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Wellness at Amanoi

Embraced by the verdant hills of Nui Chua National Park, Amanoi's Aman Spa rests on the shores of a tranquil lake dotted with floating lotus blossoms. A peaceful haven immersed in the peace and beauty of nature, the spa's holistic approach to wellness integrates movement, therapeutic treatments, natural products and relaxation.

Our Philosophy

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. Aman's spa concept has been carefully curated with four pillars of wellness in mind – nutrition, movement, psychological health and bodywork – with the singular goal of achieving this ideal balance of Integrated Holistic Wellness for every guest.

Treating the whole – mind, body and spirit – by integrating ancient healing modalities with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that extends beyond the physical boundaries of the globe's Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey, and the resilience and focus to put them into action.

A New Spa Language

Ancient healing arts are based on complex theories of the workings of the human body and mind. They incorporate aspects of health unexplored in allopathic medicine, so certain concepts can sound strange to the uninitiated. Talk of chakras and energy can be off-putting when taken out of context. Yet when understood as part of the philosophy behind a traditional healing system, they reveal an intriguing new language for explaining how our bodies work. While understanding these theories is not a prerequisite to enjoying their benefits, Aman Spa aims to demystify this language. Please ask us if you wish to know more about the ingredients or modalities used in any of our treatments.

Understanding Energy

The idea of life force or life energy is very common in traditional healing systems. In much of Asia this is known as “qi” (chi), while in Hindu philosophy including yoga, Ayurveda and martial arts, “prana” is the Sanskrit word used to describe this potent vital energy. A shared principle in many healing modalities is that any blockage in the flow of life force in a body can cause imbalance and therefore ill health in some respect. 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.

Earth’s Apothecary

Inspiring Amanoi’s extensive range of spa treatments, Aman’s two skincare lines combine Aman’s wellness heritage with the efficacy of their carefully selected ingredients.

Aman Skincare is a line of all-natural products consisting of smoked body balms, fragrant dew mists, liquid body oils, invigorating body polishes, anti-ageing serums and more, made from organic ingredients. These include pearls, homeopathic metals, healing tree oils, amethyst, jade, frankincense and palo santo, as well as alkalising, oxygen-rich spring water, wild-harvested Amazon butters and rainforest muds. The products are grouped to reflect three healing pathways back to wellness – Grounding, Purifying and Nourishing.

The second line is known as Aman Essential Skin, a collection of five effective daily-use products created in Japan to suit even the most sensitive of skin types. Formulated using powerful skin actives such as vitamins, peptides and hyaluronic acid in combination with two of Japan’s most effective natural skincare ingredients – rice bran and indigo extract – the five products developed in partnership with KOSÉ work in tandem to restore skin’s youthfulness, improving texture and radiance with continued use.

“Breathing in, I calm body and mind. Breathing out, I smile.
Dwelling in the present moment, I know this is the only moment.”

Thich Nhat Hanh



Wellness Pool Villa



Dedicated to providing the tranquillity, immersion in nature and holistic wellbeing that many guests seek, Amanoi's two Wellness Pool Villas each focus on a key element of nature. Utterly private, the Lake and Forest Wellness Pool Villas are elegant residences for two to four guests combining luxurious accommodation and spacious living areas with a private pool and exceptional private spa facilities in sublimely secluded settings.

Spacious bedroom and living areas open onto an expansive relaxation deck with a 15-metre swimming pool. A spa therapist is on hand to curate personalised spa treatments in the double spa treatment suite, and a steam room, cold plunge pool, ice fountain, Jacuzzi and either a Hammam or Banya room complete each villa's private spa facilities.

Ideal for escapes with a focus on relaxation and holistic wellbeing, the two Wellness Pool Villas feel completely removed from the resort and each other. Yet Amanoi's extensive facilities including its restaurants, Aman Spa and Beach Club, remain easily accessible from both.

Lake Wellness Pool Villa



Inspired by the healing properties of water, the Lake Wellness Pool Villa overlooks Amanoï's serene lake and features a contemporary Hammam (a bath/steam house). Influenced by Turkish and Moroccan bathing culture, the personalised wellness programme offered in this villa (either half- or full-day) includes a steam to open the pores, a body scrub to exfoliate and cleanse the skin and a mud wrap to nourish the skin and purify the senses. Completely relaxed and regenerated, you can then further rejuvenate the skin, alleviate stress and anxiety and relieve sore muscles with a contrasting hydrotherapy circuit. Rotate through the ice showers, steam room, Jacuzzi and cold plunge pool, before finishing your treatment with a gentle swim, a leisurely lounge and nourishing herbal tea and refreshments on the deck.

