



# amanpulo

**A TIME TO REFLECT**

FESTIVE 2023 / 2024

Mabuhay!

We are delighted to share the festive season with you here on our peaceful island, where we know you will create unforgettable memories with those you love while basking in the Philippine sunshine.

Inspired by the natural beauty of our incomparable setting, our seasonal calendar invites you to reflect on the year gone by while anticipating the year ahead. Meditate at dawn, explore our jungle paths and secret coves and discover the world beneath the waves and the rich cultural wealth of the Philippines.

If you are interested in participating in any of the events across these pages, please contact a member of our experiences team, who are dedicated to making the coming days as seamless as possible and assisting with any special requests.

Wishing you a joyful holiday season  
and a happy and healthy 2024.

Your Amanpulo Family





## A BRIGHTER FUTURE

Aman properties around the world are an integral part of the communities in which they are set, providing unique insight into the lives and needs of each community.

At this time of year, when reflection and counting our blessings go hand in hand with reaching out to those less fortunate, we are pleased to be able to share our local initiatives.

## THE ANDRES SORIANO FOUNDATION

Teaching minds, touching hearts, transforming lives' is the advocacy of The Andres Soriano Foundation, a mission that resonates with Amanpulo's commitment to uplifting local communities. In the true spirit of Christmas, Amanpulo's Christmas Eve turndown gift for all guests will be a donation to the Foundation on their behalf.

## FILIPINO TRADITION

Celebrating culture is integral to the Aman experience, and Amanpulo Family honours the tradition of the Catholic mass held throughout the season.

Simbang Gabi  
16 December, 5am and 8pm  
17-24 December, 8pm  
West Villa Clubhouse

Simbang Gabi or Dawn Mass is a Filipino Catholic custom held daily on the mornings or evenings leading up to Christmas Day. It is believed that those who complete the nine masses will have their prayers granted.

Christmas Day Mass  
25 December, 9am  
Island Grotto

New Year's Day Mass  
1 January, 10am  
Island Grotto

### **Yin Yoga for Inner Peace**

Aman Spa – 7.15am

Reservation required / Complimentary

Experience this slow and meditative practice that calms and balances the mind and body. Yin yoga targets the deep connective tissues, such as your fascia and ligaments, to realign, release tension and promote ease of movement.

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### **Peaceful Seas**

Seasports Hut – 9am and 2pm

First come, first served / Complimentary

Enjoy a snorkelling experience that introduces guests to the many prime snorkelling sites around the island. Please arrive at least 15 minutes before the advised time. Seats on the boat are limited.

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### **Kids' Parol Making**

Organic Farm – 10am

Reservation required / Complimentary

A *parol* is a Filipino Christmas lantern traditionally made with colorful paper. Children are invited to make their own *parols* that celebrate the joy of the season, and make the perfect memento for them to bring home along with memories of a meaningful holiday with the family.

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### **Kids' Seashell Art**

Picnic Grove – 2pm

Reservation required / Complimentary

Transform ordinary shells into vibrant works of art while connecting with the beauty of the sea.

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### **Christmas Carols and Merienda**

Clubhouse – 3pm

Reservation required / Complimentary

Savour traditional Filipino Christmas delicacies beside our festive Christmas tree while being serenaded by our talented choir.

### **Healing Sound Therapy**

Aman Spa – 3.15pm

Reservation required / Complimentary

Bathe in the sound of singing crystal bowls, their frequency and vibration intended to cleanse the body of stress and open the soul to positivity.

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### **Kids' Flora and Fauna Adventure**

Clubhouse – 4pm

Reservation required / Complimentary

On this island adventure, children will have the opportunity to explore the island's rich biodiversity and learn about its unique plant and animal species.

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### **Champagne Hour**

Beach Club – 5 to 6.30pm

Reservation required

Soak in the magic of the Pamalican sunset with delightful champagne and canapes. For an elevated experience, indulge in a bottle of the exclusive Aman Cuvée Spéciale Brut, decadently paired with caviar.

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### **Nighttime Exploration**

Beach Club Beachfront – 7.30pm

Reservation required

Discover how Pamalican Island transforms in the moonlight. From land to sea, get to know creatures of the night and other marine animals in a different light.

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### **Jungle Run**

Aman Spa – 7.15am

Reservation required / Complimentary

This full body workout sees you powering through 13 fitness challenges laid out amongst the trees. It is a great way to improve your fitness while connecting with nature.

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### **Peaceful Seas**

Seasports Hut – 9am and 2pm

First come, first served / Complimentary

A boat ride reveals the island's many spectacular snorkelling sites. Please arrive at least 15 minutes before the advised time. Seats on the boat are limited.

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### **Kadang-Kadang**

Clubhouse Trellis – 10am

Reservation required / Complimentary

An indigenous Filipino outdoor game enjoyed by children and adults alike, Kadang-Kadang involves balancing on coconut husks or bamboo stilts and racing to see who reaches the finish line first.

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### **Christmas Carols and Merienda**

Clubhouse – 3pm

Reservation required / Complimentary

Savour traditional Filipino Christmas delicacies while being serenaded by a choir.

### **Gentle Yoga for a Healthy Spine**

Aman Spa – 3.15pm

Reservation required / Complimentary

Focused on the alignment of the spine, this class helps to reduce bodily discomfort and improve energy levels and over-all wellbeing.

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### **Kids' Introduction to Wall Climbing**

Hangar – 4pm

Reservation required / Complimentary

Let little ones learn new skills for indoor wall climbing with an expert guide. The sport builds good coordination and develops muscle strength.

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### **Stargazing**

Clubhouse – 7.30 pm

Reservation required / Complimentary

Join us for a guided journey through the constellations. Two telescopes are set up with bean bags and glow-in-the-dark constellation cards for interactive observation of the night sky.

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### Seaside Tai Chi

Pier - 7.15am

Reservation required / Complimentary

In tune with the waves, enjoy a meditation exercise in the form of gentle, fluid movements that harmonize the mind and body.

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### Peaceful Seas

Seasports Hut - 9am and 2pm

First come, first served / Complimentary

Join our daily snorkeling expedition to sites around the island. Please arrive at least 15 minutes before the advised time. Seats on the boat are limited.

