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SUMMER PALACE
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Aman Spa

Wellness is a dynamic process of change and growth – a state of complete physical, mental and social wellbeing that is more than simply staying free from illness. The Aman Spa concept is to achieve Integrated Holistic Wellness for every guest.

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

The aim of each Aman Spa is for guests to leave empowered and renewed, with the tools to continue their wellness journey.

A New Spa Language

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

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

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

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

Our spa menus draw inspiration from traditional healing systems the world over, from the rich lore of herbal medicine, to the shamanistic traditions of the Navajo Native Americans. Please ask if you would like to know more about the ingredients and modalities used in any of our treatments.

Understanding Energy

The idea of a life force, or life energy, is shared among many traditional healing systems. In TCM this is known as “qi” (chi), while in Hindu philosophy – including yoga, Ayurveda and martial arts – “prana” is the Sanskrit word used to describe this potent vital energy. A principle in many healing modalities is that any blockage to the flow of life force within a body can cause imbalance and ill health. Blockages can be physical, mental or emotional, and their removal to restore balance and energy flow is the main goal of many traditional healing practices.



Aman Summer Palace Spa

Aman Spa learns from the great Chinese tradition, based on the theory of ancient Chinese health care system Qigong which reestablishes the body/mind/soul connection and TCM (Traditional Chinese Medicine) medical system of views well-being as a dynamic balance between these internal and external forces, using diet and exercise, massage and Herbal Medicine, alter states of mind, enhance immunity and increase our capacity for creativity, work and pleasure.

3,000 square meter Aman Spa sense of well-being offers the authentic spa treatment, localized treatment, result oriented latest technology beauty treatment, traditional and modern movement practices, and mindfulness at the most peaceful and modern wellness facility which compliment Chinese traditional architect design. Imperial Chinese traditional well-being techniques are blended seamlessly with modern practices and administered by our expert therapists.

Aman Signature Treatments

The Aman Spas around the world offer therapies and treatments inspired by their destinations and local healing philosophies. Each Aman Spa also offers the Aman Signature Treatment Menu. Carefully curated to Ground, Purify and Nourish using the finest organic and natural ingredients, the three parts of the Signature Menu are personalised to the individual to target specific concerns and conditions. These treatments offer tangible benefits and long-lasting results. They employ the use of ground crystal powders, healing tree oils, homeopathic facial mists, wild-harvested Amazon butters and other exceptional natural ingredients, including pearls and plant stem cells.

Aman Products

Harnessing the power of the Earth, Aman new line of all-natural skincare products has been conceived in line with nature and based on the knowledge and wisdom of ancient healing traditions. Comprising smoked body balms and butters, fragrant dew mists, liquid body oils, invigorating scrubs, anti-ageing serums, to rainforest muds and more, the range is completely chemical free and made with organic ingredients sourced from around the world for their purity and potency. Rare and precious ingredients used include pearls, colloidal metals, amethyst, jade, frankincense and green sandalwood. The creams, muds and mists contain alkalizing, oxygen-rich vortex spring water.

Aman new products are grouped into three different formations – Grounding, Purifying and Nourishing. These formations have been created to meet specific physical and emotional need states. They reflect the landscapes at Aman destinations – deserts, rainforests and oceans that span continents and cultures. Working holistically to nurture the skin and enhance overall wellbeing, the products in each formation penetrate deeply to nourish and rejuvenate. Aman products also work on a deeper level, and are highly vibrational from an energy perspective.

Many of Aman resorts are located near sacred sites that align with energetic ley lines. With this in mind, the Aman products and treatments are designed to work with the Earth and the energy of the landscape – in essence, to use the medicines and healing ingredients of the planet's apothecary.

Foot Ritual

A soothing, mineral-rich foot ritual is a prelude to each signature treatment. The feet are cleansed, complementing the spiritual cleansing that takes place through a smoking ceremony. This foot ritual is deeply relaxing, but also richly symbolic. It is an act of service and care at its most humble, and invites the surrender of personal will. The trust that is fostered helps guests to fully benefit from the treatments that follow.



