

ÄMÄN
SPA

Contents

Wellness at Amanpuri	03
Aman Signature Treatments	06
Grounding Ritual	07
Purifying Ritual	08
Nourishing Ritual	09
Amanpuri Signature Facial	10
Amanpuri Signature Treatments	12
Ayurvedic Treatments	16
Body Polish & Wrap	17
Spa House	19
Movement & Body Work	23
Aman Juniors	25
Facilities	26
Spa Reminders	28

Wellness at Amanpuri

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 allopathic medicine. Delve into this world, 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, but 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.

Understanding energy

The idea of a life force, or life energy, is shared among many traditional healing systems. In Traditional Chinese Medicine, this is known as qi. In Ayurveda and yoga, prana is the Sanskrit word used to describe this potent energy. A principle in many healing wisdoms is that any blockage to the flow of life force within a body can cause imbalances. Blockages can be physical, mental or emotional, and their removal to restore balance and energy flow is the main goal of many traditional healing practices.

Amanpuri Holistic Wellness Centre

The original Aman Spa, the Amanpuri Holistic Wellness Centre offers the services of Aman's experts in ancient healing techniques and alternative therapies to enable every guest to achieve their wellness goals. With an open-minded holistic ethos, we leave no stone unturned in our quest to enhance the wellbeing of every guest.

Also on offer are innovative personalised wellness programmes, traditional Thai treatments and healing practices drawing on TCM, Ayurveda and other ancient wellness systems. Unique contemporary therapies range from results-oriented oxygen facials to infrared and Finland-style sauna therapy.

Our wellness specialists oversee all nutrition and lifestyle coaching, with wellness cuisine and juices curated by Amanpuri's expert raw/vegan chefs. Movement and fitness sessions are conducted by certified instructors and include Pilates, Muay Thai kickboxing, yoga, beach boot camps and more. Additionally, the spa offers all beauty salon services.



Aman Signature Treatments



Aman Signature Treatments worldwide are named for and incorporate Aman's line of all-natural skincare products. These draw 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, luxurious 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 murumuru 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 application of Aman's 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 Aman's 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 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 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, 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 Aman's Sacred Heart Balm, applied to the whole body.

Nourishing Journey

180 minutes

This immersive journey encourages the healing of emotional and physical trauma by incorporating all three Nourishing rituals. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Body and mind are restored, and a deep sense of renewal endures.

Amanpuri Signature Facial



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, tighten and brighten skin.

The treatment begins with ultrasonic scrubbing to cleanse pores, then 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.

Amanpuri Signature Journeys

Amanpuri Awakening

150 minutes

This journey is the ideal way to begin your time at Amanpuri. Designed to imbue a deep sense of place as well as to relax and rejuvenate, this journey is inspired by Thai culture and its ancient wellness traditions. It begins with an aromatic body exfoliation using our radiant glow body polish made from ground Thai herbs, spices and extra virgin coconut oil. Follow this with your choice from the 'Nuad Pan Thai' menu for a classic Thai massage experience. Make it aromatic with herbal compresses, or a dry massage with deep stretching or pressure point stimulation. Conclude with a personalised facial that leaves your skin glowing.

Amanpuri Revitalise

150 minutes

This energising journey starts with a revitalising Andaman sea salt and roasted coconut body polish, followed by a personalised facial. Your skin is gently exfoliated then moisturised with natural plant essences. The journey finishes with a grounding acupressure foot massage, leaving you relaxed yet full of energy.

Ancient Thai 'Nuad Pan Boran'

60 / 90 minutes

Experience the complete sequence of traditional Thai massage techniques practiced by Buddhist monks for over 2,500 years. Lying clothed in a loose Thai pajama suit on a spacious mat, your body will be expertly manipulated with a combination of intense stretches and deep pressure point techniques which increase mobility, relieve tension and restore the flow of energy throughout the body.

Herbal Thai 'Nuad Luk Pra Kob'

60 / 90 minutes

This traditional Thai herbal treatment combines deep stretching, pressure point stimulation and herbal compression massage, as well as the use of heated herbal compresses along the meridian lines of the body. This releases muscle stiffness while energising and rejuvenating the senses.

