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Wellness at Amangalla

Nestled within the captivating ambiance of Amangalla, the Aman Spa transport guests to a bygone era with candlelit recesses, lofty ceilings and dramatic archways. Situated in the heart of a UNESCO World Heritage Site, the Spa offers a variety of personalised therapies including massages, anointments, reflexology and scrubs, providing a rejuvenating experience for the body and mind. Two hydrotherapy suites feature hot and cold plunge pools, steam rooms and saunas.

Our Philosophy

Wellness is more than a healthy 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.

Entering this realm reveals a captivating new language that seeks to unravel the mysteries of how our bodies function. However, one need not grasp the intricacies of the philosophical underpinnings of traditional healing to reap its benefits. Aman Spa is dedicated to demystifying this language, inviting those curious to explore further.

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.

Hydrotherapy Suites



Hydrotherapy Suites

With candlelit recesses, tall ceilings and traditional archways, our two private hydrotherapy pools are an experience in ancient indulgences. Whether hopping from the intense heat of the sauna to the icy cold plunge pool for an invigorating health hit or from the massage pools to the shadowy steam room for a soothing rejuvenation, our hydrotherapy experience is as deeply relaxing and calming as it is stimulating and revitalising.

The experience is available to all our in-house guests with a charge of USD 30 per person for an hour session and are free of charge for 30-minute sessions. Advance reservation is recommended. Non-resident Spa guests may enjoy the hydrotherapy facility at a charge of USD 50. We advise you to arrive a minimum of 45 minutes prior to your treatment time to enjoy the hydrotherapy facilities.

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 well-being, 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.

Aman Signature Treatments

Nourishing Body Polish & Wrap Ritual

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.

Aman Advanced Facial

A wholly rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin, the exclusive Aman Advanced Facial combines effective formulas made in Japan, with exfoliation and manual lifting techniques to stimulate facial muscles, welcoming tighter, brighter skin.

The treatment begins with ultrasonic scrubbing to cleanse pores, supported by the use of microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness. The use of red and blue light therapy follows – a natural way to provide multiple benefits to the skin – before the treatment concludes with the application of the Aman Nourishing Gold Algae Face Mask to achieve an exceptional glow.



Ayurvedic Treatments

Ayurveda, derived from the Sanskrit words 'Ayur' meaning life and 'Veda' meaning science or knowledge, is an ancient healing system that views good health as our inherent right. According to Ayurveda, our wellbeing is influenced by the balance of five elements – space, air, fire, water and earth – within us. Imbalances in these elements can lead to various internal and external health issues. Ayurveda's purpose is to guide us in restoring harmony and health by helping us rebalance these essential elements within our body.

At Amangalla, Ayurveda forms an essential part of wellness for our guests. The Ayurveda experience has been provided to keep in mind the individual's desire to heal, relax and revitalise.

Ayurvedic Consultation

Our Ayurvedic doctor is available for private consultations. The doctor will assess your 'vikrutii' or body-type imbalances through various diagnostic procedures and determine your 'prakriti', whether you are predominantly vata, pitta, kapha or a combination of the three. The doctor can assist with Ayurvedic medicines for a wide range of ailments and also provide advice on foods you should avoid or include based on your dosha.

Shirodhara

A divinely tranquil experience involving the pouring of lukewarm herbal oil in an even stream onto the forehead to revitalise the mind and the body.

Abhyanga - Full Body Massage

A traditional Indian Ayurveda treatment using a combination of soothing and symmetrical long strokes to regulate the nervous system and improve the circulation using warm herbal oil.

Pinda Sweda- Herbal Poultice Massage

Experience a traditional Ayurvedic treatment where warm oil is applied and massaged into the body using heated linen bundles filled with dried herbs. These bundles serve as extensions to glide over the body, releasing tension in specific areas and enabling the massage benefits to reach deeper layers of relaxation and healing.

Sandhi Rogha Abhyanga - Joint Massage

A warm Shulahara Ayurveda oil is massaged into the joints of the body to relieve aches and pains. This relaxing process helps to open and mobilise the joints.

Sarwangadhara - The Anointment

An indulgent, rejuvenating experience, during which lukewarm herbal oils anoint the entire body. The application is very slow and rhythmic with light pressure. The anointment strengthens immunity, lubricates the joints, rejuvenates the skin and increases flexibility.

Shiro Pada Abhyanga

This blissful combination of Shirodhara followed by a deeply relaxing foot massage connects your mind, body and spirit, leads you to ultimate tranquility and peace.