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### Little Gardeners

Organic Garden - 10am

Reservation required / Complimentary

Kids are invited to experience the joys of gardening, from planting to cultivating herbs and vegetables. Learn about healthy food with nutritionist Tania Balasch.

### Christmas Carols and Merienda

Clubhouse - 3pm

Reservation required / Complimentary

Savour traditional Filipino Christmas delicacies while being serenaded by a choir.

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### Kids' Bibingka Class

Clubhouse - 3pm

Reservation required / Complimentary

Kiddie chefs are invited to a bibingka (coconut rice cake) cooking class that celebrates this timeless Filipino delicacy.

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### Healing Flow

Aman Spa - 3.15 pm

Reservation required / Complimentary

A guided focus on connected breathing combined with physical movement brings about a meditative state to allow moving beyond emotional trauma, stress and blockages.

24 DECEMBER

**Christmas Eve Cocktails**

Picnic Grove Beachfront – 5pm

Reservation required

Complimentary

Join our Amanpulo family for cocktails hosted by our General Manager, Tim Bilfinger. This elegant pre-dinner cocktail event will set the mood for the celebrations to come.

**Noche Buena Festive Market**

Picnic Grove – 6pm

Reservation required

As the moonlight casts its glow on the sea, prepare for a memorable Christmas Eve spread of international flavours.



**Noche Buena Festive Market**

**Menu**

**Bakery**

Dark Rye Bread, Ciabatta, Baguette, Sour Dough Bread  
Pumpkin Seed Rolls, Focaccia, Brioche  
Gluten Free Bread Selection  
Olive Tapenade | Truffle Cottage Cheese | Red Pesto | Basil Pesto | Avocado Dip

**Salad Bar**

Garden Rocket Leaves, Romaine Lettuce, Pea Shoots, Micro Greens  
Cucumber, Cherry Tomatoes, Garden Mushrooms, Bean Sprouts, Asparagus, Pickled Vegetables,  
Artichokes, Capers, Cornichons, Anchovy, Parmesan, Croutons, Olives  
House Dressing | Raspberry Dressing | French Dressing | Caesar Dressing | Mustard Dressing | Cocktail Sauce  
Native Olive Oil | Grape Seed Oil | Walnut Oil | Hazelnut Oil | Truffle Oil | Pumpkin Seed Oil | Chili Oil |  
Herb Oil | Garlic Oil

Aceto Balsamico | White Balsamic | Champagne Vinegar | Raspberry Vinegar | Sherry Vinegar

Palm Heart Salad  
Grilled Provencal Vegetables  
Couscous Salad  
Fattoush Salad  
Waldorf Salad

**Appetizers**

Confit Salmon with Beetroot, Caviar And Sour Cream  
Seared Scallop With Truffle Potato Salad  
Prawn Cocktail  
Octopus Salad With Baby Leek And Saffron  
Truffle Pasta Salad With Fennel Salami  
Smoked Duck Breast With Beluga Lentils And Quince Compote

**Smoked & Cured Fish**

Smoked Salmon  
Herb Cured Salmon  
Smoked Mackerel  
Tuna Belly Tataki  
Potato Rösti

Mustard Dip | Sour Cream | Horseradish Cream | Onions | Capers Curry Dip  
Wasabi Mayonnaise | Apple Coriander Relish

**Noche Buena Festive Market**

**Menu**

**Essence of Ox Tail**

Oxtail Ravioli  
Celestine  
Poached Quail Eggs  
Macedoine Vegetables  
Garden Herbs

**Parmesan Wheel Risotto**

Milanese  
Truffle  
Cacio e Pepe

**Carving**

Honey Glazed Ham  
Sausages  
Smoked Pork Loin  
Choucroute  
Roasted Potatoes  
Caraway Jus, Apple Sauce  
English Mustard | Dijon Mustard | Pommery Mustard | Horseradish Cream

**Duck and Turkey**

Whole Turkey  
Slow Roasted Whole Duck  
Chestnut Stuffing  
Duck Jus | Turkey Gravy | Cranberry Sauce

**Beef Prime Rib and Lamb Leg**

Yorkshire Pudding  
Red Wine Jus | Peppercorn Sauce | Mint Sauce | Chimichurri

**Hot Pots**

Braised Red Cabbage  
Artichokes and Prosciutto  
Caramelized Brussels Sprout  
Broccoli Almondine  
Glazed Chestnuts  
Roasted Sweet Potatoes

**Noche Buena Festive Market**

**Menu**

**Noche Buena**

Chicken Galantina  
Beef Caldereta  
Pork Embutido  
Rellenong Bangus  
Seafood Arroz Valenciana  
Pancit Guisado

**Fish Market Grill**

Lobster  
Cuttle Fish  
Squid  
Tuna  
Swordfish  
Sauce Vièrge | Black Olive Tapenade | Salmoriglio

**Desserts**

Puto Bumbong  
Bibingka  
Buko Salad  
Croquembouche  
Yule Log  
Christmas Cake  
Pecan Nut Tart  
Sacher Cake  
Mixed Berry Tartlet  
Christmas Macarons  
Apple Strudel  
Christmas Stollen  
Selection of Eclairs  
Chocolate Truffles and Bonbons



### **Power of One Breath**

West Villa Clubhouse – 7.15am  
Reservation required / Complimentary

Discover the power of your breath and calm your mind in an introductory session with our free diving specialist.

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### **Kids' Walking Tour and Bee Farm Tour**

Clubhouse – 4pm  
Reservation required / Complimentary

Connect with nature on a walking tour through the verdant jungle of Pamalican Island. The stroll will end with a tour of the spa's bee farm.

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### **Peaceful Seas**

Seasports Hut – 9am and 2pm  
First come, first served / Complimentary

Join our daily snorkelling expedition to sites around the island. Please arrive at least 15 minutes before the advised time. Seats on the boat are limited.

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### **Sunset Meditation**

Picnic Grove – 5.30pm  
Reservation required / Complimentary

Revel in the magic of sunset and find your centre in a grounding experience that fosters peace in body, mind, and spirit.

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### **Santa's Arrival**

Meeting Place: Clubhouse – 10am  
Reservation required / Complimentary

Santa's arrival on Pamalican's shores is always a well-awaited surprise. In true Amanpulo festive tradition, guests will only find out Santa's travel plans on Christmas Day for a one-of-kind experience.

