

ÄMAN  
SPA

## **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 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 of 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.

## **Amanemu Spa**

Like all Aman Spas the world over, the holistic approach at Amanemu aims to promote wellbeing through the integration of treatments, relaxation, movement and nutrition. A healing aspect unique to this secluded Aman however, is its access to mineral-rich waters. The forests surrounding the resort are abundant with natural hot springs, one of which feeds the spa’s two onsen bathing pools.

Dating back to the sixth century, Japanese bathing culture initially grew out of ritual Buddhist cleansing practices. By the seventh-century Heian era, health-giving herbal baths had become popular among the royal family and high-ranking nobility, leading eventually to a public-bath or onsen culture. By the 15th century, during the Edo period, public bathing was an established community activity, and today the Japanese still enjoy seasonal onsen and herbal baths for their health-giving benefits.

Onsen water is used in several of Amanemu’s spa treatments along with local algae known to be powerful antioxidants, pearl powders long used in traditional Japanese beauty regimes and the herb-based traditional Japanese practice of Kampo. Kampo is a unique Japanese system of diagnosis and therapy with its roots in TCM. The underlying philosophy of Kampo is that the human body and mind are inextricably linked, and that a balance of the physical and the mental is essential for human health.

## **Spa Arrival & Preparation**

To enhance your spa journey and enjoy the full benefits of the experience, please allow sufficient time to enjoy the onsen facilities and the spa’s tranquil setting before your treatment. On arrival, you will be welcomed with a special herbal tea from the Nemu Tree (*Albizia julibrissin*), traditionally used in Kampo to rebalance emotional energy levels.

## **Japanese Foot Ritual**

This traditional form of welcome dates back to the Edo period, when ryokan (inns) would offer it to weary travellers. The ritual not only cleanses the feet, but can relieve any inflammation and is an effective way of calming the central nervous system. Amanemu's bath ritual with salt from Ago Bay is provided prior to any bodywork treatment.

## **Private Onsen**

60 minutes for two guests

Dating back to the sixth century, Japanese bathing culture initially grew out of ritual Buddhist cleansing practices. By the seventh-century Heian era, health-giving herbal baths had become popular among the royal family and high-ranking nobility, leading eventually to a public-bath culture. By the 15th century, during the Edo period, public bathing was an established community activity. Today the Japanese still enjoy seasonal onsen, and herbal baths to mark special occasions. At the Aman Spa, guests may reserve an onsen for private use for up to three hours.

## **Amanemu Wellness Immersion**

Amanemu's individualised wellness programs are designed by highly qualified health professionals to help guests to achieve specific wellness goals. Immersions can be focused on stress management, cleansing, slowing the signs of ageing and the overall balancing of health. This is available from minimum 3 nights stay.

### **Rejuvenation, Cleansing & Transformation**

Transforming your health requires a thorough approach that addresses many different aspects of daily life. This Immersion draws on traditional Japanese health practices to do just that by combining macrobiotic dietary principles, kampo herbal techniques and zazen meditation practices to cleanse both body and mind.

Daily onsen, lymphatic drainage treatments, cleansing herbs and a clean and healthy diet all serve to flush the system of unwanted toxic accumulations thereby improving the digestive, lymphatic, elimination and metabolic systems of the body to leave you feeling refreshed and rejuvenated. Private yoga sessions, zazen meditation and a traditional tea ceremony clear the mind and complete the transformation both physically and mentally.

### **Health, Beauty & Age Defying**

Success in slowing down the signs of ageing is strongly determined by your overall health. This Immersion seeks to bolster physical health specifically to promote the body's and skin's natural processes of rejuvenation. It also aims to relax the mind, promote restorative sleep and engender positive thought patterns, all of which play their role in maintaining a youthful appearance and outlook on life.

Specialised beauty care treatments, traditional Japanese beautifying rituals and refreshing spa therapies tighten, smooth and illuminate the complexion while private movement sessions tone the body. A healthy diet, herbal infusions and zazen meditation serve to cleanse the metabolic and lymphatic systems, boost the immune system, brighten the eyes and lift your spirits, leaving you looking and feeling youthful inside and out.

### **Mindfulness, Relaxation, & Stress Control**

The Mindfulness, Relaxation & Stress Control Immersion helps you achieve a deep sense of peace and relaxation while developing the skills necessary to manage a stressful and hectic lifestyle. Japanese practices like zazen meditation and traditional tea ceremonies, along with treatments such as shiatsu, acupuncture and aquatic bodywork are focused on minimising the effects of stress as well as reducing tension and cultivating mindfulness. Specialist sessions, mindful movement and meditation classes offer guidance in achieving a state of mental calm, while tightness and tension in the body is released through daily specialist therapies and spa treatments.

