

The background of the entire page is a textured, golden-brown surface. In the upper right quadrant, there is a traditional East Asian ink wash painting of a pine tree. The tree is rendered with dark ink, showing its trunk, branches, and dense needles. The style is minimalist and elegant, typical of a literati painting.

Ā M A N  
NEW YORK

Spa & Wellness Menu

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Aman Spas around the world have been carefully curated with four pillars of wellness – 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 world’s Aman Spas.

We provide the tools for self-optimisation and empower guests to fulfill their own potential. We aim to inspire the resilience and focus needed to put these tools into action, and to be the sanctuary where guests return time and again to continue their wellness journey and achieve their fitness goals.





## Aman Spa New York

Aman Spa New York offers transformative experiences through specialist therapies and performance technologies. Claiming 25,000 square feet (2,320 square metres) over three floors of the landmarked Crown Building, Aman Spa New York offers:

- Two private Hammam or Banya Spa Houses with outdoor hot bath and cold plunge
- A 65 foot (20 metre) heated swimming pool
- A spacious 3,000 square foot (278 square metres) Fitness Centre
- Three Holistic Clinical Treatment Rooms
- Seven 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 Essentials Boutique

## Overview

### For Advancing Health & Physical Wellness

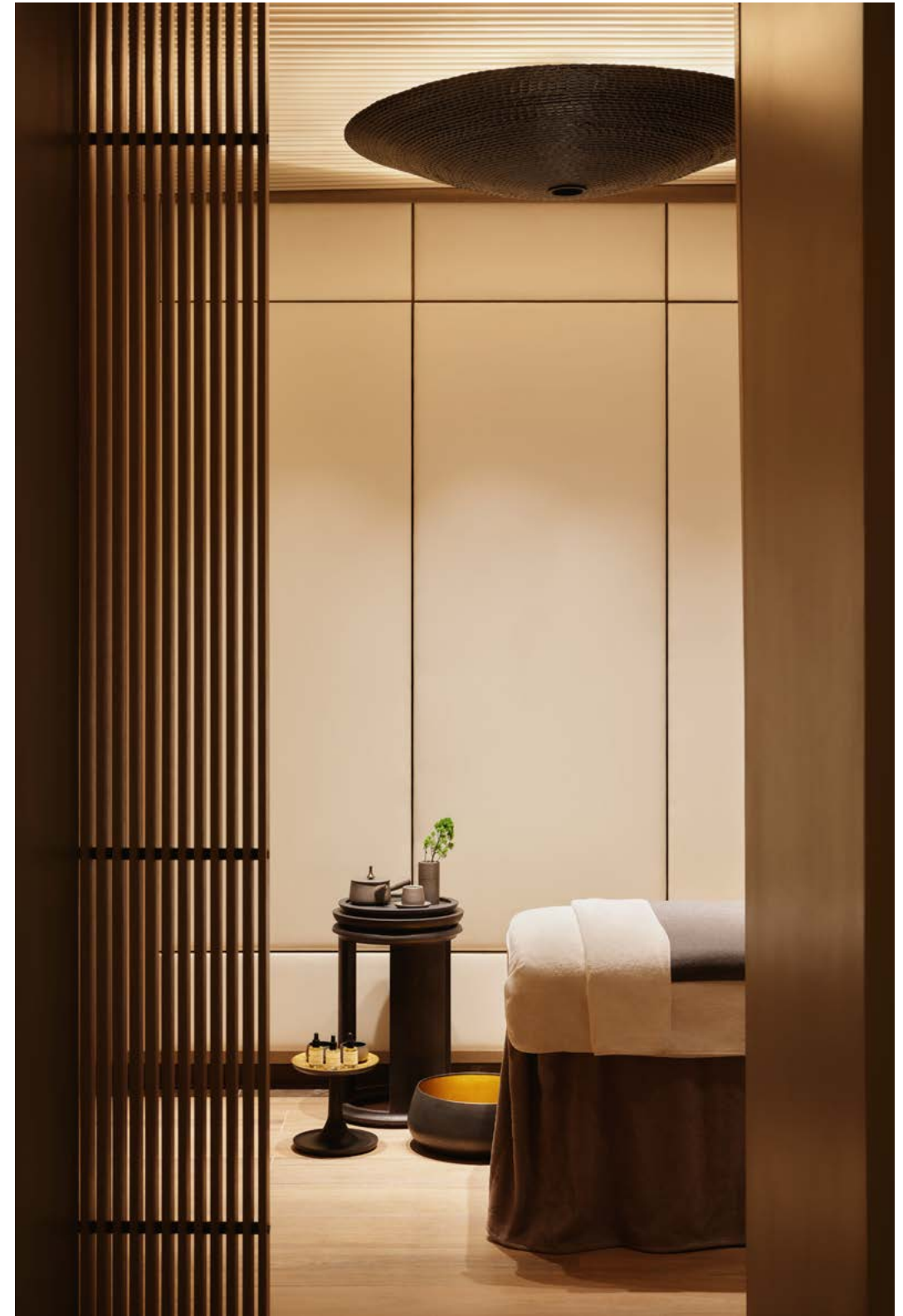
Underpinning the Aman Spa is The Aman Wellness Method, a functional and integrative medicine principle, which approaches health proactively, using every tool available to propose holistic, long-term, age-stilling, energy-boosting and preventive health and medical solutions, based on science in longevity. Three Holistic Clinical Treatment Rooms and an Assessment Studio provide space to plan a tailored wellness programme. The 3,000-square-foot (280-square-metre) Fitness Centre, which incorporates the Power Gym concept, and the Cryotherapy Chamber, focus on first raising energy, then recovery.

