

ĀMAN
SPA & WELLNESS

Contents

Wellness at Amanpuri	03
Amanpuri Holistic Wellness Centre	04
Medical Wellness Clinic	06
Diagnostics & Assessments	07
Treatments	10
Aesthetics	18
Physiotherapy	21
Traditional Chinese Medicine	22
Facilities	24
Medical Wellness Clinic Reminders	26

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.



Medical Wellness Clinic

Amanpuri Wellness Centre boasts an integrated medical facility with in-house medical doctors, nurses, physiotherapists and traditional Chinese medicine specialists. Guests of Amanpuri have access to medical wellness services exclusively managed in collaboration with Thanyapura as part of its wellness offerings. Incorporating the very latest scientific and technological medical innovations with more traditional medical techniques. Our integrative medical services comprise three broad categories including age reversal & prevention, aesthetic, and sport performance.

Medical Consultation

30 / 60 minutes

Most of us only visit our doctors when we have a specific medical problem. On the other hand, at Amanpuri, the medical wellness doctor and his team look at the whole picture to gain a full understanding of your health. Diagnostic screening tools such as blood tests, DNA testing and live blood analysis help them assess your health from head to toe, identifying potential problems before they manifest and customising a targeted, results-oriented personal programme to address these issues while optimising the function of all the systems. This all-around medical wellness assessment can be beneficial to those without any symptoms of imbalance or ill-health.

Physiotherapy Initial Consultation

30 / 60 minutes

Focusing on the function of joints, muscles, and nerves, the effects of acute and chronic injuries, daily wear and tear on the body, and changes caused by aging. Our Physiotherapist will use appropriate techniques in assessment involving range of motion movements, posture and balance, as well as muscle strength and coordination. Treatment and activities that will reinforce the natural healing process and improve performance will be recommended.

Diagnostics & Assessments

A variety of screening tests are used to assess many systems in the body, including the status of your body's cardiovascular system blood sugar levels, liver and kidney function, immune system and hormonal balance. During regular testing, electrolyte levels, mineral balance, size of red blood cell and number are also monitored. In addition, tumour and/or cancer markers that can aid in the detection of cancer early and recommendation of appropriate health intervention.

Advanced Performance Blood Test: Male and Female

10 minutes

Men and women over the age of 35 are more likely to suffer from hormone imbalances, which can increase their risk of other illnesses. Monitoring your hormone levels will help you maintain your metabolic balance.

This blood test's advanced profile also monitors the risk of prostate, ovarian and breast cancers, as well as a complete blood count, diabetic and lipid profile. It also checks kidney and liver functioning, thyroid function, stress and sex hormones, inflammatory markers, and Vitamins D and B12. A minimum of eight hours of fasting is required for this test. Results are available in three days.

Micronutrient Profile with Vitamin D2/D3

10 minutes

An optimal nutritional balance is integral to maintaining optimal health, preventing chronic diseases and managing the ageing process. Micronutrient blood tests are precise, scientifically proven techniques for identifying nutritional deficiencies, which can be corrected through changes in diet and supplementation. Results are available in seven days.

Food Intolerance Test

10 minutes

The majority of antibodies found in circulation are Immunoglobulin G (IgG) antibodies, created and released by plasma B cells. Human serum antibodies are composed of 75% IgG antibodies. The test measures an individual's IgG antibody response to nearly 200 of the most common foods that cause food sensitivities. Refrain from taking the following medications before the test: anti-inflammatory (one day), antihistamine (three days) and steroids (a month). Results are available in seven days.

As we age, the immune system undergoes a remodelling process known as immunosenescence, accompanied by shifts in leukocyte subpopulations and a decline in immune cell functions. The condition is characterised by an increased susceptibility to infections and an increased prevalence of autoimmunity and diseases. The immune system has some adaptive strategies to cope with aging, but in some settings, maladaptive responses speed aging and disease. Poor nutritional status, physical inactivity, and decreased muscle mass contribute to immunosenescence and inflammation.

