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SPA

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Wellness at Amanpulo

Wellness is more than being healthy in body and mind. It is a dynamic process of change and growth, a state of complete physical and mental wellbeing. Aman's spa concept has been carefully curated with four pillars of wellness in mind – nutrition, movement, psychological health and bodywork – with the goal of achieving Integrated Holistic Wellness for every guest. Treating the whole – mind, body and spirit – by integrating ancient healing practices with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that we hope extends far beyond the physical boundaries of Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey at home, and the resilience and focus to put them into action.

A New Spa Language

Healing has fascinated humankind since ancient times. Today, we have access to time-tested healing systems, as well as cutting-edge modern medicine. Some ancient practices are now proven. Others have evolved over millennia and simply offer benefits beyond explanation.

Ancient healing systems, such as Ayurveda and Traditional Chinese Medicine (TCM), are based on complex theories of the human body and mind. They incorporate aspects of health otherwise unexplored in complimentary medicine.

Delve into this world, however, and an intriguing new language begins to explain how our bodies work. Understanding the philosophy behind traditional healing is not a prerequisite for enjoying its benefits. Aman Spa aims to demystify this language for those wishing to explore more.

Our spa menus draw inspiration from traditional healing systems the world over. Simply ask our expert therapists to understand more about any of our ingredients or treatments.





Amanpulo Spa

The Amanpulo Spa is nestled on the island's summit, enveloped by captivating views of sea and sky. The hushed stillness in the gentle climb to the reception pavilion impresses a ritualistic passage into a peaceful plane of renewal. An open air pathway leads to six treatment pavilions that hold a changing area, a steam shower and a deepsoaking bathtub.

Amanpulo's wellness facilities feature a Fitness Centre with a state-of-the-art equipment, a Pilates pavilion, hydrotherapy suites, outdoor relaxation areas, and a salon. Moments of peace abound in the Aman Spa's Healing Garden. Four floodlit tennis courts including a multisport court that bask in the tropical sunshine are available for private use.

Choose your wellness and spa journey from our à la carte menu or let our specialists design a journey customised specifically for your needs.

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 Rituals focus on ingredients with the ability to restore and rebuild: amber oil, rose-quartz crystals, sandalwood, Peruvian black and purple mud, wild-harvested butter and delicate tuberose. The treatments are designed to act as a balm for the pace of modern life, creating a feeling of sanctuary, reassurance and reconnection. Techniques include Tibetan Ku Nye massage, meridian and acupressure work, cupping and kneading.

Grounding Massage

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 energizes 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

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 Scrub and Wrap

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

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

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

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 Scrub and Wrap

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

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-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

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 imbuing a sense of complete restoration.

Nourishing Facial

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 focusses on the forehead, nose and throat.

Nourishing Scrub and Wrap

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

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.

Amanpulo Island Journeys

Experience treatments inspired by Pamalican Island, designed to purify and delight. Various island massage techniques reflect the essence of traditional Filipino healing methods, inspired by natural harvest from the Aman Spa's Healing Garden and Beekeeping Program.

Island Tradition

An herbal steam relaxes tight muscles and prepares the body for the Hilot massage. This traditional massage warm banana leaves locate energy blockages, so the therapist can concentrate healing strokes on these areas of imbalance. The journey continues with a Dag-Dagay foot treatment, which includes a foot scrub and wrap using green tea clay and banana leaves to enhance blood circulation and stimulate lymphatic drainage. A deep foot reflexology massage using bamboo sticks releases tension throughout the body.