### For Revitalising Beauty & Emotional Wellness

Across seven tranquil treatment rooms, guests can enjoy a variety of spa experiences on the ninth floor, including facials, massages, wraps and scrubs. Also on this level is the Salon, in partnership with the John Barrett Salon, offering hairstyling, cutting and colour treatments, as well as nail services.

### For Restorative Relaxation & Wellness

Relax in the Spa's 65-foot (20-metre) heated indoor swimming pool surrounded by inviting lounging areas. Elegant changing rooms feature saunas, steam rooms, bucket and rain showers. Also on the 10th floor is the Yoga and Pilates Studio, which can double as meditation space. Additionally, two private Spa Houses offer the ultimate peaceful escape. Each has its own double treatment room, a spacious relaxation area, complete with a fireplace, a large private outdoor terrace with hot- and cold-plunge pools covered by a canopy for year-round use, and either a Hammam (marble steam room) or spacious Banya (wood-clad sauna). Immersive half- and full-day Hammam and Banya Spa House experiences are designed for up to four guests.





## 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 enquire at our spa reception area for the activity schedule and further details.

### Medical Aesthetic Consultation by bodySCULPT Wellness and 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 and Aesthetics. This personal assessment will propose a highly effective pathway tailored to your individual wellness desires using innovative technologies and treatments.

## Spa Houses

Offering the ultimate peaceful escape, Aman New York's private 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. 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 treatment table, which is heated.

Half- and full-day Spa House experiences include a selection of customised treatments, access to all spa and fitness facilities and nourishing snacks and refreshments, with additional options available from the dedicated Spa House menu. Experiences are designed and priced for two guests, but a maximum of four guests can be accommodated in each Spa House.

### Half-Day Banya Spa House

- One Banya sauna treatment per guest
- One body scrub experience per guest
- One 60-minute customised body massage per guest
- Refreshing snacks, tea and a choice of dishes from the Spa House menu

