

Ä M A N

S P A

AMANPULO



## Aman Spa

Wellness is more than being free from illness; it is a dynamic process of change and growth, a state of complete physical, mental and social wellbeing. Aman's spa concept has been carefully curated with the singular goal of achieving this ideal balance of Integrated Holistic Wellness for every guest.

Treating the whole - mind, body and spirit - by integrating ancient healing modalities with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that extends beyond the physical boundaries of the globe's Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey, and the resilience and focus to put them into action.

## A New Spa Language

Healing and its agents have fascinated and compelled humankind since ancient times, for very good reason. As a result, today we have access to a treasure trove of traditional healing systems, as well as the cutting-edge science-led discoveries of modern medicine. What is intriguing is how science can now prove the efficacy of certain ancient practices, while others practiced today as they have been for millennia offer benefits that are felt without scientific explanation.

Many of the world's ancient systems of traditional healing 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, which means that certain concepts and terms can sound strange to the uninitiated. Talk of chakras and energy can be off-putting for some when taken out of context. Yet when understood as part of the philosophy behind a traditional healing system, they reveal an intriguing new language for explaining how our bodies work. While understanding these theories is not a prerequisite to enjoying their benefits, Aman Spa aims to demystify this language for those who wish 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.



## Aman Products

Harnessing the power of the Earth, Aman's new line of all-natural skincare products have been conceived in line with nature and based on the knowledge and wisdom of ancient healing traditions. Consisting of 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 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 palo santo, while creams, muds and mists contain alkalizing, oxygen-rich vortexed spring water.

The new Aman products are grouped into three different formations - Grounding, Purifying and Nourishing. Created to meet specific physical and emotional need states, these reflect the landscapes of 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 deep into the skin to nourish and rejuvenate, but also work on a deeper level.

Many of Aman's resorts are located near sacred sites. With this in mind, Aman products and treatments have been designed to work with the Earth and the energy of the landscape - in essence, to enable natural healing.

## AMANPULO SPA

Amanpulo Spa is located on the hilltop of the Eastern side of the island where your spa experiences begin with inspiring views of the sea. Our therapists will share the Filipino way for health and wellness: a gracious fusion of Asian and Western therapies, delivered through skilled hands and gentle hearts.

Our spa journeys are reflections of the essence of Pamalican Island. Whether you are looking to indulge, be active, or be in contact with the nature to prepare your body, mind and spirit, our aim is to create an island wellness experience to be fondly remembered.

## AMANPULO WELLNESS IMMERSION EXPERIENCES

The Wellness Immersion Experiences at Amanpulo are designed to embrace the culture, talent and benefits of Filipino wellness. Movement, diet and spa treatments combine in three distinct themes of Detox, Relax and Fitness, to assist with your detox plans, physical and mental relaxation, or to reach your fitness goals.

Five-day programmes are recommended, though longer programmes can be created to suit your wellness needs. Amanpulo therapists are highly skilled in the wide variety of treatments offered. Each Wellness Immersion Experience will be customised to your needs, please enquire for further details.



## AMAN SIGNATURE TREATMENTS

Aman Spas around the world offer therapies and treatments inspired by their destinations and local healing philosophies. Every Aman Spa also provides the global Aman Signature Treatment Menu. Carefully curated to **Ground**, **Purify** and **Nourish** using the finest organic and natural ingredients known for their healing powers, the three distinct parts of the Signature Menu are personalised to the individual to target general concerns and specific conditions. Employing ground crystal powders, healing tree oils, homeopathic facial mists, wild-harvested Amazon butters and other exceptional ingredients of natural origin including pearls and plant stem cells, these treatments offer palpable benefits and long-lasting results.

### SMOKING CEREMONY

For a millennia, the smoke of different woods and resins has been used therapeutically. Cultures around the world from the Ancient Egyptians to the Native Americans have conducted smoking ceremonies for spiritual purification and to promote healing. Each of Aman's Signature treatments begins with a traditional smoking ceremony, a gentle ritual that calms and centers a guest in preparation for the treatment to come. Different smoke is used for Aman's Grounding, Purifying and Nourishing treatments, as traditionally the smoke of different woods and resins has particular properties and healing powers.

#### Black Amber

The smoke of Black Amber is used for all Grounding treatments, as this derivative of the life-preserving resin is considered to restore energy and shield against infection.

#### Palo Santo

Purifying treatments begin with the burning of Palo Santo, often called 'holy wood' and known to reduce inflammation, boost moods and ease stress and physical discomfort.

#### Frankincense

Historically worth more than its weight in gold and used for all Nourishing treatments, Frankincense smoke is said to offer protection, enhance spiritual awareness and lift one's emotions.