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### **Christmas Dinner**

Beach Club – 7pm  
Reservation required

Amanpulo's culinary team will prepare a convivial family style Mediterranean themed dinner to round off your Christmas festivities.

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### **Santa's Brunch**

Lagoon Club Grove – 12 noon  
Reservation required

From the north pole to Pamalican Island, Santa hosts a delicious brunch for the whole family to enjoy. Savour a delightful celebration by the sea.

**Santa's Brunch**

**Menu**

Bircher Muesli  
Fresh Berries

Bakery Basket  
Homemade Preserves | Honey | Butter

Pastry Basket  
Cinnamon Rolls | Strawberry Croissant | Scones

Tropical Fruits

Fruit Jellies

Mushroom Espresso  
Chicken & Prawn Satay

Tuna Belly  
Pickled Vegetables

Beef Croquetas  
Taleggio, Truffle Tapenade

Gourmet Omelette  
Jamon, Asparagus, Potatoes

Avocado Toasties  
Crab Salad

Wagyu Sliders  
Potato Bun, Caramelized Onion, Sweet Potato

Charcuterie and Cheeses

Cannoli  
78% Chocolate, Pistachio, Chantilly

Macarons  
Raspberry | Green Tea | Yuzu

Mini Opera Cake  
Confit Orange

Ice Cream Selection



25 DECEMBER

## **Christmas Dinner**

### **Menu**

#### **Small Bites and Appetizers**

Croquetas de Jamón Ibérico  
Black Garlic Aioli, Microgreens

Fennel and Passion Fruit Salad  
Mesclun, Grilled Fennel, Passion Fruit Gazpacho

Baked Brie  
Fig Jam, Truffles, Pistachios

Razor Clams  
Garlic, Parsley, Salsa Verde

#### **Main Courses**

Skate Meuniere  
Braised Leeks, Shrimp Burnt Butter

8-hr Sous-Vide Short Ribs  
Fondant Potatoes, Confit Shallots, Anise Jus

Prawn and Vegetable Tagine  
Vegetable Couscous, Roast Peppers, Preserved Lemons

Turkey Ballotine  
Corn Puree, Chestnut Stuffing, Cranberry Sauce

#### **Desserts**

Orange Hazelnut Paris Brest  
Praline, Candied Orange, Hazelnut Cream

Tsokolate Tablea  
Filipino Hot Chocolate

Mignardise





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### **Cardio Boxing**

Pier – 7.15am

Reservation required / Complimentary

Boxercise combines moves and techniques normally associated with the sport of boxing and transforms them into a fun workout that anyone can enjoy.

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### **Peaceful Seas**

Seasports Hut – 9am and 2pm

First come, first served / Complimentary

Snorkel the island's most beautiful reefs. Please arrive at least 15 minutes before the advised time. Seats on the boat are limited.

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### **Kids' Conservation Expedition**

Dive Centre – 10am

Reservation required / Complimentary

Discover the secrets of the sea and the wonders of marine life. Children will gain an appreciation for the importance of ocean conservation.

### **Sungka Challenge**

Clubhouse Pool Sala – 4pm

Reservation required / Complimentary

Sungka is a traditional Filipino game that promotes strategic thinking, counting skills and friendly competition.

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### **Champagne Hour**

Beach Club – 5 to 6.30pm

Reservation required

Soak in the magic of the Pamalican sunset with delightful Champagne and canapes. For an elevated experience, indulge in a bottle of the exclusive Aman Cuvée Spéciale Brut, decadently paired with caviar.

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### **Healing Moon Pilates**

Picnic Grove – 6.15pm

Reservation required / Complimentary

Experience mat Pilates right on the beach, illuminated by the full moon and a bonfire.

**Adrenaline Jog**

Meet at the Pier – 7.15 am  
Reservation required / Complimentary

For guests seeking a fitness challenge that will take them from sea to sand to sky. Experience team spirit amidst breathtaking natural surrounds.

**Kids' Yoga**

Aman Spa – 2:00 pm  
Reservations required / Complimentary

Through a series of easy yoga poses, children will learn to move their bodies, while also developing focus, mindfulness, and self-awareness.

**Peaceful Seas**

Seasports Hut – 9:00am and 2:00 pm  
First come, first served / Complimentary

Enjoy a snorkelling experience that connects guests to the many sites around the island. Please arrive at least 15 minutes before the advised time. Seats on the boat are limited.

**Restorative Yoga**

Aman Spa – 3:15 pm  
Reservations required / Complimentary

Encourage the body to surrender to relaxation through mellow movements that gently stretches the spine and high tension muscles.

**Little Bakers**

Lagoon Club – 10 am  
Reservations required / Complimentary

Engage the littles ones in a fun-filled decorating activity with gingerbread, cupcakes, and cookies

**Kaiseki**

Lagoon Club – 7pm  
Reservation required

Journey to Japan through the artistry of a Kaiseki set menu inspired by the meticulous precision and exquisite presentation unique to Japanese cuisine.



*Prices are subject to 10% service charge and government taxes where applicable.*

27 DECEMBER

**Kaiseki Dinner**

**Menu**

**Special Appetizer**

Hassun  
Kaiseki Platter

**Starter**

Steamed Lobster  
with Sea Urchin and Sake Sauce

**Sorbet**

Japanese Yuzu and Ume Sorbet

**Main Course**

Grilled Oumi Wagyu Houba Leave Yaki  
served with seasonal vegetables

**Dessert**

Green Tea Parfait



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### Hatha Yoga

Aman Spa - 7.15 am

Reservation required / Complimentary

Breathe in vitality, and breathe out all tension and stress. Hatha yoga is a practice that involves breath, body and mind for renewed vigour through holistic body awareness.

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### Truffle Dinner

Clubhouse Library - 7pm

Reservation required

Enjoy a seven-course degustation menu featuring various preparations of truffle.

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### Peaceful Seas

Seasports Hut - 9 am and 2 pm

First come, first served / Complimentary

Snorkel the island's most beautiful reefs. Please arrive at least 15 minutes before the advised time. Seats on the boat are limited.