Natural Killer Cell Count

10 minutes

Testing for NK cell activity involves taking a simple blood sample to measure the number and level of activation of the NK cells. A two-month wait period is required after vaccination or during an infection when taking this test. Test results are available in two weeks.

Natural Killer Cell Activity

10 minutes

Natural killer (NK) cell activity tests can be used to determine the status of antitumor immunity in the body, as they represent the interplay between cancer cells and immune cells and the characteristics of those immune cells. A two-month wait period is required after vaccination or during an infection when taking this test. Test results are available in two weeks.

Diagnosics & Assessments

Diagnosics & Assessments 10 minutes

A blood test for EDIM (Epitope detection in monocytes) consists of two biomarkers: Apo10 and TKTL1. TKTL1 is involved in anaerobic glycolysis of tumour cells, which contributes to the destruction of the basal membrane and metastasis as well as the control of cell cycle. If you have recently received a Covid-19 vaccination, a two-month wait period is required before taking this test. Results are available in three weeks.

Telomere Length 10 minutes

Telomere length decreases with age. Telomere shortening leads to senescence, apoptosis, or oncogenic transformation of somatic cells, affecting an individual's health and lifespan. Telomere shortening has been associated with an increased risk of diseases and a poorer survival rate. Test results are available in two weeks.

Sirtuin Protein 10 minutes

Sirtuins are essential for DNA repair, control of inflammation, and anti-oxidative defence, which makes them viable anti-senescence/anti-ageing targets. Test results are available in two weeks.

You are at risk of toxicity if your body accumulates excessive amounts of heavy metals. The accumulation of excess heavy metals in your body tissue can cause toxicity that leads to more serious conditions. Heavy metal toxicity and mineral imbalances can lead to fatigue, brain fog, numbness, abdominal pain, dehydration, heart irregularities, and other health concerns.

Heavy Metal Test-Oligoscan 10 minutes

The OligoScan technology provides an almost instantaneous and precise analysis of minerals, trace elements, and heavy metals in body tissues. The measurement is performed using a portable spectrophotometer that transmits data using a light beam to the OligoScan off-site server. Results are delivered within 60 seconds, which is a fast turn-around for mineral analysis.

There are tests made available to determine if a bacterial imbalance is present. Typically, two tests are done if the test shows a strong positive and you present severe gut symptoms, then a Complete Digestive Stool Analysis (CDSA) is conducted to determine which bacteria are out of balance and whether any parasites or yeast/fungi are present. Damage to the gastrointestinal wall lining affects absorption, your health, and may cause Leaky Gut Syndrome.

Urine Organic Profile 5 minutes

This urine test will reveal the levels of neurotransmitters, vitamins and minerals, metabolic function, antioxidants, bacterial and fungal balance, and environmental toxins in the body. Imbalances in these levels may cause fatigue, mood disorders, digestive issues, and other health concerns. A mid-stream urine sample requires on the first morning of the test. Results are available in ten days.

Comprehensive Digestive Stool Analysis (3+) 5 minutes

CDSA is a non-invasive evaluation of digestive function. Besides pinpointing imbalances in inflammation, gut flora, enzymes, fatty acids, bacterial overgrowth, and beneficial gut flora, it can also screen for parasites. It requires a stool sample collection in a provided kit. Antibiotics should not be taken during this test for accurate results. Test results are available in 30 days.



Treatments

Intravenous Therapy

Intravenous (IV) therapy helps individuals achieve optimal health, supplying the body the nutrients it needs, by passing the digestive system, absorption happens immediately in the blood stream and utilisation of these essential vitamins, minerals, and anti-oxidants, to support intracellular energy and recovery.

Glucose-6-phosphate dehydrogenase or G6PD deficiency can cause haemolysis so excessive amounts of vitamin C should be avoided. A test for G6PD test is required for IV therapy presented with an asterisk (*).

Should you prefer to receive your blood test result before the IV, we will omit the Vitamin C until we receive your test results to avoid any contraindication.