Half-Day Programme

Up to 4 hours

- Contemporary hammam treatment
- Choice of 90-minute spa treatment
- Use of all Wellness Pool Villa facilities
- Light Refreshments (including the Glow fresh juice, hot tea and one non-alcoholic meal)

Full-Day Programme

Up to 6 hours

- Contemporary hammam treatment
- Choice of 90-minute spa treatment
- 60-minute Amanoï Facial
- Manicure and Pedicure
- Use of all Wellness Pool Villa facilities
- Healthy snacks, one meal and non-alcoholic refreshments
- Light Refreshments (including the Glow fresh juice, hot tea and one non-alcoholic meal)

Forest Wellness Pool Villa



Overlooking the indigenous greenery of Nui Chua National Park, the Forest Wellness Pool Villa features a contemporary Banya (a Russian steam room with a wood stove). Combining Russian cleansing rituals with Oriental healing techniques, the personalised programme offered in this villa (either half- or full-day) soothes muscles and promotes detoxification. Relax in the sauna, then cleanse and beautify your skin with the gentle percussion of venik (bath brooms made of oak or eucalyptus leaves) and a facial mud mask. Lastly boost circulation and your immune system with an ice shower. To complete your wellness journey, use the hydrotherapy facilities to reinvigorate your senses and impart a natural glow to your skin, before relaxing by the pool with herbal tea and nourishing refreshments.

Half-Day Programme

Up to 4 hours

- Banya treatment
- Choice of 90-minute spa treatment
- Use of all Wellness Pool Villa facilities
- Light Refreshments (including the Detoxifier fresh juice, hot tea and one non-alcoholic meal)

Full-Day Programme

Up to 6 hours

- Banya treatment
- Choice of 90-minute spa treatment
- Choice of 90-minute Aman Signature facial treatment
- 30-minute Coconut Hair treatment
- Use of all Wellness Pool Villa facilities
- Light Refreshments (including the Detoxifier fresh juice, hot tea and one non-alcoholic meal)

Amanoi Spa Programmes



The best spa experience unfolds as a holistic journey revealing an individual's own unique path to optimal health. Encompassing rewarding movement sessions, revitalising spa treatments and concentrated time out, Amanoi's half-day or full-day spa programmes optimise the circumstances leading to such revelations through the dedication of time and expert attention.

Half-Day Programme

Up to 4 hours

- 60-minute movement session (Yoga, Tai Chi, Qigong or Personal Training)
- 60-minute Hydrotherapy experience
- 90-minute body treatment
- Light Refreshments (including fresh coconut juice, hot tea and one non-alcoholic meal)

Full-Day Programme

Up to 6 hours

- 60-minute movement session (Yoga, Tai Chi, Qigong, or Personal Training)
- 60-minute Hydrotherapy experience
- 90-minute Aman Signature Body Polish & Wrap Ritual
- 90-minute body treatment
- 60-minute Amanoi Facial
- Light Refreshments (including fresh coconut juice, hot tea and one non-alcoholic meal)

Hydrotherapy Suites



Amanoi's Aman Spa offers two private hydrotherapy suites, each featuring a heated stone treatment table, a steam room, Jacuzzi and cold plunge pool. Integrating both heat generating and cooling therapies, a session in one of the hydrotherapy suites can help to relieve discomfort and promote physical wellbeing. Contrasting temperatures encourages blood flow and the circulation of white blood cells which allows lymph to function more efficiently, and sweating to aid in the elimination of toxins and impurities.

Hydrotherapy suites may be booked with or without a treatment. To bolster the immune system, we highly recommend a body exfoliation followed by time in the steam room, the Jacuzzi and the cold plunge pool. Each suite also offers an outdoor relaxation terrace with lake views.

60 minutes

Healthy refreshments will be offered after the session.

Aman Signature Treatments



Available at every Aman Spa destination around the world, these signature treatments reflect the Grounding, Purifying and Nourishing pathways of the Aman Skincare product range. There are four treatments available within each pathway: Massage, Body Scrub and Wrap, Face Ritual, and the Journey, which encompasses all three treatments to greatly amplify their effects. Each treatment is tailored to individual needs to target specific concerns and help attain personal wellness goals.

