

ĀMAN

AMANGIRI

Spa & Wellness Menu

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## Aman Spa at Amangiri

Our Philosophy & Environment

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. Aman's spa concept has been carefully curated with four pillars of wellness in mind – nutrition, movement, psychological health and bodywork – with the singular goal of achieving this ideal balance of Integrated Holistic Wellness for every guest. Treating the whole – 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 physical boundaries of the globe's Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey, and the resilience and focus to put them into action.

At Amangiri, the landscape itself inspires wonder and awe. The expansive high desert, the scale of the mesas and buttes and the vast sky above widen one's peripheral vision, inspiring a sense of peace and encouraging opening within. Attention to sensations and the present moment becomes a portal into enriching, deeper appreciation and awareness. Ranging from mindfulness walks, butte-top yoga and wild outdoor wellness experiences to aquatic fitness and holistic therapies, Amangiri's spa activities aim to strengthen and support this natural connection and the positive changes it can bring about.

## Earth's Apothecary

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 butters and rainforest muds.

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

Working holistically to nurture and enhance overall wellbeing, 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 a molecular vibrational energy that works in sequence with the human body to promote change and return equilibrium. The physical benefits of each product are completely aligned with its ability to address emotional imbalance, together offering a holistic fine-tuning with tangible, long lasting results.





# Aman Signature Treatments

## Grounding

The Grounding Formation works as a balm for the restlessness caused by the frenetic pace of modern life. It imparts a feeling of safety, offering reassurance and reconnection.

<b>Body Polish &amp; Wrap Ritual</b>	90 minutes
<b>Massage Ritual</b>	90 minutes
<b>Face Ritual</b>	90 minutes
<b>Journey (all three rituals)</b>	180 minutes

## Purifying

The Purifying Formation is a powerful spiritual cleanser that lends protection, clears stagnant prana/qi, stabilizes the heart and mind and eases restless agitation. It helps one let go of unhelpful energies and emotions, providing lightness of step and breathing space for the mind, body and soul.

<b>Body Polish &amp; Wrap Ritual</b>	90 minutes
<b>Massage Ritual</b>	90 minutes
<b>Face Ritual</b>	90 minutes
<b>Journey (all three rituals)</b>	180 minutes

## Nourishing

The Nourishing Formation encourages the healing of emotional and mental wounds with a nurturing embrace. Lifting and carrying one towards others and the self, it holds the spirit of the adventure of simply being your most real and best self.

<b>Body Polish &amp; Wrap Ritual</b>	90 minutes
<b>Massage Ritual</b>	90 minutes
<b>Face Ritual</b>	90 minutes
<b>Journey (all three rituals)</b>	180 minutes

# Amangiri Spa Journeys

## Wild Wellness

150 minutes

This two-part journey combines invigorating movement and consummate relaxation.

After a guided warm-up, connect with the desert environment in an extraordinary way with asymmetrical strength and stability exercises on uneven terrain. This organic fusion fitness format integrates yoga, personal training and Pilates to heighten your senses and instincts as you adapt to the irregular rhythms of the landscape. A dynamic cool down prepares you for the next stage of your journey.

To complement your movement experience, a signature rhythmic massage follows, using varying percussion techniques such as rocking and tapping with changing dynamics and post-fitness recovery soothing techniques. This encourages profound relaxation and renewal of the nervous system.

## Peaceful Mountain

120 minutes

As the mesas were formed and sculpted by the elements over the eons into the serene landscape seen today, we invoke this gradual transformative process in the therapeutic application of temperature, gravity, movement and pressure.

Start with a guided hot and cold contrast therapy session in the Water Pavilion, transitioning to the Movement Pavilion where you will lay on air-filled massage balls for a short meditation accompanied by singing bowls. Progress to a connective tissue release rolling session, then finish with a Thai yoga massage incorporating electric vibrational myofascial tools and sound therapy.