Amangalla Body Treatments

Jivaka Massage by our Resident Specialist

Dr Jivaka, the reputed personal Ayurvedic physician of Indian King Bimbisara and the Buddha, is credited with numerous contributions to the healing arts in Asia. One of his notable achievements is the revelation of the 72,000 Sen Energy Lines, which later formed the cornerstone of Thai Traditional Massage. Experience the transformative advantages of a dry body massage that skillfully blends deep pressure, muscle relief and improved joint flexibility. This distinctive experience incorporates subtle body adjustments reminiscent of yoga poses. Our resident specialist, is proficient in the techniques of Jivaka and Thai massage, guaranteeing a relaxing journey that will leave you refreshed and revitalised.

Ceylon Crystal Therapy

Experience deep rejuvenation with this Aromatherapy Ritual where pure Sri Lankan crystals are bundled together with local aromatic herbs and spices to enhance the body's energy and promote profound relaxation. The smooth crystals, charged with natural earth energies, are gently pressed along key meridian points to balance internal flow. As the therapist skillfully moves the bundles across the skin, their warmth penetrates deep into the muscles, relieving tension and improving circulation.

The healing properties of the crystals combined with the restorative powers of the herbs leaves the body feeling deeply relaxed, energized and aligned, providing a holistic sense of wellbeing. This unique therapy is designed not just to pamper, but to renew and invigorate both mind, body and soul.

Amangalla Massage

Our signature massage blends a variety of techniques tailored to meet your individual needs, ensuring a truly unique and personalised massage experience.

As part of the ritual, guests are encouraged to burn incense before entering the treatment room, creating an inviting atmosphere and symbolically leaving behind any lingering negative energy. The experience is further enhanced with locally sourced essential oils, adding a touch of authenticity and regional essence to the treatment. Our skilled therapists bring their unique signature techniques into play, ensuring that each session is finely tuned to meet the individual needs and preferences of the guest.

Deep Tissue & Poultice Therapy

A heated poultice filled with dried herbs, milk and rice is employed as an extension to this treatment to gently glide over the body, releasing areas of tension and enabling the massage benefits to penetrate deeper. This intense yet profoundly relaxing massage focuses on realigning the deeper layers of the muscles. It is an ideal treatment for chronic aches and pains, easing contracted areas such as the lower back, neck, shoulders and leg muscles.

Amangalla Ayurveda Programme

Embark on a stress-relieving journey with our Detox and Cleansing Immersion programmes. Under the guidance of our Ayurvedic doctor, discover the unique needs of your body and its constitution. Enjoy a personalised nutrition plan tailored to eliminate toxins and invigorate your senses, alongside an Ayurvedic consultation, a blissful spa treatment, rejuvenating wellness session and tailored yoga experience.

Three-day Ayurvedic Experience

- **Consultation:** An in-depth consultation with our experienced Ayurvedic practitioner to assess your unique constitution (*prakriti*) and current imbalances (*vikriti*).
- **Lifestyle Guidance:** Personalised daily routine and exercise to align with your constitution.
- **Ayurvedic Therapies:** Daily 90-minute combination of Ayurvedic therapies tailored to your needs.
- **Yoga & Meditation:** Daily yoga sessions to harmonise the mind and body.
- **Herbal Supplements:** Ayurvedic herbal supplements to enhance the healing process.
- **Follow-up Consultation:** Evaluate your progress and make any necessary adjustments.

Seven-day Ayurvedic Detox Programme

This programme is designed to introduce you to the fundamental principles of Ayurveda and offer a gentle yet effective wellness experience. The package includes:

- **Consultation:** An in-depth consultation with our experienced Ayurvedic practitioner to assess your unique constitution (*prakriti*) and current imbalances (*vikriti*).
- **Ayurveda Diet & Lifestyle Guidance:** Personalised recommendations for planned diet, daily routine and exercise to align with your constitution.
- **All three meals daily during the seven-day programme at Amangalla.**
- **Ayurvedic Therapies:** Daily 90-minute combination of Ayurvedic therapies tailored to your needs.
- **Yoga & Meditation:** Daily yoga sessions to harmonise the mind and body.
- **Herbal Supplements:** Ayurvedic herbal supplements to enhance the healing process.
- **Follow-up Consultation:** A follow-up consultation to evaluate your progress and make any necessary adjustments.

*The Ayurvedic treatments mentioned above provide a brief introduction to the culture of wellness and wellbeing. For guests seeking to fully immerse themselves in transformative wellness journeys with Ayurveda, our resident physician can create tailor-made healing programme ranging from three to 21 days. Please feel free to ask our team for more information.

Spa Journeys

Spa Indulgence

Begin three hours of spa indulgence with a cleansing scrub of native cinnamon and a clay wrap, followed by our signature Amangalla full-body massage and rejuvenating sandalwood facial.

