aman Spa looks out across a picturesque landscape dotted with soaring pines, 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 303 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.

### 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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