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Wellness at Aman Kyoto

Wellness is more than being free from illness; it is a dynamic process of change and growth – a state of complete physical, mental and social wellbeing. The Aman Spa concept has been carefully curated with four pillars of wellness in mind: nutrition, movement, psychological health and bodywork.

Treating the whole – the mind, body and spirit – by integrating ancient healing modalities with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that extends beyond the boundaries of our international Aman Spas. Our aim is for you to leave empowered and renewed, with the tools and resilience to continue your wellness journey into your everyday life.

A New Spa Language

Ancient healing arts such as Japan's Kampo herbal medicine, Ayurveda and Traditional Chinese Medicine are based on complex theories of the workings of the human body and mind.

Talk of chakras and energy can be confusing when taken out of context. Yet when understood as part of the philosophy behind a traditional healing system, they reveal an intriguing new language for explaining how our bodies work. While understanding these theories is not a prerequisite to enjoying their benefits, Aman Spa aims to demystify this language. Please ask us if you wish to know more about the ingredients or modalities used in any of our treatments.

Understanding Energy

The concept of a vital life energy is very common in traditional healing systems. In Japan, this is known as ki, in China as qi and in Hindu philosophy – including yoga and Ayurvedic medicine – the Sanskrit word prana is used. Imbalances of this energy can be physical, mental or emotional and can lead to ill-health. Restoring the balance of energy flow is the main goal of many traditional healing practices.

Aman Spa Kyoto

The healing power of nature with her vast apothecary of medicinal plants, mineral-rich hot springs and soul-cradling beauty is well documented. Even simple immersion – such as walking through a forest – has a powerful effect on wellbeing. This has long been recognised in Japan – a country well versed in the secrets of longevity. Aman Kyoto embraces this wisdom with a wellness offering defined by nature in every way.

As with all Aman Spas the world over, the approach at Aman Kyoto is to promote wellbeing through the integration of world-class treatments with unparalleled relaxation. Bathing, breathing practice, Zazen meditation, consuming green tea, the physical practice of shiatsu, acupuncture, reflexology and moxa will all be part of the Aman Kyoto experience, along with Aman Kyoto signature treatments and Aman's signature Grounding, Nourishing and Purifying treatments featuring Aman's all-natural skincare range.

In addition, Aman Kyoto's spa menu includes bespoke treatments that incorporate healing ingredients unique to the area. These include Kyoto green tea, Tamba Kuromame black soybeans, local sake and cold-pressed camellia oil. Gold leaf is also an intrinsic element in treatments inspired by Kyoto's Kinkaku-ji Temple, such as the Japanese Gold Leaf Facial in which it is applied as a mineral-boosting mask.

Aman Kyoto is fortunate to have access to mineral-rich water: The Japanese garden surrounding the resort is abundant with natural hot springs feeding the spa's very own onsen bathing pools.

Onsen

Dating back to the sixth century, Japanese onsen bathing culture initially grew out of Buddhist purification rituals. By the 15th century, the culture was firmly established as a medical activity and sacred form of healing, with specific protocols among the Imperial family and nobility. Over time, onsen culture spread among the public and to this day, Japanese people enjoy it as a traditional form of healing and relaxation, known for its many health benefits.

Kyoto Green Tea Aroma

The calming aroma of local green tea is present throughout Aman Kyoto's Aman Spa, emitted from a cha-koro Kyoto-style incense burner. The fragrance is known for its grounding and meditative effects, while also helping to harmonise the body and mind. Aman Kyoto's treatments also begin with deep breathing exercises using green tea.

Spa Treatment Arrival & Preparation

The spa reception is an elegant space in which guests are welcomed with an originally blended, Kyoto roasted green tea with Tamba kuromame black bean from one of the most renowned Kyoto tea houses – Koyama-en.

To enhance your experience at Aman Spa, please allow sufficient time before your treatment to enjoy the onsen bathing facilities and the tranquil setting.

In line with Japan's traditional ryokan inn concept that informs much of the resort's design, the Spa offers both indoor and outdoor onsen bathing facilities with separate bathing pools for men and women.

Japanese Foot Bath

Every treatment at Aman Kyoto will begin with a foot ritual dating back to the 16th century, when ryokan inns would offer the practice to weary travellers. Cleansing the feet while calming the central nervous system and reducing any inflammation, the foot ritual incorporates 24ct gold leaf, sake, rice bran known as Nuka and natural sea salt from the Sea of Japan.

Post Spa treatment Tea Journey

After your spa treatment, retreat to our calming relaxation lounge to enjoy a seasonal tea specially blended for Aman Spa by Grand Master Koyama of Koyama-en. The tea will be served alongside a healthy sweet treat handcrafted on the property.



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 pathway focus on ingredients with the ability to restore and regenerate – amber oil, rose-quartz crystals, sandalwood, Peruvian black and purple muds, 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 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

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

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 above. 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.

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.

Purifying Body Polish & Wrap Ritual

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.

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 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 totally at peace.