### **Recovery & Recuperation**

For centuries the Japanese have understood and utilised the healing powers of the natural mineral hot springs that are such an intrinsic part of their countryside. Known as onsen, there are many thermal springs in the area surrounding Amanemu. The resort in fact offers its very own onsen facilities, and these healing springs form the basis of this Immersion targeting recovery and recuperation. Designed to aid individuals whether recovering from an illness or an injury,

this Immersion also strives to optimise overall wellbeing. Aquatic body work sessions and private onsen therapy sessions are combined with personal training, rejuvenating yoga, acupuncture, shiatsu, and deep tissue massage to get the body and mind on the fast track to full health. Together with healing Japanese teas and a delicious healthy diet, all of these treatments and therapies combine to create the ultimate healing programme Amanemu has to offer.

### **Amanemu Wellness Day Program**

This one day retreat aims to optimise wellbeing through an integrated and holistic approach. The programme starts with a private movement lesson, followed by a spa treatment and a wellness session by a specialist, supplemented with use of the onsen waters and relaxation facilities, as well as a Spa lunch.

- 60-minute private movement class
- 150-minute spa treatment
- Spa lunch and refreshments
- Hydrotherapy facility with The Thermal Spring, a dry sauna, a steam room and changing rooms

## Amanemu Signature Journeys

### Amanemu Seasonal Journey

90 minutes / 120 minutes  
150 minutes / 180 minutes

This spa journey is Amanemu's original treatment which helps balance body and mind by using seasonal Japanese Kampo herbs and essential oils, incorporating different elements of the four seasons.

150 minutes and 180 minutes treatments combine a seasonal herbal ball compress and body massage, body scrub with camellias oil and pearl sea salt from Ago Bay, and a body wrap with local seaweed and clay. 120 minutes treatments include a body massage as well as a body scrub for 30 minutes.

#### **Spring: cleansing and setting intentions**

A local sea-salt compress containing *yomogi* (Japanese mugwort), with Japanese neroli and Japanese green tea essential oils.

#### **Summer: movement and expanding consciousness**

A *biwa* (Japanese medlar) and Japanese lemongrass herbal compress, with *hakka* (Japanese green mint) and Japanese lavender essential oils.

#### **Autumn: harmony and reflection**

A *sansho* (Japanese pepper) and Japanese cinnamon herbal compress, with *makomodake* (Japanese manchurian wild rice), *gettoh* (Japanese peach leaf) and *shiso* (Japanese red mint) essential oils.

#### **Winter: warming and internal focus**

An *azuki* (Japanese *azuki* red bean) compress, with Japanese ginger and Japanese *ponkan*-orange essential oils.

## **Aman Signature Treatments**

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 ground crystal powders, healing tree oils, homeopathic facial mists, wild-harvested Amazon butters and other exceptional natural ingredients, including pearls and plant stem cells.

### **Grounding**

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 tranquillity and induces a meditative frame of mind.

### **Purifying**

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 the guest let go of unhelpful energies and emotions, providing lightness of step and breathing space for the mind, body and soul.

### **Nourishing**

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

## Grounding

For those seeking reconnection, stillness and perspective Developed to promote inner peace and return body and mind to a state of harmony, this formation works as a balm for restlessness brought on by the frenetic pace of modern life.

It imbues a sense of reassurance and reconnection, while hydrating, healing, refining and strengthening on a physical level. The use of amber oil relaxes brainwaves, helping to ease anxiety and stress.

Sandalwood calms the nervous system – its earthy aroma inducing a meditative frame of mind. Other key ingredients include rose quartz crystals, jasmine, rare black Peruvian and purple muds, wild harvested butters, and silver.

Techniques include a Tibetan *Ku Nye* massage, meridian and acupressure work, springing and kneading. Recommended for treating stress, anxiety, jet lag, dry skin and hair, insomnia, tension in the lower spine, as well as feelings of insecurity, restlessness and the inability to switch off.

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

## Grounding Scrub & Wrap Ritual

90 minutes

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body scrub gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of silky smooth Smoked Body Butter.

### Benefits

- Restores the nervous system, stimulates circulation and regenerates skin cells
- Boosts the lymphatic system and strengthens the immune system
- Reduces stress levels and promotes mental clarity

## **Grounding Scrub & Wrap Ritual**

90 minutes

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body scrub gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of silky smooth Smoked Body Butter.

