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Wellness at Amanemu

Wellness is a dynamic process of change and growth – a state of complete physical, mental and social wellbeing that is more than simply staying free from illness.

Treating the whole – the mind, body and spirit – through the integration of ancient healing principles with the best of modern science, Aman strives to provide guidance, support and knowledge for a wellness journey that extends beyond the physical boundaries of Aman Spas around the world.

The aim of each Aman Spa is to achieve Integrated Holistic Wellness for every guest, leaving empowered and renewed, with the tools to continue their wellness journey at home.

A New Spa Language

Healing has fascinated and compelled humankind since ancient times. Today, we have access to a trove of traditional healing systems, as well as cutting-edge discoveries in modern medicine. It is intriguing that science can now prove the efficacy of certain ancient practices, while others, practiced today as they have been for millennia, offer benefits that are without scientific explanation.

Many of the world's ancient healing systems, such as Ayurveda and Traditional Chinese Medicine (TCM), are based on complex theories of the workings of the human body and mind. They incorporate aspects of health unexplored in allopathic medicine, meaning some concepts and terms can sound strange to the uninitiated.

Talk of chakras and energy can be off-putting for some people, especially when taken out of context. Yet when understood as part of the philosophy behind traditional healing, they reveal an intriguing language that explains how our bodies work.

Understanding these theories is not a prerequisite for enjoying their benefits. Aman Spa aims to demystify this language for those wishing to know more.

Our spa menus draw inspiration from traditional healing systems the world over, from the rich lore of herbal medicine to the shamanistic traditions of the Navajo Native Americans.

Please ask if you would like to know more about the ingredients, practices and principles used in any of our treatments.

Understanding Energy

The idea of a life force – or life energy – is shared among many traditional healing systems. In TCM this is known as “qi” (chi), while in Hindu philosophy – including yoga, Ayurveda and martial arts – “prana” is the Sanskrit word used to describe this potent vital energy.

A principle in many healing schools of thought is that any blockage to the flow of life force within a body can cause imbalance and ill health. 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.



Amanemu Spa

Like all Aman Spas the world over, the holistic approach at Amanemu aims to promote wellbeing through the integration of treatments, relaxation, movement and nutrition. A healing aspect unique to this secluded Aman, however, is its access to mineral-rich waters. The forests surrounding the resort are abundant with natural hot springs, one of which feeds into the Spa's two *onsen* bathing pools.

Dating back to the sixth century, Japanese bathing culture initially grew out of ritual Buddhist cleansing practices. By the seventh century Heian era, health-giving herbal baths had become popular among the royal family and high-ranking nobility, leading eventually to a public bath or *onsen* culture. By the 15th century Edo period, public bathing was an established community activity, and today the Japanese still enjoy seasonal *onsen* and herbal baths for their many health-giving benefits.

Benefitting from a prime position on Ago Bay, the Spa at Amanemu makes use of Japanese unique aroma oils and local pearl salt in treatments, long used in traditional Japanese beauty regimes. The herb-based traditional Japanese practice of *Kampo*, a unique Japanese system of diagnosis and therapy with its roots in Traditional Chinese Medicine, is also widely deployed, born from a belief that balance is needed between the human body and mind to bring about optimum health.

Spa Arrival and Preparation

To enhance your spa journey and enjoy the full benefits of the experience, please allow sufficient time to enjoy the *onsen* facilities and the Spa's tranquil setting before your treatment. On arrival, you will be welcomed with a special herbal tea from the *nemu* tree (*albizia julibrissin*), traditionally used in *Kampo* to rebalance emotional energy levels.

Japanese Foot Ritual

This traditional form of welcome dates back to the Edo period, when *ryokan* (inns) would offer the ritual to road-weary travellers. It not only cleanses the feet but can relieve any inflammation and is an effective way of calming the central nervous system. Amanemu's foot-bathing ritual, using salt from Ago Bay, is provided prior to any bodywork treatment.

Wellness Immersions



Amanemu's individualised wellness programmes are designed by highly qualified health professionals to help guests achieve specific goals. Immersions can be focused on stress management, cleansing, slowing the signs of ageing and the overall balancing of health. These more in-depth journeys are available from a minimum three nights' stay. We kindly request that reservations be made at least 14 days in advance.

Rejuvenation, Cleansing & Transformation

Transforming your health requires a thorough approach that addresses many different aspects of daily life. This Immersion draws on traditional Japanese health practices, combining healthy dietary principles, Kampo herbal techniques and Buddhist-influenced Zazen seated meditation practices to cleanse both body and mind. Daily onsen, lymphatic drainage treatments, cleansing herbs, and a clean and healthy diet all serve to flush the system of unwanted toxins, improving the digestive, lymphatic and metabolic systems to leave you feeling refreshed and rejuvenated. Private yoga sessions, meditation and a traditional tea ceremony clear the mind and complete the transformation both physically and mentally.