### Full-Day Banya Spa House

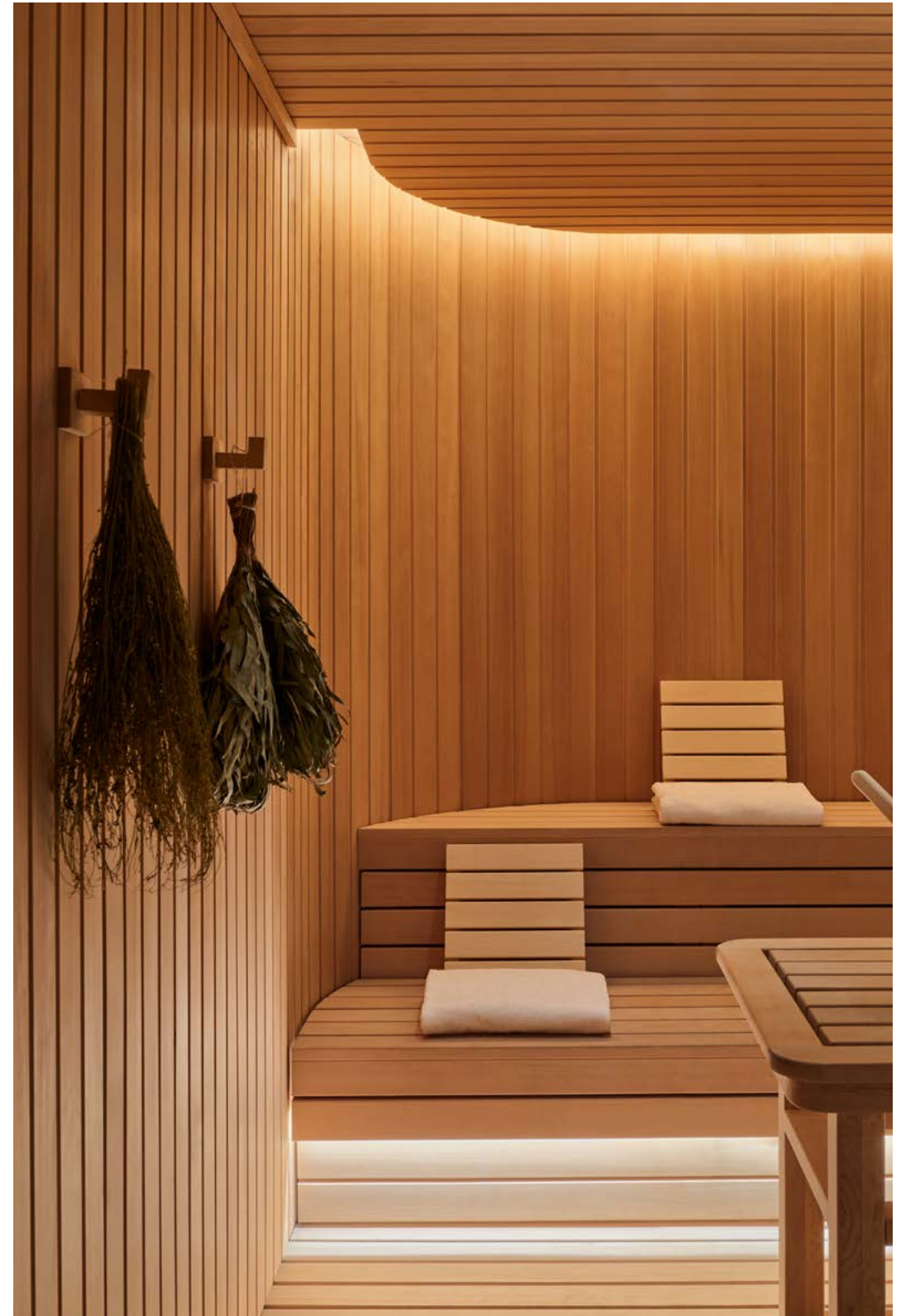
- One Banya sauna treatment per guest
- One body scrub experience per guest
- One 90-minute Aman New York Signature massage per guest
- One 30-minute customised facial per guest
- Refreshing snacks, tea and a choice of dishes from the Spa House menu

### Half-Day Hammam Spa House

- One Hammam treatment with a body scrub and bath experience per guest
- One 60-minute customised full-body massage per guest
- Refreshing snacks, tea and a choice of dishes from the Spa House menu

### Full-Day Hammam Spa House

- One Hammam treatment with a body scrub and bath experience per guest
- One 90-minute Aman New York Signature massage per guest
- One 30-minute customised facial per guest
- Refreshing snacks, tea and a choice of dishes from the 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 culture, the Banya treatment includes time in a wood-clad sauna where oak or birch leaves, known as *veniks*, are used to massage, stimulate and exfoliate the skin. The sauna session is followed by cold plunging or showering and relaxation time in the Spa House lounge or private terrace.

- One Banya treatment
- Refreshing snacks and tea

### Hammam Treatment

Hammams, originally dating back to the days of the Roman Empire, hold significance in different cultures across the globe, spanning from the Middle East through Turkey and extending to Morocco in North Africa. At Aman New York, the Hammam treatment includes a steam bath experience, body scrub and invigorating massage, with various soaps and oils used to exfoliate and cleanse the skin. The session is followed by relaxation time in the Spa House lounge or private terrace.

