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Aman Spas around the world have been carefully curated with four pillars of wellness in mind – nutrition, movement, mindfulness and bodywork – with the singular goal of achieving the ideal balance of Integrated Holistic Wellness for every guest.

Treating the whole – mind, body and spirit – by combining ancient healing modalities and the finest modern therapies, Aman strives to provide guidance, support and knowledge in a journey that extends beyond the physical boundaries of the globe’s Aman Spas.

We empower our guests to recognize and fulfill their potential. To provide the tools for self-optimization. To inspire the resilience and focus to put these tools into action, and to be the sanctuary where they return time and again – daily, monthly, or annually – to continue their wellness journey, and renew their resolve in the pursuit of their wellness goals.

Aman Spa New York

Bringing to life the fullest expression of the Aman Health & Wellbeing concept yet, Aman Spa New York is the brand's new flagship wellness center in the western hemisphere, offering transformative wellness experiences through specialist therapies and cutting-edge wellness and performance science and technologies.

Claiming 25,000 square feet (2,320 square meters) over three floors of the iconic Crown Building, Aman Spa New York offers:

- Two private Hammam or Banya Spa Houses with outdoor hot bath and cold plunge
- 65ft (20m) heated swimming pool
- Spacious fitness center
- Three holistic clinical rooms
- Seven spa treatment suites
- Assessment studio
- Cryotherapy chamber
- Yoga and Pilates studio
- Unisex hair and nail salon
- Changing and locker rooms with steam room and sauna
- Aman boutique and lounge

Overview

11th Floor: For Health and Physical Wellness

The tranquil reception area, Aman boutique, and lounge welcome guests to the Aman Spa. As per The Aman Wellness Method, a functional and integrative medicine principle, approaches health pro-actively, using every tool available to propose holistic, long-term, age-reversing, energy-boosting and preventive health solutions based on science in longevity. Three holistic clinical rooms and an assessment studio provide space to plan a tailored wellness program. The 3,000-square-foot (280-square-meter) Power gym concept Fitness Center, and the Cryotherapy chamber focus on recovery and energy-boosting.

10th Floor: For Stimulating Wellbeing

Relax in the Spa's 65-foot (20-meter) heated swimming pool with cozy lounging areas and fire pits. Elegant changing rooms lead to a sauna, steam room, bucket and rain showers. Also on this floor is the Yoga and Pilates Studio, which can double as a meditation space. Additionally, two luxurious Spa Houses offer the ultimate peaceful escape. Each has its own double treatment room, a spacious relaxation area with fireplace, a large private outdoor terrace with hot and cold-plunge pools covered by a canopy for year-round use, and either a Hammam – a marble steam room, or a spacious Banya – a wood-clad sauna. Immersive half- and full-day Hammam and Banya Spa House experiences are designed for up to four guests.

9th Floor: For Optimization and Emotional Wellness

Hosting seven tranquil treatment rooms, enjoy a variety of spa experiences including facials, massages, wraps and scrubs. Also on this level is the Salon, in partnership with the John Barrett Salon, offering hairstyling, cutting and color treatments, and nail services.