## GROUNDING

Spiritual Energy : Peace  
Landscape : Mountains and deserts  
Climate : Dry with temperature extremes  
Key Ingredients : Chosen for their powerful grounding characteristics, the ingredients used in these treatments include amber oil, rose quartz crystals, sandalwood, jasmine, rare black Peruvian and purple muds, wild harvested butters, tuberose, Argan stem cells, amethyst and silver

### Grounding Healing Techniques:

Black amber smoking ceremony, Tibetan Ku Nye massage, meridian and acupressure work, cupping and kneading

### Positive Effects:

A balm to the restlessness often caused by the frenetic pace of modern life, the Grounding Formation imparts a feeling of safety, offering reassurance and reconnection. Key ingredients include amber oil, which studies have shown relaxes brain waves (alpha, beta and theta waves) through its psychoactive effect, helping to soothe a busy mind and ease anxiety and stress. Meanwhile, sandalwood warms and calms the nervous system, its earthy aroma evoking tranquility and inducing a meditative frame of mind.

### IF YOU WANT TO FEEL

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

### IF YOU ARE FEELING OR EXPERIENCING

Uprooted  
Stressed  
Exhaustion  
Burnout  
Insecure  
Anxious  
Unable to switch off  
Jetlag  
Insomnia  
Fearful  
Tension in the lower spine  
Lower back pain  
Low energy levels  
Adrenal fatigue



## Grounding Journey

180 minutes

As powerful as each Grounding treatment is in isolation, their effects are multiplied exponentially when experienced together. The ultimate grounding experience, this journey incorporates all three of the treatments below beginning with the Scrub & Wrap Ritual, followed by the Massage Ritual and rounded off with the Face Ritual. Each builds on the treatment that came before to ensure that at journey's end you have reached a place of perfect contentment in which you feel connected and centered both internally and externally – grounded in every sense of the word.

## Grounding Scrub & Wrap Ritual

90 minutes

Feel connected to the earth with a renewed sense of self. The key ingredient in this ritual 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 vetiver. The scrub employs rhythmic techniques that are simultaneously relaxing and energising. On a physical level the skin is exfoliated, with tone brightened and texture improved. The scrub also stimulates the lymphatic system, aiding in 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 activity of the scrub, the Amethyst Wrap initiates a period of stillness and calm, cocooning the body in warmth and allowing the benefits of the wrap's nurturing ingredients to 'soak' deep into the skin. Amethyst powder is again the key ingredient along with rose hydrolat.

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 to impress 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 levels
- \* Improves tone and texture of skin \* Silky soft skin \* Deeply relaxing \* Increases energy
- \* Improves jet lag and sleep patterns\* Mental clarity and strength



## Grounding Massage Ritual

90 minutes

This Tibetan-inspired Ku Nye full body treatment honours ancient Tibetan traditions of healing through grounding the body and mind. Traditional techniques are used to stimulate the muscular system and then with more subtle massage to energise the meridian system. The massage includes cupping along meridian lines, acupressure, kneading, deep-tissue techniques, warmed rose quartz crystals and hot Himalayan salt poultices. The full body massage is followed by an invigorating Tibetan head massage, which 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 & promotes recovery
- \* Reduces chronic pain
- \* Breaks up scar tissue
- \* Increased tissue permeability
- \* Stretches tissues
- \* Reduces muscular tension
- \* Improves athletic recovery and performance
- \* Anxiety reduction
- \* Balances the energy body

## 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 to promote healing, frankincense to aid rejuvenation, hyaluronic acid to boost hydration and liquorice extract to even skin tone. 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

# Ā M Ā N

## PURIFYING

Spiritual Energy	: Vitality
Landscape	: Coastal and waterside
Climate	: From warm and humid to fresh and breezy
Key Ingredients	: Selected for their purifying, anti-ageing and nurturing characteristics, ingredients used in these treatments include Palo Santo (known as 'holy wood'), sandalwood, juniper berry, rose geranium, raw honey, pearl, fluorite, quartz, kalpariane and argan stem cells.

### Purifying Healing Techniques:

Smoking ceremony with Palo Santo wood, manual lymphatic drainage, nerve point therapy and nerve stimulation.

### Positive Effects:

The Purifying Formation is a powerful spiritual cleanser that lends protection, clears stagnant prana/chi, stabilises the heart and mind and eases restless agitation. It helps you let go of the unhelpful both energetically and emotionally, and gives a lightness to your step and breathing space to mind, body and soul.