Liver Detox Infusion*

90 minutes

Our body has an amazingly efficient detoxification system. The major organ responsible for this process is our liver. In a healthy individual, these detoxification processes functions well. However, our constant exposure to food & environmental toxins will exhaust our liver and decreases its capacity to detoxify and as well the body's tolerance and resistance to disease. Give the liver a boost and replenish the nutrients it needs. The main ingredients and their benefits are:

- Vitamin C, is a strong antioxidant that can boost your blood antioxidant levels. This helps the body's natural defenses fight inflammation.
- N-acetylcysteine or NAC, helps in reducing free radical damage and plays a role in detoxification of heavy metals and other harmful substances. NAC is a precursor to glutathione and can heal the liver if taken soon enough.
- Alpha Lipoic Acid or ALA, a very potent antioxidant that protects the liver, neurons and skin form oxidative stress damage. Very uniquely fat and water-soluble, which permits its antioxidant fatty acid to work in a broader range of body tissues than other antioxidants. ALA potentiates and increase the effects of vitamin C and it is beneficial for liver cell and liver function.

Energy Infusion*

90 minutes

It is important to give your body the energy it needs, by supplying this with the right nutrients. Our infusion prepared with combination of essential electrolytes, vitamins and antioxidants that supports depleted cells, allowing them to convert nutrients into energy, and does combating the symptoms of low energy and fatigue. The main ingredients and their benefits are:

- Vitamin C, an antioxidant and helps prevent oxidative stress.
- GSH, is found more in the liver, but at the age of less, respectively. It is very powerful antioxidant and detoxifier that protects that body. It neutralizes harmful free radicals, flushes away toxins, supports cell health and integrity, and strengthens immune system activity.
- Alpha Lipoic Acid or ALA, an organic compound found in all human cells. It's made inside the mitochondrion — also known as the powerhouse of cells — where it helps enzymes turn nutrients into energy.

Treatments

Beauty Boost Infusion*

90 minutes

This formula contains vitamins, minerals, and a powerful antioxidant substances: amino acids glycine, cysteine, and glutamic acid (GSH).

Free radicals and toxins accumulate in the body over time and can cause a variety of skin disorders including acne, eczema, dermatitis, wrinkles, and premature aging. Detoxify your body, eliminates free radicals and toxins to produce a smooth younger-looking skin. The main ingredients and there benefits are:

- Vitamin C, along with boasting some major health benefits, is also good for your skin. Vitamin C not only helps repair free radical damage, but it brightens the skin and helps fade dark spots, stimulates collagen production, improving the skin's texture and quality and prevent the effects of sun damage and pollution from showing up on your skin.
- GSH, normally produced by the liver and involved in many body processes. GSH is involved in tissue building and repair, making chemicals and proteins needed in the body, also has amazing anti-aging properties to help you maintain a brighter, more even complexion.

Recovery Infusion*

45 minutes

A great option for hydration after the sun, recovery from jet lags, headaches and hangovers. The main ingredients and there benefits are:

- Vitamin C, an antioxidant that helps protect your cells against the effects of free radicals.
- Magnesium, this mineral is important for muscle and nerve function, heart health, and bone strength.
- Sodium Bicarbonate, increases plasma bicarbonate, buffers excess hydrogen ion concentration, raises blood pH and reverses clinical manifestations of metabolic acidosis.
- Vitamin B6, This vitamin helps regulate hormones and brain function, and is also important for heart health.
- Vitamin B Complex, This group of vitamins plays an important role in energy production, brain function, and cardiovascular health.

Blood Ozone Infusion*

45 minutes

Ozone is composed of three oxygen atoms with the chemical formula of O₃, distinct from the oxygen that we breathe which is O₂, ozone is an "activated" form of oxygen making it far more energetic and oxidative. When introduced in the blood, this will oxygenate the tissues in the whole body, and can be used to treat issues ranging from aging to chronic degenerative diseases. Significant benefits include the elimination of bacteria, viruses, and fungi; enhancement of the immune system; support for anti-aging and skin rejuvenation; reduction of inflammation and acceleration of wound healing; improvement in cardiovascular function; and stimulation of energy.