Island Tan

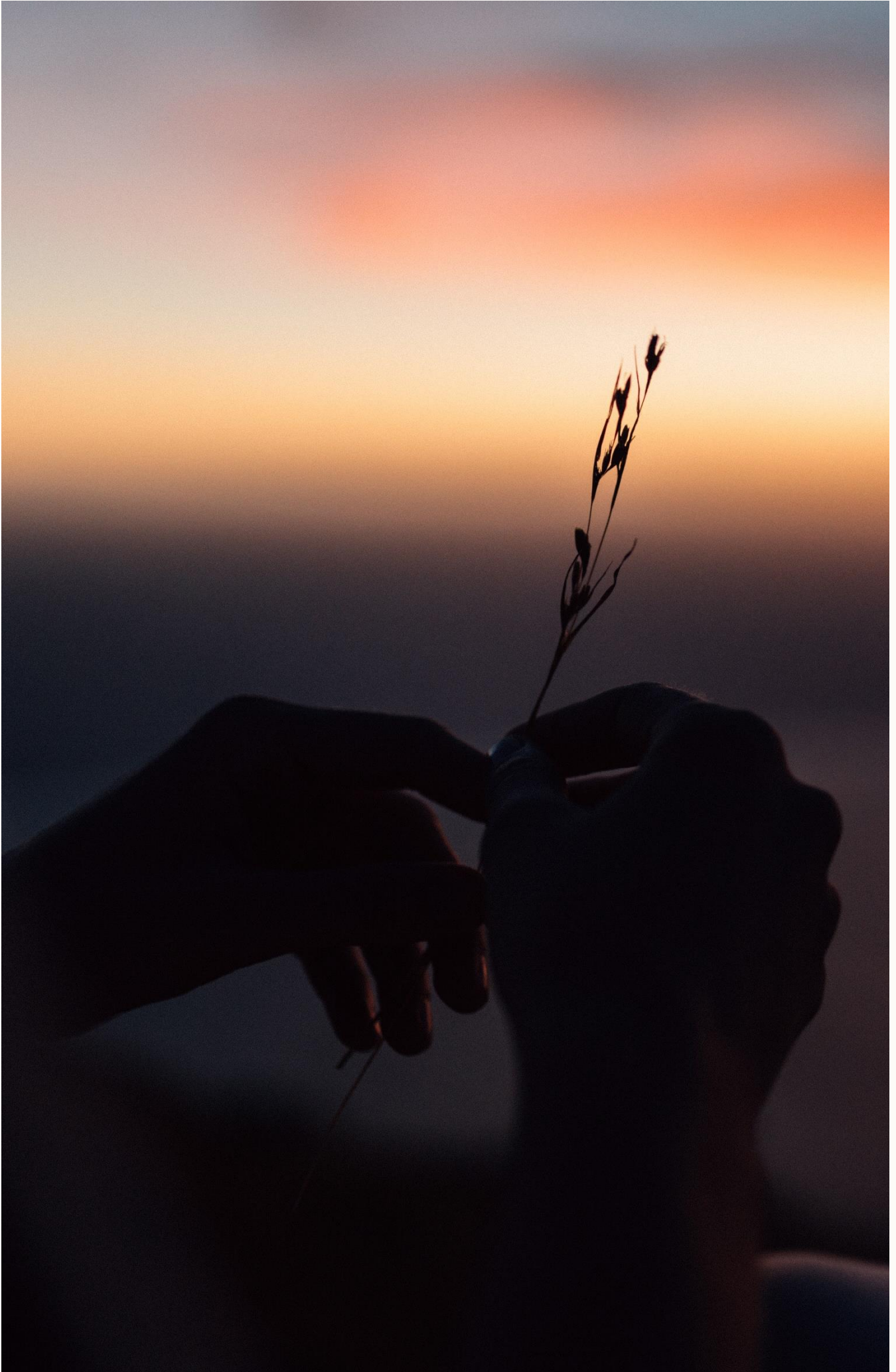
This treatment prepares the skin for sun tanning. It begins with a cleansing herbal steam and full body sea salt scrub that leaves skin feeling soft and supple, complemented by the moisturising effects of a coconut milk bath. A 60-minute coconut oil massage leaves the body and mind relaxed and ready for sunshine.

Honey and Coconut Milk Hydration

The Aman Spa harnesses the healing power of honey, inspired by its very own beekeeping program. The journey begins with a sugar body scrub to prepare the skin. Therapists then use pure raw honey all over the body in a warm wrap. While the decadent treatment restores the skin's moisture, a honey mask is applied to the face coupled with a relaxing scalp massage. An indulgent coconut milk bath follows, and blissful propolis oil full body massage completes the treatment.

Sun-Kissed

An after-sun journey that refreshes and hydrates the body, Sun-Kissed also restores balance in the skin for a lasting tan. To re-mineralise and soothe the skin, a crystal salt bath replaces lost salts and a calming face and body wrap using cucumber, lavender and aloe vera from the Healing Garden soothes inflammation. Finally, a coconut hair wrap and scalp massage hydrates hair and scalp, completing this journey.



Amanpulo Healing Traditions

Drawing inspiration from ancient healing methods, the Aman Spa honours the traditions of natural wellness from home that have survived for centuries.

