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SUMMER PALACE  
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## 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 AmanSpa 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.

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 Summer Palace Spa

Aman Spa learns from the great Chinese tradition, based on the theory of ancient Chinese health care system Qigong which reestablishes the body/mind/soul connection and TCM (Traditional Chinese Medicine) medical system of views well-being as a dynamic balance between these internal and external forces, using diet and exercise, massage and Herbal Medicine, alter states of mind, enhance immunity and increase our capacity for creativity, work and pleasure.

3,000 square meter AmanSpasense of well-being offers the authentic spa treatment, localized treatment, result oriented latest technology beauty treatment, traditional and modern movement practices, and mindfulness at the most peaceful and modern wellness facility which compliment Chinese traditional architect design. Imperial Chinese traditional well-being techniques are blended seamlessly with modern practices and administered by our expert therapists.

## **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**

Harnessing the power of the Earth, Aman 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, to 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 palo santo. The creams, muds and mists contain alkalizing, oxygen-rich vortex spring water.

Aman 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 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 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.

## Seasonal Journey in TCM

90 minutes / 120 minutes

### Spring March - May

In Traditional Chinese Medicine (TCM) spring is associated with the liver. The liver is the organ that is most affected by excess stress or emotions, and is responsible for smoothing of Qi and blood in the body. The Chinese herbs help to smooth out an irritated liver and solve problems with the liver. The herbs in the poultice that we use for the season of spring are for example: bupleurum, apocynum venetum and pawpaw. Chrysanthemum tea is offered after the treatment, to remove the toxicity of the liver, to purify the blood and to give balance to emotions.

### Summer June - August

Summer is the season for the heart. The function of the heart is to control the blood circulation, the blood vessels, and believed to control the consciousness, sleep and memory and provide a haven for the spirit. The herbs in the poultice that we use in summer are for example: coptis chinensis, albizia flower, lotus plumule and agastache. They support the heart's health, like imbalance of the heart leads to a scattered, confused mind, depression, poor circulation and an aversion to heat. And the Butterfly pudding tea we serve after the treatment, it is with powerful antioxidants because of anthocyanin, perfect for cardiovascular problems.

### Autumn September - November

As the humidity of summer gives way to the dry air of fall, lungs and their associated functions get our attention. The lungs control the air exchange, affects our breathing. The herbs used in autumn are for example: mulberry leaf, loquat leaf and flos farfarae. The herbal tonics at this time of the year help many conditions, such as asthma, chronic coughing and susceptibility to bronchitis or sinusitis can be very well treated. Herbal tea with osmanthus is offered after the treatment, relieving the dryness and moistens the lungs.

### Winter December - February

Winter is the season that focuses on kidneys in TCM. The kidneys govern bones, related our brain function. The hip and knee pain, cold hands and feet, impotence, poor memory and frequent urination are very common symptoms associated with kidney problems. To fight against these symptoms you need a warm body, so the herbs we use in the winter are designed to warm you up. Herbs such as: herba epimedii, polygonum multiflorum and rhizoma cibotii. Ginger tea is offered after the treatment to help regulate your stomach, blood circulation, reduce inflammation and strengthen immunity.

## Aman Summer Palace Signature Journey

### Aromatic Healing Treatment

90 minutes / 120 minutes

Combining live, color, sounds and fragrance is a natural therapy for physical and mental maintenance through essential oil and vegetable oil extracted from natural plants. It uses plant extracts with special aroma and bowl singing - to heal and regulate the symptoms of physical and mental disorders, improve physical discomfort, relieve emotions and soothe the soul. There is a close connection between people's smell, memory, emotion, feeling and thinking. Healing emotions through smell and sound will bring more benefits to the body and mind.

## Therapeutic Massage

### A Holistic Meeting of Past & Present

#### The Past

##### Hot Poultrice Massage

**90minutes / 120minutes**

We have developed a seasonal herbal poultice that is combined with a massage to generate warmth to the body and internal organs stimulating circulation as well as easing muscle tension.

##### Traditional Chinese Massage

**60 minutes / 90 minutes**

Regain more movement and flexibility following this massage through traditional stretching and kneading techniques while stimulating acupressure points. This oil free bodywork therapy is performed over loose comfortable clothing to allow movement.

##### Chinese Foot Reflexology

**60 minutes / 90 minutes**

Reflexology is based on the meridian lines of acupuncture and is used to unblock energy flow (qi) within the body. Acupressure points on the feet are said to correspond with internal organs. This is why reflexology is seen as a whole-body therapy with broad health benefits.

#### The Present

##### Gemstone Massage

**60minutes / 90minutes**

This combination of deeply warming gemstones and massage is ideal to soothe and relax tender muscles. Hot gemstones are used as an extension of the therapist's hands as they glide over the body and the heat generated draws out muscle tightness.

##### Deep Tissue Massage

**60 minutes / 90minutes**

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.