### IF YOU WANT TO FEEL

Fortified  
Cleansed  
Detoxified  
Protected  
Peaceful  
Purified  
Lighter  
Energised  
Boosted

### IF YOU ARE FEELING OR EXPERIENCING

Heaviness in the body  
Bloating/ swelling  
Dull skin  
Thyroid problems  
Fatigue  
Post-illness exhaustion  
Emotionally stuck or stagnant  
Headaches/ migraines  
Low energy levels  
In need of a detox





Purifying Journey

180 minutes

A word with multiple connotations, 'purification' is a process that can apply to every aspect of a being, from its sustenance to its thought processes. This journey approaches purification on every level, from clearing the skin and detoxifying the body's organs, to clearing negative energy and focusing the mind. Incorporating all three of the below treatments. The journey begins with the Scrub & Wrap Ritual, followed by the Massage Ritual and rounded off with the Face Ritual. On completion expect to feel clear-headed and at peace.

Purifying Scrub & Wrap Ritual

90 minutes

Designed to encourage the body to enter a phase of detoxification in which deep purification can take place, this Purifying Ritual leaves you feeling revived, toned and in a peaceful state of lightness and ease.

Known as the 'master healer' for its amplification and purification of energy and thought, quartz is the key ingredient in the scrub, along with seaweed fucus oil, raw honey and a purifying blend of essential oils.

This two-phase treatment moves from the energetic and invigorating Quartz Scrub during which circulation is stimulated and lymphatic drainage promoted, to the more meditative Marine Flora Mud Wrap. This includes kaolin for deep cleansing, sole for re-mineralising and hydrating, argan oil for nourishment, sea lettuce for detoxifying and eliminating pollutants, omega plankton for improving skin hydration, and sea lavender and seaweed for boosting collagen and increasing the metabolic function of skin cells.

After a shower or bath, the experience is rounded off with a full-body application of Aman's Palo Santo Salve.

#### BENEFITS

- \* A boosted lymphatic system \* A boosted immune system \* Detoxification
- \* Reduction in bloating/swelling \* Improved tone and texture of skin
- \* Regeneration of skin cells \* Silky soft skin \* Deep relaxation \* Increased energy
- \* Mental clarity and strength



## Purifying Massage Ritual

90 minutes

Ideal for anyone needing a purifying release, this relaxing and purifying therapeutic treatment incorporates manual lymphatic drainage techniques and nerve point therapy on the back to stimulate vital organs and balance the nervous system.

Lymphatic massage is designed to manipulate lymph nodes and lymphatic vessels with the goal of increasing their activity and promoting the flow of lymph, which carries waste products away from the tissues. Compared to traditional massage, the lighter pressure applied with manual lymphatic drainage is much lower in intensity but powerful in its effects.

Ingredients used in this massage include arnica, palo santo and seaweed oils, which stimulate circulation and encourage the release of negative energy and toxins.

### BENEFITS

- \* Stimulates and balances the nervous system
- \* Toxin Removal
- \* Tissue Regeneration
- \* Aids lymphatic drainage, reducing edema and swelling
- \* Reduction in cellulite
- \* Increased immunity
- \* Deep relaxation
- \* Reduces voluntary and involuntary muscle spasms

## Purifying Face Ritual

90 minutes

Extremely beneficial for those living in cities exposed to pollution on a daily basis, this deeply relaxing, tension-releasing facial combines nerve point therapy and lymphatic drainage for a detoxifying release. Lymphatic massage stimulates the glands on the chest, neck and face to result in glowing, toned and brighter skin. Nerve point therapy uses firm pressure and helps to calm the nervous system by smoothing out the ophthalmic nerves releasing any tension and stress within the face. Key ingredients used in this ritual include authentic pearl to brighten, colloidal copper for cell regeneration, and powerful marine extracts to strengthen collagen production and re-mineralise with trace elements and vitamins A, B, C, D and E.

### BENEFITS

- \* Moisturises and brightens dehydrated, dull and congested skin
- \* Detoxifies
- \* Firms
- \* Drains the lymph
- \* Releases tension
- \* Deeply hydrates
- \* Benefits stressed, over-worked, anxious and tired skin
- \* Nourishes with key skin nutrients
- \* Reduces the effects of pollution on skin



## NOURISHING

Spiritual Energy	: Love
Landscape	: Rainforest, jungle and rice terraces
Climate	: Hot and humid
Key Ingredients	: Chosen for their powerful regenerating abilities and known to fuel recuperation, ingredients in these treatments include jasmine stem cells, sandalwood, boswellic acids, vitamin B12, tuberose, fresh royal jelly, jade crystals, silk and gold.

### Nourishing Healing Techniques:

Smoking ceremony with frankincense, chakra balancing massage, mantra music, marma point therapy, the Light Technique

### Positive Effects:

The Nourishing Formation encourages the healing of emotional and mental wounds with a nurturing embrace. Lifting and carrying you in tenderness towards others and towards yourself, it holds the spirit of the adventure of simply being your most real and best self.