Hilot Massage

Hilot is the age-old art of therapeutic healing engrained in Philippine culture. It treats 'hot' and 'cold' areas of the body. Warm banana leaves and extra virgin coconut oil are placed on the body to diagnose areas of imbalance, which are then treated with personalised massage techniques. Long, flowing strokes cool and drain areas of warmth, while more intense massage techniques heat cool areas of the body. This brings equilibrium to the body and mind.

Four Hands Remedy

This harmonizing massage involves the synchronicity of two therapists combining Hilot techniques, to induce a deep state of wellbeing. This massage is followed by a warm coconut milk bath that deeply hydrates skin and calms the mind.

Dag-Dagay Foot Treatment

Beyond providing relief from pain, dag-dagay is an indigenous tradition from the Cordilleras that honours hard work. After a day of farming, children washed off mud and gently massaged the feet of their fathers as a sign of respect. The experience begins with a revitalizing salt scrub and green tea wrap to reduce any swelling. Targeting reflex points on the soles of the feet, therapists apply a strong sequence of massage strokes using bamboo sticks. A moisturiser is applied at the end of the treatment, leaving the feet soft and refreshed.

Herbal Abdominal Therapy

This treatment reduces bloating, enhances stomach tonicity and aids digestion. Specialized and stimulating colon massage techniques are combined with detoxifying organic products and hot herbal compress. Abdominal massage has been used in Asia for almost three thousand years as a deep massage that also promotes healthy digestion, emotional balance and longevity, and works on releasing tension in the abdomen often caused by bad dietary habits and stress.

Seven Seas Massage

This treatment is a combination of massage techniques found around the seven seas, designed to be enjoyed in the outdoor spa cabana as a tribute to the history of the family who first discovered Pamalican Island. It incorporates warm bamboo and Himalayan stones with long indulgent strokes for relaxation. It brings emotional connection, creating a safe space for guiding the body back to its roots, improving perception and connection with the self.



Therapeutic Massage

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.

Amanpulo Oil Massage

The Amanpulo full body massage experience starts with a Sulu sea salt foot exfoliation to stimulate energy circulation. Using Amanpulo's calamansi essential oil blend, aromatherapy effects combine with a classic massage strokes to promote a sense of mental and physical relaxation. Longer massage sessions are recommended to allow therapists to customise the treatment, increasing its therapeutic benefits.

Pressure Points and Stretching Massage

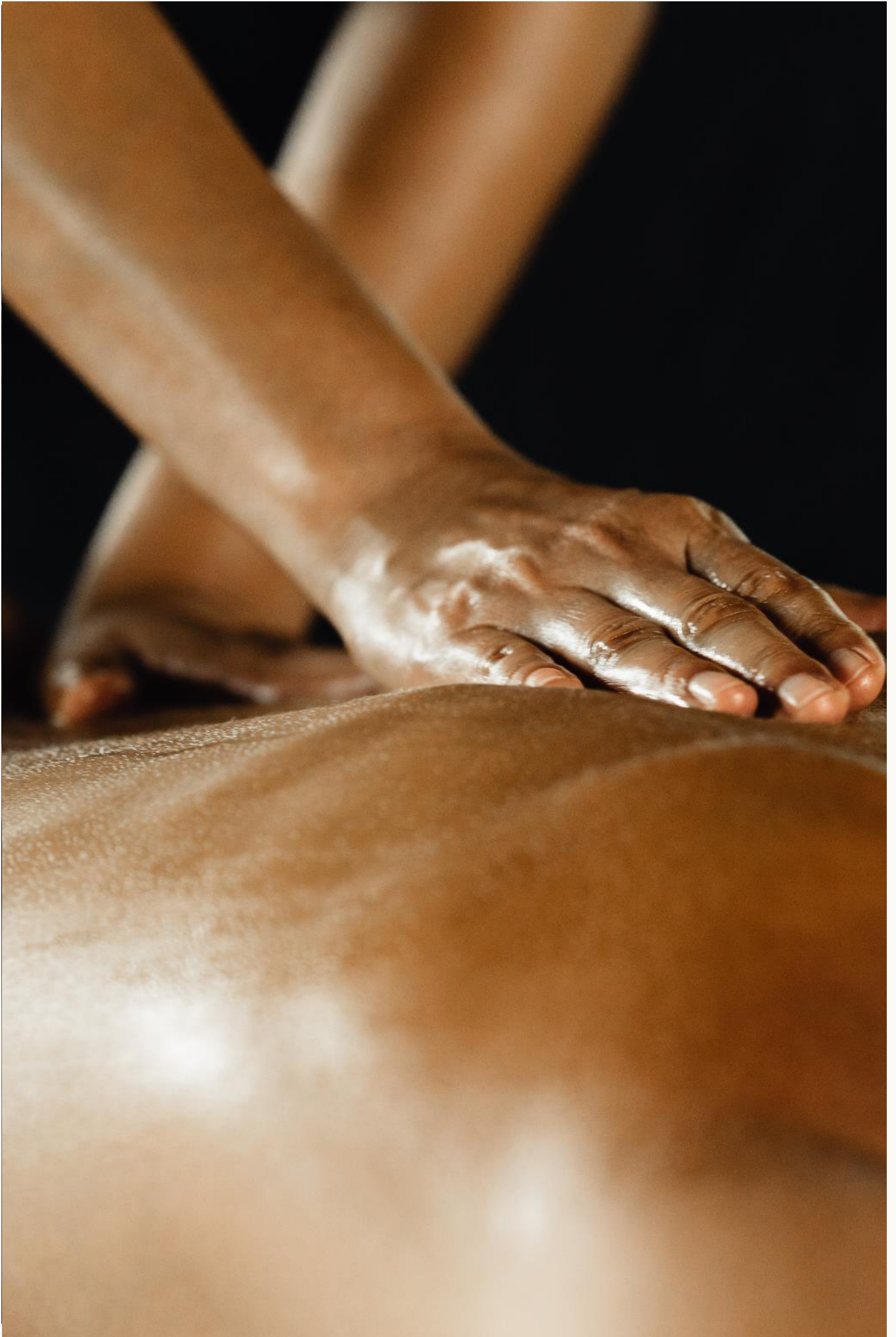
This bodywork therapy is performed over loose comfortable clothing without the application of oil. The combination of yoga-style stretches and acupressure point massage techniques releases muscular tension whilst improving flexibility and movement.