Grounding Pathway



For those seeking reconnection, stillness and perspective, this deeply relaxing, meditative and regenerative pathway is a balm for the restlessness brought on by the frenetic pace of modern life. Developed to promote inner peace and return body and mind to a state of harmony, this pathway promotes skin cell regeneration while hydrating and plumping the skin to reveal a healthy, radiant complexion. It is recommended for normal to dry skin, including mature and dehydrated complexions. Active ingredients include argan stem cells and hyaluronic acid. The former penetrates the skin's dermis to help protect and revitalise skin cells, improving elasticity and reducing the appearance of fine lines. The latter hydrates and plumps the skin, leaving it softer and smoother.

Grounding Pathway

Grounding Massage Ritual

90 minutes

A Ku Nye full-body massage honours ancient Tibetan healing tradition to stimulate muscles while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

Benefits

Moisturises dry skin, eases fatigue and promotes recovery * Reduces chronic pain * Breaks up scar tissue * Increases tissue permeability * Stretches tissue and reduces muscular tension * Improves athletic recovery and performance * Reduces anxiety and balances the energy body

Grounding Face Ritual

90 minutes

This facial incorporates rose quartz crystals to promote healing, frankincense to aid rejuvenation and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a Peruvian black mud and amethyst crystal mask and a Tibetan head massage.

Benefits

Brightens and moisturises mature, dry or dull skin * Improves uneven skin tone and colour * Firms * Intensely hydrates * Promotes cell renewal * Imparts radiance to the skin * Encourages emotional stability and inner strength * Brings peace of mind * Relieves stress

Grounding Body Polish & Wrap Ritual

90 minutes

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body scrub gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of silky Smoked Body Butter.

Benefits

* Restores the nervous system * Stimulates circulation * Regenerates skin cells * Boosts the lymphatic system * Boosts the immune system * Reduces stress * Improves skin tone and texture * Silky soft skin * Deeply relaxing * Increases energy * Helps combat jet lag and improves sleep patterns * Fosters mental clarity and strength

Grounding Journey

180 minutes

As powerful as each Grounding treatment is in isolation, their effects are multiplied exponentially when experienced together. This journey is the ultimate Grounding experience, incorporating 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 builds on the treatment that came before, ensuring the guest feels connected and centred both internally and externally to reach a place of perfect contentment - grounded in every sense of the word.

Purifying Pathway



For those seeking lightness, breathing space and a fresh start, this pathway detoxifies, cleanses and strengthens the skin's defences while enhancing clarity of thought. Refreshing, invigorating and energising, the products in this pathway deeply cleanse and tone normal to oily complexions, including congested, dull, stressed and blemished skin. Active ingredients include lilac stem cells, hyaluronic acid and Kalpariane™ seaweed extract. The first are superior antioxidants and anti-inflammatories, which help balance healthy sebum levels and protect skin from environmental damage. The second hydrates and plumps the skin, leaving it softer and smoother. The third, a trademarked antioxidant and anti-wrinkle agent, supports collagen and elastin production to preserve skin's elasticity and suppleness.

Purifying Pathway

Purifying Massage Ritual

90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic drainage techniques, it manipulates lymph nodes and lymphatic vessels to increase their activity and promote the flow of lymph. Compared to traditional massage, the pressure applied with manual lymphatic drainage techniques is much lower in intensity, but powerful in its effects.

Benefits

* Stimulates and balances the nervous system * Removes toxins * Regenerates tissue * Aids lymphatic drainage, reducing edema and swelling * Reduces cellulite * Increases immunity * Deep relaxation * Reduces muscle spasms`

Purifying Face Ritual

90 minutes

By combining nerve point therapy and lymphatic drainage to provide a detoxifying release, this tension releasing treatment is extremely beneficial for those exposed to excessive urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative homeopathic copper and powerful marine extracts that strengthen collagen production.

Benefits

* Moisturises and brightens dehydrated, dull and congested skin * Detoxifies * Firms skin * Drains the lymph * Releases tension * Benefits stressed, overworked, anxious and tired skin * Deeply hydrates * Nourishes with key skin nutrients * Reduces the effects of pollution on skin

Purifying Body Polish & Wrap Ritual

90 minutes

This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz, known as a master healer for its amplification of energy levels. Seaweed 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 the full-body application of Palo Santo Salve.