# Massages and Body Treatments

## Personalized Massage

60 | 90 minutes

This treatment offers customized pressure and a blend of modalities to suit your needs, whether therapeutic, deep tissue, Swedish, aromatherapy or prenatal. Experience this massage indoors or out as weather permits.

## Thai Massage

60 | 90 minutes

Following tradition, this massage is enjoyed on a large floor cushion. Comfortable, movement-friendly clothing is provided. Bodywork techniques of passive stretching, compression and acupressure increase range of motion and coax the body into relaxation. Great for loosening up after activity and getting a great night's sleep.

## Utah Salt & Clay Treatment

75 minutes

Using Utah ancient sea salt and bentonite desert clay rich in trace minerals, this exfoliation and wrap will cleanse and activate your skin's natural self-renewal processes. Choose between turquoise sage mountain arnica and prickly pear pomegranate lotions for the hydrating finishing touch.

## Percussion & Cryo-Roller Therapy

60 | 90 minutes

Experience the benefits of electric massage tools in the expert hands of a massage therapist. Technology, a soothing cool roller ball and intuitive touch combine to deliver relaxing, recharging and tension-relieving results.

## Sound Bowl Experience

30 | 60 minutes

Waves of sound wash over you in this session of deep listening to vibrational singing bowls to promote relaxation, well-being and a euphoric sense of expansion.

## Shirodhara with Hand & Foot Paraffin Treatment

60 minutes

Hands and feet are exfoliated with your choice of our signature Aman Skincare Scrub Soaks before being wrapped in warm paraffin. As you wait for the softening effects of this soothing hand and foot treatment, experience the relaxation imbued by Shirodhara. This Ayurvedic treatment involves the pouring of a stream of aromatic oil onto the forehead, followed by a luxurious scalp massage.







### Reflexology

30 minutes

Reflexology is an ancient therapy. In this treatment, pressure is applied to the soles of the feet, based on targeted reflex points and zones that correspond to organs, glands and systems in the body, promoting overall health and relieving stress.

### Warm Stone

60 | 90 minutes

Basalt stones store heat and when placed on the skin can convey it to the deeper layers of muscles to loosen these tissues. Himalayan salt stones contain essential minerals, relax nerves and are emotionally uplifting. In this treatment, these stones are combined with manual massage to create a thoroughly soothing experience.

### Aqua Shiatsu

60 minutes

This bodywork therapy is experienced while floating in a warm pool, supported by your therapist who gently manipulates your limbs to perform stretches, massage and gentle gliding movements through the water.

## Facial Treatments

### Aman Advanced Facial

60 | 90 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, encouraging tighter, brighter skin. The treatment begins with ultrasonic scrubbing to loosen and remove oil, dirt and cellular debris from the pores, supported by microcurrent stimulation and massage to firm and cryo bulbs to eliminate puffiness. The use of red and blue light therapy follows – a safe, natural way to provide multiple benefits to your skin – before the treatment concludes with the application of the Aman Nourishing Gold Algae Face & Eye Masks to achieve an exceptional glow.

The facial can be extended to 90 minutes in length, incorporating a longer scalp massage for relaxation, a facial massage and a hydra-active Mineral Mask to boost hydration.

### Express Facial

30 minutes

This quick but efficient facial focuses on cleansing and hydration to counteract Amangiri's arid climate and the dryness it can cause.

## Enhancements

To amplify the benefits of your chosen treatments and customize your spa itinerary:

### Aman Nourishing Gold & Algae Face & Eye Masks

### Paraffin Hand & Foot Treatments

### CBD Oil

### Gua Sha (crystal facial or body technique to increase circulation as pictured)

### Cupping

### Foot Exfoliation

### Body Exfoliation (additional 30 minutes)

### In-Room Massage

### Outdoor Massage



# Wellness Meditation & Mindfulness

Set aside distractions, be in the moment and tune in to the power of awareness.