Aman Summer Palace SPA Package

Treasured Package

210 minutes Single CNY5,280

Couple CNY9,980

A holistic health plan, a well-designed healing journey, starting with a warm nursing soup bath, relaxing your body and mind in a pleasant aroma, combined with gentle exfoliating, entering the whole body skin, comprehensive unique body cream to promote blood circulation and body function balance, as summer rain and dew inject vitality into your body, as if walking in the clouds, bringing you back to youth.

- Welcome Foot Ritual
- Seasonal Aroma Bath 30 minutes CNY 780
- Body Scrub 30 minutes CNY 780
- Moisturizing Body Wrap 60 minutes CNY 1,080
- Stay young -"Time concealment " 90 minutes CNY 2,680

Longevity Package

180 minutes Single CNY4,980

Couple CNY9,680

It is a journey of healing and inner peace, with a carefully tailored care program for guests.

Open the body vitality, achieve full body comfort, with collagen full effect treatment to wake up sleeping beauty, bring you unparalleled fresh feeling, get extraordinary skin care experience.

- Welcome Foot Ritual
- Seasonal Aroma Bath 30 minutes CNY 780
- Aman Signature massage 60 minutes CNY 1,080
- Collagen treatment 90 minutes CNY 3,280

Nourishes Package

150 minutes Single CNY3,980

Couple CNY7,580

The therapy is meticulously crafted to swiftly harmonize and revitalize your mental, physical, and spiritual well-being. It harnesses the profound wisdom of traditional Eastern healing techniques to invigorate your inner essence, alleviate physical tension, optimize sleep quality, replenish vitality, heighten cognitive acuity, and elevate overall health.

- Welcome Foot Ritual
- Seasonal Aroma Bath 30 minutes CNY 780
- Stay young -"Time concealment " 90 minutes CNY 2,680
- Scalp Tension Release 30 minutes CNY 780

Classic Package

120 minutes Single CNY3,280

Couple CNY6,280

The Aman Spa offers personalized relaxation treatments based on your current state to bring you a rejuvenating experience. The two-hour treatment allows guests to escape the hustle and bustle of the city and immerse themselves in a delightful environment.。

- Welcome Foot Ritual
- Seasonal Aroma Bath 30 minutes CNY 780
- Stay young -"Time concealment " 90 minutes CNY 2,680



Aman Summer Palace Signature Journey

Seasonal Journey in TCM

90 minutes CNY 1,580

120 minutes CNY 1,880

Spring March – May

In Traditional Chinese Medicine (TCM) spring is associated with the liver. The liver is the organ that is most affected by excess stress or emotions, and is responsible for smoothing of Qi and blood in the body. The Chinese herbs help to smooth out an irritated liver and solve problems with the liver. The herbs in the poultice that we use for the season of spring are for example: bupleurum, apocynum venetum and pawpaw. Chrysanthemum tea is offered after the treatment, to remove the toxicity of the liver, to purify the blood and to give balance to emotions.

Summer June – August

Summer is the season for the heart. The function of the heart is to control the blood circulation, the blood vessels, and believed to control the consciousness, sleep and memory and provide a haven for the spirit. The herbs in the poultice that we use in summer are for example: coptis chinensis, albizia flower, lotus plumule and agastache. They support the heart's health, like imbalance of the heart leads to a scattered, confused mind, depression, poor circulation and an aversion to heat. And the Butterfly pudding tea we serve after the treatment, it is with powerful antioxidants because of anthocyanin, perfect for cardiovascular problems.

Autumn September – November

As the humidity of summer gives way to the dry air of fall, lungs and their associated functions get our attention. The lungs control the air exchange, affect our breathing. The herbs used in autumn are for example: mulberry leaf, loquat leaf and flos farfarae. The herbal tonics at this time of the year help many conditions, such as asthma, chronic coughing and susceptibility to bronchitis or sinusitis can be very well treated. Herbal tea with osmanthus is offered after the treatment, relieving the dryness and moistens the lungs.