Walking Thai 'Nuad Tao Got Jud'

60 / 90 minutes

An ancient Thai healing technique passed down through generations of Thai healers, this unique foot massage will balance the body via stimulation of reflex areas on the feet. Most of the sensory nerves of our internal organs end in the feet. During this massage, your feet will be used as a detailed map to balance the body through massage and pressure on the meridian points that correspond to specific organs.



Massage Therapies

Holistic Massage

60 / 90 minutes

One of our most popular massage treatments and a fantastic stress reliever, this relaxing massage is personalised to the individual to ease away tension and target any specific problem areas. Using Aman's signature blend of aromatherapy oils and long soothing strokes, your therapist will lull your body and mind into a calm peaceful space.

Integrated Deep Tissue

60 / 90 minutes

Blending deep tissue massage techniques with the ancient principles of Traditional Thai Massage, this intense yet deeply relaxing massage aims to realign the deeper layers of muscles. An ideal treatment for chronic aches and pains and for easing contracted areas such as the lower back, neck, shoulders and leg muscles.

Pre-natal

60 minutes

Our specialist massage therapists will listen to your pregnancy experience and create a bespoke targeted treatment to release any accumulated strains and re-invigorate you during this special time. Only for those in their second or third trimesters.

Slimming, Detox and Cellulite Treatment

90 / 120 minutes

The powerful combination of radio frequency therapy, connective tissue massage and infrared sauna will effectively start melting away excess fat and cellulite in your body whilst increasing circulation, clearing and tightening skin and generally encouraging detoxification. This treatment works well in conjunction with the Purifying massage ritual and 3-5 sessions are recommended for optimum results.

Facial Treatments



Rejuvenate Oxygen Facial

60 / 90 minutes

Targeting the appearance of fine lines and wrinkles, this effective anti-ageing facial dramatically enhances the overall hydration of the skin and significantly improves tone and radiance. A high concentration of oxygen delivered in Aman's Rejuvenating Serum together with Hyaluronic Acid technology, combine to deeply hydrate and nourish the skin. Free radicals are neutralised the appearance of lines and wrinkles are reduced and your skin looks visibly lifted, younger and luminously radiant.

Opulence Brightening Oxygen Facial

60 / 90 minutes

This treatment combines botanical brighteners and super-concentrated Vitamin C to brighten and balance dull, uneven skin. Pigmentation is minimised, leaving your skin luminous, toned and more radiant. Results are not only instant but continue to manifest in the following days.

Radio Frequency Facial

60 / 90 minutes

The Radio Frequency Facial is a non-invasive skin tightening procedure that uses gentle radiofrequency energy to encourage collagen production in the skin on the forehead, cheeks and neck, as well as around the eyes and mouth. Unlike some other skin tightening procedures, Radio Frequency Facial treatments are comfortable, quick and pain-free, with no downtime. Most guests will notice tighter, smoother skin after a single treatment, but the true benefits are revealed over time as collagen levels increase.

Add-on Atoxylene Treatment

Add the skin-tightening, firming and smoothing effects of the Atoxylene treatment to any of the above facials. This super-powered natural peptide treatment helps to smooth expression lines and refine and soften the skin's appearance.

Ayurvedic Treatments

Combining the Sanskrit word for 'life' with *veda* meaning 'science', Ayurveda encourages balance in all things. According to Ayurveda, each of us has a predominant constitutional *dosha*, determined by our inherent characteristics and body type. An in-depth assessment determines whether you are Vata, Kapha or Pitta, and this knowledge ensures treatments uniquely geared to your needs.

Abhyanga

60 / 90 minutes

Ayurveda advises a massage with warm herbal oils as a part of daily life. Abhyanga means 'to anoint' and specific oils are chosen for the head and body according to your dosha type. A full body massage is then performed in sync by stimulating vital pressure points. The natural healing qualities of the herbal oils, together with traditional massage techniques, deeply cleanse and rejuvenate, improving the overall appearance of the skin and relieving stress. This massage helps to harmonise imbalances in all three doshas.