- One Hammam treatment with a body scrub and bath experience
- Refreshing snacks and tea







## Wellness Immersion Programmes

Aman Spa New York has the expertise, equipment, facilities and space to help guests achieve their wellness goals. Whether you are rehabilitating an injury, working towards your first marathon, interested in weight management or need to detox and destress, we will design a programme to help you achieve your goals in the time you have available.

Our customised programmes draw on the latest research in brain functionality, movement scanning, metabolic examination, sleep and diet to enable peak performance and a new level of personal wellbeing. Varying in duration, depending on your goals and personal preferences, your programme will be based on the results of extensive assessments. Starting with an overall programme goal that is then finely tuned to meet individual needs.

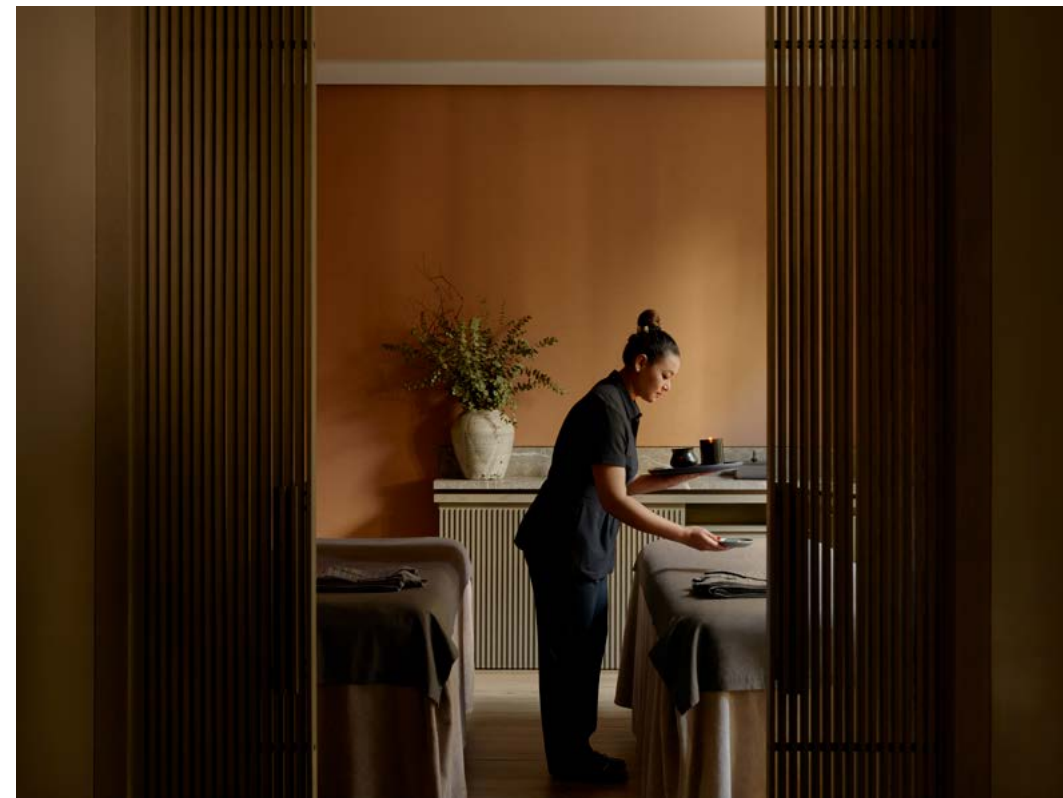
**Aman Spa New York offers three key programme pathways:**

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

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

### Three- or Five-Night In-House Immersions

Our In-House Immersions are designed for guests staying a minimum of three to five nights, allowing them to experience the benefits of a comprehensive wellness programme that includes an in-depth analysis and guidance. Each programme includes three daily meals from our personalised wellness menu, a healthy in-room minibar and a full daily schedule, including a private fitness session, a fitness rejuvenation session, such as an infrared sauna or cryotherapy session, a spa treatment and a holistic health therapy session.



## 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 and specially formulated Aman Skincare products. Aman Spa New York offers treatments unique to this landmark.

## Aman New York Signature Journey

In this city of perpetual motion, the Aman New York Signature Journey has been designed to impart an enduring sense of stillness, harmony, connection and confidence within the tranquil oasis that is Aman Spa New York. Harnessing the healing, stabilising 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.