Winter December – February

Winter is the season that focuses on kidneys in TCM. The kidneys govern bones, related our brain function. The hip and knee pain, cold hands and feet, impotence, poor memory and frequent urination are very common symptoms associated with kidney problems. To combat these symptoms you need a warm body, so the herbs we use in the winter are designed to warm you up. Herbs such as: herba epimedii, polygonum multiflorum and rhizoma cibotii. Ginger tea is offered after the treatment to help regulate your stomach, blood circulation, reduce inflammation and strengthen immunity.

Stay young -“Time Concealment ”

90 minutes CNY 2,680

120 minutes CNY 3,280

Exquisite body cream combined with the expert techniques of aromatherapy, bestows upon guests a state of complete physical and mental relaxation. It not only unblocks meridians and enhances blood circulation, but also provides deep warmth to nourish and firm the skin. Furthermore, it effectively alleviates bodily pain and discomfort while stimulating metabolism for purification purposes, thereby slowing down the aging process. Rediscover your youthful vitality with the compassionate care of Bodhi Heart.

Select Skin Care Package

90 minutes CNY 2,280

120minutes CNY 2,980

With the passage of time, the protective function of the skin's water-locking barrier will gradually weaken, resulting in water loss, showing signs of early skin aging. This beauty treatment is designed to activate facial skin cell regeneration, creating a dewy and translucent skin. With high-function slimming products, the skin can recover elastic collagen, elastic fibers, tighten skin and reshape curves through professional fingertip massage for fat stored in waist, hips, thighs, arms and other places.

Aromatic Healing Treatment

90 minutes CNY 1,680

120 minutes CNY 1,980

Aromatic Healing Treatment is a natural therapy for physical and mental maintenance through essential oil and vegetable oil extracted from natural plants. It uses plant extracts with special aroma and bowl singing - to heal and regulate the symptoms of physical and mental disorders, improve physical discomfort, relieve emotions and soothe the soul. There is a close connection between people's smell, memory, emotion, feeling and thinking. Healing emotions through smell and sound will bring more benefits to the body and mind.



Therapeutic Massage A Holistic Meeting of Past & Present

The Past

Traditional Chinese Massage

60 minutes CNY 1,080

90 minutes CNY 1,580

Regain more movement and flexibility following this massage through traditional stretching and kneading techniques while stimulating acupuncture points. This oil free bodywork therapy is performed over loose comfortable clothing to allow movement.

Thai Massage

90 minutes CNY 1,680

120 minutes CNY 1,980

Thai massage focuses on moving joints and focuses on the relaxation of the back and waist. Starting from the feet and continuing all the way to the top of the head is considered the end of a set of movements, massaging from the feet towards the heart. The techniques cover all movements such as pressing, touching, pulling, tugging, kneading, and pinching. Alternating between left and right hands, apply gentle and even force, with moderate speed and sequence. It can quickly eliminate fatigue, restore physical fitness, enhance the elasticity and vitality of joint ligaments, restore normal joint activity, and achieve the effect of promoting fluid circulation and promoting physical relaxation.

The Present

Aman Deep Tissue Massage

60 minutes CNY 1,080

90 minutes CNY 1,580

This intense yet deeply relaxing massage aims to realign the deeper layers of muscles. An ideal treatment for chronic aches and pains and contracted areas such as a stiff neck and upper back, lower back pain, leg muscle tightness and sore shoulders.

Gemstone Massage

90 minutes CNY 1,880

120 minutes CNY 2,280

This combination of deeply warming gemstones and massage is ideal to soothe and relax tender muscles. Hot gemstones are used as an extension of the therapist's hands as they glide over the body and the heat generated draws out muscle tightness.

Himalayan Salt Body Treatment

90 minutes CNY 1,880

120 minutes CNY 2,280

The silky Himalayan salt stone combined with selected plant essential oils leave a gentle touch of warmth on the skin, providing deep relaxation while delivering unrivalled calming and nourishing effects. The trace elements contained in the Himalayan salt stones help to balance the skin's PH value and deliver exceptional effects in improving body functions.