Shiro Dhara

60 / 90 minutes

In this calming, healing therapy, a steady stream of warm medicated oil is allowed to flow from a specific height onto the forehead and the entire scalp region before a gently releasing head massage. This is one of the most popular Ayurvedic therapies: It not only enhances mental relaxation, but also cools the head, improves the functioning of the five senses and helps with insomnia, migraines, stress, anxiety and depression. It is also a great jet lag reliever.

Shanti (Back, head & shoulder)

60 / 90 minutes

Sanskrit for Peace, this Indian-style head massage helps increase mobility and flexibility in the neck and shoulders by releasing stress and tension. It also improves blood circulation and lymphatic flow, and aids in the elimination of toxins.

Body Polish & Wrap

Detoxifying Body Polish

45 minutes

Combining Andaman Sea salts with Epsom salts and essential oils of spicy ginger and black pepper, this skin-tingling body scrub exfoliates while detoxifying and stimulating circulation, leaving your skin polished and invigorated.

Sunburn Soother

45 minutes

This post-sun healer hydrates, calms and rebalances sun-touched skin with freshly blended healing aloe vera and cooling cucumber. Fresh cucumber slices infuse the sensitive skin of the face with moisture. An application of aloe vera gel and cucumber spray post-treatment seals in moisture and continues to hydrate, cool and repair the skin.

Rehydration Body Wrap

45 minutes

The ideal follow-on treatment to a body polish, our soothing clay and spicy ginger body wrap nurtures, replenishes and regenerates the skin while improving tone and texture. After the wrap is removed, rich body lotion is applied, followed by a deeply relaxing head massage.

Herbal Compress

30 minutes

The use of heated herbal compresses along the meridian lines of the body during a massage helps release muscle stiffness, while their aroma-therapeutic qualities rejuvenate the senses. An ideal addition to any massage treatment.



Spa House

The ultimate tranquil escape, Amanpuri's private Spa House offers a range of enhanced hydrotherapy facilities including a Vichy shower, a Banya sauna, an infrared sauna, steam rooms and an indoor jacuzzi. To complement these revitalising amenities, an expansive outdoor lounging deck provides breathtaking views of the Andaman Sea, as well as a private swimming pool and an outdoor jacuzzi.

Half-day and full-day Spa House programmes offer exclusive access for up to two guests to selection of customised treatments, access to all spa facilities and a range of healthy snacks and refreshments, along with choices from the special Spa House menu.

Spa House Programmes



Half-day programme (four hours):

- Self-use of hydrotherapy facilities (including cold plunge, hot jacuzzi, steam room, infinity pools, dry sauna)
- One Vichy shower (scrub and Vichy Massage)
- Refreshments (light snacks and hot tea, nuts, fruit)
- One body massage of your choice

Full-day programme (six hours):

- Self-use of hydrotherapy facilities (including cold plunge, hot jacuzzi, steam room, infinity pools, dry sauna)
- One Vichy shower (scrub and Vichy Massage)
- Refreshments (light snacks and hot tea, nuts, fruit)
- One Aman Signature Massage (Massage & Facial treatment)
- Wellness lunch (Special Spa House menu)

Full-day programme (six hours):

- Self-use of hydrotherapy facilities (including cold plunge, hot jacuzzi, steam room, infinity pools, dry sauna)
- One Vichy shower (scrub and Vichy Massage)
- Refreshments (light snacks and hot tea, nuts, fruit)
- One Grounding Massage
- One Advanced Facial Massage
- One Vitamin IV Drip
- Wellness lunch (Special Spa House menu)

Self-use of hydrotherapy facilities (including cold plunge, hot jacuzzi, steam room, infinity pools, dry sauna)

120 minutes

Prices are displayed per person, with a maximum of up to two people per Spa House.

