

ÄMAN
SPA

Contents

Wellness at Amandari	03
Aman Signature Treatments	05
Grounding	06
Purifying	07
Nourishing	08
Amandari Signature Treatment	10
Beauty Treatments	11
Traditional Indonesian Treatments	12
Massages	14
Enhancements	15
Finishing Touches	
Spiritual Immersion	16
Movement & Body Work	20
Spa Reminders	21

Wellness at Amandari

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 - to achieve 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 modern 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, however 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.



Aman Signature Treatments



Aman's signature treatments are based on Aman's line of all-natural skincare products which draw 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 butter.

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.

Grounding

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

Grounding Massage

90 minutes

Informed by Tibetan healing traditions, this Ku Nye full-body massage grounds both body and mind. Traditional techniques stimulate the muscular system, while a subtler massage energises the meridian system. The massage incorporates cupping along meridian lines, acupressure, kneading, deep-tissue techniques, warmed rose-quartz crystals and hot Himalayan salt poultices. The experience finishes with an invigorating Tibetan head massage that induces a deep level of relaxation.

Purifying

Designed for those seeking lightness, breathing space and a fresh start. This healing pathway detoxifies, cleanses and strengthens the skin while also clarifying the mind. The products are created to deeply cleanse and tone complexions, including congested, dull, stressed and blemished skin. Active ingredients include antioxidant-rich lilac stem cells, moisture-giving hyaluronic acid and elasticity-improving Kalpariane™ seaweed extract.

Purifying Massage

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 vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

Nourishing

Our Nourishing pathway is all about rejuvenation and renewal. Treatments repair and regenerate, revitalising within and without to encourage a reconnection between body and mind. The result is a feeling of joy. Active ingredients include anti-ageing argan stem cells and plumping hyaluronic acid. Other ingredients, including jasmine, sandalwood, vitamin B12 and jade crystals, are known for their powerful regenerative properties.

Nourishing Massage

90 minutes

This nurturing treatment is ideal for emotionally or physically exhausted souls. The use of marma-point therapy releases energy and brings the body back into balance. Rhythmic massage techniques also ease muscular tension, and the use of sound healing stimulates the kundalini – dormant energy stored at the base of the spine.

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 clay, toning rose hydrolat and anti-inflammatory argan oil. The treatment ends with a Sacred Heart Balm, applied to the whole body.

Nourishing Journey

180 minutes

This journey combines elements from all three of the above Nourishing treatments in an immersive experience that feeds body and soul. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. A deep sense of restoration and renewal is the enduring aftereffect.



ĀMAN

NOURISHING
EAU DE PARFUM

ĀMAN

NOURISHING
COCONUT MILK BATH

ĀMAN

NOURISHING
GOLDEN BODY SERUM

Amandari Signature Treatment

Village Spa Journey

150 minutes

This treatment combines the Balinese Melukat purification ceremony with traditional treatments and products. Often used to signify the beginning of a journey, it will leave you feeling cleansed and refreshed. Following a welcome blessing using flowers and rice as offerings, the experience continues with a back massage, followed by a full body scrub using black rice infused with the purifying properties of cinnamon to boost circulation and stimulate the lymphatic system.

A body wrap of mineral-rich volcanic clay then helps draw out toxins from the body. Whilst cocooned in the warmth of the banana leaf wrap, a therapeutic head massage completes the relaxation process, leaving you with a sense of lightness and clarity. The finishing touch of this journey is the Melukat ritual using holy water.

Please book this treatment a day in advance to ensure availability.

Beauty Treatments

Aman Advanced Facial

60 minutes

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

The treatment begins with ultrasonic scrubbing to loosen and remove oil, dirt and cellular debris from the pores. Electric microcurrent stimulation and massage help to firm the skin, while cryo globes help eliminate puffiness and promote radiance. The use of red and blue light therapy provides multiple benefits to your skin before the facial concludes with an Aman Nourishing Gold Algae mask to achieve an exceptional glow.