### **Benefits**

- Restores the nervous system, stimulates circulation and regenerates skin cells
- Boosts the lymphatic system and strengthens the immune system
- Reduces stress levels and promotes mental clarity

## **Grounding Massage Ritual**

90 minutes

A *Ku Nye* full-body massage honours ancient Tibetan healing traditions to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading, and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

### **Benefits**

- Moisturises dry skin, breaks up scar tissue and eases muscular tension
- Reduces chronic pain and improves athletic performance
- Balances the vital energy

## **Grounding Face Ritual**

90 minutes

This facial incorporates rose quartz crystals to promote healing; frankincense to aid rejuvenation; and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a Peruvian black mud and amethyst crystal mask, and Tibetan head massage.

### **Benefits**

- Brightens, firms and intensely hydrates
- Promotes cell renewal and improves uneven skin tone
- Encourages emotional stability and peace of mind

## **Grounding Journey**

180 minutes

Incorporating all three Grounding treatments, this journey encourages a deep connection to the earth and a renewed sense of self. It begins with the Body Scrub and Wrap, followed by the Massage, and is completed with the Face Ritual. Each build on the treatment that came before – grounding in every sense of the word, to ensure a state of perfect contentment.

## Purifying

For those seeking lightness, breathing space and a fresh start.

A powerful detoxifier and cleanser, this formation holds the spiritual energy of vitality – stabilising the heart and mind, easing restlessness and energising the body, helping to purge negative thought patterns. Physical benefits include cleansing and brightening, giving skin a new lease on life.

Key ingredients include palo santo, sandalwood, juniper berry, rose geranium, raw honey, pearl, quartz, and argan stem cells – chosen for their anti-ageing and purifying characteristics. Techniques include lymphatic drainage, nerve point therapy, and nerve stimulation.

Recommended for treating bloating, low energy levels, dull skin, thyroid problems, post-illness exhaustion, as well as feelings of sluggishness, heaviness and confusion.

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
- In need of a detox

### Purifying Scrub & Wrap Ritual

90 minutes

This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz – known as a master healer for its amplification of energy levels. Seaweed *Fucus* oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage.

The meditative marine flora mud wrap includes deep cleansing kaolin, and mineral-rich sea lavender and seaweed for boosting collagen levels. The treatment ends with the full-body application of palo santo salve.

#### Benefits

- Detoxifies the lymphatic system and boosts immunity
- Reduces swelling and improves skin tone and texture
- Increases energy levels and mental clarity

## **Purifying Massage Ritual**

90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. The massage concentrates on lymphatic drainage techniques, to manipulate lymph nodes and lymphatic vessels, to increase their activity and promote the flow of lymph. Compared to traditional massage the pressure applied with manual lymphatic drainage techniques is much lower in intensity but powerful in its effects.

### **Benefits**

- Removes toxins and regenerates tissue
- Aids lymphatic drainage, reducing swelling and cellulite
- Increases immunity and eases muscle spasms

## **Purifying Face Ritual**

90 minutes

By combining nerve point therapy and lymphatic drainage to provide a detoxifying release, this tension releasing treatment is extremely beneficial for those exposed to excessive urban pollution.

Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative homeopathic copper, and powerful marine extracts that strengthen collagen production.

### **Benefits**

- Hydrates, brightens and firms skin
- Drains the lymph and releases tension
- Detoxifies to reduce the effects of pollution

## **Purifying Journey**

180 minutes

This Journey targets purification on every level, from clearing the skin and detoxifying the body's organs, to removing negative energy and focusing the mind. All three Purifying treatments are applied, beginning with the Body Scrub and Wrap, followed by the Massage, and ending with the Face Ritual - leaving guests clear-headed and at peace.

## Nourishing

For those seeking regeneration, recuperation and healing. Holding the spiritual energy of love, this powerful formation encourages reconnection with the self through the healing of emotional and mental wounds. It leads one towards self-acceptance, enabling individuals to be their most real and best selves, while simultaneously restoring and rejuvenating the body on a physical level. The key ingredients of jasmine, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk and gold, have all been chosen for their powerful regenerative abilities, fostering a meditative state and feelings of joy.