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-ageing argan stem cells and plumping hyaluronic acid. Other ingredients, including jasmine, sandalwood, vitamin B12 and jade crystals, are known for their powerful regenerating 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 on the deeply rejuvenating and healing energy of light stored in the third eye – which focuses on the forehead, nose and throat.

Nourishing Body Polish & Wrap Ritual

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.

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 feel completely restored and a deep sense of renewal endures.



Aman Kyoto Signature Programme

Approximately 6 hours

This half-day programme takes a holistic approach to the wellbeing of the body and mind. It is recommended for guests looking to experience the true harmony of nature in a beautiful Japanese garden, and includes the following:

- 60-minute Aman Kyoto Signature Journey
- Access to the onsen facilities
- Meditative yoga
- A healthy lunch with terrace views of the beautiful Kerry Hill garden

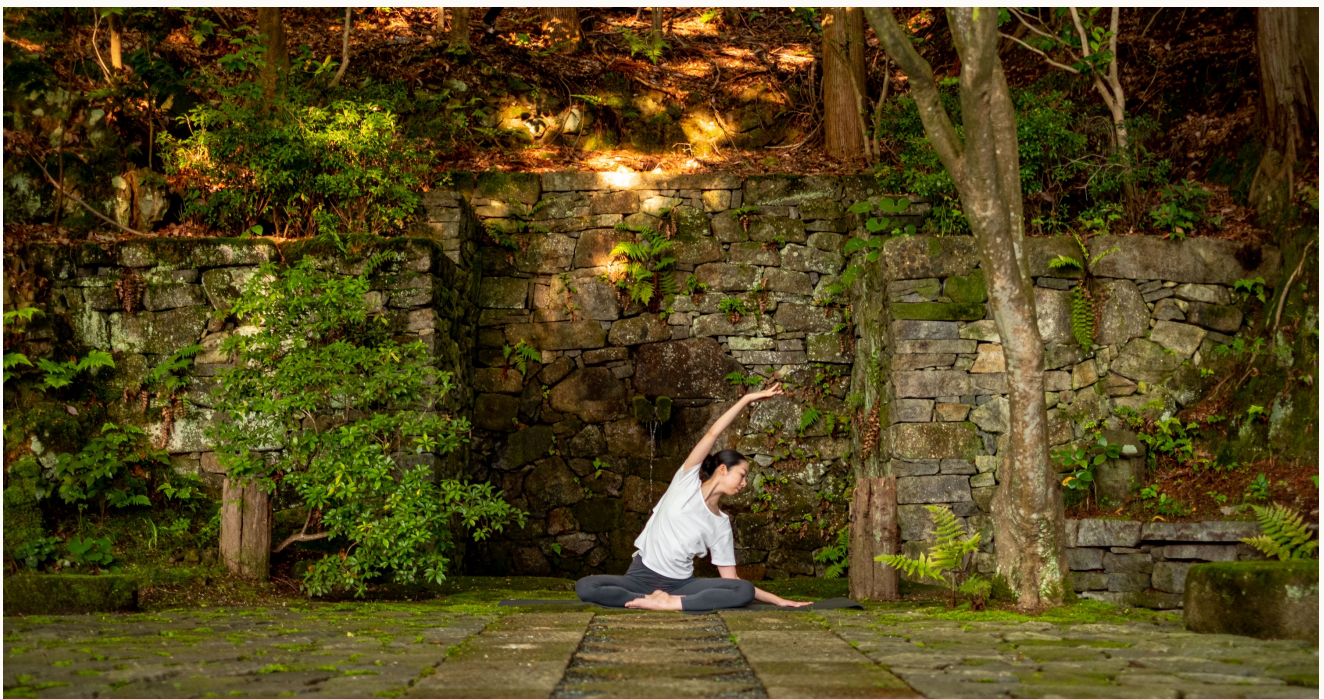
The programme can be split across two days if desired.

Aman Kyoto Mindfulness

Yoga / Meditation / Forest Bathing

Available for up to two people with extra person at additional cost

The forest and eight acres of exquisite gardens surrounding Aman Kyoto form an ethereal landscape that acts as an extension of the Aman Spa. It also serves as a serene setting for guided yoga and meditation, as well as 'Forest Bathing' or Shinrin-yoku. A Japanese term coined in 1982, Shinrin-yoku means 'taking in the forest atmosphere', and the practice is said to combine the healing benefits of mindfulness and nature.



Aman Kyoto Signature Treatments

Aman Kyoto Signature Journey

60 / 90 minutes

This deeply relaxing Journey incorporates a range of full-body massage treatments using Japanese and local essential oils such as Kyoto Kitayama cedar, podocarpus, hinoki cypress, yuzu citrus, hakka mint, green tea, sakura cherry blossom, ginger, shiso and cold-pressed camellia oil. These natural ingredients have long been used by the maiko and geiko in their traditional beauty regimes.

Azuki Scrub

30 minutes

An additional body polish can be included in the Journey. The treatment uses azuki powder and Kyoto natural silk cocoon soup. The scrub employs a silk towel made from newly woven cocoons.