Health, Beauty & Age Defying

Success in slowing the signs of ageing is strongly determined by your overall health. This Immersion seeks to bolster physical health specifically to promote the body's natural processes of rejuvenation. It also aims to relax the mind, promote restorative sleep and engender positive thought patterns, all of which play their role in maintaining a youthful appearance and outlook on life. Traditional Japanese beautifying rituals and refreshing spa therapies tighten, smooth and illuminate the complexion while private movement sessions tone the body. A healthy diet, herbal infusions and Zazen meditation serve to cleanse the metabolic and lymphatic systems, boost the immune system, brighten the eyes and lift your spirits, revealing a youthful new outlook.

Mindfulness, Relaxation & Stress Control

This Immersion aims to achieve a deep sense of peace and relaxation while developing the skills necessary to manage a stressful and hectic lifestyle. Japanese practices like Zazen meditation and traditional tea ceremonies, along with treatments such as shiatsu, acupuncture and aquatic bodywork are focused on minimising the effects of stress as well as reducing tension and cultivating mindfulness. Specialist sessions, mindful movement and meditation classes offer guidance in achieving a state of mental calm, while tightness and tension in the body is released through daily specialist therapies and spa treatments.

Recovery & Recuperation

For centuries, the Japanese have utilised the healing powers of the natural mineral hot springs as an intrinsic part of their countryside. Many thermal springs encircle Amanemu and the resort even offers its own onsen facilities. These healing springs form the basis of this Immersion targeting recovery and recuperation. Designed to aid those recovering from illness or injury, this Immersion strives to optimise overall wellbeing. Aquatic body work sessions and private onsen-therapy sessions are combined with personal training, yoga, acupuncture, shiatsu and deep-tissue massage to get the body and mind on the fast track to full health. Together with healing Japanese teas and a delicious healthy diet, treatments and therapies combine to create Amanemu's ultimate healing programme.

Full-Day Programmes



Wellness Day Programme

Up to 6 hours

This one-day retreat aims to optimise wellbeing through an integrated and holistic approach. The programme starts with a private movement class, followed by a spa treatment and a specialist-led wellness session, supplemented with use of the onsen waters and the Spa's relaxation facilities, as well as a healthy lunch.

- 60-minute private movement class
- 150-minute spa treatment
- Lunch and refreshments
- Use of hydrotherapy and Spa facilities, including the onsen springs, dry sauna, steam room and changing rooms

Fitness Day Programme

165 minutes

After a tailored personal-training session, relax in your own private onsen and revive tired muscles with manual holistic stretching.

- 60-minute personal training
- 45-minute private onsen
- 60-minute manual holistic stretching

Amanemu Signature Journeys

Amanemu Seasonal Journey

90 minutes
120 minutes
150 minutes
180 minutes

Amanemu's original treatment helps balance body and mind by using seasonal Japanese Kampo herbs and essential oils, incorporating different elements of the four seasons.

90-minute treatments start with an herbal compress followed by body massage.

120-minute treatments include a body massage, as well as a body scrub.

150- and 180-minute treatments combine a seasonal herbal compress and body massage, along with a body scrub using camellia oil and pearl sea salt from Ago Bay, and a body wrap with local seaweed and clay.

Spring: cleansing and setting intentions

A local sea-salt compress containing yomogi (Japanese mugwort), with neroli and green-tea essential oils.

Summer: movement and expanding consciousness

A biwa (Japanese medlar) and lemongrass herbal compress, with hakka (green mint) and lavender essential oils.

Autumn: harmony and reflection

A sansho (Japanese pepper) and cinnamon herbal compress, with makomodake (manchurian wild rice), gettoh (peach leaf) and shiso (red mint) essential oils.

Winter: warming and internal focus

An azuki (Japanese red bean) compress, with ginger and ponkan-orange essential oils.

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, 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 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, 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. 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 above treatments. 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 cleansing 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 inside and out to encourage a reconnection between body and mind. The result is a feeling of deep 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, relating to the deeply rejuvenating and healing energy of light stored in the third eye – which focusses 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 are restored, and a deep sense of renewal endures.

Body Massages

Personalised Body Treatment

This treatment starts with a consultation with an experienced Aman Spa therapist to determine the guest's needs on the day of the treatment. A selection of products from the Aman Spa product range and locally sourced aromatherapy oils are used across a diverse array of techniques that deliver an intuitive journey – guiding each guest to where they want to be.