The techniques used in this Formation are geared towards healing. They include a chakra-balancing massage, mantra music, marma point therapy, and the Light Technique – based on the shamanistic principle that luminosity is generated from various points on the head and neck. Recommended for treating lacklustre skin, the signs of ageing, anxiety, chronic fatigue and emotional stress, as well as feelings of disconnection, grief and discontentment.

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

### Nourishing Scrub & Wrap Ritual

90 minutes

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone and rejuvenate – in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. The treatment ends with the full-body application of Sacred Heart Balm.

#### Benefits

- Boosts the lymphatic system and restores the nervous system
- Feeds skin while improving tone and texture
- Imparts a sense of being nurtured and held

### **Nourishing Massage Ritual**

90 minutes

This blissful, nurturing treatment is ideal for physically or emotionally exhausted souls. The use of marma point therapy brings the body back to a state of heightened awareness and balance, while rhythmic massage techniques ease muscular tension, imbuing a sense of complete restoration. The use of sound healing stimulates the *kundalini* – dormant energy stored at the base of the spine.

#### Benefits

- Relieves exhaustion, stress and chronic fatigue
- Reduces anxiety and deeply relaxes
- Balances the energy body and emotions

### **Nourishing Face Ritual**

90 minutes

This brightening, moisturising treatment calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of *prana* – described as the universal life energy that enters the body via the breath. Skin is left looking truly radiant through the application of the Light Technique, focusing on the forehead, septum and throat.

#### Benefits

- Hydrates, soothes and feeds the skin
- Treats rosacea and dermatitis
- Improves the look of scarring and pigmentation

### **Nourishing Journey**

180 minutes

This Journey serves to combine the many forms of nourishment into an immersive experience that benefits every aspect of the individual – beginning with the Body Scrub and Wrap, followed by the Massage, and completed with the Face Ritual. Each treatment builds on the one before, leaving the guest feeling reconnected and rejuvenated.

## Body Massage

### Personalised Body Treatment

60 minutes / 90 minutes  
120 minutes / 150 minutes

This treatment starts with a consultation with an experienced Aman Spa therapist to determine the guest's needs on the day of the treatment. A selection of products from the Aman Spa product range and locally sourced aromatherapy oils are used across a diverse array of techniques that deliver an intuitive journey – guiding you from the exact place you're in, to where you want to be.

### Personalised Body & Facial Treatment

90 minutes / 120 minutes  
150 minutes / 180 minutes

In this treatment combines body massage and facial treatment, the therapist employs diverse techniques to deliver customized treatment according to the guest's needs and skin condition.

### Yogic Healing Massage

90 minutes / 120 minutes

In the private yoga room, the therapist shapes passive yoga poses in addition to massages and stretches. You can relax the tension that you have unconsciously accumulated and stay passive to get the full effect of yoga. Breathing and sound healing regain a sense of liberation and calm.

### Dry Massage

60 minutes / 90 minutes  
120 minutes / 150 minutes

Uniquely created with a combination of Japanese 'Anma' massage techniques and stretching movements, this treatment will help to improve blood and lymph circulation.

### Aquatic Bodywork

60 minutes

Carried out in the spa's warm watsu pool, this treatment – at once dynamic and meditative – involves a series of gentle, yoga-like stretches, the body supported by the therapist. Acupressure, combined with the sensation of floating, allows muscles, joints and vertebrae to slowly relax, allowing the body to naturally unwind and realign.

## Result-Orientated Facials

### **Aman Advanced Facial**

60 minutes / 90 minutes

An exclusive treatment in our Aman Spa, a wholly rejuvenating experience incorporating Aman's own skincare collection, Essential Skin.

Created in Japan, Aman Essential Skin is infused with powerful rice bran and indigo extracts, to achieve a noticeably lifted, more radiant complexion. Combining these exclusive formulas with exfoliation and manual lifting techniques, the Aman Advanced Facial stimulates facial muscles, welcoming tighter, brighter skin. The treatment begins with ultrasonic scrubbing to loosen and remove oil, dirt, and cellular debris from the pores. Supported by the use of electric microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness and promote a gentle glow, the complexion appears all together brighter and tighter. The use of red and blue light therapy, a safe natural way to provide multiple benefits to your skin. The treatment concludes with the application of the Aman Nourishing Gold Algae masks to achieve an exceptional glow.

### **Rejuvenate Oxygen Facial**

90 minutes / 120 minutes

Targeting the appearance of fine lines and wrinkles, this effective anti-ageing facial dramatically enhances the overall hydration of the skin and significantly improves tone and radiance. A high concentration of oxygen delivered in Aman's Rejuvenating Serum through the Intraceuticals System, together with Hyaluronic Acid Technology, combine to deeply hydrate and nourish the skin. Free radicals are neutralised, the appearance of lines and wrinkles are reduced and your skin looks visibly lifted, younger and luminously radiant.