### IF YOU WANT TO FEEL

Fulfilled  
Blissful  
Joyful  
Full of ease  
Gentleness Reconnected  
Energetically balanced  
Rested  
Rejuvenated  
Meditative  
Self-love  
Emotionally supported  
Nourished body and soul

### IF YOU ARE FEELING OR EXPERIENCING

Disconnected  
Emotionally low  
Anxiety  
Chronic fatigue  
Dissatisfied  
Grief  
Emotional stress

# AMANPULO

Nourishing Journey

180 minutes

There is infinitely more to nourishing a being than the food it consumes to thrive. Nourishment can come in many forms, and this journey serves to combine these in an immersive experience that nourishes every aspect of an individual. The journey incorporates all three of the below treatments, beginning with the Scrub & Wrap Ritual, followed by the Massage Ritual and rounded off with the Face Ritual. Each treatment builds on the benefits of the one before it, leading to a result exponentially greater than the sum of its parts.

Nourishing Scrub & Wrap Ritual

90 minutes

For those feeling tired and depleted, this treatment encourages the body to enter a phase of deep rest in which it can be physically and emotionally nourished. Jade powder is a key ingredient in both the scrub and the wrap, known to nourish, hydrate, tone and rejuvenate.

The Jade Scrub also contains healing calendula oil, restorative amethyst powder and a nourishing blend of essential oils, as well as Himalayan salts. These salts stimulate circulation and leave the skin soft and thoroughly cleansed while infusing the body with 84 essential trace elements and minerals.

The Jade Mud Wrap combines the nourishing effects of jade powder with mineral rich Italian clay, rose hydrolat and argan oil. Hugging the body in a warm embrace, the wrap imparts the benefits of its ingredients while also stilling the mind. After a shower or bath, the treatment culminates in the full-body application of Aman's Sacred Heart Balm.

## BENEFITS

- \* Sense of being nurtured and held
- \* Boosted lymphatic system
- \* Restored nervous system
- \* Improved tone and texture of skin
- \* Nourished and moisturised skin
- \* Mental clarity and strength

# AMANPULO

## Nourishing Massage Ritual

90 minutes

Daily life can leave even the most organised, successful and happy amongst us feeling depleted and lacking in energy. Ideal for physically or emotionally exhausted souls, this treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems, helping to recharge and refuel body and mind. Deeply relaxing, the treatment includes chakra and sound healing, said to activate and channel 'the Kundalini' (dormant energy stored at the base of the spine). In addition, marma point therapy balances the energy body, releasing negativity and bringing the body back to a state of awareness and balance. On a physical level, the rhythmic massage dissipates muscular tension leaving you feeling taller, lighter and completely restored.

### BENEFITS

- \* Deeply relaxes
- \* Relieves exhaustion, stress and chronic fatigue
- \* Reduces anxiety
- \* Balances the energy

## Nourishing Face Ritual

90 minutes

This rejuvenating and calming facial treatment heals on a physical level with richly nourishing ingredients such as honey, rosehip, wheat germ, cactus oil, jasmine stem cells and silk soothing and brightening the skin. On a deeper level, it invites relaxation and rebalancing by focusing on facial marma points to remove any internal blockages and stimulate the flow of prana. Prana is described as the universal life force that enters the body via the breath. Easy breathing is therefore a key to wellbeing. Radiance is addressed and achieved with the Light Technique, which is based on shamanistic principles stating that light is generated by three points on the face - the forehead, the septum and the throat. By encouraging this light generation through various massage techniques and gentle holds, skin is enhanced with an inner luminosity.

### BENEFITS

- \* Moisturises, brightens and soothes dry, dull and irritated skin
- \* Treats rosacea and dermatitis
- \* Works to improve the look of scarring and pigmentation
- \* Brings luminance to the face
- \* Soothes environmentally damaged/sensitised skin
- \* Deeply relaxing and restorative
- \* Nutrient dense

# AMANPULO

## Dahlia Pillien – Resident Specialist

Dahlia is a highly-trained professional neuromuscular therapist and body worker, specializing in Neuromuscular Massage, Trigger Points and Deep Tissue and Sports Massage. She brings with her 15 years of experience and 12 years working in different Aman Spas based in the Americas. She has a deep understanding of how to treat and enhance movement and function in the body and mind.

### Inner Balance

Fusing Neuromuscular, Deep Tissue, Myofascial, Craniosacral and Trigger Points therapy, this specialised approach assists in returning balance within the body and mind as well as to improve nervous system. Easing tension and discomfort, this session is customized to work on specific areas of concern to stimulate the clearing of trauma held in the muscles and connective tissues, as well as the emotional body.