Enjoy Therapy

Youthful Beauty Breast Care

45 minutes CNY 1,280

Distinct cream massage, This treatment may improve chest blood circulation, expand breast nod and reshape the outline of breast.

Deluxe anti-aging Treatment

45 minutes CNY 1,380

Distinct cream massage, This treatment may effectively promote blood circulation and accelerate metabolism, eventually help to curve ladies body figure.

Seasonal Aroma Bath

30 minutes CNY 780

Bathing in the beautiful petals and milk, you will fully experience the balance and relaxation of the whole body and maintain light fragrance for a long time. This is a moment of abandonment and elegance, ideal for the coming presence in special occasions.

Body Scrub

30 minutes CNY 780

The Body Scrub help remove the toxins trapped under the skin and deliver exceptional cleansing and exfoliating effects, leaving the skin refreshed and radiant as ever.

Moisturizing Body Wrap

60 minutes CNY 1,080

This treatment features expert massage techniques that effectively relieve muscle soreness and tension caused by workouts and stress, delivering exceptional effects in speeding up muscle healing and the workout recovery process.

Head Shoulder Neck Massage

30 minutes CNY 780

A unique package of stress-relieving treatments. Can effectively reduce the headache caused by insomnia, through professional massage, soothing and relaxing, can effectively reduce muscle stiffness, tension and pain and other problems, promote the recovery of the body.

Hand Nourishing Care

45 minutes CNY 880

Improve the condition of hand skin, make the skin of hand smoother, delicate and softer.

Head Spa

60 minutes CNY 880

Through massage and cleaning, head pressure can be relieved, nervous tension can be relaxed, head fatigue can be relieved, and the mind can be refreshed, making you feel energetic.

Aman Advanced Skin management

Collagen Treatment

90minutes CNY 3,280

This treatment is suitable for all skin types, especially dull and lifeless complexion, marked by signs of fatigue, and sensitive skin. The treatment is beneficial to antioxidant cell renewal, stimulates cell activity, and improves lymphatic and blood circulation, leaving the skin firm and luminous.

Cleansing Treatment

60minutes CNY 1,880

With this exclusive professional treatment, Valmont offers the finest solution from pre-cleansing to the final touch, awaken the skin and enhances skin texture while ensuring healthy protect action. It gives the skin back its youthful and radiant appearance, offers an intense brightening effect and restores the skin's original glow.

Moisturizing Facial Treatment

60minutes CNY 2,280

Over the years, the function of locking hydration into the skin is inexorably damaged, which leads to an increase of the Trans-Epidermal Water Loss (TEWL). This means the skin is less hydrated, and the lack of hydration is one of the first expressions of skin ageing. On a young skin, dehydration must be treated with different and complementary technical approaches. This treatment builds up brightening and charming eyes by professional fingertips massage with the application of cutting-edge eye treatment products.

Discovery Facial Treatment

60minutes CNY 1,880

This treatment features unrivalled effects in skin rejuvenation and hydration to deliver a visibly brightened complexion.

Radiance Renewal Glow Treatment

60minutes CNY 2,280

Healthy and white skin, even and brighten skin tone, reshape the soft skin, enhance the skin luster, make the skin glow, show the clean, bright and moisturizing muscle. Ideal for dull, rough, pigmented skin.

Eye Contour Professional Treatment

30minutes CNY 880

A real professional treatment against eye wrinkles, dark circles and eye bag. Presence in the different formulas of innovative and original active principles. Immediate smoothing, hydrating and soften skin.

(Needs to be treated at the same time as the face, increasing the actual time by 15 minutes)

Hair services

Scalp Care (man)	60 minutes/CNY 1,880 / time/person
Scalp Care (ladies)	60 minutes/CNY 2,880 / time/person

Art Director

Wash, trim, blow-dry (man)	60 minutes/CNY 980 / time/person
Wash, trim, blow-dry (ladies)	60 minutes/CNY 1,280 / time/person
Hair dyeing (short hair)	90 minutes/CNY 2,980 / time/person
Hair dyeing (Long hair)	90 minutes/CNY 4,580 / time/person
Hair care (short hair)	90 minutes/CNY 2,280 / time/person
Hair care (Long hair)	90 minutes/CNY 3,580 / time/person