### **Add-on Extensive Atoxylene treatment**

Add the skin-tightening, firming and smoothing effect of the Atoxylene treatment to your oxygen facial. This super-powered natural peptide treatment helps to smoothen expression lines and refine and soften the appearance of the skin.

### **Pearl Essence Facial**

60 minutes / 90 minutes

Facial treatment by "Pearl Essence Mask" from Aman skincare, and a power scrub made from naces, leads moisturised and flawless skin. This treatment enhances the skin function, as well as focuses on exfoliating and removing excess skin sebum. The skin maintains the hydration while smoothing rough and dull condition.

### **Personalised Facial**

60 minutes / 90 minutes

Experience a holistic facial that includes a soothing massage of the shoulders, neck and face while natural ingredients penetrate deeply to cleanse, nourish and hydrate the skin. This treatment releases tension points on the scalp and face to improve circulation and tone facial muscles.

## **Pregnancy Massage**

Suitable for 20 to 35 weeks pregnant

(Please consult with your midwife/healthcare provider prior to receiving massage)

### **Pregnancy Body Massage**

60 minutes / 90 minutes

This treatment is performed in a sideways position so that mother who have entered a stable period can receive it without any physical strain. Soothing and relaxing, this healing recipe eases stretch marks and muscle tone to support the growing abdomen, relieving swelling of the legs, constipation, and moisturizing the skin.

### **Pregnancy Body & Facial Treatment**

90 minutes

The products that hypoallergenic and pure camellia oil are used across a diverse array of techniques that deliver an intuitive journey – guiding you from the exact place you're in, to where you want to be.

### **Shiatsu**

60 minutes / 90 minutes / 120 minutes

Shiatsu is an intuitive massage technique based on the same principles as acupuncture, whereby pressure is applied to certain points on the body using the hands to restore the flow of energy. Shiatsu is known to improve muscle tone, facilitate proper joint alignment, stimulate blood and lymph circulation, remove toxins from the cells, regulate neural functioning, stimulate somatovisceral reflexes, regulate hormonal secretions, promote correct posture and skeletal alignment, aid digestion, strengthen the immune system and reduce stress.

Reflecting the holistic view of traditional Japanese healing traditions, shiatsu is regarded as being most effective as part of a healthy lifestyle. This includes a balanced diet, quality sleep, regular exercise, working toward meaningful goals, and taking time to find joy in life.

### **Moxibustion – *Kyu***

60 minutes / 90 minutes / 120 minutes

Moxibustion (known as *Kyu* in Japanese) is a form of herbal heat therapy commonly used in Japan and much of Asia to stimulate the flow of qi and alleviate certain deficiency-related conditions. Compacted dried and aged mugwort leaves (moxa) are burnt close to the skin (indirect moxibustion), sometimes in conjunction with acupuncture, to warm and activate relevant acupressure points and dispel pathogenic influences. Alternatively, the mugwort leaf can be ground and burnt in powder form. Both methods impart a pleasant heating sensation that penetrates deep into the skin without burning. The effects of moxibustion can be enhanced when followed with shiatsu.

## Acupuncture

90 minutes / 120 minutes

Acupuncture, which came to Japan via TCM in the 6<sup>th</sup> century, has been used for thousands of years to maintain good health and treat ailments as varied as digestive disorders and fertility issues. It involves the shallow, painless insertion of tiny threadlike sterile needles into a number (usually between 5 to 20) of the body's 2,000 acupuncture points.

Acupuncture addresses imbalances caused by stress, diet or environmental factors by aiding the flow of qi through the body's 12 meridians, or energy pathways. Acupuncture points are said to be where qi rises close to the surface of the body. This relaxing treatment is completely painless, with some describing a pleasant sensation of gathering warmth in the acupuncture areas.

Acupuncture is commonly used to treat muscular tension, shoulder and back pain, headaches, the immune system, circulation, digestive disorders, stress, women's health issues, the nervous system, the urinary tract, reproductive disorders, the metabolic system, eyestrain and more.

## **Nail Services**

### **Aman Manicure**

75 minutes

Hands and restore a noticeably younger, smoother appearance with this blissful. Treatment ritual – massage, manicure and application of non-toxic polish.