This experience begins with meditative singing bowls that induce a tranquil state of mind. Therapeutic massage techniques soothe the mind and body, slowly bringing awareness while promoting physical and emotional alignment, boosting mental fortitude and enhancing overall wellbeing.

## Aman Signature Treatments

Available at Aman Spa destinations around the world, these Signature Treatments reflect the Grounding, Purifying and Nourishing pathways of the Aman Skincare product range. Each treatment is designed to support your individual needs while targeting specific concerns and personal wellness goals.



## Grounding

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 the 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 glow. It is recommended for normal to dry skin types, including mature and dehydrated complexions.

### Grounding Scrub & Wrap

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

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

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

### Grounding Facial

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 mask of Peruvian black mud and amethyst crystal, 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

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

## Purifying

For those seeking lightness, breathing space and a fresh start, this pathway detoxifies, cleanses and strengthens the skin's defenses while enhancing clarity of thought. Refreshing, invigorating and energising, 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 is a superior antioxidant and anti-inflammatory, which helps 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

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

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 fluid. Compared to traditional massage, the pressure applied with manual lymphatic drainage techniques is much lower in intensity, yet powerful in its effects.

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

### Purifying Facial

By combining nerve-point therapy and lymphatic drainage to detoxify, 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
- Aids lymphatic drainage and releases tension
- Detoxifies to reduce the effects of pollution

### Purifying Journey

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 to leave you clear-headed and at peace.





## Nourishing

For those seeking rejuvenation, renewal and awakened senses. This pathway encourages reconnection between body and mind. Nurturing and rejuvenating, it helps maintain optimal hydration and vitality for all skin types, including sensitive skin, 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 revitalise 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

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
- Nourishes skin while improving tone and texture
- Improves body awareness and invokes a sense of nurture and comfort

### Nourishing Massage

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 promotes deep relaxation
- Balances the energy body and emotions

### Nourishing Facial

This brightening, moisturising 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

### Nourishing Journey

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

## Body Treatments

Drawing on the extensive experience of Aman's spa therapists, a range of customised massage therapies blend ancient and contemporary healing techniques from cultures around the world.

### Holistic Customised Body Massage

Your massage therapist will curate a personalised massage, catered 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.

### 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. 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.

### 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.

### CBD Oil

(ADD-ON TO HOLISTIC CUSTOMISED BODY MASSAGE)

Utilise the pain-relieving benefits of cannabidiol (CBD oil), a natural anti-inflammatory.

### Herbal Thai Poultice Massage

(ADD-ON TO THAI HOT-OIL MASSAGE)

Thai poultices made of aromatic and medicinal herbs such as lemongrass, camphor and tamarind leaves are steamed to unveil their medicinal properties and then pressed along the meridian lines of the body to release muscle stiffness and energise the senses.





## Facial Treatments

### Aman Advanced Facial

Made in Japan, Aman's 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 range, 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 exfoliation 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 altogether 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 rejuvenating process – for body, mind and skin – the facial can be extended to 90 minutes, incorporating a 15-minute scalp massage.

### Deep Cleansing Facial

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

### Red Carpet Facial

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

### PureLift™ Pro

(ADD-ON TO ANY FACIAL)