Chelation Therapy Infusion

120 minutes

Chelation therapy is a medical treatment for individuals experiencing heavy metal poisoning, such as lead, mercury, arsenic, and cadmium. Heavy metal poisoning occurs when the body's soft tissues absorb toxic amounts of metal from the food we consume and the environment. How does the therapy work? A chelator, such as ethylenediaminetetraacetic acid (EDTA) and edetate calcium disodium, binds to the heavy metals in the bloodstream to form a compound, which is then processed by the kidneys and excreted in urine. An evaluation of your urinary elimination requires a kidney function test, measurement of creatinine, and assessment of blood urea nitrogen.

The therapy helps prevent and mitigate the progression of cardiovascular disease, chronic inflammation, Parkinson's disease, and Alzheimer's disease.

Treatments

Curcumin Therapy Infusion

60 minutes

Intravenous infusion Curcumin is a polyphenolic compound which is a main active ingredient found in turmeric. It naturally possesses anti-inflammatory properties and acts as a powerful antioxidant, making it a common antidote for:

- Soothes digestive issues
- Auto-immune disease flare-ups
- Leaky gut and Irritable Bowel Syndrome or IBS
- Crohn's disease
- Rheumatoid arthritis

Nicotinamide Adenine Dinucleotide (NAD+) Infusion

60 / 90 / 120 minutes

NAD+ is one of the most significant coenzyme in the body, which are present in every cells, known to involve in over 500 different reactions. Like electricity that powers a battery, every cells consist of large number of mitochondria (powerhouse of the cell), and each requires NAD+ for energy, to function at an optimal level. As we age, 50% of your NAD+ start to deplete at our 40's, and this could lead to progression of aging, health problems and vulnerability to diseases. NAD+ significant benefits are for:

- Promotes cellular regeneration
- Increases DNA repair
- Lengthens the Telomeres, which responsible cell regeneration and longevity.
- Activates Sirtuin-Superhero genes
- Enhances neurotransmitter levels, and does prevent Alzheimer's' disease.
- Restores muscle strength and functions
- Boost immune-cell signalling

Therapeutic protocol for NAD+ infusion:

60 / 90 / 120 minutes

Introductory:

1st session at 100 mg then 2nd session at 200 mg

2 sessions

Note: It is strongly recommended to have an introductory sessions for the first time administration to allow the body to absorb and utilised the properties of the NAD+ solution. After, our doctor may recommend specific protocol for NAD+ Therapy.

Most common side effects, especially during the first time administration are tightness in the chest-the same feeling when you are catching your breath when running or doing an exercise, stomach upset, tingling in the arm and mild headache. If symptoms occur, your nurse will slow or stop the drip until symptoms subside, then may continue with the drip at a slow rate. For stomach upset, we may prepare a pot of hot tea during the drip. The following benefits are for:

• Anti-ageing:

3 sessions

1st session at 300 mg, 2nd session at 400 mg and then 3rd session at 500 mg

• Brain Refuel:

3 sessions

1st session at 300 mg, 2nd session at 300 mg and then 3rd session at 300 mg

• Energy Boost:

3 sessions

1st session at 200 mg, 2nd session at 300 mg and then 3rd session at 400 mg

• Anxiety, Stress & Depression:

3 sessions

1st session at 200 mg, 2nd session at 300 mg and then 3rd session at 400 mg

Treatments

MSC Therapy Infusion/Injection

60 minutes

Self-renewable cells with a high ability to proliferate, MSC therapies are currently one of the most extensively investigated therapeutic cellular products for clinical applications. It has been used as part of regenerative medicine to be a therapeutic applications including:

- Tool to treat degenerative changes in joints and to reconstruct bones and cartilage
- Repair of damaged musculoskeletal tissues
- Aesthetic medicine
- Cardiovascular diseases
- Endocrine and nervous system diseases

*A complete blood count test *or* blood test and a three-day advanced confirmation is required for preparation and administration of the therapy.*

Human Placental Extract (HPE) Injection

10 minutes

The placenta, an organ that develops in the uterus during pregnancy, plays a significant role in the development of a baby while still inside a mother's womb, It Provides the baby with oxygen and nutrients, and removes harmful waste and carbon dioxide from your baby. Produces hormones that help your baby grow and passes the immunity.