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### Nighttime Exploration

Beach Club Beachfront - 7.30 pm

Reservation required

Discover how Pamalican Island transforms in the moonlight. From land to sea, get to know creatures of the night and other marine animals in a different light.

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### Champagne Hour

Pier - 5 to 6.30 pm

Reservation required

USD 120++ includes Champagne and canapes

USD 750++ bottle of Aman Champagne and caviar

Soak in the magic of the Pamalican sunset with delightful Champagne and canapes. For an elevated experience, indulge in a bottle of the exclusive Aman Cuvée Spéciale Brut, decadently paired with caviar.

28 DECEMBER

## Truffle Dinner

### Menu

Mushroom Tart  
Mushroom Textures, Truffle Essence

Smoked Duck  
Mulberries, Jicama, Terfez Truffle

White Chocolate Sorbet  
Truffle Salsa

Chilean Seabass  
Winter Truffle, Scallops, Braised Leeks

Lamb Wellington  
Parsnip, Cauliflower, White Truffle

La Maria Davao Cheese  
New Potato, Jamon, Fuille De Brick

Chestnut Souffle  
Truffle Ice Cream

**Beach Boexercise**

Picnic Grove - 7.15am

Reservation required / Complimentary

Bathed in the rejuvenating light of sunrise on the soft sand beach, engage in a heart-racing cardio workout that features empowering boxing moves and techniques.

**Powerhouse Activation Ab Workout**

Aman Spa - 3.15pm

Reservation required / Complimentary

Engage in an intense core session to strengthen the muscles that define your waistline.

**Peaceful Seas**

Seasports Hut - 9am and 2pm

First come, first served / Complimentary

Snorkel a range of reefs around our beautiful island. Please arrive at least 15 minutes before the advised time. Seats on the boat are limited.

**Runway Dinner**

Runway - 7pm

Reservation Required

Dine under the stars in the expanse of the Runway. Indulge in a six-course degustation menu featuring lobster and A5 Wagyu beautifully prepared by the resort's culinary team.

**Little Chef's Pizza Class**

Picnic Grove - 11am

Reservation required

USD 30++

Time for your kids to put their chef hats on! Enjoy a family cook-off with Amanpulo's chefs in an exciting hands-on pizza making class.



29 DECEMBER

## Runway Dinner

### Menu

#### Tiradito

Lobster, Farm Chili, Passion Fruit

#### Carpaccio

Kagoshima A5, Smoked Soy, Arugula

#### Bisque

Coconut, Moringa, Uni

#### Sorbet

Calamansi, Thai Basil

#### Kobe Tenderloin

Lobster-Zucchini Roulade, Baeri Caviar

#### Verrine

Carabao Mango, 65% Dark Chocolate





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**Healing Food**

Organic Farm - 7.15am

Reservation required / Complimentary

Learn the choice of food that will keep you focused, balanced and ready to accomplish anything.

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**Kiddie Hats and Crafts**

Kids' Lounge - 4pm

Reservation required / Complimentary

Little artists can keep their hands busy crafting their very own New Year's Eve hat with paper, glitter and more.

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**Peaceful Seas**

Seasports Hut - 9am and 2pm

First come, first served / Complimentary

Snorkel a range of sites around the island. Please arrive at least 15 minutes before the advised time. Seats on the boat are limited.

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**Sunset Self-Healing**

Picnic Grove - 5.30pm

Reservation required / Complimentary

Cleanse the body of negative energy to make space for the nourishing energy of the sun.

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**Kids' Music and Movement**

Aman Spa - 10am

Reservation required / Complimentary

Dance to the rhythm and move to the beat. Children are invited to release their energy in a fun dance class.



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**Posture Alignment for Inner Peace**

Aman Spa – 7.15 am

Reservation required / Complimentary

Challenge your body and posture in new ways in a total body resistance workout. These exercises target very specific muscles, especially your core giving more stability and strength to your body.

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**Peaceful Seas**

Seasports Hut – 9 am and 2 pm

First come, first served / Complimentary

Snorkel a range of sites on the pristine reefs around our island. Please arrive at least 15 minutes before the advised time. Seats on the boat are limited.

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**Kids' Kite Flying**

Kite and Surf Centre – 10 am

Reservation required / Complimentary

The prevailing breeze this time of year is known as the Amihan, and when it picks up there's nothing more fun than flying a kite. (Other than kite surfing if you're keen to get out on the water!)

**Dream Catchers**

Kids' Lounge – 3 pm

Reservation required

Kids can make their own multicolored dream catchers while learning the stories and lore behind these decorative keepsakes.

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**Myofascial Release**

Aman Spa – 3.15 pm

Reservation required / Complimentary

An excellent treatment for reducing the effects of ageing, this relaxing therapy increases blood flow and helps to maintain functional muscular length.

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31 DECEMBER

### **New Year's Eve Cocktails**

Beach Club – 6pm

Reservation required / Complimentary

The Amanpulo Family invites guests to begin the New Year's celebrations together. General Manager Tim Bilfinger will host this pre-dinner cocktail event that will set the tone for a memorable evening ahead.

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### **New Year's Eve Celebration and Countdown**

Clubhouse – 7pm

Reservations required

A bountiful feast of the finest flavours from around the world and a plethora of live entertainment acts celebrate the gift of peace that brings people together. The evening's spectacular show will lead to the countdown and a toast to the New Year.

Attire: Semi-formal resort wear

## New Year's Eve Dinner

### Menu

#### Bread Station

Focaccia, Black Ink Grissini, Bread Sticks,  
Baguette, Curry Leaf Loaf, Rye Bread, Walnut Bread, Brioche

#### Mezze

Tabouleh  
Baba Ghanoush  
Hummus  
Labneh  
Fattoush  
Pickled Vegetable  
Kibbeh  
Toum

#### Salad Bar

Garden Rocket Leaves, Romaine Lettuce, Mesclun, Micro Greens  
Cucumber, Cherry Tomatoes, Garden Mushrooms, Bean Sprouts, Asparagus, Pickled Vegetable,  
Artichokes, Capers, Cornichons, Anchovy, Parmesan, Croutons, Olives

House Dressing | Raspberry Dressing | French Dressing | Caesar Dressing  
Mustard Dressing | Cocktail Sauce | Four Oil Dressing