Benefits

* Boosts the lymphatic system * Boosts the immune system * Detoxification * Reduces bloating/swelling * Improves skin tone and texture * Regenerates skin cells * Silky soft skin * Deep relaxation * Increased energy * Mental clarity and strength

Purifying Journey

180 minutes

Purification is a process that can apply to every aspect of a being, from sustenance to thought processes. This journey approaches purification on every level, from clearing the skin and detoxifying the body's organs, to clearing negative energy and focusing the mind. Incorporating 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 after completion.

Nourishing Pathway



For those seeking rejuvenation, renewal and awakened senses, our harmonising Nourishing pathway repairs and regenerates cells, revitalising within and without. This pathway encourages reconnection between body and mind and cultivates feelings of joy. Nurturing, sensual and rejuvenating, it helps maintain optimal hydration and vitality for all skin types, including sensitive skins, while improving elasticity and resilience. Active ingredients include argan stem cells and hyaluronic acid. The first penetrates the skin's dermis to help protect and revitalise skin cells, improving elasticity and the appearance of fine lines. The second hydrates and plumps the skin, leaving it softer and smoother. Other key ingredients include jasmine, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk and gold, all chosen for their powerful regenerative abilities.

Nourishing Pathway

Nourishing Massage Ritual

90 minutes

This blissful, nurturing treatment is ideal for physically or emotionally exhausted souls. The use of marma point therapy brings the body back to a state of heightened awareness and balance, while rhythmic massage techniques ease muscular tension, imbuing a sense of complete restoration. The use of sound healing stimulates the kundalini – dormant energy stored at the base of the spine.

Benefits

* Deeply relaxing * Relieves exhaustion, stress and chronic fatigue * Reduces anxiety * Balances the energy body

Nourishing Face Ritual

90 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana, described as the universal life energy that enters the body via breath. Skin is left looking truly radiant through the application of the Light Technique, which focuses on the forehead, septum and throat.

Benefits

* Moisturises, brightens and soothes dry, dull and irritated skin * Treats rosacea and dermatitis * Improves the appearance of scarring and pigmentation * Reveals a luminous complexion * Soothes environmentally damaged/sensitised skin * Deeply relaxing and restorative

Nourishing Body Polish & Wrap Ritual

90 minutes

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone and rejuvenate – in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. The treatment ends with the full-body application of Sacred Heart Balm.

Benefits

* Sense of being nurtured and held * Boosts the lymphatic system * Restores the nervous system * Improves skin tone and texture * Nourishes and moisturises the skin * Mental clarity and strength

Nourishing Journey

180 minutes

There is infinitely more to nourishing a being than simply the food it consumes to thrive. Nourishment can come in many forms, and this journey serves to combine these in an immersive experience that touches every aspect of an individual. This journey incorporates all three of the above treatments, beginning with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each treatment builds on the benefits of the one before. The results are exponentially greater than the sum of their parts.



Amanoi Signature Treatments

Vibrational Sound Healing Massage	60/90 minutes
Sound and vibration from singing bowls balance blood circulation, producing a relaxation response in your body. Healing prayer removes energetic blocks to activate healing and restore the body to a state of healthy homeostasis. Balancing the Chakra centres opens “third eye” energy, promoting understanding of inner vision. Once the third eye is open, negative energy gradually dissipates, grounding you from negative influences both internally and externally.	
Amanoi Massage	60/90 minutes
Our signature massage rebalances mind and body and promotes a sense of deep relaxation. Using a blend of essential oils, this therapeutic treatment combines elements of Swedish massage, reflexology and energy work.	
Vietnamese Massage	90 minutes
This treatment begins with a dry technique to warm up and loosen tight muscles, followed by an aromatherapy-based massage working on acupressure points. The final step is gentle cupping along the body’s meridian lines to stimulate blood circulation on the surface of the skin and assist in removing toxins through the lymphatic system.	
Warm Ginger & Himalayan Salt Treatment	90 minutes
This treatment utilises the hands and thumb to apply direct pressure on various points along the meridians or energy channels. With the use of warm ginger oil and a Himalayan salt pillow rolled on the back, energy flow is unblocked, pain alleviated and tension relieved.	
Amanoi Pressure Point Treatment	60/90 minutes
Blissfully nurturing, this rhythmic, oil-free massage has been practiced by Buddhist monks for over 2,500 years. Your therapist will use a combination of gentle stretching and pressure point massage to relieve tension and leave muscles feeling deeply supple and relaxed. A comfortable sarong is worn throughout the treatment.	
Herbal Poultice Treatment	90 minutes
This therapeutic massage treatment begins with the application of warm ginger essential oil. Warm aromatic towels are then applied to relax the muscles while stimulating blood circulation and energy flow. The combined effect of heat and herbs helps to reduce aches and pains, increase lymphatic drainage and condition the skin to leave you feeling refreshed and relaxed.	