## Guided Meditation

30 | 60 minutes

An instructor helps navigate attention to the breath, senses, thoughts and feelings to recognize a connectedness of being.

## Breathwork

30 minutes

Breathing exercises and techniques of changing patterns encourage fuller respiration and oxygenation. Use of body focus, intention and visualization access the physiological resources to relax, energize or facilitate other states of awareness. We recommend combining this with a meditation.

## Yoga Nidra

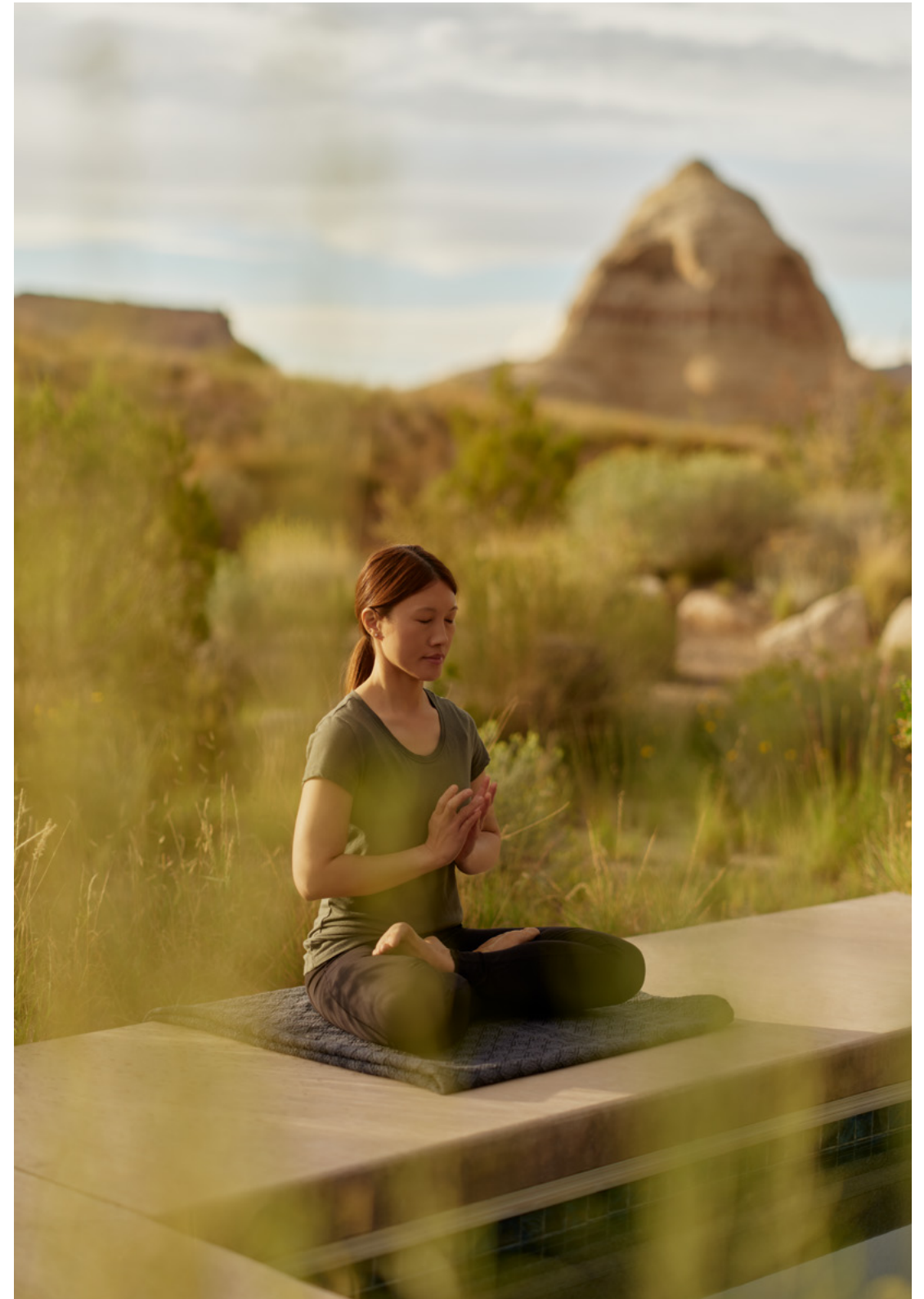
60 minutes

This form of meditation is experienced in a reclined position on comfortable cushions. The instructor guides the mind into a place between sleep and wakefulness, which is deeply restful and restorative to wellbeing.