#### Appetizers

Panzanella  
Dragon Fruit Salad  
Detox Salad  
Palm Heart Salad  
Aloo Chat  
Paradise Salad  
Bitter Gourd Salad  
Greek Salad  
Blue Crab Salad  
Octopus Salad  
Salad Niçoise  
Vitello Tonnato  
Classic Beef Tartar

**New Year's Eve Dinner**

**Menu**

**Delicatessen**

**Selection of Philippine Cheeses**

Chevre | La Maria | La Regina | Davao Blue | Rustica | Peppato

**Charcuterie**

Jamon Iberico | Prosciutto San Daniele | Bresaola | Selection of Chorizo | Sobrasada  
Olives, Cornichons, Gherkins, Grapes, Nuts

**Chilled Seafood Bar**

Aklan Oysters  
Manamoc Clams  
Capiz Scallops  
Tiger Prawns  
Mussels  
Blue Crabs  
Lato | Tambalang  
Lemon | Lime | Sauce Mignonette | Aioli | Saffron Dip | Tabasco | Yuzu

**Whole Mindoro Tuna**

Sushi, Sashimi, Nigiri, Gunkan, Temaki, Maki, Onigiri  
Wasabi | Soy Sauce | Light Soy Sauce | Gluten-Free Soy Sauce | Sweet Soy Sauce  
Japanese Mayonnaise | Seaweed Salad | Daikon | Pickled Ginger

**Caviar Bar**

Ossetra | Beiri | Kaluga  
Blini | Classic Condiments

**Gourmet French**

Flambé Lobster Bisque  
Lobster, Confit Tomato, Fennel

**Italian**

Pasta  
Amatriciana | Cacio e Pepe | Carbonara | Gricia

**Spanish**

Paella  
Valenciana | Negra | Fideua  
Alioli, Romesco, Salsa Verde

**Philippine Surf and Turf**

Lechon  
Bukidnon Wagyu Steamship  
Manamoc Grilled Seafood  
Surahan | Tonto | Sweetlips  
Liver Sauce | Chimichurri | Sauce Choron | Infused Soy Sauce | Spiced Vinegar | Atchara | Bisbis

**New Year's Eve Dinner**

**Menu**

**Southeast Asian Street Food**

Spring Rolls  
Fresh and Fried  
Vegetables, Shrimp, Pork  
Sweet Chili Sauce | Sweet and Sour Sauce

Gourmet Dimsum  
Shrimp, Pork, Chives, Truffle, Crab Roe  
Black Vinegar | Ginger Soy

Satay  
Lamb, Beef, Chicken  
Krupuk | Acar | Peanut Sauce

Balut  
Infused Vinegar, Chili Salt

Wok  
Stir-fried Rice  
Yeung Zhou | Salted Fish | Salmon

Stir-fried Noodles  
Kwey Teow | Biang-Biang | Pad Thai

Japanese  
Tempura  
Asparagus, Lotus Root, Shitake (V)  
Nobashi | Salmon Belly | Squid | Kismomo  
Karaage | Kaki-age  
Tempura Sauce | Ginger | Radish



## New Year's Eve Dinner

### Menu

#### Sweet Treats

##### Verrine

Raspberry Panna Cotta | Champagne Jelly  
Salted Crème Caramel | Pear Tarte Tatin | Citrus

##### Macarons

Yuzu Colada | Salted Caramel  
Mocha-Chocolate | Mint-Chocolate Chips

##### Tartlets

Avocado – Coconut | Lime – Olive Oil  
Chocolate – Caramel | Mixed Berries

##### Choux

Chantilly – Almond | Coffee  
Chocolate – Gianduia Crumble | Pistachio

##### Classic cakes

2024 Cake  
Black Forest Cake  
Tropical Fruit

##### Kakanin

Suman | Biko | Sapin-Sapin  
Cassava | Kutsinta | Pichi-Pichi

##### Crêpe

Suzette | Au Sucre

##### Ice cream cart

Exotic local fruits



**New You Meditation and Flow**

Aman Spa - 10.00 am

Reservation required / Complimentary

Begin the year with a meaningful session of inward reflection aiming to bring all the positivity and energy to the year ahead.

**Kids' Origami Fold and Fly**

Clubhouse Poolside - 2pm

Reservation required / Complimentary

An interactive origami activity designed to ignite the imagination of kids as they create various paper airplanes then see how far they can fly.

**Peaceful Seas**

Seasports Hut - 9am and 2pm

First come, first served / Complimentary

Experience the underwater world at numerous snorkelling sites around the island. Please arrive at least 15 minutes before the advised time. Seats on the boat are limited.

**Sunset Festival**

Beach Club - 5 to 7pm

Reservation required

Celebrate the first sunset of the year with loved ones. An enjoyable afternoon for the family awaits with street food and fun activities by the sea.

2 JANUARY

**Beachfront Qigong**

Pier - 7.15am

Reservation required / Complimentary

An invigorating session that encourages the smooth flow of qi within the body. Qi, in Chinese beliefs, is the believed to be nature's life force.

**Kiddie Cinema**

Kids' Club- 2pm

Reservations required/Complimentary

The Kids' Club transforms into a cinema ready to welcome guests for a cinematic afternoon of family bonding.

**Peaceful Seas**

Seasports Hut - 9am and 2pm

First come, first served / Complimentary

Snorkel the bountiful reefs offshore during this guided expedition. Please arrive at least 15 minutes before the advised time. Seats on the boat are limited.

**Total Body Blast**

Aman Spa - 3.15pm

Reservation required/Complimentary

Sculpt a long, lean dancer's body with this full body workout targeting muscles in the legs, core, abs and upper body.

**Kids' Tennis Clinic**

West Villa Multisport Court - 10am

Reservation required/ Complimentary

With the guidance of tennis pros, children are invited to practice their swing and improve their tennis skills.

**Nighttime Exploration**

Beach Club Beachfront - 7.30pm

Reservation Required

Discover how Pamalican Island transforms in the moonlight. From land to sea, get to know creatures of the night and other marine animals in a different light.



### **Power Walk**

Meet at the Pier – 7.15am  
Reservation required / Complimentary

Take a moment to reconnect with nature, feel the sand on your bare feet, as you recharge the senses in an invigorating power walk along the shore.