Complimentary Wellness Offerings

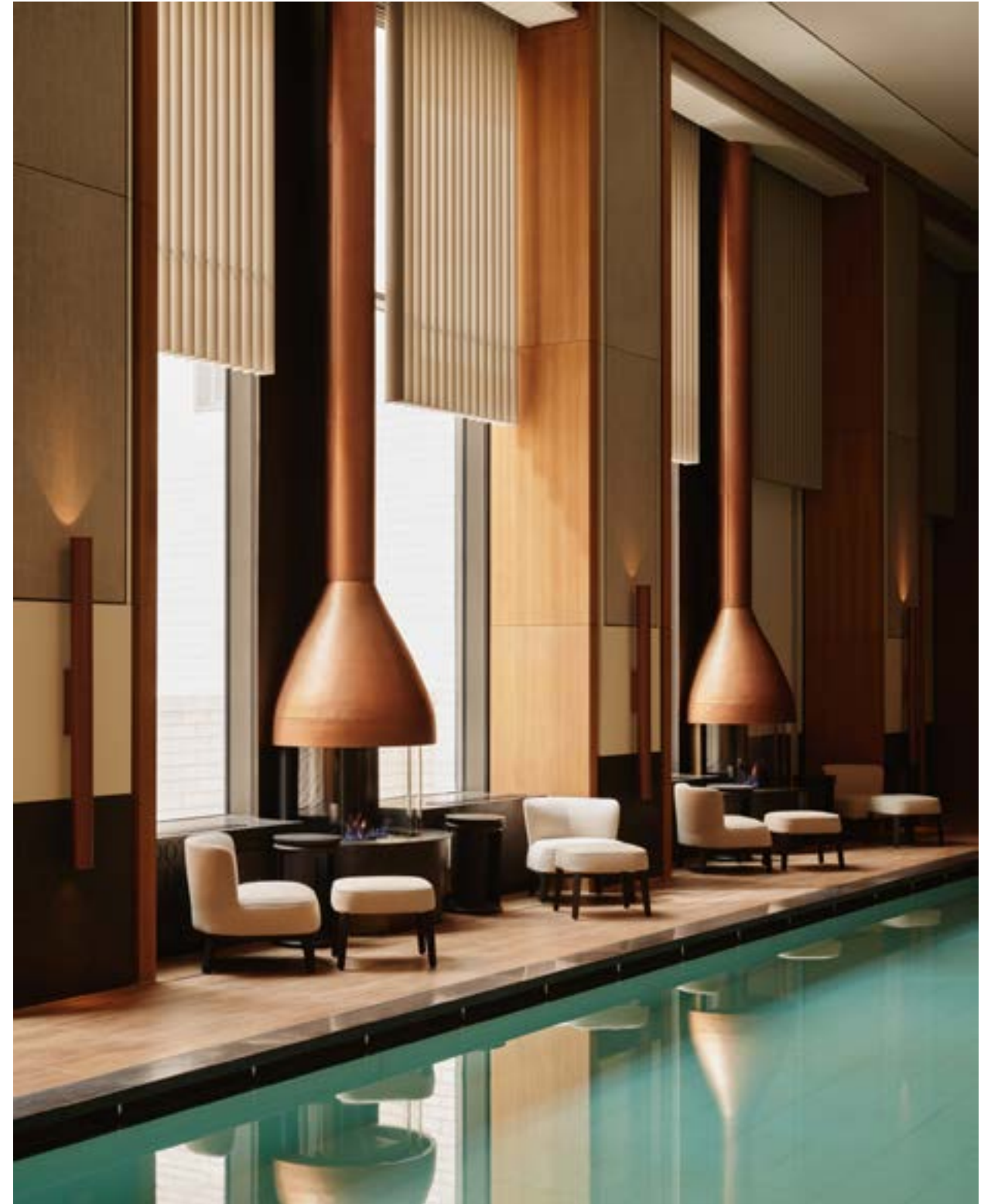
Wellness Activities

Aman Spa New York offers complimentary wellness activities ranging from guided walks or runs through Central Park to group yoga sessions. Please inquire at our spa reception area for the activity schedule and further details.

Medical Aesthetic Consultation

by bodySCULPT Wellness & Aesthetics

Available on weekdays, each Aman New York guest is invited to experience a complimentary 15-minute consultation with a board-certified Physician Assistant from bodySCULPT Wellness & Aesthetics. This personal assessment unveils the forefront of innovative wellness technologies and treatments, proposing a highly effective pathway tailored to your individual wellness desires.



Spa Houses

Offering the ultimate peaceful escape, Aman New York's Spa Houses each offer a double treatment room, a spacious living area, a large outdoor terrace with both a cold plunge and hot bath, and a Banya or Hammam. While both Banyas and Hammams are traditional steam rooms, a Banya is a wood-clad sauna with steam created by pouring water over heated rocks, while a hammam is a steam room with marble walls and a heated marble treatment table.

Half-day and full-day Spa House experiences include a selection of customized treatments, access to all spa and fitness facilities including the hotel's swimming pool, and nourishing snacks and refreshments, along with choices from the special Spa House menu. Experiences are designed and priced for two guests, but a maximum of four guests can be accommodated in each Spa House.

Banya Spa House Half Day up to 6 hours

- One Banya sauna treatment per guest
- One body scrub experience per guest
- One 60-minute customized body massage per guest
- Refreshing snacks and tea, and special Spa House menu

Banya Spa House Full Day up to 9 hours

- One Banya sauna treatment per guest
- One body scrub experience per guest
- One 90-minute Aman New York Signature massage per guest
- One 30-minute facial per guest
- Refreshing snacks and tea, and special Spa House menu

Hammam Spa House Half Day up to 6 hours

- One Hammam treatment with body scrub and bath experience per guest
- One 60-minute full body massage per guest
- Refreshing snacks and tea, and special Spa House menu

Hammam Spa House Full Day up to 9 hours

- One Hammam treatment with body scrub and bath experience per guest
- One 90-minute Aman New York Signature massage per guest
- One 30-minute facial per guest
- Refreshing snacks and tea, and special Spa House menu

Banya/Hammam Treatment Experiences

Banya and Hammam Treatment Experiences include access to a Spa House, a Banya or Hammam treatment, and nourishing snacks and refreshments. Treatment experiences are designed and priced for two guests.

Banya Treatment

Rooted in Eastern European and Scandinavian culture, the Banya Sauna Treatment includes time in the wood-clad sauna where oak or birch leaves, known as veniks, are used to massage, stimulate, and exfoliate the skin. This time in the sauna is followed by cold plunging or showering, and relaxation time in the Spa House lounge or private terrace.

2 hours

Banya session

- Time in the Banya
- One body scrub experience per guest
- Refreshing snacks and tea

