



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.

Prices are in RMB and subject to 15% service charge and tax



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 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 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

Prices are in RMB and subject to 15% service charge and tax



Harnessing the power of the Earth, Aman's 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, 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 palosanto. The creams, muds and mists contain alkalizing, oxygen-rich vortexed spring water.

Aman's 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's 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's 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

Grounding

Spiritual Energy: Peace

Prices are in RMB and subject to 15% service charge and tax



Landscape: Mountains and deserts

Climate: Dry, with temperature extremes

Key Ingredients: Amber oil, rose quartz crystals, sandalwood, jasmine, rare black Peruvian and purple muds, wild harvested butters, tuberose, argan stem cells, amethyst and silver. These ingredients have been chosen for their powerful grounding characteristics.

Grounding Healing Techniques: Black amber smoking ceremony, Tibetan Ku Nye massage, meridian and acupuncture work, cupping and kneading.

Positive Effects: The Grounding Formation works as a balm for the restlessness caused by the frenetic pace of modern life. It imparts a feeling of safety, offering reassurance and reconnection. Studies have shown that amber oil relaxes alpha, beta and theta brainwaves through its psychoactive effects, helping to soothe a busy mind and ease anxiety and stress. Sandalwood warms and calms the nervous system - its earthy aroma evokes tranquility and induces a meditative frame of mind.

Prices are in RMB and subject to 15% service charge and tax

Ā M Ā N

S P A

If you want to feel

- Reconnected
- Grounded
- Peaceful
- Deeply rested and rejuvenated
- Physical relief or release
- A solid centring of the etheric body
- Stillness
- Courageous
- The space to gain perspective
- Strong

If you are feeling or experiencing

- Uprooted
- Stressed
- Exhaustion
- Burnout
- Insecurity
- Anxious
- Unable to switch off
- Jet lag
- Insomnia
- Fear
- Tension in the lower spine
- Lower back pain
- Low energy

Prices are in RMB and subject to 15% service charge and tax



Grounding Massage Ritual

90 minutes

This Ku Nye full-body treatment honours ancient Tibetan healing traditions through grounding the body and mind. Traditional techniques are used to 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 body massage is followed by an invigorating Tibetan head massage that induces an even deeper level of relaxation both physically and mentally. In this space, an abiding sense of peace pervades the body.

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 Scrub & Wrap Ritua

90 minutes

This ritual helps the guest feel connected to the Earth and a renewed sense of self. The key ingredient is

Prices are in RMB and subject to 15% service charge and tax



amethyst powder, known for its gently sedative energy that promotes peacefulness, happiness and emotional stability. It is also said to restore the nervous system and boost cell growth.

The full-body Amethyst Scrub also includes marapuama, maca powder, Vitamin E oil and essential oils such as sandalwood, vanilla, amber and vetivert. The scrub employs rhythmic techniques that simultaneously relax and energise.

On a physical level, the skin is exfoliated, with tone brightened and texture improved. The scrub also stimulates the lymphatic system, aiding the rapid elimination of toxins from the cells and increasing circulation. The lymphatic system is said to be closely linked with the energy body, and on this subtler level negative energy is cleared – leaving you looking and feeling radiant.

After the cleansing scrub, the Amethyst Wrap initiates a period of stillness and calm, cocooning the body in warmth and allowing the nurturing ingredients to “soak” deep into the skin. Amethyst powder and rose hydrolat are key ingredients.

Once the wrap is concluded, a shower or bath will prepare you for the treatment’s final touch: the application of Aman’s silky smooth Smoked Body Butter, which impresses the benefits of the ritual into your skin.

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 Face Ritual

90 minutes

This therapeutic facial incorporates Tibetan massage techniques to encourage a subtle release of tension from the face. Rose Quartz crystals promote healing, frankincense aids rejuvenation, hyaluronic acid boosts hydration, and liquorice extract evens skin tone.

Prices are in RMB and subject to 15% service charge and tax

Ā M Ā N

S P A

Lymphatic and muscular massage techniques aid product absorption and stimulate circulation to rejuvenate and raise the vibrational energy of the skin, while acupressure with heated Himalayan Salt poultices and meridian stimulation with warm rose quartz crystals restore a glowing radiance to the skin. A Peruvian black mud and amethyst crystal mask along with a Tibetan head massage completes the treatment. Amethyst has a gentle sedative energy that promotes peacefulness, happiness and contentment. It is said to bring emotional stability and inner strength, and can also help to increase spirituality and enhance intuition.

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 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 Scrub & 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 centered both internally and externally to reach a place of perfect contentment – grounded in every sense of the word.

Amandayan Signature Journey

This signature treatment will provide a sense of warmth and moisture to combat the dry climate of Lijiang, and enhance the flow of *chi* to reconnect the body and mind.

Prices are in RMB and subject to 15% service charge and tax



The Amandayan Signature

60 minutes

Following a hot bath to unlock tight muscles, a body exfoliation using local anti-oxidant rich pomegranate will stimulate the circulatory system. A body mask is then applied using snow tea with high immune system boosting and cleansing properties, and you then relax in the herbal steam room to allow the benefits of snow tea to soak into the body.