### Water Shiatsu

Incorporating the principles of Zen Shiatsu, this unique therapy allows your awareness to tune into the sound of your breath, beating heart and the subtleties of your own system. Through the series of rotational movements the emphasis will be placed on stretching the spinal column, chakras and meridians. Releasing blocked energy and emotional residue, this treatment leaves you in a deeply relaxed and expanded state.

### Thai Yoga Stretch Alignment

This session is a traditional healing system combining acupuncture, Indian Ayurveda principles, and assisted yoga postures. Uses an energy line system—the Ten Sen—through which the body's natural life force flows. Uses hands, feet and elbows to apply pressure to important points on the energy lines, together with gentle stretching and applied Hatha Yoga.

### Hatha Yoga

This practice involves breath, body, and mind, and classes are usually 60 minutes of breathing, yoga poses and meditation.

### Session Times

Individual	60/90 minutes
Water Shiatsu	60 minutes
Yoga Single	60/90 minutes
Yoga Couple	60/90 minutes
Yoga Group	60/90 minutes

# AMANPULO

## Elmer Munar - Resident Specialist

Our resident Fitness Manager, Elmer Munar, is a certified Personal Trainer and Group Fitness Instructor incorporating different modalities. He specializes in fat loss, toning, strength and endurance training, body conditioning Yoga, Mat Pilates, Zumba and mobility training

Elmer is also an experienced holistic Thai Massage stretch therapist, incorporating elements of Thai massage and yoga. Holistic manual stretching can be included in a fitness session or as a stand-alone treatment to alleviate muscle tightness or body pain.

### Blading and Cupping Mobility Therapy

Move better and feel better. Blade and Mobility pods are used to treat soft tissues, myofascia and muscles by various direct compressive stroke and techniques while improving blood flow, decreasing pain and increasing mobility around the joints. Massage and stretch are also incorporated to relax the muscle tissues and restore movement patterns.

### Holistic Thai Massage Stretch

Elmer will guide your body using different Thai Massage techniques to support joint function by releasing facial restrictions, leaving your body vitalized and pain-free.

### Yoga and Meditation

Yoga is a practice that harmonizes the body, mind and soul through the means of various breathing techniques, postures and movements, relaxation and concentration, self-inquiry and meditation. Benefits include improvement in posture, balance, flexibility, muscle strength, breathing, circulation, increased energy and deeper sleep.

### Personal and Group Training Programs

Personalized One on One and Group Fitness programs designed to meet your specific wellness goals.

KAATSU • Mat Pilates • Zumba Fitness • TRX • Bosu • Battle Rope Tabata Boot Camp • Kettle Bell • Circuit Training.

### Session Times

Holistic Thai Massage Stretch	60/90 minutes
Blading and Cupping Mobility Therapy	60/90 minutes
KAATSU Training	60 minutes
Individual Fitness	60/90 minutes
Couples Fitness	60/90 minutes
Group Fitness	60/90 minutes

# AMANPULO

## Island Journeys

### Island Tradition

2 hours, 15 minutes

Reflects the essence of Filipino healing traditions that restore vitality and reconnect mind, body and spirit

A herbal steam using plants harvested on the island relaxes tight muscles and prepares your body for a *Hilot* massage. This traditional massage style uses a hot banana leaf to locate energy blockages in your body, so that the therapist can concentrate on these areas of imbalance using traditional massage strokes. Your journey continues with a *Dag-Dagay* foot treatment, which includes a foot scrub and wrap using green tea clay and banana leaves to enhance blood circulation and stimulate lymphatic drainage. This is followed by a deep foot massage using bamboo sticks rolled across the soles of your feet, stimulating the reflex points and releasing tension throughout your body.

### Island Tan

2 hours

Prepare for sun tanning with an herbal steam, body scrub, coconut milk bath and full body massage.

Let our talented therapists ensure that you achieve the glow of the perfect tan during your stay, so that you look undeniably radiant when venturing back to reality. This treatment begins with a cleansing herbal steam and full body sea salt scrub that leaves your skin feeling soft and supple, complemented by the moisturising effects of a coconut milk bath. Your body is then treated to a 60-minute Coconut Oil massage, customised to your preferred pressure, leaving you feeling totally relaxed and prepared for the sunshine.