Spa House Programmes



Banya Sauna Treatment

Rooted in Eastern European and Scandinavian culture, the Banya Sauna Treatment includes time in the steam room where oak or birch leaves, known as veniks, are used to massage, stimulate, and exfoliate the skin. This time in the sauna is followed by cold plunging or showering, and relaxation time in the Spa House lounge.

One hour session

- Banya sauna treatment
- Refreshments

Two hours session

- Banya sauna treatment
- One body exfoliation in Vichy room
- Refreshments

Two hours session

- One Banya sauna treatment per guest
- One body exfoliation in Vichy room per guest
- Refreshments

Banya Spa House Half Day (Up to 4 hours)

- Banya sauna treatment
- One body exfoliation in Vichy room
- One 90-minute Aman Signature Massage ritual
- Refreshments

Movement & Body Work

The movement facilities at Amanpuri are a sanctuary for physical wellbeing. Housed in a glass-walled, two-storey structure at the property's highest point, almost every space offers spectacular views of the Andaman Sea and Bangtao Bay. Guests can work out in the fitness centre with personal trainers on hand, learn a new skill in the Muay Thai training gym with its boxing ring, or take a private or group Pilates or yoga class in the fully-equipped studios. A broad range of specialist movement and fitness sessions are available daily under the guidance of expertly trained instructors.

Yoga

Yoga can be what you want it to be. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, it is also a mindset and a way of living. Sessions are tailored to your level, whether you're a novice or an experienced yogi.

Hatha

A gentle introduction to basic yoga postures, hatha yoga leaves you feeling more flexible, longer, leaner and more relaxed. Poses are held for a significant time to allow a better mind and body connection.

Vinyasa Flow

This class is known for its fluid- and movement-intensive practice. It helps expel toxins and re-energises the body. Mentally, the synchronised breathing relaxes the mind and helps release any blockage of energy flow throughout the body.

Private Session

60 / 90 minutes

THB 6,500 / 7,500

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.

Pilates

A physical movement programme designed to bring balance to the muscular, fascial, nervous and skeletal systems of the body, the Pilates method was originally named 'Contrology' by its founder Joseph Pilates in the early 20th century. Pilates places particular focus on breathing, functional movement patterns and full body integrated movement, and has helped millions move and feel better.

Practitioners testify to feeling taller, lighter, stronger and more grounded after just one session. Men and women of all ages and levels of fitness, from beginners to serious athletes may practice and benefit from Pilates.

60 / 90 minutes

THB 7,500 / 8,500

Movement & Body Work

Muay Thai

Step into our professional Muay Thai Boxing Ring for an authentic training experience. Also known as Thai boxing, Muay Thai is called “the art of eight limbs” because it combines the use of fists, elbows, knees and shins. Teaching basic self-defence and emphasising the importance of a healthy mind and body, Muay Thai is superb for building strength and agility while toning and conditioning muscles. After training in this martial art, the national sport of the Kingdom of Thailand, you will step out of our Amanpuri ring with a warrior’s strength of mind and body.

HIIT

High-intensity Interval Training (HIIT) is a form of cardiovascular exercise where one performs a short burst of high-intensity exercise followed by a brief low-intensity activity, repeatedly, for a set time period. These intense workouts begin with a rigorous activation and mobilisation of the major muscle groups and joints, followed by the HIIT regime that typically lasts under 30 minutes. Research has shown that HIIT significantly reduces fat mass throughout the body.

TRX Suspension Training

This workout leverages gravity and your body weight in a wide range of exercises. TRX delivers a fast, effective whole-body workout, helps build a rock-solid core and increases muscular endurance. Suitable for all fitness levels.

Circuit Training

Circuit training is a form of body conditioning using high-intensity aerobics. It targets strength building or muscular endurance. An exercise “circuit” is one completion of all prescribed exercises in the programme. When one circuit is complete, one begins the first exercise again for the next circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise.

Manual Holistic Stretching

An ideal addition post-workout, Manual Holistic Stretching assists in muscular recovery by releasing lactic acid built up during training. It helps to release tired, sore and stiff muscles, alleviate back pain and increase blood circulation. It is also very beneficial for releasing muscle tightness and limited range of motion due to ageing.