It is also comprised with three major nutrients including proteins, lipid and carbohydrates. Placenta has physiologically active ingredients such as various vitamins, minerals, enzymes and nucleic acids, and many bio-active and anti-inflammatory components-amino acid, peptides, and growth factors found in placenta extracts that assist in the cellular renewal and repair.

Remarkable therapeutic benefits for HPE types:

Female Rejuvenation

- Anti-aging; reduces appearance of fine lines, wrinkles and pigmentation
- Promotes weight loss and healthy metabolism
- Improves skin density by igniting collagen production and cell renewal
- Treats chronic fatigue
- Improves menopausal symptoms
- Increases resistance to stress
- Boosts the immune system

Male Rejuvenation

- Improves sexual function, increases libido, and improves fertility.
- Promotes lean muscle production and reduces body fat.
- Increases energy and alertness.
- Regulates diabetes and hypertension.
- Boosts the immune system.
- Improves sleep.
- Reduces chronic inflammation.



Treatments

Testosterone Replacement Therapy (TRT) Injection

10 minutes

TRT is prescribed to treat a number of male health problems caused by low testosterone levels. Testosterone plays a vital role in a range of bodily functions, including muscle and bone health, cognition, red blood cell and sperm formation, and sexual and reproductive function in males, which levels can decline for various reasons, including stress, aging, trauma, and infections. TRT significant benefits are for:

- Mood, energy levels and sense of well-being
- Sexual function
- Lean body mass and muscle strength
- Bone health
- Cognition and cardiovascular health

A specific blood test is required for preparation and administration of the therapy.

Human Growth Hormone (HGH) Therapy Injection

10 minutes

Growth hormone (GH) or somatotropin, also known as human growth hormone (hGH or HGH) in its human form, is a peptide hormone that stimulates growth, cell reproduction, and cell regeneration. It also stimulates production of IGF-1 and increases the concentration of glucose and free fatty acids. This fountain of youth hormone naturally declines as we age and affects our energy levels, muscle mass, hair, skin and nail quality and immune function. HGH Therapy significant benefits are for:

- Bone health and protection from fractures
- Increase muscle mass
- Improved exercise capacity and energy
- Reduced risk of future heart disease

A specific blood test is required for preparation and administration of the therapy.

Vitamin D3 Therapy Injection

10 minutes

There are more than 2,000 genes in the body that are affected by vitamin D3, it affects more aspects of health than many realise. Each cell contains vitamin D receptors. When vitamin D binds to a receptor, genes are turned on or off, causing changes. This occurs on a cellular level. HGH Therapy significant benefits are for:

- Development and strengthens the bone
- Insulin control
- Prevents cardiovascular related disease
- Significantly supports immune functions
- Mood balance

A specific blood test is required for preparation and administration of the therapy.

Methylcobalamin - Vitamin B12 Injection

10 minutes

Vitamin B12 is a nutrient that helps your body's blood and nerve cells remain healthy and helps make DNA, the genetic material in each cell. Given intramuscularly at 1000 mcg, B12 Methylcobalamin or Cyanocobalamin helps prevent:

- Megaloblastic anaemia, a condition that causes fatigue and weakness
- Nerves damage
- Macular degeneration
- High blood levels of the amino acid homocysteine that have been linked to an increased risk of heart disease

Treatments

L-Carnitine Injection

10 minutes

L-carnitine is a chemical that is synthesised in the brain, liver, and kidneys. It allows amino acid to enter the blood and enhance lipid metabolism faster than when administered as an oral supplement. Here are some of the most important beneficial effects associated with L-Carnitine administration:

- Promotes fatty acid oxidation
- Accelerates the fat-burning process
- Essential for heart and brain function, muscle movement, and many other physiological processes.