## Skin Management

Skin management is different from traditional beauty treatments. Traditional beauty salons mainly use products and massage techniques to do daily skin management, which is difficult to completely solve customers' skin problems. Like acne, acne pits, acne marks, sensitive skin, dull skin, peeling and so on. The skin management division through the professional beauty instrument and skin management knowledge scientific analysis of customers' skin problems, through the instrument and products, massage techniques to develop exclusive private customized management plan. Cosmetology instrument can let nutrition essence penetrate skin dermis, make skin absorb nutrition ingredients fully, improve skin problems.

### **Aman bubble deep cleaning**

**90minutes / 120minutes / Small bubble**

Cleaning is a way of nourishing skin, mainly suitable for oily, coarse pores, blackhead acne skin. Its principle is to carry nutrients of small bubbles, through some pinhole loop action on the skin, long time contact with the skin, to purify the skin, remove the effect of blackhead. Bubble cleaning fills the hair follicles with nutrients, providing the skin with enough nutrients to keep it moist and glowing.

### **Aman Bright whitening skin**

**90minutes / 120minutes**

Marine minerals, glycyrrhizaglabra, resveratrol, seaweed polysaccharide and other powerful antioxidant whitening ingredients, inhibit the activity of tyrosinase, block melanin synthesis, absorption and degradation of melanin. Leave your skin clean and white from the inside out.

### **Aman Sensitive skin repair**

**90minutes / 120minutes**

Lactic acid bacteria pressure relief products effectively relieve skin problems caused by pressure, such as itching, sensitivity and redness. Slow and calm allergic skin, reduce irritation, inhibit inflammatory substances, effective anti-pruritus and anti-inflammation, at the same time inject super antioxidant, protect skin from free radicals, repair skin's natural hydration and maintain moisture, restore cell vitality, tighten skin.

Main effects: soothing, calming, repairing, anti-red, anti-pruritic, anti-inflammation, enhancing skin barrier function, thickening cuticle, moisturizing for people: sick skin sensitive muscle hormone face (long-term abuse of hormone drugs crowd), thin cuticle, red silk.

### **Aman anti-aging red wine skin**

**90minutes / 120minutes**

Pure natural grape therapy {accelerate blood circulation, promote cell metabolism, create a rich contour, regenerate from inside to outside, create 3D contour comprehensively.

### **Aman Herbal cleansing skin**

**90minutes / 120minutes**

Herbal cleansing muscle series of natural plant ingredients; Start the natural renewal process of cells from inside to outside, clean the skin, remove excess horniness, tighten pores, and relieve inflammation; Increases skin elasticity and regeneration. At the same time to promote cell balance, strengthen the skin capillaries, accelerate tissue recovery; It can replenish energy and eliminate toxin for skin immediately, leaving skin white, smooth and free from free absorption.

## Hairdressing Services

### Technical Director

Wash, trim, blow-dry (man)	60 minutes
Wash, trim, blow-dry (ladies)	60 minutes
Hair dyeing (short hair)	120 minutes
Hair dyeing (Long hair)	120 minutes
Perm (short hair)	180 minutes
Perm (Long hair)	180 minutes
Hair care (short hair)	120 minutes
Hair care (Long hair)	120 minutes
Bleaching and dyeing (short tidal hair)	180 minutes
Morgan perm (root)	120minutes

### Art Director

Wash, trim, blow-dry (man)	60 minutes
Wash, trim, blow-dry (ladies)	60 minutes
Hair dyeing (short hair)	120 minutes
Hair dyeing (Long hair)	120 minutes
Perm (short hair)	180 minutes
Perm (Long hair)	180 minutes
Hair care (short hair)	120 minutes
Hair care (Long hair)	120 minutes
Bleaching and dyeing (short tidal hair)	180 minutes
Morgan perm (root)	120minutes

### Star Director

Wash, trim, blow-dry (male)	60 minutes
Wash, trim, blow-dry (ladies)	60 minutes
Hair coloring (short hair)	120 minutes
Hair coloring(Long hair)	120 minutes
Perm (short hair)	180 minutes
Perm (Long hair)	180 minutes
Hair care (short hair)	120 minutes
Hair care (Long hair)	120 minutes
Bleaching and dyeing (short tidal hair)	180 minutes
Morgan perm (root)	120minutes

## Makeup and styling service

Bridefull makeup	
Artist full makeup	
Daily makeup	60 minutes
Banquet makeup	60 minutes

## Aman Fitness

Exercise strengthens the motor system. Physical exercise contributes to the growth of bones, which can make bones stronger and play a better role in supporting and protecting the human body. It also thickens the joint capsule and ligaments, strengthening the firmness of the joint and the tolerance to pressure. By improving the control ability of the nervous

system to the muscle, the speed and accuracy of the reaction of the muscle to the nerve stimulation as well as the ability to coordinate with each muscle group to improve, so as to give play to the maximum exercise effect, and can make the muscle growth, strength enhancement, improve the ability to resist fatigue and acid pain.