### Sun-Kissed

2 hours

An after-sun treatment of crystal salt bath, cooling facial with rose quartz, aloe body wrap, coconut hair wrap and scalp massage

Cool down from the heat of the tropics with this refreshing and hydrating journey that will repair and re-balance your skin to maximise your island tan. Beginning with a crystal salt bath, it will re-mineralise the body by replacing lost salts and calm the skin with soothing face and body wrap using cucumber, lavender and aloe vera from our organic garden continues to relax the body. Finally, a coconut hair wrap and scalp massage hydrates and refreshes your hair and scalp, completing this journey.



# AMANPULO

## Island Journeys

Amanpulo Spa has created a Healing Honey Farm, designed using the principles of sustainable ecological farming. The farm endeavors to raise awareness on the benefits of sustainably-farmed organic honey, in respect of the natural life of the bee and their role in biodiversity.

### Honey and Coconut Milk Hydration

120 minutes

Immerse in this hydrating Honey Journey, and let the body enjoy the benefits of our organic honey and coconut. The journey begins with a crystallized sugar and body scrub, followed by a warm pure Amanpulo honey wrap that softens the skin. While you relax and hydrate your body you will receive a honey facial mask and scalp massage. Your Honey and Coconut Milk Hydration Journey will continue with a coconut milk bath and end with a hydrating propolis oil massage.

# AMANPULO

## Back To the Roots, Our Healing Traditions

### **Seven Seas Massage**

90 minutes

This outdoor treatment combines the history of the first family discovering Pamalican Island and the different types of massage techniques found around the seven seas. It brings emotional connection, creating a safe space guiding the body to its roots, reconnecting to the first moment of life and giving therapeutic benefits that improve your perception and connection with yourself. It incorporates warm wooden bamboos and Himalayan stones with long indulgent strokes to deeply relax your muscles and mind at the same time. All your senses will be enhanced as you are pampered at our Seven Seas ocean view cabana.

### **Four Hands Remedy**

90 minutes

This harmonizing massage involves the synchronicity of two therapists working together to induce a deep state of wellbeing combining Hilot techniques. This massage is followed by a warm and nourishing coconut milk bath experience that will deeply hydrate your skin and calm your mind.

### **Hilot Massage**

90 minutes

A wonderful opportunity to experience the indigenous healing methods of the Philippines, *Hilot* massage treats 'hot' and 'cold' areas of the body. Warm banana leaves and cold-pressed extra virgin coconut oil are placed on the body to diagnose areas of imbalance, which are then treated with personalised massage techniques. Long, flowing strokes cool and drain areas of warmth, while more intense massage techniques heat cool areas of the body. This brings equilibrium to the body and mind through an authentic traditional rebalancing massage.

### **Dag-Dagay Foot Treatment**

60 minutes

A local tradition in the provinces is for children to massage the feet of their parents after a day of working long hours in the fields. This custom has been honed into a highly beneficial treatment that relaxes as well as energises the body. Beginning with an energising salt scrub and green tea wrap to reduce swelling in the feet and calves, it continues with a strong sequence of massage strokes using bamboo sticks along the soles and on reflex points of the feet. The pressure of the massage relaxes and lightens the feet, stimulates the internal organs and simultaneously energises the body. An application of foot lotion leaves the feet feeling cool and refreshed.

### **Herbal Abdominal Therapy**

60 minutes

This vigorous abdominal treatment reduces bloating, enhances stomach tonicity and aids digestion. Specialized and stimulating colon massage techniques are combined with detoxifying organic products and hot herbal compress from our herbal garden to help purify the colon. Abdominal massage has been used in Asia for almost three thousand years as a deep massage that also promotes healthy digestion, emotional balance and longevity, and works on releasing tension in the abdomen often caused by bad dietary habits and stress.

# AMANPULO

## Therapeutic Massage

### Amanpulo Oil Massage

60/90/120 Minutes

Our Amanpulo massage experience starts with a Sulu sea salt foot exfoliation to stimulate your energy circulation. Using our calamansi essential oil blend, these aromatherapy effects combine with a blend of classic massage strokes over the entire body to re-balance, de-stress and promote a sense of mental and physical relaxation. Longer massage sessions are recommended to allow your therapist to customise the treatment to your personal needs, increasing the therapeutic benefits.

### Pressure Points and Stretching Massage

60/90 Minutes

This bodywork therapy is performed over loose comfortable clothing without the application of oil. The combination of yoga-style stretches and acupressure point massage techniques releases muscular tension whilst improving flexibility and movement. Uniquely relaxing whilst energising, this is a highly beneficial treatment.

### Asian Sports Massage

60/90/120 Minutes

Our combination of sports and deep muscle massage will aid in dissolving longstanding knots and tissue adhesions throughout your body. Following this treatment your stiff muscles will feel fully relaxed and you will feel re-balanced in your hips, back, shoulders and neck.