Asian Sports Massage

Our combination of sports and deep muscle massage will aid in dissolving longstanding knots and tissue adhesions throughout the body. Following this treatment, stiff muscles will feel relaxed, with improved balance in hips, back, shoulders and neck.

Himalayan Salt Stone Therapy

This warm salt crystal stone therapy soothes away stress and tension and increases one's sense of well-being. Its grounding properties help to improve sleep, promote healthy blood sugar, emit negative ions, and support a healthy respiratory system, balancing the central nervous system.



Family Wellness

Bonding treatments designed for parents and children are curated by the spa's wellness specialists tailor-made for families spending time together in Amanpulo.

Chillax Massage

This treatment is designed for parents and young children ages 8-12 years old. Through specific touch points and using all natural products, the massage relaxes the muscles, eases tension, and encourages the progression of verbal and social interaction.

Family Fitness

Families seeking a fitness challenge can head over to the Jungle Run, an obstacle course built into the island's lush forest. With over ten challenges, it awaits friendly competition that involves running, climbing, jumping, crawling, and balancing, on soft ground under the shade of trees. Other pleasurable options for fun fitness include guided yoga, Zumba, or personal training sessions.

Pre-Natal Massage

Designed for women up to six months of pregnancy, the massage promotes relaxation and connection between mother and child. The treatment begins with a soothing foot ritual, followed by gentle massage on the legs, lower back, shoulder and neck areas. The treatment is gentle and safe, however prior consultation with their family physician is prescribed.

Mini Rituals

Mini rituals are spa enhancements that are designed to complement your spa experience with scent, texture and temperature.

*spa enhancements must be scheduled in combination with a treatment

Sulu Skin

A detoxifying full body scrub that begins with an herbal steam to open the pores and begin the process of eliminating fluid. Salt from the Sulu Sea is used as a scrub to stimulate the lymphatic system to remove toxins from the body. Moisturiser is applied at the end for hydration.

Sun Kissed Wrap

This full body wrap will hydrate, calm and balance the skin after sun exposure. Aloe vera from the Healing Garden combined with cucumber and lavender essential oil provide the necessary remedy for sun damage. A scalp and face massage are included during the body wrap, and the treatment is then completed by an application of body lotion.

Coconut Hair Wrap and Scalp Massage

This traditional Asia beauty treatment uses warm extra virgin coconut oil, poured into the hair and massaged into the scalp, to condition and nourish hair damaged by sun and seawater. This is accompanied by a deeply relaxing neck and shoulder massage releases tension.