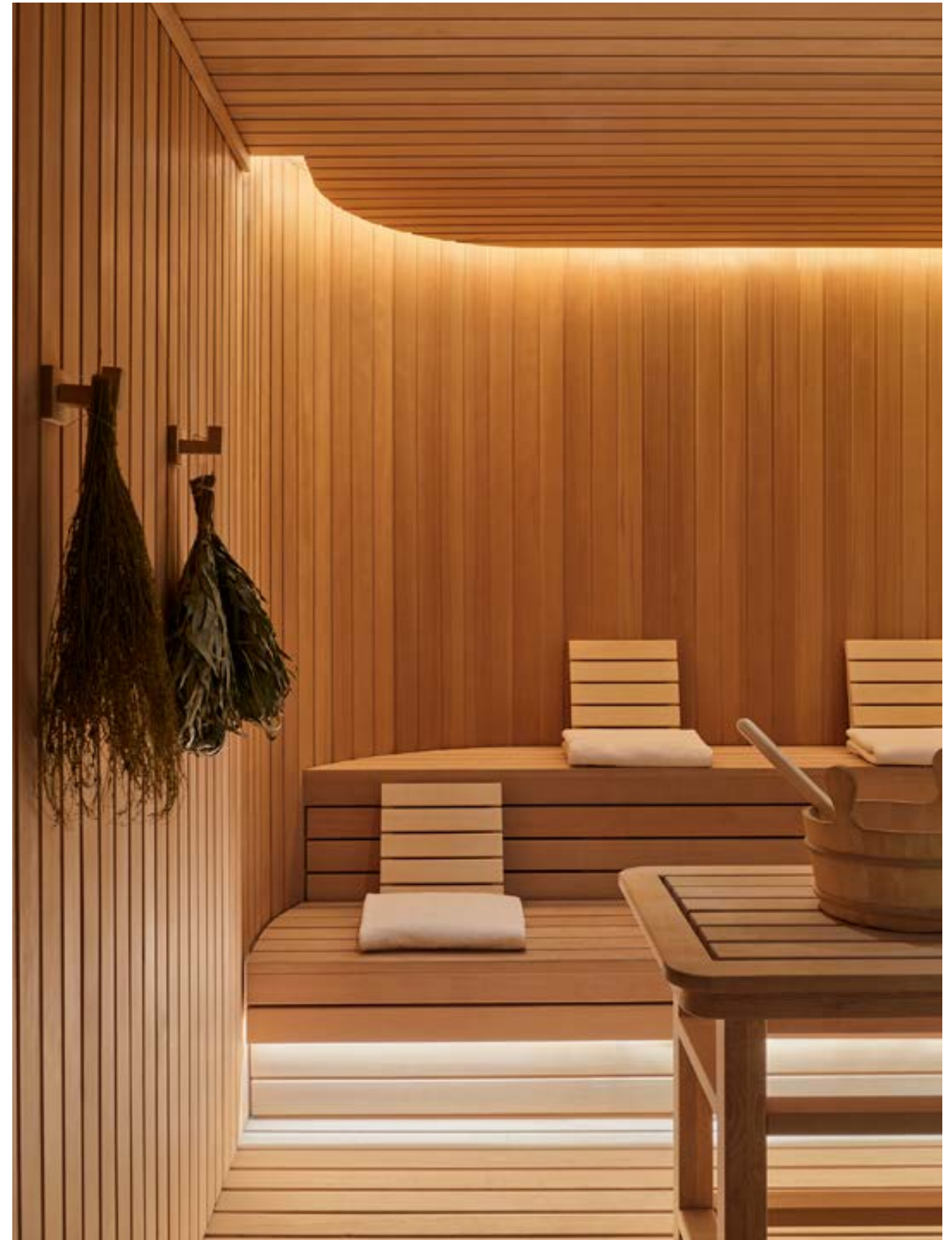
Hammam Treatment

Dating back to the days of the Roman empire and revered in Middle Eastern and North African cultures from Turkey to Morocco, the Hammam Treatment includes a steam bath experience, body scrub, and an invigorating massage. Various soaps and oils are used during the treatment to exfoliate, invigorate, and cleanse the skin. The session is followed by relaxation in the Spa House lounge or private terrace.

2 hours

Hammam sessions

- Time in the Hammam
- Refreshing snacks and tea



Wellness Immersion Programs

Aman Spa New York has the expertise, equipment, facilities, and space to help you to achieve your wellness goal. Whether you are rehabilitating an injury, working towards your first marathon, would like to manage weight, or need to detox and destress, we will design a program that will help you to achieve your goal/s in the time you have available.

Providing the self-optimization and effective fast-track methods you desire, our customized programs draw on the latest research in brain functionality, movement scanning, metabolic examination, sleep, and diet to enable peak performance and a whole new level of personal wellbeing. Varying in duration depending on your goal/s and personal preferences, your program will be based on the results of extensive assessments. Starting with an overall program goal that is then finely tuned to meet individual needs, Aman Spa New York offers three program pathways in line with Immersion offerings at other Aman Wellness destinations worldwide:

- Mindfulness & Stress Management
- Weight Management & Detoxification
- Sports Performance Enhancement

Professional assessments can include consultations and screening with the medical experts at Aman New York.

2-Week Introduction Immersions

Our two-week programs are designed to expose and educate our guests to the significant results of our wellness programs. These Immersions allow guests to experience the flow of a longer program and begin to understand the effects of being guided by our professionals. Two-week programs can be easily expanded into full 12-week programs to reap the maximum benefits.

3- or 5-Night In-house Immersions

Our In-house Immersions are designed for guests staying a minimum of three or five nights so that they can get a taster of the longer Immersion experiences and begin to feel the benefits. The programs provide a fully immersive wellness experience that includes much of the in-depth analysis and guidance of our 12-week programs packed into a three- or five-night stay. Each program includes three meals a day from our personalized wellness menu, a healthy minibar in your guestroom, and a daily schedule including a private fitness session, a fitness rejuvenation session such as infrared sauna or cryotherapy, a spa treatment such as a massage or facial, and a holistic health therapy session such as vitamin IV infusions.