### Himalayan Salt Stone Therapy

75 Minutes

This warm salt crystal stone therapy soothes away stress and tension and increases one's sense of well-being. Its grounding properties help to improve sleep, promote healthy blood sugar, emit negative ions, and support a healthy respiratory system, balancing the Central nervous system.

# AMANPULO

## Mini Rituals

These holistic mini-rituals are designed to be added to our massage treatments for more specific outcomes, such as detoxifying, nourishing or soothing the skin, or improving the condition of the hair and scalp.

### **Sulu Skin**

30 minutes

Full body Sulu Sea salt scrub

A detoxifying treatment that begins with a herbal steam to open the pores of your skin and begin the process of eliminating fluid. The Sulu Sea salt scrub stimulates the lymphatic system to remove toxins from the body whilst simultaneously improving the condition of the skin. An application of body lotion finishes the treatment by thoroughly hydrating the skin.

### **Sun Kissed Wrap**

30 minutes

After-sun body wrap

This full body wrap will hydrate, calm and balance the skin after sun exposure. Aloe vera from our organic garden combined with cucumber and lavender essential oil provide the necessary remedy for sun damage. A scalp and face massage are included during the body wrap, and the treatment is then completed by an application of body lotion.

### **Coconut Hair Wrap and Scalp Massage**

30 minutes

Conditioning for the hair and scalp

This traditional Asian beauty treatment uses warm extra virgin coconut oil, poured into the hair and massaged into the scalp, to nourish hair damaged by sun and seawater. A deeply relaxing neck and shoulder massage releases tension.

### **Buko Bath Experience**

30 minutes

Skin Hydration

Prepare your body with herbal steam to indulge your largest organ with a nourishing coconut milk bath experience that will deeply hydrate your skin and calm your mind. We recommend this treatment after a full body massage or a body scrub.

# AMANPULO

Pamper yourself and take care of others

*Pag-asa Massage*

75 Minute

*Pag-asa* or Hope in Filipino is a full body treatment that is one of the most kindhearted experiences you can receive.

This one of a kind treatment lovingly created by our local Spa Therapists will allow each guest to experience their intuitive and cumulative knowledge.

Pamper yourself and take care of others as part of the proceeds from this experience will benefit Manamoc Island's health center in partnership with the Andres Soriano Foundation.

# AMANPULO

## Finishing Salon Services

### Hands and Feet

Maintaining the condition of our hands and feet is essential for modern men and women. Our Finishing Salon is the ideal environment in which to relax while enjoying these treatments.

Aman Manicure	75 minutes
Maintenance Manicure	45 minutes
Aman Pedicure	100 minutes
Maintenance Pedicure	60 minutes
Nail Polish Change	20 minutes
Gel Nail Polish Removal	20 minutes

### Waxing

#### Hair Removal

Neck, Lip or Chin	15 minutes
Under Arm	20 minutes
Arm	45 minutes
Basic Bikini	45 minutes
Brazilian	60 minutes
Back	60 minutes
Half Leg	25 minutes
Full Leg	50 minutes

### Hair

Our salon offers hair treatments that can be enjoyed individually or combined with other treatments.

#### Tropical Hydration Therapy

60 minutes

This treatment uses the beneficial properties of coconut oil, combined with the re-balancing properties of a nourishing hair mask. While the mask takes effect, enjoy a relaxing neck and shoulder massage. The hair is then washed and blow-dried to finish the treatment.

#### Wash and Blow Dry

60 minutes

# AMANPULO

## Movement and Bodywork with a Personal Instructor

Aman Spa offers a state-of-the-art cardio and strength training Fitness Centre, a yoga studio, a Pilates studio, four tennis courts and an outdoor fitness trail, the Jungle Run. There are also two separate heat facility areas that include a steam room, cold plunge, outdoor veranda and changing facilities.

### Personal Training

Reap benefits from exercise with a program designed and tailored for your specific goal; may it be for weight loss, sport specific, functional training, and muscle rehabilitation or just to improve your level of fitness.

TRX Suspension Training • Circuit Training • Tabata • Boot Camp • Zumba Fitness • BOSU • Dance Aerobics • Fit ball • Weights / Resistance Training • Floor Core and more

### Mat Pilates

Pilates is an innovative and safe system of mind-body exercise using a floor mat or variety of equipment. It evolves from the principles of Joseph Pilates and can dramatically transform the way your body looks, feels and performs, through low impact exercises designed to stretch and strengthen muscles, release tension, improve posture and ease movements during daily activities, recreation and sports.

### Yoga

Vinyasa Flow, Hatha, Detox, Yin, Ashtanga, or combinations of all are available at all times of the day. Sessions are tailored to your level, from novice to professional.