Nourishing Facial

90 minutes

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

Traditional Indonesian Treatments

Mandi Lulur

120 minutes

This traditional treatment was used by Javanese Royalty as part of wedding day preparations. The Bride would take a Mandi Lulur to soften and cleanse the body to look and feel vibrant and radiate good health. Beginning with a massage, it is followed by a scrub of white turmeric and honey blended with rice grains and a mask application to soften the skin. It is concluded with a relaxing herbal bath.

Mandi Rempah

120 minutes

This treatment is a journey of cleansing, rebalancing and deep relaxation. It begins with a body massage using essential oils of cinnamon, vanilla and clove to ease tight muscles and reduce tension. Next is a body exfoliation of black rice and cinnamon to stimulate the circulatory and lymphatic systems. A body wrap of white clay and nutmeg, known for their nurturing properties, is then followed by a bath with fresh coconut milk, yoghurt and lavender to rebalance and leave you feeling deeply relaxed.



Massages

The Balinese believe in taking care of the body as it is a sacred temple for the soul. Massage in Bali has been practiced through the centuries for its relaxing, stimulating and healing effects

Amandari Massage

60/90 minutes

A healing fusion of Balinese techniques, acupressure and Swedish massage that can be tailored to be either light or firm in pressure and to focus on any specific areas of concern.

East-West Massage

60/90 minutes

An energising and therapeutic massage focusing on the back and legs. It incorporates a blend of pressure point, deep tissue and stretching techniques to manipulate sore areas and induce relaxation. Performed with or without the use of massage oil.

Body Contour Massage

90 minutes

Experience the Body Contour Massage, a therapeutic treatment designed to tone and rejuvenate. This specialized massage targets stubborn fat and cellulite with rhythmic strokes and lymphatic drainage, enhancing circulation and promoting detoxification. It refines your silhouette, improves skin elasticity, and leaves you with a smoother, firmer appearance.

Foot Massage

60 minutes

An inviting warm foot soak and salt scrub is followed by a deep and relaxing massage of the feet and legs. Ideal after a long journey, a day of trekking or simply wandering through Ubud's market.

Enhancements

Nourishing Gold Algae Face Mask

30 minutes

This treatment includes face cleansing, a scrub and the application of toner before the mineral-rich hydrogel mask is applied. Designed to infuse the skin with hydrating ingredients, the mask can be easily integrated into any Aman Skincare routine to instantly reveal a glowing, smooth and refreshed complexion.

The duration of this treatment is already included to your existing treatment session.

Boreh Body Scrub

30 minutes

This traditional scrub combines black rice and cinnamon to stimulate the circulatory and lymphatic systems and energise the body and mind.

Finishing Touches

Hair and Scalp Rejuvenation

60 minutes

After your hair is gently washed, a soothing scalp massage using hair cream will moisturise while stimulating blood flow to nourish and revitalise your hair. Your head will then be wrapped with a warm towel to enhance the product's penetration. During this period, a relaxing neck, shoulder and hand massage will ensure complete relaxation.

Gel Manicure by OPI

90 minutes

Gel Pedicure

90 minutes

Gel Mani & Pedi

180 minutes

Gel colour

30 minutes

Gel remover

30 minutes

Manicure and Pedicure treatments include a soak followed by a gentle exfoliation and a short therapeutic massage with hydrating lotion to strengthen the skin's moisture barrier.

All prices are subject to local tax and service charges.

Spiritual Immersion

Energy Healing

60 minutes

Energy healing is a holistic approach to healing that focuses on the subtle energy system within the body. The practitioner will engage in a body scanning process, where he will use his hands or intuitive abilities to assess the energy flow within the client's body. Energy healers work with these energetic imbalances to restore harmony and promote well-being. After the energy healing session is complete, based on your observed inner energy, the practitioner will conclude your session with a discussion on your health conditions, habits and even your ideal future prognosis.

Self-Healing

60 minutes

Self-healing is a transformative process that empowers individuals to take an active role in their own healing journey. It involves exploring and addressing the emotional, mental, and energetic baggage or challenges that may be hindering personal growth and well-being. In a self-healing session, a practitioner acts as a guide providing techniques and support to facilitate the healing process.