Buko Bath Experience

A decadent skin hydration experience that immerses the body in warm coconut milk. This bath is highly recommended after a full body massage or a body scrub.

Giving Back



Pag-Asa Massage

The Pag-Asa Massage, named after the Filipino word for 'hope', offers an experience that embraces a unique sense of place that restores hope in the inner self as much as it shares it with others. A one-of-a-kind treatment lovingly created by the therapists hailing from the islands, the full body massage is designed to bring relief to tension points in the body, while bringing forth distinct pampering characterised by genuine nurture and care.

Surrender to the intuitive hands and cumulative knowledge of Amanpulo's local spa therapists for a healing treatment founded on the essence of kindness and thoughtfulness.

Proceeds benefit the health centre of Manamoc Island through the Andres Soriano Foundation.

75 minutes
10,500

Salon Finishing Services

Pampering for the hair, hands, and feet that contribute to total wellbeing may be enjoyed in the privacy of the salon. The space may be booked for exclusive use.

Tropical Hydration Therapy

This treatment uses the beneficial properties of coconut oil, combined with the re-balancing properties of a nourishing hair mask. While the mask takes effect, enjoy a relaxing neck and shoulder massage. The hair is then washed and blow-dried to finish the treatment.

Hair Wash and Blow Dry

Hands and Feet

Aman Manicure

Maintenance Manicure

Aman Pedicure

Maintenance Pedicure

Nail Polish Change

Gel Nail Polish Removal

Waxing

Neck, Lip, or Chin

Under Arm

Arm

Basic Bikini

Brazilian

Back

Half Leg

Full Leg



Movement

Personal Training

Reap the benefits of a custom program tailored for specific fitness goals. Be inspired by the island's energy - workouts may be enjoyed at the fitness centre or in breathtaking outdoor settings.

TRX Suspension Training

Train your muscles to work together with maximum efficiency and prepare them for daily tasks by simulating common movements you might do at home, at work or playing sport. Functional movement exercises emphasise core stability, calisthenics and plyometrics.

Circuit Training

A series of strength or cardiovascular exercises (or both), repeated two or three times with little or no rest in between sets - excellent for weight loss, toning and endurance.

Boot Camp

A mix of cardiovascular training and strength exercises, boot camps are based on military style fitness programmes that provide an all-over body workout.

Tabata

Considered a more extreme form of high-intensity interval training (HIIT), Tabata comprises shorter and rigidly defined workouts.

Other Modalities

Personal training may be designed to include weight and resistance training, fit ball, BOSU, dance aerobics, floor core and more.

Mat Pilates

Pilates is an innovative and safe system of mind-body exercise using a floor mat or variety of equipment. It evolves from the principles of Joseph Pilates and can dramatically transform the way your body looks, feels and performs, through low impact exercises designed to stretch and strengthen muscles, release tension, improve posture and ease movements during daily activities, recreation and sports.

Meditation

Meditation is the practice by which there is a constant observation of the mind. It cultivates simple awareness and concentration for the specific purpose of discovering that infinite well of wisdom that lies within.

Yoga

Vinyasa Flow, Hatha, Detox, Yin, Ashtanga, or combinations of all are available at all times of the day. Sessions are tailored to your level, from novice to professional.

Movement

Tennis Court

An artificial grass tennis court is located by the Clubhouse, while a multi-sport hardcourt ideal for tennis is located by the West Villa Clubhouse. Hitting partners are available for practice sessions. The courts are available for individual or group use.

Multi-Sport Harcourt

This versatile outdoor multi-sport court features a Laykold surface that is designed to decrease fatigue and injury through its force reduction technology. Guests can enjoy a game of futsal, basketball, tennis, or pickleball, with the option of sports guides overseeing the match.





Our resident Fitness Manager, Elmer Munar, is a certified Personal Trainer and Group Fitness Instructor incorporating different modalities. He specializes in fat loss, toning, strength and endurance training, body conditioning Yoga, Mat Pilates and mobility training

Elmer is also an experienced holistic Thai Massage stretch therapist, incorporating elements of Thai massage and yoga. Holistic manual stretching can be included in a fitness session or as a stand-alone treatment to alleviate muscle tightness or body pain.