Tei-An Wellness Solution

Integrative Wellness Journey

Offering a fast-track route to optimal state of wellbeing, Tei-An Wellness Solution programs are personalized combinations of treatments and therapies lasting between 90 and 150 minutes. Named after the Japanese word meaning ‘custom designed’, your Tei-An Wellness Solution will be formulated after a personal consultation and targeted assessments evaluating past and present states of health, lifestyle and nutritional routines, and range of fitness and mobility. The results will help us set you on the path to addressing your greatest wellness goals and health concerns, harnessing all the knowledge, expertise, and medical technology on offer at Aman Spa New York. Each treatment and medical therapy chosen for you, whether massage, cryotherapy, or Vitamin IV infusions will amplify the effects of every other treatment prescribed.

90/120/150 min



Spa Services

From the tropical shores of Thailand to the hot springs of Japan, Aman Wellness offers a journey of reawakening, integrating local spa rituals with indigenous ingredients, specially formulated Aman Skincare products, and a profoundly therapeutic touch. Aman Spa New York offers an extensive spa menu that includes treatments unique to this landmark Aman Spa in the heart of Manhattan, as well as signature Aman treatments offered in Aman destinations around the world. All of these treatments can be enjoyed in the seven spa treatment rooms on the 9th floor, or in either of the two Spa Houses, situated on the 10th floor.



Aman New York Signature Journey

In this city of perpetual motion, where the only constant is a state of flux, the Aman New York Signature treatment has been designed to impart an enduring sense of stillness, harmony, connection, and confidence within the tranquil oasis that is the Aman Spa New York and in the urban whirl beyond. Harnessing the healing, stabilizing, and balancing benefits of fluorite, a crystal known for clearing negativity, boosting cellular regeneration, and focusing the mind, this signature experience – only available at Aman New York – will promote physical and emotional alignment while boosting self-esteem, mental fortitude, and overall wellbeing.

To achieve the holistic awakening of body and soul that is the aim of this journey, the experience begins with singing bowls that induce a deeply meditative and tranquil state of mind. Therapeutic massage techniques slowly bring awareness to different parts of the body – from the soles of the feet to the head – through the stimulation of pressure points to rebalance and align.

2 hours



Aman Signature Spa Treatments

Available at every Aman Spa destination around the world, these signature treatments reflect the Grounding, Purifying and Nourishing pathways of the Aman Skincare product range. There are four treatments available within each pathway: Massage, Body Scrub and Wrap, Face Ritual, and the Journey, which encompasses all three treatments to greatly amplify their effects. Each treatment is tailored to individual needs to target specific concerns and help attain personal wellness goals.

Grounding Pathway

For those seeking reconnection, stillness, and perspective, this deeply relaxing, meditative, and regenerative pathway is a balm for the restlessness brought on by the frenetic pace of modern life. Developed to promote inner peace and return body and mind to a state of harmony, this pathway promotes skin cell regeneration, while hydrating and plumping the skin to reveal a healthy, radiant complexion. It is recommended for normal to dry skin, including mature and dehydrated complexions. Active ingredients include argan stem cells and hyaluronic acid. The former penetrates the skin's dermis to help protect and revitalize skin cells, improving elasticity and reducing the appearance of fine lines. The latter hydrates and plumps the skin, leaving it softer and smoother.

Grounding Scrub & Wrap Ritual

90 min

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 Smoked Body Butter.

- 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 min

A Ku Nye full-body massage honors ancient Tibetan healing tradition to stimulate muscles, while a subtler massage energizes 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.

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

Grounding Face Ritual

90 min

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 a Tibetan head massage.

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

Grounding Journey

180 min

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 & Wrap, followed by the Massage, and is completed with the Face Ritual. Each treatment builds on the one before, grounding in every sense of the word to ensure a state of perfect contentment.

Purifying Pathway

For those seeking lightness, breathing space and a fresh start, this pathway detoxifies, cleanses, and strengthens the skin's defenses while enhancing clarity of thought. Refreshing, invigorating, and energizing, the products in this pathway deeply cleanse and tone normal to oily complexions, including congested, dull, stressed, and blemished skin. Active ingredients include lilac stem cells, hyaluronic acid, and Kalpariane™ seaweed extract. The first are superior antioxidants and anti-inflammatories, which help balance healthy sebum levels and protect skin from environmental damage. The second hydrates and plumps the skin, leaving it softer and smoother. The third, a trademarked antioxidant and anti-wrinkle agent, supports collagen and elastin production to preserve skin's elasticity and suppleness.

Purifying Scrub & Wrap Ritual

90 min

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, mineral-rich sea lavender, and seaweed for boosting collagen levels. The treatment ends with the full-body application of palo santo salve.

- 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 min

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic drainage techniques, it manipulates 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.

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

Purifying Face Ritual

90 min

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.

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

Purifying Journey

180 min

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 & Wrap, followed by the Massage, and ending with the Face Ritual, to leave you clear-headed and at peace.

