



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.

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.



Amanfayun Spa

The Amanfayun Spa & Wellness menu reflects the concept of Amanfayun by offering a health and wellbeing treatments and services of the future entwined with the past. With a collection of spa treatment experience, journeys and rituals that embody the uniqueness of the region, paying homage to the traditional healing practices that China is known for. Combining with traditional Chinese reflective art of Tai Chi, for deep breathing with slow meditative movements.

Amanfayun Spa is peaceful sanctuary consisting of five separate areas and a 20-metre heated pool. Surrounded by bamboo groves and magnolia trees with courtyards in between, the five structures include the Reception and Reflexology House; the Bath House; the Fitness Centre offering a fully-equipped gym, Pilates and yoga; the Finishing Salon; and the Treatment House.

Wellness Services

Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is a complete medical system that has diagnosed, treated, and prevented illness for over twenty-five centuries. Using diet and exercise, massage (Tui Na, Shiatsu, and other forms of Asian Bodywork Therapy), Acupuncture, and Herbal Medicine, it can correct disorders, alter states of mind, enhance immunity and increase our capacity for creativity, work and pleasure.

Traditional Chinese Medicine (TCM) is based on the observation of nature and natural phenomena. TCM views humans as a microcosm of the universe that surrounds them. Humans, and all life forms, are seen as inseparable from nature. Humans represent the juncture between the Cosmos and Earth, a fusion of cosmic and terrestrial forces. Sustained by the power of earth and transformed by the power of the Cosmos, humanity cannot be separated from Nature—we are nature, manifest as living organisms.

Moxibustion

60 minutes

Moxibustion is a traditional Chinese medicine therapy using moxa, or the mugwort herb. By heating the moxa and placing this very close to the skin of your Qi points, your body will naturally increase blood circulation thereby improving the healing process.

Cupping

30 minutes

Cupping is a form of traditional medicine found in many cultures around Asia. The procedure involves placing cups containing reduced air pressure on to your shoulders. The concept relies on moving impure air within your body to the outside, through your skin. Note that this treatment leaves temporary marks on the areas where cupping is applied.



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 personalized 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'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.

FootRitual

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

S P A

Grounding

Spiritual Energy: Peace

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.

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
- Adrenal fatigue



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 Ritual

90 minutes

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

Lymphatic and muscular massage techniques aid product absorption and stimulate circulation to rejuvenate and raise the vibrational energy of the skin, while acupuncture 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.



The Amanfayun Signature

Seasonal Journey

120 minutes

Spring (March-May)

Spring is a time of renewal. Align with the seasons and awaken dormant energy to provide you with a sense of vitality. Starting with an aromatic steam and bath to relax tight muscles, a full body exfoliation then gives you a circulatory boost, aiding blood flow and getting oxygen back to the surface of your skin. It is then followed by a hot herbal compress and massage, comprised of ginger, turmeric, kaffir lime, lemongrass and camphor. The heat infusion and anti-inflammatory benefits of the natural herbs stimulate circulation and soothe muscles, whilst the massage leaves you with a deep sense of relaxation.

Summer (June-August)

Summer is a time for nurturing. A green tea and wild jasmine body wrap, rich in anti-oxidants, nourish the body and prepare it for a hot herbal compress and massage. The herbal compress comprises local seasonal herbs that are anti-inflammatory and soothe tired muscles whilst the massage provides a deep sense of relaxation.

Autumn (September-November)

Gilded with gold, autumn is a time of abundance. During this season, it is a time for rebalancing. A foot massage provides a deep sense of relaxation and also works on the meridians to unblock and balance energy in the body. This is then followed by hot herbal compress and massage to soothe tired and tight muscles providing a deep sense of relaxation.

Winter (December - February)

Generate warmth and stimulate circulation during the winter months. Following a steam bath to loosen muscles a hot traditional Chinese herbal compress is then applied in combination with a full body massage to soothe muscles. This treatment is completed with a nurturing warm oil head massage to provide a deep sense of relaxation.



Therapeutic Massage

The Past

Traditional Chinese Massage – Tui Na

60 minutes / 90 minutes

This bodywork therapy is performed over loose comfortable clothing and without the application of oil. Deep pressure point massage strokes release tension in muscles and tissues while promoting the flow of chi through the body. Tui Na massage is uniquely relaxing yet energizing, and is a highly effective therapeutic treatment.

Herbal Compress Massage

90 minutes

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

Foot Massage

60 minutes / 90 minutes

Stimulating reflex points on the soles of your feet, which correspond to different parts of your body, this massage technique relaxes tired feet and enhances overall health and wellbeing.

The Present

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.

Holistic Aroma/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 Services

Amanfayun Hair Treatment	90 minutes
Hair Cut	60 minutes
Shampoo and Blow Dry	60 minutes



Movement Services

Movement & Body Work with a professional Instructor

Tai Chi

Often referred to as both a martial art and a moving meditation, Tai Chi was 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.

Private Class (1 person)

60 minutes

Class for 2 (per person)

60 minutes

Class for 3 - 4 (per person)

60 minutes

Yoga & Meditation

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

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

Yin Yoga: is 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: is a powerful relaxation meditation technique performed in the lying position. The technique is practical and easy to do and creates the deep rest and relaxation required for good health, mental peace and higher awareness.

Sun Salutation: Warms up and prepares the body for asana practice. Lubricates and increases the blood supply to the joints. Stretches and strengthens the whole body. Improves efficiency of the internal organs.

Meditation: derived from Buddhism, Taoism and Hinduism, meditation is used as a tool for stress, calming the mind, healing the body, and achieving ambitions for gaining insight into our very reason for living.

Private Class (1 person)

60 minutes

Class for 2 (per person)

60 minutes

Class for 3 (per person)

60 minutes

Pilates

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

Session for 1 (per person)

60 minutes

Session for 2 (per person)

60 minutes

Session for 3 (per person)

60 minutes

Session for 4 - 5 (per person)

60 minutes



Reminders

Special Considerations

Most treatments can be adapted to accommodate injury or pregnancy. Please contact us for any queries and let us know of any medical or health concerns.

Operating Hours

Gym open from 7 am to 10 pm daily. Spa open from 10 am to 10 pm daily.

For general information or reservations please call Aman Spa at Amanfayun +86 571 87329999 ext. 6 for Spa Reception.

Treatment Preparation

Kindly arrive at least 15 minutes prior to your scheduled treatment time, allowing yourself the luxury of time to reap the benefits of your session in the tranquil environment of our Spa.

Spa Environment

As a wellness area, we appreciate if you can refrain from smoking and turning your mobile phone off or to a silent setting whilst in or around the Aman Spa. Children over 14's must be accompanied by an adult, 16 or over can use these facilities without a parent.

Valuables

We advise you not to bring or wear valuables whilst using our spa facilities. We endeavour to take care of your belongings, but we do not assume liability for any loss of or damage to personal articles.

Pricing

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

Cancellations

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 4 hours cancellation notice so someone else may enjoy that time. Cancellations made within 4 hours will be subject to a 100% charge.