## Mindfulness Walk

30 | 60 minutes

Slow down and take in the richness of the moment with this guided walk. The still spaciousness of the vast natural landscape invites you to open and quiet your mind and to be completely present, your senses interacting with the elements.





### Silent Session

30 | 60 minutes

A silent retreat does not necessarily require weeks of time commitment. A guided micro-retreat can provide profound peace, calm, gratitude, renewal and much needed disconnection from our devices. Our instructor uses minimal verbal communication to focus attention on intentional sensory input.

### ASMR Sensory Wellness

30 minutes

This experience clears the mind, engages the senses and has a calming after-effect. During the session, wellness-oriented guided audio, kinesthetic and visual stimuli focus attention and produce autonomous sensory meridian responses (ASMR).

### Dark Exposure

15 | 30 minutes

Being in darkness – but awake rather than asleep – takes us out of the usual context of life in society. This form of sensory deprivation allows for processing and finding balance with what comes up in awareness. A facilitator will provide guidance and intermittent check-ins as needed.

### Floating Guided Meditation

60 minutes

Assisted floating in a heated pool. An instructor will gently guide your mind and body to peacefully flow with the currents of consciousness.

# Wellness Movement & Fitness

## Yoga

60 minutes

Linking breath and movement, body and awareness, exercise and rest, we offer multiple yoga modalities for your holistic fitness practice. All levels welcome.

## Kundalini Yoga

60 minutes

Also known as yoga of awareness, sessions open with sound (humming or chanting) and breathwork to warm up, progressing into energizing exercises, asana postures including mudras (hand positions) and closing with relaxation, meditation and sound. Overall, it systematically activates the body's major energy centers.

## Aerial Yoga

60 minutes

Low-impact, but high-conditioning, this form of suspension fitness integrates yoga poses with Pilates, dance and acrobatics-inspired moves using slings or hammocks anchored to a support structure above.

## Yoga On The Rocks

120 minutes

Hike onto the Amangiri mesas to practice yoga for sunrise, sunset or any time between. Breathe and stretch toward the horizon in this inspiring wellness adventure.

## Myofascial Release

60 minutes

Focused on the chains of connective tissue, or fascia, throughout the body, your instructor will guide the use of equipment for re-patterning these connections for greater ease of movement and postural support.

## Pilates

60 minutes

Using the Reformer, mats and other specialized multi-function equipment apparatus, this instructor-led session is a low-impact, core-based, full-body workout that builds strength, mobility and flexibility. Excellent for encouraging efficient postural alignment and movement patterns.

## Strength Training

60 minutes

Experienced in resistance training, endurance, conditioning, functional fitness, HIIT, bootcamp, circuit and cardio, our instructors will work with your current regimen, help refine it, or develop a new fitness routine. All levels welcome.

## Jump and Suspend

60 minutes

This distinctive fusion fitness class incorporates suspension and jump board training on the Pilates Reformer and suspension training system, providing a complete resistance, core and cardio training session.





### Longevity Fitness

60 minutes

Balance, stability and mobility-oriented routines to ensure quality and ease of movement does not lessen with time.

### Thai Boxing (Muay Thai)

60 minutes

A mixed martial arts method also known as the “art of 8 limbs”, Muay Thai uses punches, elbow and knee strikes and kicks in dynamic movements that refine mobility and stability for full-body conditioning. Sparring is optional.