Peptide Injection

10 minutes

Peptides are the building blocks of proteins and are composed of amino acids that work to regulate a variety of biological functions and processes. These naturally occurring peptides act as signaling molecules within the body and instruct other cells and molecules on what functions to perform.

Though our bodies naturally produces, the production of peptides can vary greatly by individual and as we age, the number and quality of peptides within the body may decline. Peptides Therapy significant benefits are for:

- Recovery from injuries
- Improving immune function
- Weight loss
- Sexual function
- Promote longevity and more

A specific blood test is required for preparation and administration of the therapy.

Colon Hydrotherapy

45 minutes

Our medical staff administers colon hydrotherapy, which is the gentle and safe infusion of warm water into the deeper part of the colon, up to the cecum, to remove compacted faeces and mucus. A thorough cleanse allows for increased absorption of vital nutrients through the large intestine, leaving you feeling rejuvenated and healthier. Colon hydrotherapy significant benefits are for:

- Improves bowel elimination.
- Relieves indigestion, diarrhoea, bloating, excessive gas, and constipation
- Assist the Liver during detoxification
- Prevents the symptoms for allergies
- Supports weight loss

Our medical staff will advise you to refrain from taking heavy meals at least two hours before the colon cleanse.

Angel of Water

45 minutes

An easy and effective colon cleanse for self-care, Angel of Water® helps eliminate toxins and stimulates digestion. During colon cleansing, water is inserted into the colon, stimulating natural contractions, which results in waste being eliminated.

- Improves bowel elimination
- Relieves indigestion, diarrhoea, and constipation
- Assist the Liver during detoxification
- Supports weight loss



Aesthetics

High Intensity Focused Ultrasound (HIFU) – Facial

60 minutes

Ultrasound energy stimulates the deeper layers of skin, resulting in a more lifted, tighter appearance by stimulating collagen production.

This technology uses focused ultrasound energy to target the layers of skin just below the surface, the layer called SMAS or Superficial Musculoaponeurotic System. The ultrasound energy causes the tissue to heat up rapidly. Once the cells in the targeted area reach a certain temperature, they experience cellular damage. While this may seem counterintuitive, the damage actually stimulates the cells to produce more collagen — a protein that provides structure to the skin.

The increase in collagen results in tighter, firmer skin Trusted Source with fewer wrinkles. Since the high-frequency ultrasound beams are focused on a specific tissue site below the skin's surface, there's no damage to the upper layers of the skin and adjacent tissue. HIFU has many aesthetic benefits, including:

- Reduce wrinkle appearance
- Lifts the eyebrows, eyelids, and cheeks
- Tightens saggy skin on the neck
- Provides jawline definition

The procedure works best on people older than 30 with mild-to-moderate skin laxity, and photo damaged skin or a high degree of loose skin may need several treatments before seeing results.

Following Botox and fillers, one month is required for administration of this therapy. Once therapy has been completed, avoid direct sunlight, and use sunscreens with higher SPF on the treated areas. The treatment is not recommended for individual with infections and open skin lesions at the target area, severe or cystic acne, and metallic implants in the treatment area.

Botox

30 minutes

Medically, Botox is derived from botulinum toxin that has been refined to be safe. Our Doctor will discuss your desired look with you, and determine which course of treatment is right for you. A fine needle is used to inject just beneath the skin. A remarkable amount of wrinkles and fine lines can be reduced with this treatment. Our age-reversal experts can talk you through exactly what to expect when you visit us, and the treatments are relatively painless, and suitable for both women and men.

Botox provides a non-surgical, safe, quick, convenient, and immediate solution for forehead creases, drooping brows, crow's feet, and frown lines between the eyebrows.