Personalised Spa Journey

120 / 180 minutes

This journey begins with a consultation in which an Aman Spa therapist pinpoints your needs. Aman Spa products and locally sourced aromatherapy oils are then used across a diverse array of techniques - helping to guide you to exactly where you want to be.

Japanese Gold Leaf Facial

90 minutes

This holistic facial includes a soothing massage of the shoulders, neck and face. Natural ingredients penetrate deeply to cleanse, nourish and hydrate the skin. The treatment releases tension points on the scalp and face to improve circulation and tone facial muscles. The final touch is the application of a 24k gold mask to your face, neck and décolletage which provides mineral nutrition to your skin. A fine Japanese platinum mask can be added for addition mineral support.

Additional Platinum Mask

Available at an additional cost

Japanese Wellness Services

Shiatsu

60 / 90 / 120 minutes

This intuitive massage technique is based on the same principles as acupuncture.

Pressure is applied to specific points on the body using the hands to restore energy flow. Shiatsu has many benefits – including improving muscle tone, facilitating proper joint alignment, stimulating blood and lymph circulation, regulating neural functioning, stimulating somatovisceral reflexes, regulating hormonal secretions, promoting correct posture, boosting the immune system, and reducing stress.

This treatment does not use oil.

Acupuncture

60 / 90 / 120 minutes

Known for its efficacy, acupuncture is a 2,500-year-old Traditional Chinese and Japanese Medicine practice that stimulates specific acupoints along the body's meridian lines with thin sterile threadlike needles. Acupuncture is pain-free and remarkably relaxing, as once the needles are in place, a period of rest and stillness ensues. Many people report a sensation of gathering warmth or energy beneath the skin in the areas stimulated.

Commonly used for easing muscular tension, shoulder and back pain, arthritic pain and headaches, acupuncture is also very beneficial in aiding circulation, boosting the metabolism and immune system, strengthening digestion and treating reproductive, respiratory and stress-related disorders.



Therapeutic Massages

Reflexology Foot Massage

60 / 90 minutes

Based on the concept that the foot is a microcosm of the entire body, this relaxing treatment unblocks energy flow (ki or qi) within the body through acupressure points on the feet that correspond with internal organs – offering broad health benefits.

Customised Body Massage

60 / 90 / 120 minutes

As every person is unique and every treatment is different, this massage allows your therapist to curate a personalised massage answering your specific needs. Using our Aman Spa aromatherapy-based massage oils, your therapist will employ a variety of techniques ranging from the gentle aromatherapy, through Swedish to Deep Tissue massage.

Results-Orientated Facials

Aman Advanced Facial

60 / 90 minutes

This exclusive Aman Spa treatment is a wholly rejuvenating experience incorporating Aman's own skincare collection – Aman Essential Skin.

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. Electric microcurrent stimulation and massage firm, while cryo bulbs eliminate puffiness and promote a gentle glow, aided by red and blue light therapy, a safe and natural way to provide multiple benefits to your skin. The treatment concludes with the application of an Aman Nourishing Gold Algae mask.

The facial can be extended to 90 minutes by incorporating a scalp massage, a facial massage and a hydra-active Mineral Mask to boost hydration.

Customised Facial

60 / 90 minutes

Experience a holistic facial that includes a soothing massage of the shoulders, neck and face while natural ingredients penetrate deeply to cleanse, nourish and hydrate the skin. This treatment releases tension points on the scalp and face to improve circulation and tone facial muscles.

Spa Reminders

Operating hours

Spa

Daily from 10am to 10pm (last booking at 8pm)

The Onsen Bathing Area

Daily from 7am to 10pm (last entry at 9.30pm)

Onsen etiquette

Guests should remove their shoes before entering the changing room, and shower before bathing. To maintain the tranquil environment, use of mobile phones and cameras is prohibited. Bathing is done without any attire. Guests are recommended to limit sessions to no longer than 30 minutes due to the water temperature and high mineral content. Guests are also encouraged to stay hydrated and avoid alcohol or food for at least 30 minutes prior to bathing.

Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time and service are available. Please dial extension SPA to make a reservation. The minimum age for treatments is 16 years. Guests under the age of 16 require parental consent prior to the booking being accepted.

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.

Treatment Preparation

Guests are kindly requested to arrive at least 10 minutes before their session is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

Spa Environment

Smoking and the use of mobile phones are prohibited in and around Aman Spa.

Cancellation Policy

Although staff will do their utmost to accommodate any booking changes, guests are kindly requested to give at least 24 hours' notice of cancellation so that someone else may enjoy that time. Cancellations made within 24 hours will be subject to the full charge of the treatment booked. Any cancellations need to be made during the spa operation hours of 7.00am to 10.00pm.

Refunds

Unopened retail products are exchangeable within seven days of purchase with presentation of original receipt.

Valuables

Please do not bring valuables into the spa. For in-house guests, safes are provided in every room.

Pricing

All prices are in Japanese Yen, inclusive of 15% service charge and 10% consumption tax.



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