Nourishing Pathway

For those seeking rejuvenation, renewal, and awakened senses, our harmonizing Nourishing pathway repairs and regenerates cells, revitalizing within and without. This pathway encourages reconnection between body and mind and cultivates feelings of joy. Nurturing, sensual, and rejuvenating, it helps maintain optimal hydration and vitality for all skin types, including sensitive skins, while improving elasticity and resilience. Active ingredients include argan stem cells and hyaluronic acid. The first penetrates the skin's dermis to help protect and revitalize skin cells, improving elasticity and the appearance of fine lines. The second hydrates and plumps the skin, leaving it softer and smoother. Other key ingredients include jasmine, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk, and gold, all chosen for their powerful regenerative abilities.

Nourishing Scrub & Wrap Ritual

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.

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

90 min

Nourishing Massage Ritual

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.

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

Nourishing Face Ritual

This brightening, moisturizing treatment calms and rejuvenates with 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 breath. Skin is left looking truly radiant through the application of the Light Technique, which focuses on the forehead, septum, and throat.

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

90 min

Nourishing Journey

This Journey is an immersive experience that benefits every aspect of the individual. It begins with the Body Scrub & Wrap, which is followed by the Massage and then the Face Ritual, to leave you feeling reconnected and rejuvenated.

180 min

Body Treatments

Aman Spa's massage therapists are the best in their field. Drawing on their training and extensive experience, they offer a range of customized massage therapies that include both ancient and current healing techniques from cultures around the world.

Holistic Customized Body Massage

Your massage therapist will curate a personalized massage catering to your specific needs, using Aman's Signature aromatherapy-based massage oils and a range of techniques. These could include Swedish, deep tissue, hot stone, prenatal (after first trimester), and sports massage techniques, depending on how you feel and what you would like to achieve.

60/90 min

Thai Massage Nuad Pan Boran

Experience the complete sequence of traditional Thai massage techniques practiced by Buddhist monks for over 2,500 years. Lying clothed in loose Thai pajamas, your body will be expertly manipulated with a combination of intense stretches and deep pressure point techniques which increase mobility, relieve tension, and restore the flow of energy throughout the body.

60/90 min

Thai Hot Oil Massage

The Thai Hot Oil Massage is an ancient Thai body healing and stretching treatment. It is ideal for releasing muscle tension and restoring balance in the musculoskeletal system. Slow yet deep pressure is applied with a small amount of oil on the trigger points of specific areas to effectively release tight muscles and impart a deep sense of relaxation throughout the body.

60/90 min

Herbal Thai Poultice Massage (as add-on to Thai hot oil massage)

Warm herbal poultices made from muslin and filled with specific herbs and spices are pressed along the meridian lines of the body to release muscle stiffness and energize the senses.

CBD Oil (as add-on to holistic customized body massage)

The pain-relieving benefits of cannabidiol (CBD oil), a natural anti-inflammatory, are well known and have been proven by science.

Facial Treatments

Deep Cleansing Facial

60/90 min

Experience a holistic facial personalized to your unique skin requirements that includes a soothing massage of the face, shoulders, and scalp. This highly customized facial utilizes both all-natural, time-proven skincare and advanced, results-driven products. Allow our expert esthetician to curate a selection that suits your skin's needs.

Red Carpet Facial

60/90 min

This versatile skin rejuvenation system incorporates supersonic sub-dermal infusions of anti-aging compounds with skin tightening radiofrequency ThermiShape® technology. It gently exfoliates while extracting skin impurities, infusing bioactive nutrients, and toning the skin through fibroblast activation. Customized treatment serums are delivered 4.5mm deep into the skin via a high-pressured stream of microdroplets at a speed of 600 ft/sec without causing any injury to the epidermis. A series of treatments dramatically improves skin tone and texture, while diminishing fine lines and other signs of aging.

Add-on to Facial Treatments

PureLift™ Pro (as add-on to any facial)

15 min

Enhance your facial treatment with this non-invasive tool designed to rejuvenate weakening facial muscles, promoting collagen and improving skin firmness and tone.

Nourishing Gold Algae Mask by Aman x 111Skin

Nourishing Gold Algae Eye Mask by Aman x 111Skin

Aman Advanced Facial

60/90 min

Made in Japan, Aman's new functional skincare line, Essential Skin, is infused with powerful rice bran and indigo extracts, to achieve noticeably lifted, more radiant skin. Combining products from the Essentials Skin line with exfoliation and manual lifting techniques, the Aman Advanced Facial stimulates face muscles to improve the skin's overall texture.

The treatment begins with ultrasonic scrubbing to loosen and remove oil, dirt and cellular debris from the pores. Supported by the use of electric muscle 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 treatment continues with the application of a marine mineral mask to deeply hydrate, followed by Aman x 111Skin Nourishing Gold Algae hydrogel face and eye masks to achieve an exceptional glow.

For a wholly rejuvenation process – for the body, mind and the skin – the facial can be extended to 90 minutes in length, incorporating a 15-minute scalp massage. Designed to lift the spirits, the massage relieves tensions in the head, stimulating the nerves and blood vessels beneath the scalp, adding to the relaxation benefits of the treatment.

Medical Aesthetic

by bodySCULPT Wellness & Aesthetics

Aman Spa New York's partnership with bodySCULPT Wellness & Aesthetics delivers minimally and non-invasive medical aesthetic and wellness services within the comfort of the Spa's medical treatment rooms. The menu of medical-grade treatments and procedures includes, but is not limited to, lifestyle & longevity weight management, customized medical intravenous vitamin, mineral, and electrolyte therapy, acne management, Morpheus8 radiofrequency micro-needling, Hydrafacial™, and Clear and Brilliant® laser resurfacing. Exclusive access to bodySCULPT's comprehensive aesthetic plastic surgery services is also available upon request.