Star Director

Wash, trim, blow-dry (man)	60 minutes/CNY 1,980 / time/person
Wash, trim, blow-dry (ladies)	60 minutes/CNY 2,980 / time/person
Hair dyeing (short hair)	90 minutes/CNY 3,880 / time/person
Hair dyeing (Long hair)	90 minutes/CNY 6,880 / time/person
Hair care (short hair)	90 minutes/CNY 2,880 / time/person
Hair care (Long hair)	90 minutes/CNY 4,880 / time/person

Aman Fitness

Exercise strengthens the motor system. Physical exercise contributes to the growth of bones, which can make bones stronger and play a better role in supporting and protecting the human body. It also thickens the joint capsule and ligaments, strengthening the firmness of the joint and the tolerance to pressure. By improving the control ability of the nervous system to the muscle, the speed and accuracy of the reaction of the muscle to the nerve stimulation as well as the ability to coordinate with each muscle group to improve, so as to give play to the maximum exercise effect, and can make the muscle growth, strength enhancement, improve the ability to resist fatigue and acid pain.

Fitness can improve the ability of the human body to cope with the various complex and changeable environment. Regular fitness, the cerebral cortex of all kinds of stimulation of the analysis of comprehensive ability, keen feeling, open field of vision, judgment of space, time and position ability to enhance, so can judge accurate, sensitive response. At the same time, it can improve the body's ability to regulate temperature and enhance the body's ability to adapt to rapid temperature changes. Regular fitness can increase the number of white blood cells, enhance the activity, enhance the immune ability of the body, improve the resistance of the human body to disease. It can make middle-aged and elderly people keep full of energy and vitality, delay the aging process, health and longevity.

Movement & Bodywork with a Personal Instructor

Fitness equipment 1 to 1 personal training course

Coach: CNY 980 / hour

Senior Coach: CNY 1,680 / hour

Full-body functional training: it is physical training that exercises muscle strength and gives consideration to overall coordination. Functional training tasks can also be completed at home, at work or in sports. Functional sports training focuses on the stability of core strength, aerobics and enhancement rehabilitation training.

Circular strength training: A series of strength or cardio or cardio exercises, or a combination of both, done in two or three repetitions with breaks or without pauses. This exercise is very helpful in reducing and rebuilding the body and improving endurance.

Muscle Stretching: This workout focuses on releasing lactic acid that builds up in the body during workouts to help muscles recover faster after a workout. It also helps relieve tired, aching and stiff muscles, relieves back pain and increases blood circulation, making it ideal for relieving muscle tension and age-related limitations in range of motion.

Core training: This exercise is designed to train the core areas of the sagittal, frontal and transverse planes, focusing on the psoas, abs, pelvic floor and lower back muscles.

Swimming 1 to 1 private lessons

Coach: CNY 880 / hour

Senior Coach: CNY 1,080 / hour

Private swimming class

Double course (per person): CNY 680 / hour

Three-person course (per person): CNY 580 / hour

Four or five students (per person): CNY 500 / hour

Swimming is a person floating upward under the action of water buoyancy, with buoyancy through the body regular movement.

It includes breaststroke, freestyle, backstroke, butterfly and synchronized swimming.

Swimming can enhance the cardiopulmonary function, shape the body, and improve the cardiovascular system is quite important.

Pilates

Coach: CNY 1,280 / hour

Senior Coach: CNY 1,880 / hour

Pilates class

Double course (per person): CNY 1,080 / hour

Three-person course (per person): CNY 980 / hour

The low-impact Pilates exercise method was created by Joseph Pilates in the early 20th century. Pilates is a physical movement programme designed to stretch, strengthen and balance the body. Pilates focuses on core stability and breathing patterns, rapidly correcting postural and muscular imbalances and improving overall strength and flexibility.