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### **Peaceful Seas**

Seasports Hut – 9am and 2pm  
First come, first served / Complimentary

Discover the many magical snorkelling sites around the island on this guided expedition. Please arrive at least 15 minutes before the advised time. Seats on the boat are limited.

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### **Kids' Kite Flying**

Kite and Surf Centre – 10am  
Reservation required / Complimentary

There's nothing quite as exhilarating as holding a line with a glorious kite swooping joyfully in the breeze high above. Kids will love this fresh air, shoreline activity.



### **Kids' Seashell Art**

Picnic Grove – 2pm  
Reservation required / Complimentary

Kids can let their imaginations run wild as they create weird and wonderful creatures and critters from seashells.

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### **Chroma Yoga**

Venue to be announced – 7.15pm  
Reservation required / Complimentary

In the darkness, the senses are heightened. Enjoy an extraordinary yoga session at the spa that concludes with a light show in tune with each asana.

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Resident and Visiting Specialists



Claudia Sughey has over 22 years in the spa industry, specialising on the spiritual aspect of the wellness experience. Her powerful intuition allows her to provide guests with proper direction in their health journey. Originally from Mexico, she takes the wisdom from her land and shares this with her guests. Her wide range of expertise and her healing presence have attracted a loyal following internationally, both for individual consultations and group retreats.

## CLAUDIA SUGEY VILLALON VISITING SPECIALIST

16 December 2023 to 13 January 2024

### **Jianzu**

A water modality, where the client is taken to a deep level of relaxation and consciousness. Going back to the roots and exploring different sensations.

### **Chinese Clinical Reflexology**

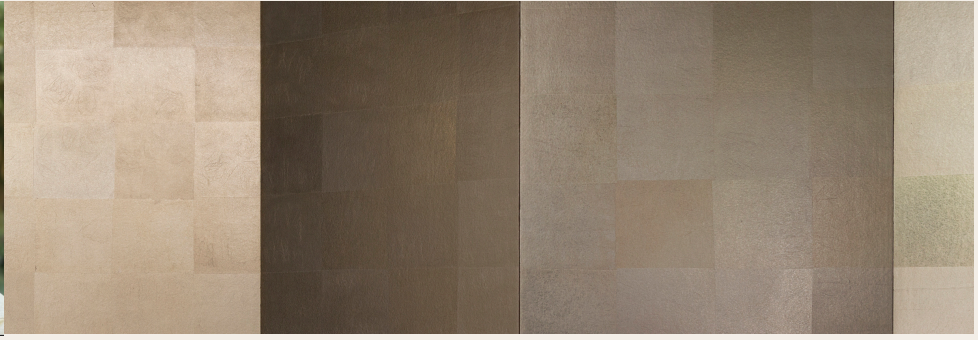
Reflexology is a holistic treatment that works on the principle that all organs and skeletal systems are linked to reflex points on the soles of your feet through energy channels running throughout your body. Reflexology is known to ease of chronic pain, arthritis, anxiety, stress, and headaches. It helps improve digestion, joint function, and restore good sleep.

### **Reiki**

An energy healing technique that uses gentle hand movements in improving the flow and balance of energy in the body. It promotes relaxation and relieves pain and tension, while supporting natural self-healing for various ailments.

### **Healing Massage**

Claudia combines traditional therapeutic techniques like myofascial, trigger points, Molina's technique, deep tissue, acupuncture, reiki, along with her strong sense of intuition. The treatment helps with chronic conditions and promotes the proper flow of the energy by bringing a strong sense of awareness.



Alex is a highly-trained Bodywork Therapist specializing in Dien Chan Facial Reflexology. After completing a degree in Acupuncture in 2011, he undertook clinical internships at the Institute of Traditional Vietnamese Medicine in Saigon, where he first learnt about Dien Chan. He has also studied in a wide range of therapeutic modalities from Tui-Na to Thai Massage, Deep Tissue and to Qigong. Alex is passionate about helping people achieve optimum health and wellbeing.

## ALEX SCRIMGEIUOR VISITING SPECIALIST

17 December 2023 to 13 January 2024

### **Dien Chan Facial Reflexology, 60 or 90 minutes**

This Vietnamese system of healing specialises in mapping out the connections of face to many aspects of health and harnessing them for healing. It is a unique treatment that identifies over 300 individual points on the face and uses advanced massage techniques to release all the micro-tension and stress from the face, head, neck and shoulders and create a positive healing effect throughout the body and mind.

### **Acupuncture, 45 minutes**

By bringing the mind and body into harmony with this healing capacity, acupuncture can improve many aspects of health and wellbeing and can help heal tissues and resolve injuries, aches, and pains. Treatments are tailored specifically to each individual and include traditional bodywork to help align and settle the posture.

### **Full Body Reflexology, 90 minutes**

This treatment combines Dien Chan Facial Reflexology alongside traditional Chinese hand and foot reflexology to create a powerful sense of relaxation, balance, and bliss.

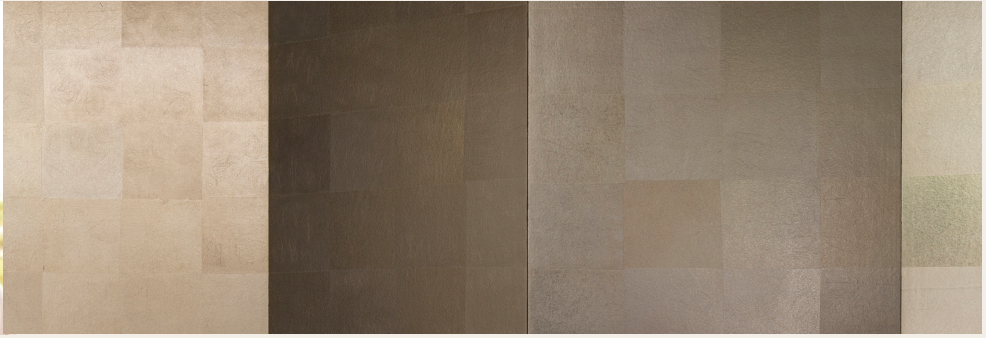
### **Dien Chan + Body Acupuncture, 60 minutes**

These powerful therapies can be uniquely combined to heighten the effects of each other. After a health consultation, the body is aligned, and needles are placed over key points on the arms and legs. Whilst the needles are resting, Dien Chan is used to release all tension through the head, face, and neck and to fine-tune the intention of the acupuncture points.