Fitness can improve the ability of the human body to cope with the various complex and changeable environment. Regular fitness, the cerebral cortex of all kinds of stimulation of the analysis of comprehensive ability, keen feeling, open field of vision, judgment of space, time and position ability to enhance, so can judge accurate, sensitive response. At the same time, it can improve the body's ability to regulate temperature and enhance the body's ability to adapt to rapid temperature changes. Regular fitness can increase the number of white blood cells, enhance the activity, enhance the immune ability of the body, improve the resistance of the human body to disease. It can make middle-aged and elderly people keep full of energy and vitality, delay the ageing process, health and longevity.

## Movement & Body work with a Personal Instructor

### Fitness equipment 1 to 1 personal training course

#### Coach

Senior Coach

Full-body functional training: it is physical training that exercises muscle strength and gives consideration to overall coordination. Functional training tasks can also be completed at home, at work or in sports. Functional sports training focuses on the stability of core strength, aerobics and enhancement rehabilitation training.

Circular strength training: A series of strength or cardio or cardio exercises, or a combination of both, done in two or three repetitions with breaks or without pauses. This exercise is very helpful in reducing and rebuilding the body and improving endurance.

Muscle Stretching: This workout focuses on releasing lactic acid that builds up in the body during workouts to help muscles recover faster after a workout. It also helps relieve tired, aching and stiff muscles, relieves back pain and increases blood circulation, making it ideal for relieving muscle tension and age-related limitations in range of motion.

Core training: This exercise is designed to train the core areas of the sagittal, frontal and transverse planes, focusing on the psoas, abs, pelvic floor and lower back muscles.

### Swimming 1 to 1 private lessons

Coach

Senior Coach

#### Private swimming class

Double course

Three-person course

Four or five students

Swimming is a person floating upward under the action of water buoyancy, with buoyancy through the body regular movement.

It includes breaststroke, freestyle, backstroke, butterfly and synchronized swimming.

Swimming can enhance the cardiopulmonary function, shape the body, and improve the cardiovascular system is quite important.



## **Pilates**

Coach

Senior Coach

### **Pilates class**

Double course

Three-person course

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

## **Yoga**

Coach

Senior Coach

### **Private yoga class**

Double course

Three-person course

Four or five students

**Hatha Yoga:** A gentle introduction to basic yoga postures. Hatha yoga will help you feel more flexible, longer, leaner and 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 order. It is typically fast-paced, vigorous and physically challenging.

**Yin Yoga:** A slow-paced style 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. It is also known as yogic sleep; the technique is practical and easy, as well as deeply restorative and beneficial for health, mental peace and higher awareness.

## **Tai- Chi**

Coach

Senior Coach

Private Tai- Chi class

Double course

Three-person course

Four or five students

**Tai-chi:** Considered both a martial art and 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.

## Aman Summer Palace Wellness Facilities

The spa offers luxurious facilities for entire day of pampering or soothing treatments after a strenuous excursion. 9 spacious spa suites are designed with comfort, privacy and rejuvenation in mind. Imperial China's wellbeing techniques are blended seamlessly with modern practices and administered by our expert therapists.

Spa Facilities: Exclusive hair salon with the latest equipment. The changing areas of both male and female are with dry sauna, steam and Jacuzzi.

Fitness Centre: The spacious, light-filled Fitness Centre is equipped with the latest in cardiovascular and weight-training machinery from Technogym. Improve over all fitness and mental wellbeing in the Yoga and Pilate's studio.

Swimming Pool: The 25-metre in-door heated and mirror surfaced swimming pool is lined with generously spaced double daybeds and constant temperature of 27 degrees Celsius. The design of the swimming pool carries on the Imperial Style of Ming dynasty.

## 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 2.

Fitness Facilities - Users must be 16 and over to use the fitness facilities.

Sauna, Steam and Jacuzzi - 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 12 are not permitted to receive spa treatments, for the ages of 12-18 a parent or guardian must accompany the child in the treatment room for the entire treatment and the waiver must be signed.

## Reminders

### **Operating hours**

Aman Spa operates daily from 1pm to 10pm.

The Fitness Centre, Swimming Pool are operates from 8am to 8pm daily.

### **Appointments**

Guests are encouraged to book treatments in advance to ensure their preferred time and services are available. Please dial extension 7905 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 session is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 60 minutes of their scheduled treatment.

### **Spa Environment**

Smoking and the use of mobile phones are prohibited in and around Aman Spa.

### **Cancellation Policy**

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 6 hours cancellation notice so someone else may enjoy that time. Cancellations made within 6 hours will be subject to a 100% charge.

### **Valuables**

Please do not bring valuables into the spa. For staying guests, safes are provided in every room.

### **Pricing**

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

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