

Ä M A N  
S P A

# Contents

Wellness at Amanwana	03
Aman Signature	05
Grounding	06
Amanwana Signature Treatments	07
Massages	09
Enhancements & Finishing Touches	11
Spa Reminders	12

# Wellness at Amanwana

Wellness is more than being healthy in body and mind. It is a dynamic process of change and growth, a state of complete physical and mental wellbeing. Aman's spa concept has been carefully curated with four pillars of wellness in mind - nutrition, movement, psychological health and bodywork - with the goal of achieving Integrated Holistic Wellness for every guest. Treating the whole - mind, body and spirit - by integrating ancient healing practices with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that we hope extends far beyond the physical boundaries of Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey at home, and the resilience and focus to put them into action.

## A New Spa Language

Healing has fascinated humankind since ancient times. Today, we have access to time-tested healing systems, as well as cutting-edge modern medicine. Some ancient practices are now proven. Others have evolved over millennia and simply offer benefits beyond explanation.

Ancient healing systems, such as Ayurveda and Traditional Chinese Medicine (TCM), are based on complex theories of the human body and mind. They incorporate aspects of health otherwise unexplored in complimentary medicine.

Delve into this world, however, 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. 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 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 wellbeing, soaking deep into the skin to nourish and rejuvenate, meeting emotional as well as physical needs.

# 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 energizes the meridian system. The massage incorporates cupping along meridian lines, acupressure, kneading, deep-tissue techniques, rose-quartz crystals and hot Himalayan salt poultices. The experience finishes with an invigorating Tibetan head massage that induces a deep level of relaxation.

# Amanwana Signature Treatments

## **Moyo Milk Bath**

150 minutes

After a relaxing 60 minutes Amanwana massage, a gentle white rice and white turmeric body scrub exfoliates and prepares the skin before the application of a natural detoxifying mask made from milk powder, white clay, and honey. After the mask, enjoy a warm herbal Moyo milk bath. This treatment leaves the skin soft and supple.

## **Island Renewal**

120 minutes

The treatment begins with a 60-minute Amanwana massage and followed by fresh Sumba grated coconut body scrub to hydrate and soften your skin and continue with yoghurt to moisturize your skin and the treatment concluded with herbal bath to calm your body and mind.

## **Aloe Vera and Lavender After Sun Treatment**

120 minutes

After Sun Treatment soothe your sun-drenched skin in aromatic lavender bath after 60 min Amanwana massage. Following the bath, a cooling Aloe Vera hydrating elixir will be gently applied.

## **Tropical Rejuvenation Facial**

60 minutes

Experience the wisdom of time-honoured secret passed through generations, harness the vibrant energy of tropical fruits. Using fresh ingredients of watermelon, oat, yoghurt and Moyo's honey. This facial will leave your skin feeling revitalized, radiant and vibrant under the sun's golden glow.





# Massages

## **Amanwana Massage**

60/90 minutes

Therapeutic massage to relax and relieve muscle tension, using techniques of long strokes, thumb, and palm pressures. Aromatherapy is used to promote a sense of well-being.

## **Jungle Massage**

90 minutes

Unleash your inner athlete with our invigorating massage, this powerful blend of stretching, Swedish techniques and acupressure revitalizes tired muscles, enhances flexibility and boost energy flow. Perfect for active individuals to renewed sense of vitality.

## **Back, Neck and Shoulders Massage**

60 minutes

This targeted massage relieves deep-seated tension in the upper back, shoulders, and neck.

## **Foot Scrub and Massage**

60 minutes

A scrub featuring coconut, lemongrass and Moyo honey deeply cleanses and prepares the feet for an invigorating foot massage. It is highly recommended after a hike or walking on the beach.



# Enhancements

## **Coconut Body Scrub**

30 minutes

Made from natural ingredients of fresh grated coconut that is good to remove your dead skin cell, at the same time soothe and hydrate your skin to promote healthier complexion, while the pleasant essence will leave you calming aromatherapy experience.

## **Black Borneo Scrub**

30 minutes

Discover the rejuvenating power of Black Borneo coffee scrub, an invigorating blend of finely ground Borneo coffee beans that serves as a natural exfoliant. Rich in antioxidants and caffeine, it stimulates circulation, helping to reduce the appearance of stretch marks while promoting a healthy and glowing complexion.

# Finishing Touches

We are offering gel nail polish by OPI, as the world leader in the professional nail care industry, OPI is committed to providing high-quality products and services with a focus on industry safety and innovation. Known for its exceptional formula, fashionable, colors and iconic names. OPI's heavily pigmented lacquers are super rich, long-lasting, and chip-resistant- offering an affordable luxury to customers.

Gel Manicure

90 minutes

Gel Pedicure

90 minutes

Gel Mani & Pedi

180 minutes

Gel Colour

30 minutes

Gel Removal

30 minutes

# Spa Reminders

## Operating hours

### Spa

The Spa Tent is open from 8am – 9pm (last booking at 8pm)

### Appointments

Advance booking is recommended to ensure a wide availability of time and services are available. Please dial extension 0 or 1 to make a booking.

### 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 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 spa 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. 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 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 charge. Spa reservations after operation hours are subject to an additional 50% surcharge.



AMANWANA  
Moyo Island, Sumbawa Regency,  
West Nusa Tenggara, Indonesia

Tel: (62) 371 222 33  
Email: indonesia.res@aman.com