Amanoi Signature Treatments

Hot Stone Treatment

90 minutes

Hot Stone massage is very effective in promoting internal harmony and positive energy flow. The application of heated stones in conjunction with the therapist's hands is intensely relaxing, helping draw out tension and encouraging a deep sense of wellbeing.

Chi Nei Tsang

60/90 minutes

This is an abdominal massage that releases tension in the abdomen caused by stress, poor dietary habits and negative emotions. This relaxing massage also detoxifies the internal organs, stimulates metabolism and reduces digestive disorders.

Indian Head Massage

60 minutes

Using warm sesame oil, vital points on the shoulders, neck, head and face are massaged to relax tight muscles and improve blood circulation. With a special focus on Ayurvedic Marma points around the head, you will feel an immense calming and balancing effect on the nervous system and throughout the body. This therapy concludes with an application of warm aromatic towels leaving you totally relaxed.

Back, Neck & Head Massage

45 minutes

With skillful, revitalising strokes to the head, neck and back using traditional massage techniques and therapeutic essential oils, your therapist will clear your mind and rejuvenate body and spirit.

Foot Massage

60 minutes

This reflexology massage provides overall relief by focusing on reflex points on the soles of the feet that correspond to different areas of the body.

Mum-to-be Treatments



Prenatal Massage

60/90 minutes

Believed to alleviate symptoms of anxiety, relieve muscle aches and joint pains, and as well as improve skin condition this gentle massage is tailored to pamper expectant mothers who are in their second to third trimester of the pregnancy.

Mum-to-be Facial

60 minutes

To help rebalance the skin during this time of hormonal change, this facial is perfect for expectant mothers. Using Aman Skincare products made with sustainably sourced and natural ingredients, the treatment works to instantly restore skin's youthfulness and radiance, revealing an overall improvement in complexion.



Results-Oriented Facials

Aman Advanced Facial

60/90 minutes

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

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

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

Rejuvenate Oxygen Facial

90 minutes

Targeting the appearance of fine lines and wrinkles, this effective anti-ageing facial dramatically enhances the overall hydration of the skin and significantly improves skin tone and radiance. A high concentration of oxygen together with patented Hyaluronic Technology delivers the rejuvenating serum with the Intraceuticals System to deeply hydrate and nourish the skin. Free radicals are neutralised, the appearance of lines and wrinkles are reduced and your skin looks visibly lifted, younger and more radiant.

Opulence Brightening Oxygen Facial

90 minutes

Together with Hyaluronic Acid Technology, the Intraceuticals System delivers a high concentration of oxygen to the skin, but this time in Opulence Serum. This treatment combines botanical brighteners and super-concentrated Vitamin C to brighten and balance dull, uneven skin. Pigmentation is minimised, leaving your skin luminous, toned and more radiant. Results are not only instant but continue to manifest in the following days.

Add-on

Extensive Atoxelene Wrinkle Treatment

Add the skin-tightening, firming and smoothing effect of the Atoxelene treatment to your oxygen facial. This super-powered natural peptide treatment helps to smoothe expression lines and refine and soften the appearance of the skin.

60 minutes

Amanoi Facial

This rejuvenating and calming facial treatment heals on a physical level. On a deeper level, it invites relaxation and rebalancing by focusing on facial Marma points to remove any internal blockages and stimulate the flow of prana.

Finishing Touches

Hand & Foot Care

Our feet absorb a great deal of stress that can result in poor circulation and swelling. Similarly, our hands are exposed to the elements and are often extremely dry and tight due to being used in almost every daily action we undertake. Our hand and foot treatments have been developed with this in mind and are suitable for men and women alike.