### Aqua Fit-Boarding

60 minutes

Fun and challenging, this class involves yoga and functional fitness exercises on a standup paddleboard (SUP) in Camp Sarika’s swimming pool. Excellent for conditioning the core and helping to stabilize muscles, it also improves balance on land.

### Ai Chi

60 | 90 minutes

A form of aquatic exercise based on Tai Chi and Qi Gong, Ai Chi is a total body relaxation and strengthening process characterized by slow movements under water coordinated with deep breathing.

### Jiu-Jitsu

60 minutes

Jiu-Jitsu, aka Brazilian Jiu-Jitsu (BJJ), is a martial art and sport focusing on ground fighting techniques through leverage, body mechanics, timing and strategy. It combines numerous positional controls to neutralize and defeat an adversary, even if larger and stronger. It has gained popularity not only as a means of self-defense and physical fitness, but for sharper mental faculties and staying calm under pressure.

### Cryo & Thermal Therapy

30 minutes

Guided use of the Spa’s Water Pavilion, including cold plunge pool, sauna and steam room. Contrast thermal therapy is believed to help with recovery from exercise and can be a powerful wellness experience in its own right.

### Tower Butte Yoga

120 minutes

Begin your day at sunrise atop Tower Butte, your own private, open-air yoga studio 1,000 feet above Lake Powell. The journey starts with a scenic helicopter flight departing Amangiri before dawn, flying over the rock formations of Glen Canyon before landing on top of Tower Butte. Here, your yoga instructor guides you through a yoga and meditation session inspired by the magical energy of the surrounding scenery.



## Finishing Touches

Timings are approximate and may vary depending on your needs. The Mani/Pedi Combination includes a hand & foot paraffin application and massage of the hands, arms, feet and legs.

### Manicures & Pedicures

<b>Manicure</b>	45 minutes
<b>Pedicure</b>	60 minutes
<b>Manicure / Pedicure Combination</b>	105 minutes
<b>Nail Polish Change</b>	25 minutes
<b>Shellac / Gel Removal</b>	30 minutes
<b>Gel Polish Application</b>	25 minutes

### Waxing

<b>Chin / Nose / Ear / Lip</b>	15 minutes
<b>Eyebrow / Underarm</b>	30 minutes
<b>Half Arm</b>	30 minutes
<b>Bikini</b>	30 minutes
<b>Half Leg / Full Arm</b>	45 minutes
<b>Back</b>	60 minutes
<b>Full Leg / Brazilian</b>	60 minutes

### Hair

Hair Cuts, Blow Dry/Styling and Makeup available on request. Price to be determined based on style, length of hair and time needed.

## Spa Reminders

### Operating hours

#### Spa

Daily from 9am to 9pm (last treatment 8pm)

#### Fitness Center

Open 24 hours

### Appointments

Advance booking is highly recommended to ensure that your preferred time and service are available. Please dial extension 4161 for spa or +1 435 675 4161 directly.

### Treatment Preparation

We recommend arriving at least 15 minutes before your treatment, allowing time to use our Water Pavilion with its sauna, cold plunge, steam room, hot tub and soaking pool facilities.

### Spa Location

The Spa and Gym are located in the resort's Mesa Wing.

### Spa Environment

The Spa facilities are unisex/mixed use, and require the wearing of a swimsuit. The minimum age for using the facilities and receiving a spa treatment is 18 years. Please refrain from smoking and using your phone/device while using the Aman Spa.

### Valuables

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

### Cancellation Policy

We understand that schedules change and we will do our best to accommodate your needs. Since your spa time is reserved especially for you, we kindly ask you to give a minimum of 12 hours' cancellation notice to enable someone else to enjoy that time. Cancellations made within the respective notice period will be subject to full charge for the service booked.

### Pricing

Please note that all Spa treatments will incur both local taxes and service charges. Spa treatments outside of operating hours are subject to an additional surcharge.



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