Christopher T. Chia, MD

Co-founder and Surgical Director of bodySCULPT, Dr. Chia is a Board-certified and fellowship-trained plastic surgeon specializing in cutting-edge technologies with over 20 years of experience in aesthetic plastic surgery of the face, body, and breast. He is a member of the teaching faculty of the American Society of Plastic Surgery and the American Society of Aesthetic Plastic Surgeons and Assistant Clinical Professor for Manhattan, Eye, Ear & Throat Hospital. With dozens of peer-reviewed articles on plastic surgery as well as a co-editor and author of a plastic surgery textbook, Dr. Chia is committed to continuously looking into techniques and technology to make aesthetic plastic surgery safer and more effective for our patients.

Lisa Metler, PA-C

Lisa Metler is a board-certified Physician Assistant, with nearly two decades of medical experience, serving as the on-site Clinical Director, overseeing all medical staff and aesthetic services. Lisa is an international speaker and clinical trainer for surgical **modalities**, aesthetic lasers, and injectables, as well as the author of several peer-reviewed articles in the aesthetic and pharmacologic arenas, writing protocols and interacting with key opinion leaders in medical companies and pharmacologic firms. Her overall approach to medicine embraces a holistic outlook on wellness, preventative medicine, and aesthetics.

Lifestyle & Longevity Weight Management

Allow our team to curate a comprehensive weight management program tailored to your needs. Following an initial consultation, receive a personalized plan encompassing a blood panel analysis, complemented by a meticulously crafted nutritional guide and vitamin supplementation administered via IV therapy or injection and/or weight loss prescription medicine.

Acne Management & Skin Care Consultation

Whether seeking relief from active acne or wishing to address lingering acne scars, our dedicated team offers an all-encompassing assessment, resulting in a tailor-made treatment regimen to address your concerns. Our bespoke approach will utilize multiple modalities, including the latest innovation in acne care such as treating areas with gold preparation and lasers.

Medical Director and board-certified Plastic Surgeon

Dr. Christopher T. Chia, MD, and Clinical Director & Physician

Assistant Lisa Metler, PA-C will conduct a thorough and directed medical evaluation of each patient to provide bespoke treatment protocols with the highest standards of medical care.

Morpheus8 RF Microneedling

For those seeking overall luminosity and tightening of skin, Morpheus8 combines radiofrequency energy with micro-needling to work even deeper into the subdermal skin tissue, stimulating the body to create more collagen to rejuvenate the skin at a cellular level. By targeting the deeper layers of the skin, tissues of the face and body are remodeled to reveal a more radiant appearance. Morpheus8 is minimally invasive and is safe for all skin tones and types and can be applied to many areas including the face, neck, chest, arms, thighs, knees, and abdomen.

Clear and Brilliant

Clear and Brilliant® rejuvenates the skin from within using fractional laser technology to stimulate regeneration, improving texture, tone, and clarity with minimal downtime. This service includes a topical numbing step for comfort, followed by targeted laser treatment using thousands of tiny pinpoint beams of laser energy to penetrate and stimulate the skin’s regenerative process from within, followed by a Vitamin C serum or exosome booster to enhance results. Ideal for addressing acne, discoloration, and early signs of aging, Clear & Brilliant® leaves the skin looking vibrant and youthful, with lasting effects beyond an initial mere 24 hours of redness.

Hydrafacial™

For those seeking luminous and hydrated skin, HydraFacial™ offers a non-invasive solution that combines cleansing, extraction, and hydration in a single treatment. Tailored to individual skin needs with a customizable skin booster and enhanced by LED light therapy, HydraFacial™ promises clear, deeply moisturized skin with minimal downtime. An ideal treatment to receive in preparation for a special event, as well as complementing your monthly regimen, it delivers a brighter, refreshed complexion, with results continuing to improve over a series of treatments.

Lumecca

For those seeking an even skin tone and to rejuvenate skin, Lumecca is a breakthrough treatment harnessing the full power of an intense pulsed light (IPL) photo facial. Through a handheld device, bursts of bright light penetrate deep below the skin’s surface to correct pigmentation irregularities and reduce minor sun damage, brown spots and/or superficial veins.



Forma

For those seeking a more radiant glow and to improve skin texture, Forma emerges as an innovative technology to provide smoother skin over the face, neck, chest, or body. This non-invasive method uses bipolar radiofrequency technology, delivered through a handpiece to precisely target deep layers of the skin for a refreshed appearance. Frequently chosen as a treatment to prepare for special occasions or directly following a facial to further advance the absorption of the skincare product, Forma can also be used in combination with most other laser treatment facials, injectables, and/or fillers.

Injectables

Redefining the landscape of cosmetic procedures, injectables offer non-surgical solutions with minimal downtime while enhancing, rejuvenating, and restoring one’s natural beauty. For a smoother, renewed look, Neurotoxins, such as Botox, Dysport, and Xeomin relax muscles to reduce the appearance of lines and wrinkles, while hyaluronic acid-based dermal fillers contour or restore volume for natural-looking fullness, seamlessly blending with your own tissue. Injectables are for those interested in addressing various concerns, including crow’s feet, forehead lines, laugh lines, volume loss, and lip enhancement.