### **Aman Pedicure**

90 minutes

A relaxing treat for tired feet, massage and foot mask to stimulate, and vital energy cream to soften.

Treatment ritual – massage, pedicure and application of non-toxic polish.

### **Maintenance Manicure**

45 minutes

Treatment ritual – Nail Filing and nail buffing

### **Maintenance Pedicure**

75 minutes

Treatment ritual – Nail Filing and nail buffing

### **Maintenance Manicure & Pedicure**

90 minutes

Treatment ritual – Nail Filing and nail buffing

## **Movement & Bodywork with a Personal Instructor**

### **Yoga**

60 minutes/ 90 minutes

Yoga is a form of physical exercise that originated from ancient India. Through asanas (postures), pranayama (breathing exercises), meditation, movement that regulates the flow of qi, and exercises that improve body flexibility and balance, you can control your mind and body and develop a healthier mind and body.

### **Aqua Exercise**

60 minutes / 90 minutes

Doing exercises in the water reduces the strain on joints such as the hips and knees. Stretching in the water improves blood circulation and flexibility. These exercises also burn calories, burn fat, increase muscle strength, and improve flexibility.

### **Personal Training**

60 minutes / 90 minutes

Enjoy a motivating one-on-one personal training session based on your individual needs. Please use our trainer to help you build a healthy body.

### **Manual Holistic Stretching**

60 minutes/ 90 minutes

Assists muscular recovery following workouts by releasing lactic acid. It also helps to soothe tired, sore and stiff muscles, alleviate back pain and increase blood circulation. This can be highly beneficial for releasing muscle tightness and freeing up a limited range of motion due to ageing.

### **Wellness Programme**

165 minutes

After the personal training, relax in your own private Onsen and revive tired and fatigued muscles with Manual Holistic Stretching.

- Personal training 60 minutes
- Private Onsen 45 minutes
- Manual Holistic Stretching 60 minutes

## **Amanemu Wellness Facilities and Nail Services**

### **The Thermal Springs**

The two onsen pools provide naturally heated water, a comfortable 36–42°C for bathing. Male and female lounges include changing and vanity areas, a dry sauna, steam room and showers.

### **Treatment Rooms & Nail Salon**

There are four single treatment rooms, each with a changing area, washroom, steam and shower facilities. There is also a Watsu treatment room for aquatic bodywork therapies, and a salon for manicures and pedicures.

### **Fitness & Yoga Studio**

The light-filled fitness centre is equipped with the latest cardiovascular and weight-training equipment, including TRX and spinning bikes. The yoga studio links opens onto an outdoor deck so that classes can be enjoyed surrounded by nature.

### **Private Onsen**

Guests may reserve an onsen for private use for up to three hours.

### **Amanemu Boutique**

Aman Spa products can be purchased from the resort's boutique. Also for sale are lifestyle accessories, Amanenu-branded items and local handmade crafts.  
Open from 8am to 10pm daily.

## **Reminders**

### **Operating hours**

The thermal spring areas and fitness centre are open from 8am to 10pm daily. The spa operates from 10am to 9.30pm daily (last booking for 60 minutes at 8.30pm). The private onsen is from 9am to 9.30pm (last booking at 8.30pm). The thermal spring are available for children between the ages of 4 years and less than 12 years during the time from 8am to 12 noon.

### **The Thermal Springs Etiquette**

It is customary for guests to remove their shoes before entering any building, and to shower before using the hot and cold wet facilities. Slippers are provided for changing and outdoor areas. For comfort and hygiene, guests are required to sit on a towel in the sauna and steam room.

Guests are required to wear swimming attire for bathing in the outdoor onsen. To respect the tranquil spa environment, use of mobile phones and cameras is prohibited. As the minerals in the pools stimulate the internal organs, it is recommended that bathing is limited to 30 minutes. After bathing, guests are encouraged to rehydrate with water and avoid alcohol for at least 30 minutes. It is not advisable to use the facilities after drinking alcohol or straight after food.

### **Appointments**

Guests are encouraged to book treatments in advance to ensure their preferred time and service is available. Please dial extension 24 to make a reservation.

### **Special Considerations**

Most treatments can be adapted to accommodate pregnancy or injury. We offer prenatal massage and facial for 20-35week of pregnancy with doctor's permission. 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 a spa treatment is 16 years. There are some cases where we ask certain guests with tattoos to put on tops when using our public facilities including Thermal Springs.

## **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.

## **Valuables**

Please do not bring valuables into the spa. Safes are provided in every guest room.