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

### Nourishing Gold Algae Mask by Aman Essentials x 111SKIN

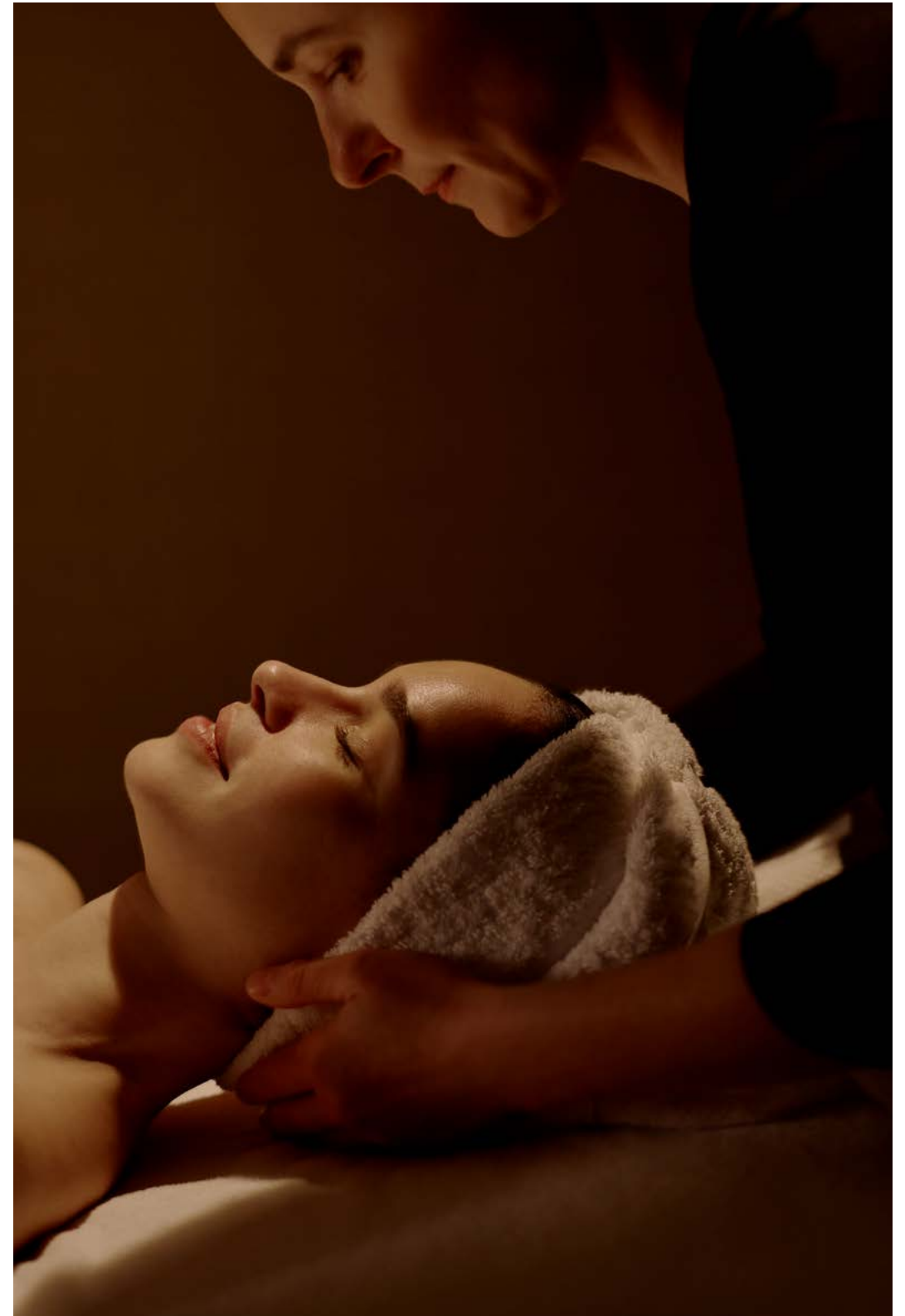
(ADD-ON TO ANY FACIAL)

Further infuse the skin with hydrating and radiance-boosting ingredients for a glowing and refreshed complexion using the Nourishing Gold Algae Mask. This add-on complements any facial, blending Dr Yannis Alexandrides' expertise in NAC Y<sup>2</sup> with Aman's signature marine ingredients.

### Nourishing Gold Algae Eye Mask by Aman Essentials x 111SKIN

(ADD-ON TO ANY FACIAL)

Boost the under-eye area with the addition of the hydrating and radiance-boosting Nourishing Gold Algae Eye Mask, which incorporates 111SKIN's advanced technology and Aman's signature marine ingredients for immediate results.







## Medical Aesthetic by bodySCULPT Wellness and Aesthetics

Aman Spa New York's partnership with bodySCULPT Wellness and Aesthetics delivers minimally and non-invasive services within the comfort of the Spa's holistic clinical treatment rooms. The menu of medical-grade treatments and procedures includes lifestyle and longevity weight management, customised medical intravenous vitamin, mineral and electrolyte therapy, acne management, Morpheus8 radiofrequency microneedling, Hydrafacial™ and Clear and Brilliant® laser resurfacing, amongst other treatments. Exclusive access to bodySCULPT's comprehensive aesthetic plastic surgery services is also available upon request.