Vitamin Therapy

by bodySCULPT Wellness & Aesthetics

Modern medicine has given us several safe and proven ways in which to immediately boost energy levels, immunity, and general wellbeing.

Vitamin IV Therapy

This intravenous therapy delivers vitamins, minerals, and amino acids directly into the bloodstream. Only freshly mixed, a la carte ingredients (never pre-made) are used in order to offer immediate results including boosting immunity, hydrating the body, eliminating toxins, reducing fatigue, increasing energy, replenishing vitamins, minerals, improving athletic performance, and treating migraines, muscle spasms, and sinusitis.

IV Cocktail Drips

- Alleviate
- B-Lean
- Brainstorm
- Immunity Defense with Zinc
- Inner Beauty
- Performance & Recovery
- Reboot

IV Add On

- Ascorbic Acid (Vitamin C)
- B-12 / Methylcobalamin
- Biotin
- Famotidine (Pepcid)
- Ketorolac (Toradol)
- Ondansetron (Zofran)
- Glutathione

NAD+ IV Therapy

NAD+ (nicotinamide adenine dinucleotide) is a coenzyme found in all living cells that is essential for key physiological processes in our body’s energy production, such as metabolism, DNA repair, and cell signaling. NAD+ IV therapy directly replenishes our levels of NAD+ within the body, which tend to decline as we age. Through this slow release, NAD+ is infused directly into the bloodstream to deliver maximum benefits to the body such as increased energy, reduced inflammation, and support neurological health.

Functional and Integrative Medicine

Completely aligned with the Aman Wellness philosophy, Integrative Medicine recognizes the interdependency of the whole person – body, emotions, mind, and spirit – in determining the overall wellbeing of any individual. Practiced by physicians with conventional medical training, it embraces conventional medicine in combination with alternative and complementary wellness practices, seeking to prevent ill health and treat the underlying causes of disease. Balance is a central tenet of Integrative Medicine, with nutrition, exercise, and stress management fundamental to achieving optimal, whole-person health.

Incorporating consultation and treatment rooms on the 11th floor, Aman New York’s Integrative Medicine offering embraces the full spectrum of wellness-enhancing facilities on offer throughout the Aman Spa. Envisaged as a self-optimization wellness lab, Integrative Medicine by Aman Spa New York welcomes renowned medical and wellness experts who assess, diagnose, and employ all their skill, expertise, and intuition to create short- or long-term programs addressing individual health needs.

- Initial consultation
- Follow-up consultation
- Nutrition-focused consultation
- Life coaching
- Diagnostic testing
- Wellness program prescription

Robert Graham. MD, MPH

Functional and Integrative Medicine focuses on finding the root cause of health concerns and partners with patients to determine how best to support their journey back to wellness. Dr. Graham is a Harvard trained physician, Board Certified in both Internal and Integrative Medicine – which embraces conventional medicine in combination with complementary and alternative wellness practices. Dr. Graham incorporates Functional Medicine, Lifestyle Medicine, Culinary and Botanical Medicine, Ayurveda, and Traditional Chinese Medicine to create a personalized integrative medical and nutritional plan based on a range of innovative diagnostic testing. Dr. Graham earned a master’s degree in Public Health from the Harvard School of Public Health as well as three fellowships in General Internal Medicine, Complementary and Integrative Medical Therapies, and Medical Education at Harvard Medical School. Dr. Graham has a culinary degree from the Natural Gourmet Institute and is one of very few Doctor/Chefs worldwide.

Practitioners

Traditional Chinese Medicine (TCM)

One of the primary characteristics of TCM is to approach the root cause of a condition or problem by treating the body as a whole – a holistic approach very much in line with the Aman Wellness philosophy. Age-old TCM diagnostic methods include a detailed analysis of the face, the tongue, and the pulse to discover any patterns of disharmony or imbalance and assess what your body needs. Based on this analysis, a detailed questionnaire, and in-depth discussion, a TCM physician will recommend a schedule of treatments possibly including herbal tonics, acupuncture, and moxibustion to address your health needs.

Niko Karelas

A sought-after healer in New York, Niko developed his talent for healing from childhood. Through lessons from his father, his diverse background, and training under the prestigious Doctor Jeffrey Yuen and Gary Strauss, Niko slowly developed his unique way of treating the patients body, mind and spirit using simple methods designed to let the body and mind return to their natural state of rest, balance, and peace.

The Ultimate Zen Session

Inspired by the gentle art of traditional reiki, embark on a journey of profound relaxation and holistic healing. This unique session combines five therapeutic modalities—Craniosacral Therapy, Tuina, Sound Therapy, Acupuncture or Acupressure, and Aromatherapy with Essential Oils. Each technique is thoughtfully integrated to recalibrate your body's energy, fostering a deep state of relaxation, enhancing sleep quality, improving digestion, and facilitating stress elimination. Tailored to meet your individual needs, our Niko guides you through a transformative experience designed for overall well-being.

Aman Spa New York can arrange appointments with health professionals on request, from physiotherapists to chiropractors.