Treatments are most effective when repeated every four to six months. Avoid the use of heat applications on the treated areas, including use of sauna and excessive exposure to the sun for 2 weeks. Pregnancy or/and nursing are not recommended for this procedure.

Aesthetics

Mesotherapy

60 minutes

Known as Lipolysis Injection, MesoFat, and Mesotherapy, done by injection which reduces fat in several areas including face, chin, arms, waist, buttocks, thighs, and legs. The solution, dissolves fat cell's membrane in the treated area. When the membranes are disturbed, the fat cells become unstable and eventually break down into smaller particles. These particles are flushed out through the body's fluid circulation. Mesotherapy provides a non-surgical solution, safe, quick, convenient and immediate benefits for:

- Reduces excess fat on the face, making it look slender and the appearance of double chin
- Diminishes the fat alongside armpits (fairy wings)
- Abdominal reduction- bulges in lower the hips and love handles

Avoid the use of heat applications on the treated areas, including use of sauna and excessive exposure to the sun for 24 hours. Pregnancy or/and nursing are not recommended for this procedure.

Coolsculpting

35 minutes

Also known as Cryolipolysis, a method that targets fat in body areas that are more challenging to remove through diet and exercise. It uses freezing temperatures- -10°C to -11°C , to break down fat cells. Fat cells are more affected by cold temperatures than other cells. This means that the cold does not damage other cells, such as the skin or underlying tissue.

During the procedure, the practitioner vacuums the skin above the area of fatty tissue into an applicator that cools the fat cells. The cold temperatures numb the site, and some people report feeling a cooling sensation.

Most CoolSculpting procedures take around 35-60 minutes, depending on the area a person wishes to target. There is no downtime because there is no damage to the skin or tissue. After the procedure, it may take around 4-6 months for the fat cells to leave a person's body. In that time, the area of fat will decrease by an average of 20%. Coolsculpting provides a non-surgical, safe, quick, convenient, and immediate solution for toning and tightening specific areas of the body, including the abdomen, arms, thighs, and legs.

Most common to experience after the treatments soreness, stinging, firmness, mild discoloration, swelling, and itchiness at the site.

ThermiVa

60 minutes

A new form of energy medicine that uses heat therapy delivered via radio frequency (RF) waves to promote collagen synthesis, shrinkage and tightening of female tissues. Thermal effect causes coagulation and/or ablation which activate healing factors, causing increased blood flow and neocollagenesis.

Intuitively, the ability to deliver more energy will cause a more profound effect. Directed energy does not induce pain in the vaginal wall as readily as it does in facial skin, making energy-based therapies more tolerable at higher energies. The ThermiVa offers a smart and alternative choice for female rejuvenation that is non-surgical, non-invasive and pain-free. ThermiVa promising benefits includes:

- Reduce or treat stress urinary incontinence.
- Restore vaginal lubrication.
- Enhance intimate experience for you and your partner.
- Restore comfort when wearing tight clothing.
- Boost self-confidence.

It is not recommended during menstruation.



Physiotherapy

Pain Management

Physiotherapy can be used to treat a wide range of musculoskeletal conditions, such as injuries sustained during sports, fracture, and back pain. Therapeutic exercises may be included as part of physiotherapy treatment to improve strength, range of motion, endurance and to correct postural and muscular imbalances. The treatment may include joint mobilisation, manipulation and soft tissue massage, as well as stretches and trigger point therapy methods of reducing stiffness and relieving pain.

Sports Rehabilitation

Many sports activities are available in Amanpuri. A sports rehabilitation programme is beneficial for those who have been injured during sports or non-sporting activities. Our physiotherapist work on improving sport-specific movements that are necessary for the activities.

High Intensity Laser Therapy (HILT)

HILT technology delivers high energy levels and wavelength choice that allows for deep tissue penetration and energy transfer naturally. Regeneration of tissue and healing are accelerated. It exerts bio-stimulation effects, pain relief, an anti-inflammatory effect, a superficial thermogenic effect and relaxation of muscles.