- Polish & Swathe
- Amangalla Massage
- Sandalwood Facial
- Afternoon Tea

Finish your treatment by relaxing on our verandah with silver stand afternoon tea –including homemade scones topped with strawberry jam and cream, assorted finger sandwiches, a selection of cakes and savoury bites served with a choice of tea from the Handunugoda Tea Estate.

Ayurvedic Rejuvenation

Ayurveda, an ancient philosophy rooted in natural healing, offers a holistic approach to wellness. Begin your day by purifying and detoxifying your body through massage and the application of herbal powders and oils. Conclude your experience with a specially crafted sattvic diet-based lunch, tailored to enhance your overall sense of wellbeing.

- Udwartana & Steam
- Abhyanga Massage
- Pinda Sweda

Ayurvedic Ritual

Experience the perfect blend of joint therapy and nervous system balancing with the Abhyanga Massage followed by Shirodhara. During Shirodhara, warm herbal oil is gently poured onto the forehead, inducing a profound state of relaxation for both your body and mind.

- Abhyanga Massage
- Shirodhara

Beauty Services

Manicure

Our classic manicure includes varnish removal, shaping, soaking and buffing, and ends with a relaxing hand massage.

Pedicure

Our classic pedicure includes varnish removal, shaping, soaking and buffing, and ends with a relaxing foot massage.

Nail Varnish

Choose from our OPI selection with base and topcoat.

Eyebrow & Upper Lip Threading

Our traditional Sri Lankan eyebrow shaping and upper lip threading uses local techniques. A soothing eyebrow massage provides the perfect finishing touch.

Traditional Men's Grooming: Traditional Shaving & Haircut

A classic grooming service tailored specifically for men. During a traditional shave, a barber typically uses a straight razor to provide a close and precise shave, often preceded by warm towels and shaving cream to soften the skin and facial hair. This method allows for a smooth and clean shave, emphasising the artistry and skill of the barber.

A traditional gentlemen's haircut involves careful cutting, styling and shaping of the hair according to the guest's preference. Barbers often use techniques such as scissors-over-comb or clippers to achieve the desired hairstyle, considering factors such as hair type, face shape and personal style preferences.

Enhancements



Massage

Allow us to soothe, strengthen, and relax your muscles by selecting one of the following treatments, involving warm oil massages. The firm yet gentle rhythmic movements, combined with the stimulation of Marma points, enhance circulation, eliminate toxins and promote a positive energy flow, leaving you in a harmonious and revitalised state.

- Foot Massage
- Back, Neck & Shoulder Massage
- Champi – Head Massage

Body Scrub

Indulge your senses and rejuvenate your skin with our natural aromatic salt scrubs. Coconut brightens your skin, while sunflower and lavender renew your body's natural luster.

Aman x 111SKIN

Aman Essentials introduces two limited-edition face and eye masks created with all-natural ingredients and combined with 111SKIN's revolutionary anti-ageing complex, NAC Y²[™]. Designed to calm the complexion and boost circulation, the masks instantly reveal glowing, smooth and refreshed skin.

Nourishing Gold Algae Face Mask

Designed to infuse the skin with hydrating ingredients, the Aman 111Skin hydrogel face mask can be easily integrated into any face or body treatments to instantly reveal a glowing, smooth and refreshed complexion/

Nourishing Gold Algae Eye Mask

The hydrogel formula infuses the under-eye area with hydrating and radiance-boosting ingredients for a glowing and refreshed complexion.

Mindfulness

Yoga is a physical, mental and spiritual practice of Vinyasa (different physical poses), pranayama (breathing) and meditation. Enabling the flow of vital energy, to rejuvenate the body and strengthen awareness, engage clarity.

Private Yoga

Our resident yoga instructor will customise the session according to your specific needs. The yoga session includes Hatha, Vinyasa (postures), Pranayama (breathing technique) and short relaxation.

Monk-led Meditation

Experience deep inner peace through this guided meditation centring on mindful breathing and ancient meditation techniques in the calming presence of a monk. Through this sacred practice, you will learn to quiet the mind, release stress and cultivate awareness. The practice fosters mental clarity, emotional balance and a profound connection to the present moment, leaving you feeling centered and at peace.

Monk Blessing

Partake in a sacred ceremony aimed at invoking protection, peace and wellbeing. During the ritual, a monk chants verses from Pali Canon in melodic tones. These chants are believed to ward off negative energy, bring blessings and promote good health and prosperity.

Spa Reminders

Operating Hours

Spa

Daily from 9am to 8pm (last treatment reservation is 7pm)

Appointments

Advance reservation is recommended to ensure a wide availability of time and services are available. Please dial extension 0 for Spa enquiries.

Please kindly note that Ayurvedic treatments require longer preparation time. We therefore request that bookings are made in advance.