60 minutes
90 minutes
120 minutes
150 minutes

Personalised Body & Facial Treatment

In this combined body massage and facial treatment, the therapist employs diverse techniques to deliver a customised treatment, according to the guest's needs and skin condition.

90 minutes
120 minutes
150 minutes
180 minutes

Yogic Healing Massage

In the private yoga room, the therapist shapes passive yoga poses in addition to massages and stretches. Relax tension that has been unconsciously accumulated and stay passive to get the full effect of yoga. Breathing and sound healing help bring about a sense of liberation and calm.

90 minutes
120 minutes

Dry Massage

Uniquely created with a combination of traditional Japanese Anma massage techniques and stretching movements, this treatment aims to improve blood and lymph circulation.

60 minutes
90 minutes
120 minutes
150 minutes

Aquatic

Carried out in the spa's warm watsu pool, this treatment – at once dynamic and meditative – involves a series of gentle, yoga-like stretches – the body supported by a therapist. Acupressure, combined with the sensation of floating, allows muscles, joints and vertebrae to slowly relax, allowing the body to naturally unwind and realign.

60 minutes

Result-Oriented Facials

Aman Advanced Facial

60 minutes

90 minutes

Created in Japan, Aman's own skincare collection, 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 pores. Supported by the use of electric microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness and promote a gentle glow, the complexion appears brighter and tighter. The use of red and blue light therapy is a safe natural way to provide multiple benefits to your skin. The treatment concludes with the application of the Aman Nourishing Gold Algae mask to achieve an exceptional glow.

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

Rejuvenate Oxygen Facial

90 minutes

120 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 is delivered in Aman's Rejuvenating Serum, together with Hyaluronic Acid Technology to deeply hydrate and nourish the skin. Free radicals are neutralised, the appearance of lines and wrinkles are reduced and skin looks visibly lifted, younger and more radiant. The longer 120-minute facial treatment also includes a back massage to further help promote a revitalised and uplifted appearance.

Add-on Atoxylene treatment

Add the skin-tightening, firming and smoothing effect of this Atoxylene treatment to your oxygen facial. This super-powered natural peptide helps to smoothen expression lines and refine the overall appearance of the skin.

Personalised Facial

60 minutes

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.



Mother-To-Be Treatment

Suitable during weeks 20 to 35 of pregnancy

(Please consult with your midwife/healthcare provider prior to receiving massage)

Pregnancy Body Massage

60 minutes

This treatment is performed in a sideways position so that mother can receive it without any physical strain. Soothing and relaxing, this healing treatment aims to ease stretch marks and improve muscle tone to support the growing abdomen, relieving swelling of the legs, constipation and deeply moisturising the skin.

Pregnancy Body & Facial Treatment

90 minutes

Hypoallergenic products and pure camellia oil are used across a diverse array of techniques in this combined body and facial treatment for expectant mothers.

Japanese Wellness Services

Shiatsu

60 minutes
90 minutes
120 minutes

Shiatsu is an intuitive massage technique based on the same principles as acupuncture, whereby pressure is applied to certain points on the body using the hands to restore the flow of energy. Shiatsu is known to improve muscle tone, facilitate proper joint alignment, stimulate blood and lymph circulation, remove toxins from the cells, regulate neural functioning, promote correct posture and skeletal alignment, aid digestion, strengthen the immune system and reduce stress.

Reflecting the holistic view of traditional Japanese healing traditions, shiatsu is regarded as being most effective as part of a healthy lifestyle. This includes a balanced diet, quality sleep, regular exercise, working toward meaningful goals and taking time to find joy in life.

Moxibustion - *Kyu*

60 minutes
90 minutes
120 minutes

Moxibustion (known as *Kyu* in Japanese) is a form of herbal heat therapy commonly used in Japan and much of Asia to stimulate the flow of qi and alleviate certain deficiency-related conditions. Compacted dried and aged mugwort leaves (moxa) are burnt close to the skin (indirect moxibustion), sometimes in conjunction with acupuncture, to warm and activate relevant acupressure points and dispel pathogenic influences. Alternatively, the mugwort leaf can be ground and burnt in powder form. Both methods impart a pleasant heating sensation that penetrates deep into the skin without burning. The effects of moxibustion can be enhanced when followed with shiatsu.

Acupuncture

90 minutes
120 minutes

Acupuncture, which came to Japan via TCM in the sixth century, has been used for thousands of years to maintain good health and treat ailments as varied as digestive disorders and fertility issues. It involves the shallow, painless insertion of tiny threadlike needles into a number of the body's 2,000 acupuncture points (usually between 5 to 20).