Individual Session	60/90 minutes
Couples Session	60/90 minutes
Group Session	60/90 minutes

### Meditation

Meditation is the practice by which there is a constant observation of the mind. It cultivates simple awareness and concentration for the specific purpose of discovering that infinite well of wisdom that lies within.

Individual Session	30 minutes
Couples Session	30 minutes
Group Session	30 minutes

# AMANPULO

## Movement and Bodywork with a Tennis Pro

### Tennis

To reserve a court, schedule a lesson or a hitting session, participate in our clinics or arrange a match, please contact our wellness team.

Individual Session	60 minutes
Couples Session	60 minutes
Group Session	30/60 minutes

Our two artificial grass courts are located by the Club House and by the West Villa, our hitting partners are available for practise sessions, and the courts are available for individual use. Please contact your Guest Assistant to reserve courts.



# AMANPULO

## Family Bonding

Each precious moment is designed to create a stronger family bond while improving wellness and relaxation. These treatments are for Mommy to be and young adults between 13 - 16 years of age, all Spa treatments may be provided subject to customized spa products and an adult supervision

### Chillax Massage

60 minutes

Provides an opportunity for increased bonding and attachment between parent and child. It balances the child's and parent's stress by toning and relaxing the muscle. Massage supports respiration and deeper breathing patterns. It enhances the immune system by increasing circulation and lymph flow. This treatment can increase the child's verbalization and socialization.

### Pre-Natal Massage

75 minutes

One-of-a-kind experiences to soothe the mood and bring relaxation to both mother and child during this special moment of connection. Start with a foot ritual to release the tension on the feet, this massage focuses on the legs, lower back, shoulder, and neck area. Suitable for three- to six- month pregnancy.

Because every prenatal is different, we recommend that you consult with your physician prior to any spa reservation. Certain treatments and techniques may not be available during the first trimester.

Funky Nails	30/45 minutes
In the Mood Hand and Foot Massage	30 /45 minutes
Sun Kissed Facial	30 minutes

### Family Fitness

60 minutes

Yoga /Zumba /Jungle Run / Personal Training (up to 4 people)

# AMANPULO

## Wellness Facilities and Spa Etiquette

### *Availability and After-Hours Treatments*

Aman Spa is open from 9am, and our last treatments finish at 9pm daily. The Fitness Centre is open 24 hours daily. Wet facilities are open from 9am to 9pm daily. Advanced reservations are recommended to ensure availability at your preferred treatment time. Selected treatments are available after-hours up until 10.00pm with advance notice in your casita. There is an additional charge for after-hours treatments.

### *Special Considerations*

Some treatments can be adapted to accommodate illness, surgery, pregnancy or other medical conditions. Please contact Aman Spa directly for advice.

### *Fitness Centre*

Please ensure that you always wear appropriate clothing and footwear when in the Fitness Centre. For safety reasons, the Fitness Centre is not recommended for guests under the age of 16, as the equipment is designed for use by adults. Amanpulo provides alternative activities for younger guests, for further information please contact your guest assistant on extension [2].

### *Lockers Wet Facilities*

We invite you to come and indulge yourself in our wet facilities for Men and Women, open from 9am until at 9pm daily. Please note that facilities are not recommended for guests under the age of 16, guests who are pregnant, guests who have any health conditions and guests who are under the influence of alcohol.

### *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 the full charge of the treatment booked.

### *Arrival and Departure*

Please ensure that you arrive at Aman Spa at least ten minutes before the scheduled start time of your treatment. This is to ensure ample time to complete our health consultation form and to prepare for your treatment with us. After your treatment, please feel free to relax in the reception pavilion.

### *Treatment and Preparation*

It is not recommended to eat a heavy meal or drink alcohol before taking a spa treatment or fitness session. We provide all amenities that you need to enjoy your spa experience with us. We recommend that men shave before receiving any facial treatment.

### *Smoking and Mobile Phone usage*

Aman Spa and Fitness Centre are no-smoking facilities and smoking of any kind is prohibited. For the benefit of other guests, please always keep your mobile devices on silent mode.

### *Valuables*

We recommend that you remove all jewellery and valuables, and lock them in your casita safe prior to visiting. The Aman Spa or Fitness Centre to avoid damage or loss.

### *In suite Charge*

Casita or Villa bookings are available for a limited range of treatments and incur a surcharge of P 1,750. Visiting specialists are charged at separate rates. Please note that there is a surcharge of P 2,500 for after-hours treatments.

### *Ocean View Cabana / Shigerino Nature Cabana*

Connect your senses with the flora and fauna. These outdoor facilities are available for a limited range of treatments and incur a surcharge of P 1,750

ÄMÄN

S P A