Meditation

60 minutes

The session begins with a brief explanation and Q&A, continuation of meditation guidelines uses a technique such as mindfulness, focusing on a particular object thought, or activity to train attention and awareness to achieve a mentally clear, emotionally calm and stable stage.

Intuitive Healing

60 minutes

A holistic approach to wellness and well-being relies on the practitioner's intuition and energy-sensing abilities to identify and address imbalances in a person's physical, emotional, and energy state. Often combines various modalities such as energy work, chakra balancing, reiki and sometimes the advice of herbal drinks to promote healing, and overall health and restore harmony and vitality.

Spiritual Immersion



Sound Healing

60 minutes

Experience a transformational journey with the power of resonating healing energy vibration, which will be good to clear the mind, and renew your sense of purpose, well-being, calmness, and happiness.

Psychic Reading

60 minutes

A practice where the healer will read your emotional baggage such as inner child, trauma, energy blockage, chakras energy and body sickness. You will be advised about your life, romance, health, wealth, and spiritual issues. This session is good to do self-reflection.

Balinese Temple Blessing

To cleanse and purify your spirit and relax your mind, the Balinese blessing is a meaningful ceremony involving offerings, prayers, holy water, incense and bija (consecrated rice).

Taking place at Amandari's temple, the pemangku (village priest) will evoke the gods to witness the ceremony. He will then consecrate offerings of flowers and rice and ask for good health and happiness for you. You will then be guided in prayers, which are offered with flowers held before the forehead. Finally, the pemangku will sprinkle you with holy water and offer bija, which carries the blessing of the gods.

All prices are subject to local tax and service charges.



Movement & Body Work

Yoga

The practice of yoga can help to tone and strengthen your body and quiet your mind, as well as improve your emotional wellbeing. With its unique spiritual energy, Amandari is the ideal setting in which to experience the benefits of yoga.

Join one of our complimentary classes or book a private yoga session on the terrace of your suite or in one of our bales overlooking the Ayung River. For private sessions, please let us know which style of yoga you prefer 24 hours in advance:

Vinyasa Flow

60 minutes

A combination of traditional asanas (poses) linked by vinyasas, transitional movements and breath. A dynamic and flowing session, perfect for boosting energy levels and waking up your body.

Hatha Yoga

60 minutes

A combination of traditional asanas, pranayama (breathwork) and meditation. A classic form of yoga linking asanas at a gentle pace. The focus here is on holding positions and strengthening the body.

Yin Yoga

60 minutes

A restorative practice focused on the connective tissues and joints. Yin asks practitioners to hold poses for an extended amount of time, allowing the body to relax into stretches and open itself.

Pranayama

90 minutes

Discover a heightened awareness of the moment through a pranayama session, immersing yourself in controlled breathwork. This powerful practice is guided by ancient yogic techniques to cultivate mindfulness and balance energy.

Meditation

90 minutes

Meditation is a practice in awareness, of being present at the moment and letting go of distractions. An ancient practice, it is known to help with stress management, reduce negative emotions and increase patience, tolerance, imagination and creativity. Guided meditation sessions can take place in the garden of your suite or in Amandari's lush Secret Garden.

Spa Reminders

Operating hours

Spa

Daily from 9am to 9pm (last treatment 7.30pm)

Fitness Centre

Daily from 7am to 9pm

Appointments

Advance booking is recommended to ensure wide availability of time and services are available. Please dial extension 1 to make a booking or call +62 361 975333.

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.

Spa Environment

The minimum age for spa treatments or use of the fitness centre is 12. Guests under the age of 18 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 bathrobes 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 such changes. Once your spa time is reserved, we kindly ask for a minimum cancellation notice of four hours for Spa treatments and 24 hours for wellness activities. Cancellations made within the respective notice period will be subject to a 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 spa with any medical or health concerns.

Pricing

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



AMANDARI
Kedewatan, Ubud, Bali, Indonesia

Tel: (62) 361 975 333
Email: amandari.fo@aman.com