Acupuncture addresses imbalances caused by stress, diet or environmental factors by aiding the flow of qi through the body's 12 meridians, or energy pathways. Acupuncture points are said to be where qi rises close to the surface of the body. This relaxing treatment is completely painless, with some describing a pleasant sensation of gathering warmth in the acupuncture areas.

Acupuncture is commonly used to treat muscular tension, shoulder and back pain, headaches, the immune system, circulation, digestive disorders, stress, women's health issues, the nervous system, the urinary tract, reproductive disorders, the metabolic system, eyestrain and more.



Nail Services

Manicure

75 minutes

Restore a noticeably younger, smoother appearance with this blissful hand treatment ritual, including a massage, manicure and application of non-toxic polish (or finishing with nail buffing).

Pedicure

90 minutes

A relaxing treat for tired feet, including a massage to stimulate and vital energy cream to soften. Includes a massage, pedicure and the application of non-toxic polish (or finishing with nail buffing).

Movement

Yoga

Yoga is a form of physical exercise that originated from ancient India. Through asanas (postures), pranayama (breathing exercises), meditation, movement that regulates the flow of qi, and exercises that improve body flexibility and balance, you can control your mind and body, and develop a healthier, more balance outlook.

60 minutes
90 minutes
Additional person
60 minutes
90 minutes

Aqua Exercise

Doing exercises in the water reduces the strain on joints such as the hips and knees. Stretching in the water improves blood circulation and flexibility. These exercises also burn calories, reduce fat, increase muscle strength and improve flexibility.

60 minutes
90 minutes

Personal Training

Indulge in an invigorating individualised fitness session tailored to meet your specific requirements, guided by experienced trainer to assist in cultivating a more conditioned physique.

60 minutes
90 minutes

Manual Holistic Stretching

This session assists muscular recovery following workouts by releasing lactic acid. It also helps to soothe tired, sore and stiff muscles, alleviate back pain and increase blood circulation. Highly beneficial for releasing general muscle tightness and freeing up a limited range of motion due to ageing.

60 minutes
90 minutes

Amanemu Wellness Facilities



Private Onsen

60 minutes for two persons

Dating back to the sixth century, Japanese bathing culture initially grew out of ritual Buddhist cleansing practices. By the seventh-century Heian era, health-giving herbal baths had become popular among the royal family and high-ranking nobility, leading eventually to a public-bath culture. By the 15th-century Edo period, public bathing was an established community activity. Today, the Japanese still enjoy seasonal onsen and herbal baths to mark special occasions. At the Aman Spa, guests may reserve an onsen for private use for up to three hours.

The Thermal Springs

The two onsen pools provide naturally heated water at a comfortable temperature of 36–42°C for bathing. Male and female lounges include changing rooms and vanity areas, a dry sauna, steam room and showers.

Spa Reminders

Operating hours

Thermal Spring areas: 8am – 10pm
Restricted use for children aged four to 12 between 8am to 5pm

Fitness Centre and Yoga Studio: 8am – 10pm

Spa treatments: 10am – 9.30pm
Last booking for 60 minutes at 8.30pm

The Private Onsen: 9am – 9.30pm
Last booking at 8.30pm

Amanemu Boutique: 8am – 10pm

Thermal Springs Etiquette

It is customary for guests to remove their shoes before entering any building, and to shower before using the hot and cold facilities. Slippers are provided for changing and outdoor areas. For comfort and hygiene, guests are required to sit on a towel in the sauna and steam room.

Guests are required to wear swimming attire for bathing in the outdoor onsen. To respect the tranquil spa environment, use of mobile phones and cameras is prohibited. As the minerals in the pools stimulate the internal organs, it is recommended that bathing is limited to 30 minutes. After bathing, guests are encouraged to rehydrate with water and avoid alcohol for at least 30 minutes. Please refrain from using the facilities after consuming alcohol or a meal.

Spa Environment

Smoking and the use of mobile phones are prohibited in and around the Aman Spa. The minimum age for a spa treatment is 16 years.

Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time and service is available. Please dial extension 24 to make a reservation.

Special Considerations

Most treatments can be adapted to accommodate pregnancy or injury. We offer prenatal massage and facials for those between weeks 20 to 35 of pregnancy with doctor's permission.

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 treatment, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

Cancellation Policy

Although staff will do their utmost to accommodate any booking changes, guests are kindly requested to give at least six hours' notice for cancellation so that someone else may enjoy that time. Cancellations made within six hours will be subject to the full charge of the treatment booked.

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. Safes are provided in every guest room.

Pricing

Please note that all prices are in Japanese Yen, inclusive of 15% service charge and 10% consumption tax.



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