120 minutes

This signature treatment may be enjoyed on its own, though we highly recommend combining it with either an aroma massage to deeply relax the body, or a facial treatment for additional skin care.

Therapeutic Massage

A Holistic Meeting of Past & Present

The Past

Moxibustion and Cupping

60 minutes

This treatment involves the application of heated cups to the back of the body, on areas of tension along the meridian lines. The heated cups create suction to draw out impurities from the body to the surface layers. Moxibustion is then performed, which is the burning of herbs close to the skin, to increase blood

Prices are in RMB and subject to 15% service charge and tax

Ā M Ā N

S P A

circulation and further draw out impurities. Please note that this powerful therapy leaves temporary marks on the areas of skin where cups are applied.

Tui Na Massage

60 minutes / 90 minutes

A fundamental treatment in TCM, Tui Na is a strong deep tissue massage that works to relax the body while also restoring the balance of qi. In TCM, pain in the body is seen as the result of blockages, and Tui Na seeks to remove these by increasing circulation and focusing on certain acupuncture points, boosting the body's self-healing capabilities. Relaxing yet energising, the massage is performed over loose comfortable clothing without the application of oil.

Herbal Compress Massage

90 minutes

The heat infusion and compress of prai, ginger, turmeric and lemongrass stimulate circulation and soothe muscles and also act as an anti-inflammatory. Gentle pressing, circular and rolling movements combine with aromatherapy oil-based massage techniques to provide a deep sense of relaxation.

Foot Massage

60 minutes / 90 minutes

A foot massage combined with cupping provides a deep release of tension and also works on the reflex points of the body to unblock and balance energy flow, and additionally assist in detoxification.

The Present

Heated Bamboo Massage

90 minutes

In this firm massage treatment, which energizes and unlocks tight muscles, hollow bamboo canes of different lengths and diameters are used as massage tools, either warmed or at room temperature.

Prices are in RMB and subject to 15% service charge and tax



Deep Tissue Massage

60 minutes / 90 minutes

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.

Hair Salon Service

Hair Cleanse, Cut & Blow dry (Male)

45 minutes CNY 380

Hair Cleanse, Cut & Blow dry (Female)

60 minutes CNY 480

Hair Blow dry

30 minutes (Short) / 45 minutes (Long)

Movement & Body Work with a Personal Instructor

Yoga

60 minutes

Hatha Yoga: A gentle introduction to basic yoga postures, Hatha yoga will help you feel more flexible, longer, leaner and more 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

Prices are in RMB and subject to 15% service charge and tax



order. It is typically fast-paced, vigorous and physically challenging.

Yin Yoga: A slow-paced style of yoga 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. Also known as yogic sleep, the technique is practical and easy to do, as well as being deeply restorative and beneficial for good health, mental peace and higher awareness.

Sun Salutation: A warm up that prepares the body for asana practice. Increases the blood supply to the joints while stretching and strengthening the whole body. It is said to improve the efficiency of the internal organs.

Mindfulness

60 minutes

Tai-Chi: Considered both a martial art and a 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.

Pranayama: Constituting numerous techniques to gain control of the intake and outflow of breath, the focus

Prices are in RMB and subject to 15% service charge and tax



of pranayama is to expand the vital energy within us. Feel your breathing improve with this practice that will make your lungs stronger and bring your nervous and pranic systems into equilibrium. End the session with a short meditation or relaxation practice.

Meditation: Practiced for thousands of years to alleviate stress, calm the mind, heal the body and gain insight into our very reason for being, meditation is a powerful tool for consciously improving wellbeing.

Reminders

Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time and service is available. Please contact the spa reception 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 treatment is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

Spa Environment

Smoking and the use of mobile phones are prohibited in and around the Aman Spa. The minimum age for

Prices are in RMB and subject to 15% service charge and tax



a spa treatment is 16 years. Guests under the age of 16 years are required to have parental consent prior to the booking being accepted.

Cancellation Policy

Although staff will do their utmost to accommodate any booking changes, guests are kindly requested to give at least six hours' notice of cancellation so that someone else may enjoy that time. Cancellations made within six hours will be subject to the full charge of the treatment booked.

Refunds

Unopened retail products are exchangeable within seven days of purchase with presentation of original receipt.

Reminders

Valuables

We advise you not to bring or wear valuables whilst using our spa facilities. We endeavor to take care of your belongings, but we do not assume liability for any loss of or damage to personal articles. Safes are provided in every guest room.

Operating hours

The fitness center, The Swimming Pool and locker areas are open from 9am to 8pm daily. The spa operates from 11am to 8pm daily (last booking at 6.30pm).

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 8.

Fitness Facilities - Users must be 16 and over to use the fitness facilities. This excludes classes or activities specially aimed at children/juniors.

Prices are in RMB and subject to 15% service charge and tax

AMAN

S P A

Steam, Spa – 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.

Spa 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 13 are not permitted to receive spa treatments, for the ages of 13-16 a parent or guardian must accompany the child in the treatment room for the entire treatment and the waiver must be signed.

Pricing

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

Prices are in RMB and subject to 15% service charge and tax