Manicure / Gel Manicure (60 minutes)

Pedicure / Gel Pedicure (60 minutes)

Nail Polish Removal (Polish/Gel) (15 minutes)

Manicure for Men (45 minutes)

Pedicure for Men (45 minutes)

Vietnamese Coconut Hair Treatment

In this traditional Asian beauty ritual, warm virgin coconut oil is poured over and massaged into the scalp to nourish and repair dry or damaged hair. This is combined with a relaxing neck and shoulder massage. Excess oil is then removed with a hot towel, with an option to then wash your hair.

30 minutes

Hair Grooming Service

Blow Dry

Hair Wash & Blow Dry



Movement & Body Work with a personal instructor

The serene movement facilities at Amanoi have been designed with both physical and mental wellbeing in mind. The light-filled Pilates Studio is equipped with Allegro Reformers and other Pilates specific equipment, while stepped terraces lead down to the lake and the outdoor Yoga Pavilion. Offering the latest in cardiovascular and weight training machinery, the spacious Gymnasium features floor-to-ceiling windows that overlook the lake.

60 minutes

Single - Private
Couple - Private
Group Session

Vinyasa Yoga

Bring mind, body and breath into complete balance with the fluid sequences of Vinyasa Flow. Gentle movement activates the core, promotes internal awareness through focusing on the breath and physical strength through the holding of specific poses.

Yin Yoga

Yin yoga uses gentle and relaxing postures to alleviate tension, enhance breath awareness and develop mindfulness.

Mat Pilates

This full body workout focuses on developing core strength while improving flexibility and balance to increase body awareness and ease of movement.

Studio Pilates

Enjoy a personalised session tailored to your level combining the traditional principles and movements of mat Pilates with the Reformer and other Pilates equipment offered in our studio.

Qigong

An ancient wellness practice involving slow, focused movements that optimise energy within the body, mind and spirit with the goal of improving and maintaining health and wellbeing.

Personal Training

60 minutes

Single - Private
Couple - Private

Reap the full benefits of your efforts with a programme tailored to achieve your specific goal/s, be they weight related, sport specific, functional, rehabilitative or just to improve your level of fitness. Our whole body workouts will develop your cardiovascular endurance, muscle strength, agility and flexibility, while ensuring you are properly aligned.

TRX Suspension Training

This workout leverages gravity and your body weight to perform a wide range of exercises. TRX delivers a fast, effective total body workout, helps build a rock solid core, increases muscular endurance and benefits people of all fitness levels.

Circuit Training

A series of strength and/or cardiovascular exercises repeated two or three times with little or no rest in between sets. It is excellent for losing weight, toning and enhancing cardiovascular endurance.

Bootcamp/ Beach Bootcamp

Combination of cardio and strength training without having to rely on equipment. Learn how to maximise the use of your surroundings in addition to your own body weight for an effective full body workout.

Core & More

This session is specifically designed to train the core area through the three planes of motion. Concentrates on the psoas, abdominals, pelvic floor, lower back and upper body muscles.

Manual Holistic Stretching

This session is an excellent addition after your workout session. It assists in muscular recovery following a workout by releasing lactic acid built up during training. Also, as we age our muscle tighten and range of motion in the joint can be minimized, this can put a damper on our active alleviates back pain and increase circulation.

45 minutes



Spa Reminders

Operating hours

Spa

Daily from 9am to 9pm (Last treatment at 8pm)

Gym

Daily from 7am to 9pm

Appointments

Advance booking is highly recommended to ensure that your preferred time and service are available.

Treatment Preparation

Guests are kindly requested to arrive at least 10 minutes before their treatment is due to begin, allowing time to complete a health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

Spa Location

The Amanoi Spa is situated by the lotus lake in the heart of the property. It takes about 5-10 minutes by buggy from guest rooms. The Spa will arrange pick-up from your room 15 minutes prior to your treatment. Kindly notify the Spa or your Guest Assistant should you wish to be picked up from a different point within the resort.

In-Room Massage

In-room massages are available in the privacy of your Pavilion with an additional surcharge.

Guest Attire

Proper attire is required for all fitness and wellness activities.

Spa attire including undergarment and bathrobe are provided for treatments.

Cancellation Policy

Though we will do our best to accommodate schedule changes, we kindly ask guests who wish to cancel reservation to give a minimum of six hours' notice for spa treatments. Cancellations made within six hours will be subject to the full charge of the treatment booked.

Special Considerations

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

Pricing

All prices are subject to local taxes and service charge. Spa reservations after operation hours are subject to an additional 50% surcharge.

Valuables

During all treatments, please leave all valuables in the safe provided in your suite.



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