Abs, Core & More

This session is specifically designed to train the core region throughout the three planes of motion, concentrating on the psoas, abdominals, pelvic floor, lower back and upper body. Specific attention is paid to healthy activation and function in both lengthening and shortening phases of muscle contraction. Can also be enjoyed on the beach.

Weight and Resistance Training

Weight training is extremely effective for developing strength and if desired, increasing the size of skeletal muscles. Not just for men or those looking to body build, weight training can be focused in many ways. Ask our personal training experts about hypertrophy training vs power lifting vs strength training.

Stability Training

Stability training refers to performing exercises while on an unstable surface with the goal of activating stabilisers and trunk muscles that may get neglected with other forms of training. During this full-body integrated, core-building workout, the deep muscular fascial slings of the body are activated.

Power Plate

Standing on a Power Plate while working out, your muscles are stimulated via vibrations to contract and relax up to 30 to 50 times per second, rather than the standard once or twice per second on the ground. The vibrations cause an automatic reflex muscle contraction and activation of multiple muscle groups simultaneously. This means that 10 minutes on a Power Plate is said to equal up to 60 minutes of conventional training.

Aman Juniors

Aman Spa junior treatments are available daily from 9.00am to 3.00pm. Children aged 6 – 14 years old are welcome with adult supervision.

Natural Coconut Oil Massage

A soothing full body massage using local coconut oil. Deeply relaxing and ideal for dehydrated skin.

30 minutes

Fresh Coconut Body Polish

Relaxing and rejuvenating, this natural coconut body polish with rice bran and sesame seeds leaves the skin wonderfully soft and moisturised.

30 minutes

After-Sun Soothing Ritual

Ideal for sun-touched skin, this soothing ritual begins with a soak in a warm milk bath, after which a cucumber aloe mask cools, heals and soothes the skin. Finally, a nourishing yoghurt-banana body wrap is applied to replenish lost moisture.

30 minutes

Introduction to Muay Thai (8 – 14 Years)

One of the central tenets of Muay Thai is an absolute focus on self-discipline and respect. A fun activity that inspires young people to keep moving and limit screen time, Muay Thai builds fitness and confidence.

60 minutes

Introduction to Yoga (8 – 14 Years)

Yoga is a great way to develop strength, flexibility and body awareness, as well as providing tools to manage stress through breathing and meditation. Yoga builds concentration, increases confidence, and boosts a positive self-image.

60 minutes

Facilities

Daily Complimentary Wellness Classes

Amanpuri offers daily complimentary wellness classes ranging from yoga and Pilates to beach jogging and Muay Thai. Please enquire at our spa reception area for the class schedule and any further details.

Infrared Sauna

Offering a host of anti-ageing health benefits, our infrared sauna emits infrared light experienced as radiant heat. This is absorbed by the surface of the skin and aids in detoxing, increasing cellular metabolism and boosting the skin's natural healing processes.

Steam

The cleansing and relaxation benefits of steaming are well known. Amanpuri also offers herbal steam options, adding the healing properties specific herbs.



Spa Reminders

Operating hours

Spa

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

Fitness Centre

Daily from 6am to 9pm

Appointments

Advance booking is recommended to ensure availability of time and services. Please dial extension 7201 and 7202 for spa or +66 76 324 333 directly.

Treatment Preparation

We recommend guests arrive 15 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 16. 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 bathrobe are provided for spa treatments.

Valuables

Please leave all valuables in the safe in your suite.

Cancellation Policy

We understand that schedules change and we will do our best to accommodate. Once your spa time is reserved, we kindly ask for a minimum cancellation notice of six hours for spa treatments and 24 hours for wellness activities. Cancellations made within the respective notice period will be subject to 50% charge for the booked service.

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. Spa reservations after operation hours are subject to an additional 50% surcharge.

In-Room Massage

Massages are available in the privacy of your suite with an additional surcharge per session.



AMANPURI
Pansea Beach
83110 Phuket
Thailand

Tel: +66 76 324 333
E-mail: amanpuri@aman.com