Yoga

Coach: CNY 1,280 / hour

Senior Coach: CNY 1,880 / hour

Private yoga class

Double course (per person): CNY 1,080 / hour

Three-person course (per person): CNY 980 / hour

Hatha Yoga: A gentle introduction to basic yoga postures. Hatha yoga will help you feel more flexible, longer, leaner and relaxed. Poses are held for a longer time to allow a better mind and body connection.

Ashtanga Yoga: A system of yoga that follows a set sequence of asanas, or postures, always in the same order. It is typically fast-paced, vigorous and physically challenging.

Yin Yoga: A slow-paced style in which poses are held for five minutes or longer. The purpose is to apply moderate stress to the connective tissue – the tendons, fascia and ligaments – with the aim of increasing circulation in the joints and improving flexibility.

Yoga Nidra: This is a powerful meditation technique performed lying down. It is also known as yogic sleep, the technique is practical and easy, as well as deeply restorative and beneficial for health, mental peace and higher awareness.

Tai- Chi

Senior Coach: CNY 2,200 / hour

Private Tai- Chi class

Double course (per person): CNY 1,880 / hour

Three-person course (per person): CNY 1,680 / hour

Four or five students (per person): CNY 1,380 / hour

Tai-chi: Considered both a martial art and moving meditation, Tai Chi Developed in China over 800 years ago. The slow, rhythmic and graceful movements allow qi energy to circulate around the body, bringing optimum health and calming the mind.



Aman Summer Palace Wellness Facilities

The spa offers luxurious facilities for entire day of pampering or soothing treatments after a strenuous excursion. 9 spacious spa suites are designed with comfort, privacy and rejuvenation in mind. Imperial China's wellbeing techniques are blended seamlessly with modern practices and administered by our expert therapists.

Spa Facilities: Exclusive hair salon with the latest equipment.

The changing areas of both male and female are with dry sauna, steam and Jacuzzi.

Fitness Centre: The spacious, light-filled Fitness Centre is equipped with the latest in cardiovascular and weight-training machinery from Technogym. Improve over all fitness and mental wellbeing in the Yoga and Pilate's studio.

Swimming Pool: The 25-metre in-door heated and mirror surfaced swimming pool is lined with generously spaced double daybeds and constant temperature of 27 degrees Celsius. The design of the swimming pool carries on the Imperial Style of Ming dynasty.

Age Policies

Gym – Users must be a minimum of 16 to use the Gym.

Changing rooms – children can use the opposite sex changing rooms up to the age of 2.

Fitness Facilities – Users must be 16 and over to use the fitness facilities.

Sauna, Steam and Jacuzzi – Children under 14 are not permitted to use these facilities. Over 14's must be accompanied by an adult, 16 or over can use these facilities without a parent.

Swimming pool– children aged 14 and under must be supervised at a ratio of 1 adult per 2 children. The adult may be on poolside but must observe direct visual supervision at all times. 15 and over can use without parental supervision. Children 5 and under are not permitted unless there is a dedicated baby /children's pool.

Spa Treatments – Children under the age of 12 are not permitted to receive spa treatments, for the ages of 12-18 a parent or guardian must accompany the child in the treatment room for the entire treatment and the waiver must be signed.



Reminders

Operating hours

The Aman Spa operates daily from 11am to 11pm.
The Fitness Centre is open from 8am to 9pm daily.
The Swimming Pool is open from 9am to 9pm daily.

Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time and services are available. Please dial extension 7905 to make a reservation.

Special Considerations

Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any queries and inform staff of any medical or health concerns.

Treatment Preparation

Guests are kindly requested to arrive at least 10 minutes before their session is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 60 minutes of their scheduled treatment.

Spa Environment

Smoking and the use of mobile phones are prohibited in and around Aman Spa.

Cancellation Policy

We understand that schedules change and we will do our best to accommodate your needs. Since your Spa time is reserved especially for you, we kindly ask you to give a minimum of 6 hours cancellation notice so someone else may enjoy that time. Cancellations made within 6 hours will be subject to a 100% charge.

Valuables

Please do not bring valuables into the spa. For staying guests, safes are provided in every room.

Pricing

All prices are subject to a 15% service charge and local tax.