### **Tai Chi Qigong, 60 minutes**

These exercises combine gentle stretching and breathwork to realign the body, free up our movement, and improve physical and mental-emotional balance.





Rio Nellas is our Visiting Fitness expert, specialising in sports-specific training, combined with functional training and multi-joint exercises through the Pilates method to improve core stability, flexibility and strength, and promote structural integration.

A former multi-faceted athlete with national experience in Taekwondo, track and field and baseball, Rio is an International Fitness Association accredited personal trainer and Stott Pilates (beginner to advanced) trainer.

Rio is committed to taking you to the top of your game. With her guidance and inspiration, a better, fitter you is no longer a wish but a reality. All training with Rio is also suitable for children.

## RIO NELLAS VISITING SPECIALIST 20 December 2023 to 14 January 2024

### **Therapeutic Stott Pilates**

Utilising a wide range of Pilates equipment, this training will integrate functional movement through the Pilates method in various exercises towards reaching personal objectives, such as improving posture, rehabilitation from injury, pain management, or simply to have a greater understanding of alignment.

### **Kickboxing**

This combat training teaches self-defence moves and attack punches and kicks, using pads and gloves for safety. An effective cardio workout for both the upper and lower body, it also increases muscle strength and stamina.

### **Personal Training**

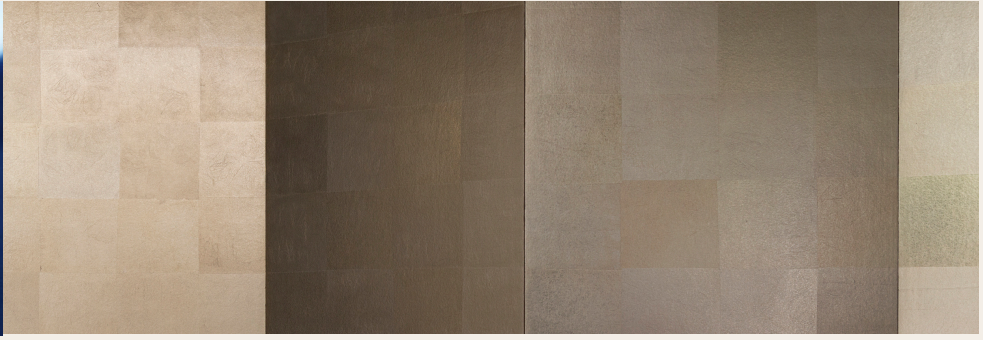
Rio offers a holistic approach to personal training that involves effective training, coordination, body functionality, flexibility and mental well-being. It is basically not just lifting weights and dieting, but it is programming your body to a whole new level of training. Every session is tailored to the individual and Rio will guide you through appropriate exercises, motivate and inspire you to make lasting changes to your diet and lifestyle and help you manage stress.

### **Stretch Therapy**

Gain your flexibility and mobility with this therapy, which aims to improve your range of motion and release body tension using different stretching techniques such as PNF (Proprioceptive Neuromuscular Facilitation) stretching, assisted stretching, passive stretch, and myofascial release stretch. Rio will intuitively personalise your experience to enhance your over-all wellbeing, guiding you within the movements with constant mindfulness of a person's physical limitations.

### **Dry Needling**

Discover the benefits of this technique tailored to enhance physical health using fine needles to target trigger points, alleviate muscle tension and promote overall wellbeing.



Valerie Bautista is a RAID Freediving Instructor, an internationally recognised certification for professionals who are able to teach freediving in a safe and concise way. She is also the founder of Azul Freediving, conducting workshops all over the Philippines.

Nico Rodriguez is a certified personal trainer and group fitness instructor with nine years of experience in exclusive clubs in Singapore and the United Kingdom. He is an assistant freediving instructor of Azul Freediving, handling workshops and tours all over the Philippines.

## VALERIE BAUTISTA & NICO RODRIGUEZ VISITING SPECIALIST

5 December 2023 to 5 January 2024

### **Freediving - Valerie**

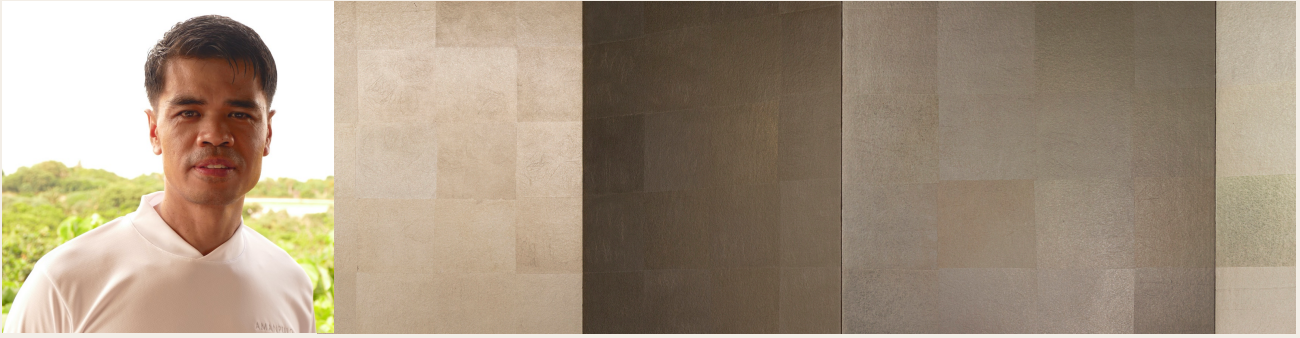
Valerie will guide you to dive freely into the depths of Pamalican to immerse yourself in the ocean light and find a sense of gratitude for nature's treasures.

With freediving, you can only travel as far as the air in your lungs can take you. The incredible feeling of pushing yourself to your limits helps explain the appeal of this sport. Therefore, the most important part of your training is learning how to breathe safely and efficiently. Valerie will prepare and guide you for the duration of the excursion—both physically and mentally.

### **Freediving - Nico**

With strong background in body weights exercise, boxing, power plate and bootcamp, Nico guides guests in achieving their fitness goals.