ELMER MUNAR RESIDENT FITNESS SPECIALIST

Inner Balance

Fusing Neuromuscular, Deep Tissue, and Myofascial therapy, this specialised approach assists in returning balance within the body and mind as well as to improve nervous system. Easing tension and discomfort, this session is customised to work on specific areas of concern to stimulate the clearing of trauma held in the muscles and connective tissues, as well as the emotional body.

Holistic Thai Massage Stretch

Elmer will guide your body using different Thai Massage techniques to support joint function by releasing facial restrictions, leaving your body vitalized and pain-free.

Blading and Cupping Mobility Therapy

Move better and feel better. Blade and Mobility pods are used to treat soft tissues, myofascia and muscles by various direct compressive stroke and techniques while improving blood flow, decreasing pain and increasing mobility around the joints. Massage and stretch are also incorporated to relax the muscle tissues and restore movement patterns.

Yoga and Meditation

Yoga is a practice that harmonizes the body, mind and soul through the means of various breathing techniques, postures and movements, relaxation and concentration, self-inquiry and meditation. Benefits include improvement in posture, balance, flexibility, muscle strength, breathing, circulation, increased energy and deeper sleep.

Personal and Group Training Programs

Personalised one on one and group fitness programs designed to meet your specific wellness goals incorporating KAATSU, mat Pilates, Bosu, battle rope, Tabata boot camo, kettle ball, circuit training.



Your Home Gym In Amanpulo

The Aman Spa introduces the Skillbench Experience for guests who wish to continue their fitness journey in the privacy of their home on the island. A mobile functional training workstation, Skillbench is designed to enable a large range of exercises. The versatile fitness tool serves as a work-out bench that is complete with a set of dumbbells from 2.5 to 10 kg, a set of weighted knuckles from 1 to 3 kg, resistance bands, and an exercise mat.

The Skillbench Experience promotes

- Increased muscle tone - hexagonal dumbbells allow endless weight training exercises, isolating single muscle groups or combining muscles for full-body blasts
- Flexibility and strength - power bands facilitate mobility through stretching and provide incremental resistance for strength exercises with 3 different resistance levels
- Core power-ups - weighted knuckles escalate core improvement with engaging exercises

*Includes a one-time introductory session with the Aman Spa's Fitness Specialist.

For reservations, please touch 2 for your Guest Assistant or 7609 for the Aman Spa. Advance reservations are essential.

Spa Reminders

Operating Hours

Spa

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

Select treatments are available until 10pm with advance notice in your casita. There is an additional charge for after-hour treatments.

Fitness Centre

Daily 24 hours

Appointments

Advanced reservations are recommended to ensure a wide availability at of time and services are available. Please dial extension 2 for spa.

Arrival and Departure

Please ensure that you arrive at Aman Spa at least ten minutes before the scheduled start time of your treatment, allowing time to complete a holistic consultation and relax in the spa's environment. After your treatment, please feel free to relax in the reception pavilion.

Treatment and Preparation

It is not recommended to eat a heavy meal or drink alcohol before taking a spa treatment or fitness session. We provide all amenities that you need to enjoy your spa experience with us. We recommend that men shave before receiving any facial treatment.

Cancellation

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 4 hours cancellation notice so someone else may enjoy that time. Cancellations made within 4 hours will be subject to the full charge of the treatment booked.

Smoking and Mobile Phone

Aman Spa and Fitness Centre are no-smoking facilities and smoking of any kind is prohibited. For the benefit of other guests, please always keep your mobile devices on silent mode.

Valuables

We recommend that you remove all jewellery and valuables, and lock them in your Casita safe prior to visiting the Aman Spa or Fitness Centre to avoid damage or loss.

Fitness Centre

For safety reasons, the Fitness Centre is not recommended for guests under the age of 16 as the equipment is designed for use by adults. Amanpulo provides alternative activities for younger guests. For reservations and further information please contact your guest assistant on extension [2].

Lockers Wet Facilities

We invite you to come and indulge yourself in our wet facilities, available for exclusive use by reservation. Please note that facilities are not recommended for guests under the age of 16, guests who are pregnant, guests who have any health conditions and guests who are under the influence of alcohol.

In Suite Charge

Casita or Villa bookings are available for a limited range of treatments and incur a surcharge of P 1,750. Visiting specialists are charged at separate rates. Please note that there is a surcharge of P 2,500 for after-hours treatments.

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Special Considerations

Some treatments can be adapted to accommodate illness, surgery, pregnancy, or other medical conditions. Please contact Aman Spa directly for advice.



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