Shared Group Yoga

Complimentary group Yoga session is available for in-house guests. Subject to weather conditions. Kindly contact the butler for advance reservation.

Treatment Preparation

We recommend guests arrive 10 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and relax in the Spa's environment.

Spa Environment

Please refrain from smoking and turn your mobile phone off or to a silent setting whilst in, or around the Spa. It is advisable that guests under the age of 18 are required to have parental consent prior to the booking being accepted.

Valuables

Please leave valuables in the safe in your suite or room.

Cancellation Policy

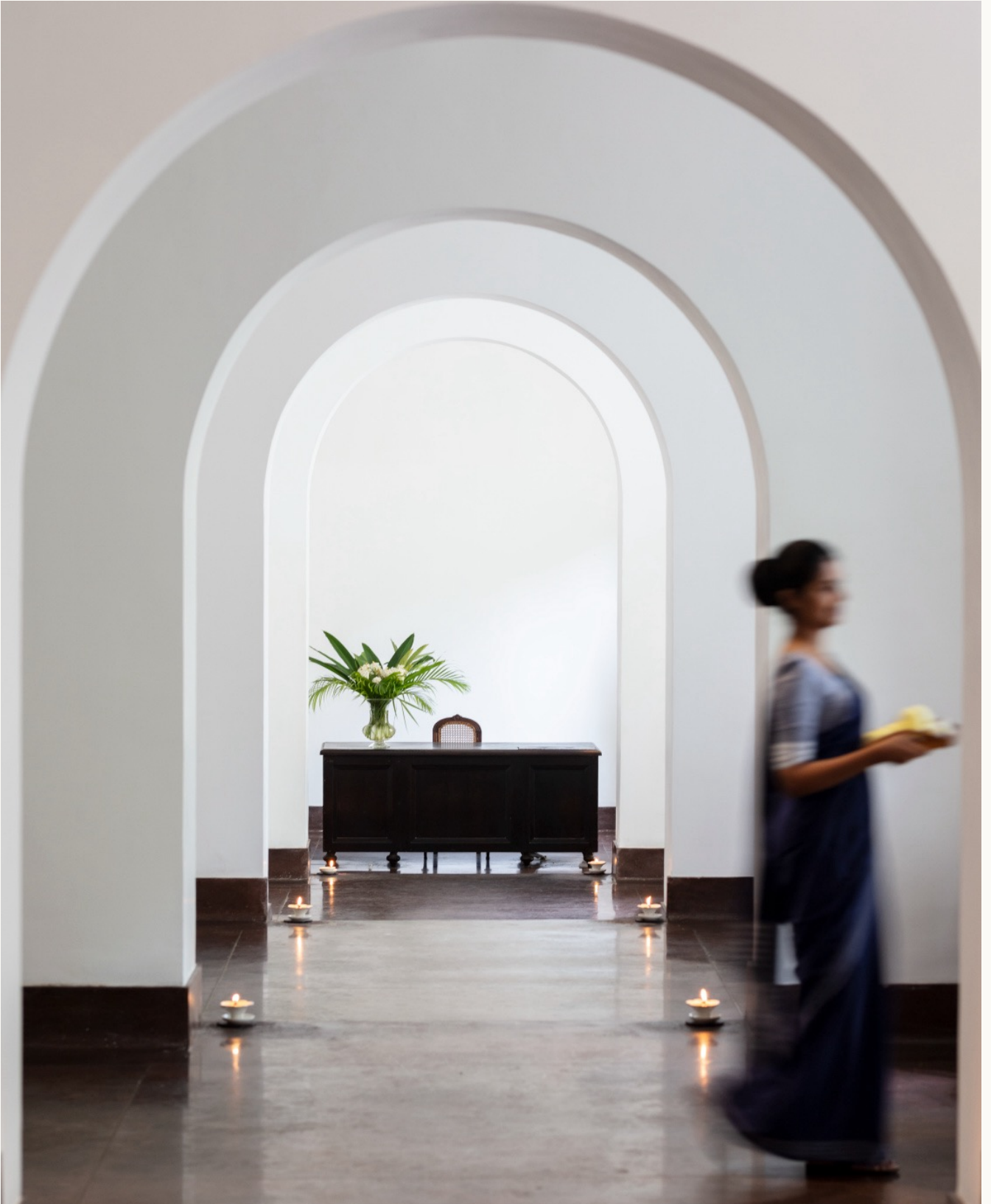
We understand that schedules change, and we will do our best to accommodate. Once your Spa time is reserved, we kindly ask for a minimum of three hours cancellation notice. Cancellations made within three hours will be subject to 50% charge of the booked treatment.

Special Considerations

Our holistic consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the Spa with any medical or health concerns.

Pricing

All prices are subject to prevailing local tax and 10% service charge.



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