Fitness Solution

Aman Spa New York offers private sessions in every conceivable fitness and personalized movement modality, whether with one of the spa's in-house personal trainers and fitness specialists, or with an external coach or movement expert. Top of the line diagnostic and performance enhancing technologies, the latest cardiovascular and weight-training equipment, and bespoke targeted programs ensure the achievement of fitness goals.

InBody 570 Analysis

The InBody 570 is a powerful diagnostic tool that uses the bioelectrical impedance analysis method to provide a comprehensive view of body composition.

Cryotherapy

Aman Spa New York's nitrogen-free, natural air, full immersion chamber works through the application of short duration, sub-zero air temperatures to naturally promote health, performance, and recovery by stimulating the body's natural response to cold – the reduction of inflammation and swelling.

Cellgym® CellAir®

Get more energy and more out of life with intermittent hypoxic training (IHT) with the Cellgym® CellAir®. Designed to improve energy efficiency, performance, and recovery just like altitude training, but with none of the risks, the Cellgym® CellAir® involves wearing a specialized breathing mask while training, sitting, or reclining so that you consume a combination of normal oxygen-rich air and oxygen-reduced air.



Fitness Sessions & Personal Training

If there is a fitness modality not in the list below – be it a martial art or a dance form – Aman Spa New York can arrange private lessons or training sessions within the Aman Spa.

Yoga

Yoga can be what you want it to be. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, it is also a mindset and a way of living. Private instruction in Hatha, Ashtanga, Yin and powerful Vinyasa-style yoga is available for all levels, from beginners to experienced yogis.

Pilates

Pilates places particular focus on core stability and breathing patterns, rapidly correcting postural and muscular imbalances, and improving overall strength and flexibility. Before starting instruction, an assessment analyses postural alignment, strength, and flexibility. In identifying your strengths and weaknesses, we can then develop a program suited to your individual needs and goals.

Mindfulness & Meditative Movement

One of Aman's four pillars of wellness, mindfulness is increasingly being recognized. Thus, Aman Spa New York offers all forms of mindfulness and meditation training, as well as meditative movement practices.

Mindfulness Meditation

Mindfulness is the ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what is going on around us. While mindfulness is something we all naturally possess, it is more readily available to us when we practice daily. Meditation is an approach to training the mind. Through meditation, you can become more mindful of how your thoughts and feelings tend to move in particular patterns. With practice, an inner balance develops.

Qigong & Tai Chi

Originating in China, both qigong and tai chi combine breathwork with flowing movements to encourage the flow of qi (life force or energy). The former involves visualization and is considered more of a healing practice that has evolved as an integral part of martial arts over many centuries. Tai chi is in itself a martial art that involves sequences of forms and postures.

Pranayama

Something we do involuntarily, breathing is a vital function of life. In yoga, it is referred to as pranayama – prana Sanskrit for 'life force' and ayama meaning 'extending' or 'stretching'. Pranayama therefore meaning the control of one's life force, and research shows that a regular practice of controlled breathing can decrease the effects of stress on the body and increase overall physical and mental health.



Finishing Touches

Aman Spa New York offers a stylish, unisex hair and nail salon on the 9th floor, with hairstyling and grooming services curated by the renowned John Barrett Salon.

Hair by John Barrett Salon

Celebrated for having innovated looks including the Bergdorf Blonde and for perfecting the work-home coiffeurs of today's most stylish celebrities and businesspeople, John Barrett was an icon in the beauty industry from LA to London. Based in New York since the early 1990s with many years at Bergdorf's, John established his flagship Manhattan salon at 36 East 57th Street in 2019, just a stroll from Aman New York. Over the years, John studiously avoided creating anything that could be called a 'signature cut', striving rather through melding the glamour and grace of uptown with the youth and vitality of downtown to always help his clients look their best.

Haircut
Blow-dry
Bridal Hair
Make-up Application

9am to 6pm, with additional service charge until 9pm.

Two hours advance booking is required.

Nail Services

Aman Manicure
Aman Pedicure
Nail polish change
Shellac Manicure
Shellac Removal

Spa Reminders

Hours of Operation

Spa reception hours
6:00am – 10:00pm

Gym, Pool, Steam, Sauna and Change rooms
6:00am- 10:00pm

Fitness Center
24 hours, serviced from 6:00am to 10:00pm

Age Restrictions

- Aman Spa facility: 16 years and older. Those between 16 and 18 years must be accompanied by a parent or adult guardian.
- Pool: Those under 16 must be accompanied by a parent or adult guardian and have access between 10am to 6pm. Minimum age 7 years old.

Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time is available. Please dial extension SPA to make a reservation. The minimum age for treatments is 16 years. Guests under the age of 18 require parental consent prior to the booking being accepted.

Special Considerations

Many 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 20 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 90 minutes of their scheduled treatment.

Spa Environment

Use of mobile phones is prohibited in and around Aman Spa New York.

Cancellation Policy

Spa guests are kindly asked to provide at least 24 hours' notice for cancellations or rescheduling during spa operating hours, to allow someone else to enjoy the time. Changes made within 24 hours will be subject to the full cost of the treatment booked.

Refunds

Unopened retail products are exchangeable within seven days of purchase with original receipt.

Valuables

Please do not bring valuables into the Spa. For in-house guests, safes are provided in every suite.

Pricing

All prices are in USD and subject to a 20% service charge and 4.5% local tax.

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