Radiofrequency Therapy

The Radiofrequency (RF) distributes high-frequency electromagnetic energy into the desired tissue which leads to selective tissue hyperthermia. The most common indications include: local muscle spasms, trigger points, high muscle tone, tendinitis, tissue regeneration and healing, and post-traumatic edema.

Ultrasound Therapy

A treatment modality common to physiotherapy is therapeutic ultrasound. Soft tissues in the body are treated with it to provide deep healing. This includes muscles, tendons, joints, and ligaments. It can be used either acutely or chronically. An initial session of 60 minutes, which includes an in-depth consultation, a movement assessment and postural analysis, as well as treatment. You will have a thorough discussion with our physiotherapist as to the symptoms you are experiencing and any concerns you might

30 / 60 minutes

Myofascial Release

This is a type of physical therapy often used to treat myofascial pain syndrome, a chronic pain disorder caused by sensitivity and tightness in the myofascial tissues.

Myofascial release focuses on reducing pain by easing the tension and tightness in the trigger points. It is not always easy to understand which trigger point is responsible for the pain. Localising pain to a specific trigger point can be very difficult. For this reason, myofascial release is often used over a broad area of muscle and tissue rather than at single points.

30 / 60 minutes

Traditional Chinese Medicine

The primary characteristic of traditional medicine is treatment for the entire body in order to find the root cause of a condition or problem. As part of your consultation, your TCM practitioner will use an ancient Oriental holistic procedure, to discover patterns of imbalance in your body and assess what it needs. While two people may experience similar symptoms, the underlying causes of these symptoms may be completely different.

Your TCM practitioner can suggest a treatment plan that will meet your health needs and helps you achieve your wellness goals.

Acupuncture

30 / 60 minutes

The 2,500-year-old TCM practice of acupuncture stimulates specific acupoints along body's meridian lines with thin sterile needles following the same principles as Meridian Therapy. Acupuncture is pain-free and remarkably relaxing, since once the needles are in place, a period of rest and calm follows. The areas stimulated are often felt to have a feeling of warmth or energy collecting beneath the skin.

Benefits mainly to relieve discomfort associated with a variety of diseases and help stimulate the body's natural healing abilities to promote physical and emotional well-being including:

- Helpful for several pain conditions, including back or neck pain, knee pain associated with injury or activity of daily living
- Reduces stress and enhance mental clarity
- Promote better sleep
- Support better immune and nervous system function

Cupping

45 minutes

Cupping is an ancient method of alternative medicine that involves strategically placing cups on the skin to create suction. The pressure gradient created by cupping draws the tissues to the surface, decompressing them. Physical opening of the tissues allows for energetic openings of the channel system, allowing for an invigorating energy flow to the entire body. Benefits include detoxification, pain relief, decreased inflammation, increased blood flow and deep relaxation with a sense of well-being. Cupping is a safe, traditional treatment that helps resolve:

- Chronic muscle tightness and pain faster than massage therapy alone
- Promotes blood flow to help relieve muscle tension and increases circulation with cupping also helps to reduce the appearance of cellulite
- Focused blood flow helps your body by flushing built-up toxins through the lymphatic system

Moxibustion

30 minutes

Moxibustion is a form of heat therapy in which dried plant materials called moxa are burned on or close to the skin's surface. This is intended to warm and invigorate qi flow in the body and dispel pathogenic influences. The most common plant used to make moxa is the Chinese mugwort also known as artemisia.

Moxibustion is founded to remove certain blockages in the flow of energy that leads to mental and physical health problems, because of this, it's used to treat back pain, headaches, migraines, muscle stiffness, tendonitis, fatigue, menstrual cramps and digestive problems.

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.



Medical Wellness Clinic Reminders

Operating hours

Medical Wellness Clinic
Daily from 8am to 5pm (last treatment 4pm)

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.

Medical Wellness Clinic 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 consultation 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 staff with any medical or health concerns.

Pricing

All prices are subject to 10% service charge (+).
Clinic reservations after operation hours are subject to an additional 50% surcharge.



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