As a hatha yoga instructor, he incorporates his knowledge in challenging strength and flexibility combined with relaxation and mindfulness in guiding guests in their freediving journey. He can customizre programs to meet specific wellness goals, incorporating boxing, weight lifting, calisthenics, TRX, bosu, battle rope, Tabata, kettle bell, circuit training



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 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.

## ELMER MUNAR RESIDENT FITNESS SPECIALIST

### **Inner Balance**

Fusing Neuromuscular, Deep Tissue, and Myofascial 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 customised 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.

### **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.

### **Blading and Cupping Mobility Therapy**

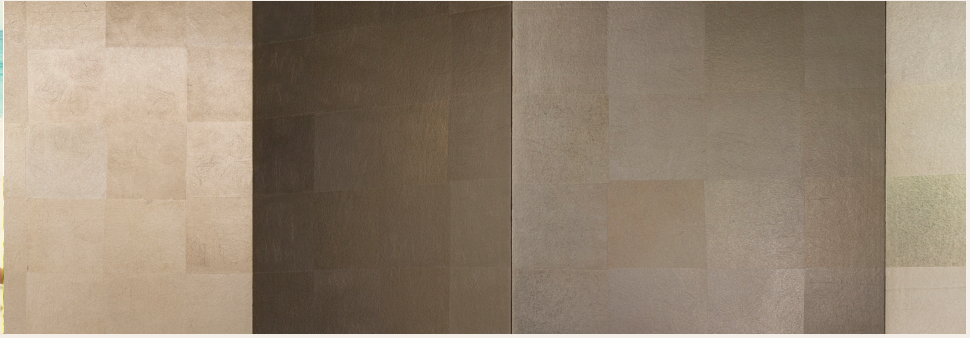
Move better and feel better. Blade and Mobility pods are used to treat soft tissues, myofascia and muscles by various direct compressive stroke and techniques while improving blood flow, decreasing pain and increasing mobility around the joints. Massage and stretch are also incorporated to relax the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

### **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**

Personalised one on one and group fitness programs designed to meet your specific wellness goals incorporating KAATSU, mat Pilates, Bosu, battle rope, Tabata boot camo, kettle ball, circuit training.



Tania Balasch is an international holistic health coach, yoga instructor, and healthy lifestyle educator. Her purpose is to educate and equip others with the necessary tools to achieve a happy, balanced lifestyle. She has gained knowledge around the world through her education, personal experiences and continued research. She leads guests in following a wholefood plant-based diet combined with daily yoga practice and movement activities.

## TANIA BALASCH RESIDENT WELLNESS SPECIALIST

### **Eat to Bloom Pathway**

Eat to Bloom is an all-encompassing four-day program that focuses on the nourishment of body, mind, and spirit. A custom plant-based diet will be designed along with daily exercises and meditation to inspire a healthy lifestyle that will help achieve fitness goals. The program aims to equip guests with a lifestyle that they can adopt after they leave Amanpulo.

### **The four-day program includes:**

- Comprehensive OligoScan
- Assessment and Body Analysis
- Daily custom health juice
- Wellness Cuisine for breakfast and dinner (one-time)
- Cooking Class for lunch (2 sessions)
- Outdoor Fitness Session (60 mins)
- Conditioning Session (30 mins)
- Spa Treatment or Recovery Session (60 mins)
- Daily Self-Recovery at the Hydro-facility
- Departure Consultation and Nutritional Recommendation

### **Heavy Metal Test: OligoScan**

Each nutritional consultation begins with a one-to-one evaluation with a holistic nutritionist. Your nutritionist will gain a detailed understanding of your current health state through the health history. This will be followed by a heavy metal test – OligoScan. The OligoScan technology provides an almost instantaneous and precise analysis of minerals, trace elements and heavy metals in body tissues. The measurement is performed using a portable spectrophotometer that transmits data using a light beam to the OligoScan off-site server. (75 minutes)

### **Blooming Cooking Class**

Learn and enjoy cooking with a guidance of preventing, delaying or reducing disease. Re-educate your taste buds so you can appreciate the taste of healthy and authentic foods in its purest.

### **Mindful Movement Class**

#### **Power Vinyasa Yoga**

Vinyasa style is the way of focusing on linking conscious breath with a vigorous and mindful flow. It will build strength, flexibility and concentration while cleansing the body and calming the mind. It is a great cardiovascular and strength building workout combined with breath work. (60 minutes)

*All sessions are subject to availability and advance reservations are essential to secure your reservation.*

## TANIA BALASCH RESIDENT WELLNESS SPECIALIST

### **Holistic Workshop**

Macrobiotic Workshop - Informative talk on the macrobiotic lifestyle and diet. Cooking tips and recipes. Cooking class on demand

Veganism Workshop - Informative talk on the vegan lifestyle and diet. Cooking tips and recipes. Cooking class on demand.

Blood Type Diet Workshop - Informative talk to eat right for your blood type.

Ayurvedic Diet Philosophy Dosha Body Type- Informative talk about the Ayurveda philosophy and how to eat for your dosha body type to find balance in life.

Raw Veganism Workshop Dosha Body Type- Informative Informative talk on the raw vegan lifestyle and diet. Cooking tips and recipes. Private cooking classes on demand.

Intermittent Fasting Workshop - To achieve optimum health, mental clarity, longevity, weight loss and performance.

Life Skills or Healthy Living - Informative talk on creating a healthy life and understanding nutrition.

Integrative Nutrition - For those interested in private sessions, first session on health history will be complimentary.

Food Combining Workshop - For ultimate health and digestion

Primary and Secondary Foods Workshop - To find the balance between primary and secondary foods for optimum health and happiness.

Happy Gut Workshop - An informative talk on how to clean the gut to help lose weight, gain energy and eliminate pain from the root cause of disease

The Golden Path to Happiness - Aims to help find happiness with ten specific behaviours.

### **Fitness Movement Class**

Classical Mat Pilates - A low-impact class that incorporates all the key principles of Pilates (60 and 90 minutes)

Full Ab Workout - Quick but intense workout that focuses on the core to promote abdominal strength and definition. (30 minutes)

Fascial Stretching - Gentle and relaxing yoga stretches that you can incorporate in your daily routine back home. (60 minutes)

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