### Dr Christopher T Chia, MD

Co-founder and Surgical Director of bodySCULPT, Dr Christopher Chia is a board-certified and fellowship-trained plastic surgeon, specialising in cutting-edge technologies with over 20 years of experience in aesthetic plastic surgery of the face and body. Dr Chia 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 and Throat Hospital. With numerous peer-reviewed articles on plastic surgery, Dr Chia is committed to continuously looking into techniques and technology to make aesthetic surgery safer and more effective for our patients.

### Dr Lisa Metler, DPAS, PA-C

Dr Lisa Metler is a board-certified Physician Assistant, with a Doctorate of Physician Assistant Studies - Medical Science and nearly two decades of medical experience, serving as the on-site Clinical Director, overseeing all medical staff and aesthetic services. Dr Metler 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.

Medical Director and board-certified Plastic Surgeon, Dr Christopher T Chia, MD, and Clinical Director and Physician Assistant, Dr Lisa Metler, DPAS, 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 more luminous, tighter-looking skin, Morpheus8 combines radiofrequency energy with microneedling 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, safe for all skin tones and types and can be applied to many areas including the face, neck, chest, arms, thighs, knees and abdomen.

### HydraFacial™

For those seeking luminous, 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 customisable skin booster and enhanced by LED light therapy, HydraFacial™ promises clear, deeply moisturised 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.

### 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, discolouration and early signs of ageing, Clear and Brilliant® leaves skin looking vibrant and youthful, with lasting effects beyond an initial 24 hours of redness.

### Lumecca

For those seeking a rejuvenated, more even skin tone, 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 a more radiant glow and improved skin texture, Forma emerges as an innovative technology to provide smoother skin. 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.

### Lifestyle & Longevity Weight Management

Allow our team to curate a comprehensive weight-management programme tailored to your needs. Following an initial consultation, receive a personalised 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 utilise multiple modalities, including the latest innovation in acne care, such as treating areas with gold preparation and lasers.

### 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, 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 best suited to those interested in addressing various concerns, including crow's feet, forehead lines, laugh lines, volume loss and lip enhancement.

# Vitamin IV Therapy

Choose from several intravenous therapies 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 ingredients are used to offer immediate results, including boosting immunity, hydrating the body, eliminating toxins, reducing fatigue, increasing energy, replenishing vitamins and minerals, improving athletic performance and treating migraines, muscle spasms and sinusitis.

### IV Cocktail Drips

- **Alleviate**  
Includes: Calcium Chloride, Magnesium, B-Complex vitamins (B1, B2, B3, B5, and B6) and Hydroxocobalamin
- **B-Lean**  
Includes: B-Complex vitamins (B1, B2, B3, B5, and B6), L-Taurine and Methylcobalamin (B12)
- **Brainstorm**  
Includes: Alpha-Lipoic Acid, L-Taurine and Pyridoxine (B6)
- **Immunity Defense with Zinc**  
Includes: B-complex vitamins (B1, B2, B3, B5, and B6), Ascorbic Acid and Zinc Sulfate
- **Inner Beauty**  
Includes: B-complex vitamins (B1, B2, B3, B5, and B6), Biotin and Ascorbic Acid
- **Performance and Recovery**  
Includes: Ascorbic Acid, Vitamin B Complex (B1, B2, B3, B5, and B6), Amino Blend (Glutamine, Arginine, Ornithine, Lysine, and Citrulline), and a Mineral blend (Magnesium, Zinc, Manganese, and Copper)
- **Reboot**  
Includes: Ondansetron, Mineral Blend (Magnesium, Zinc, Manganese, and Copper), and Vitamin B Complex (B1, B2, B3, B5, and B6)

### IV Add-ons

- 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 signalling. 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, increasing energy, reducing inflammation and supporting neurological health.



## Functional & Integrative Medicine

Aligned with the Aman Wellness philosophy, Integrative Medicine recognises the interdependency of the whole person – body, emotions, mind and spirit – in determining the overall wellbeing of any individual. Practiced by physicians, 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.

Delivered in holistic clinical treatment rooms on the 11th floor, Aman New York's Integrative Medicine offering embraces the full spectrum of wellness-enhancing facilities available throughout Aman Spa. Envisioned as a self-optimisation 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 programmes addressing individual health needs.

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

### Dr 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 Robert 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 personalised, integrative medical and nutritional plan based on a range of innovative diagnostic testing. He earned a Masters 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 also has a culinary degree from the Natural Gourmet Institute and is one of very few combined doctor/chefs worldwide.

## 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 in line with the Aman’s 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.

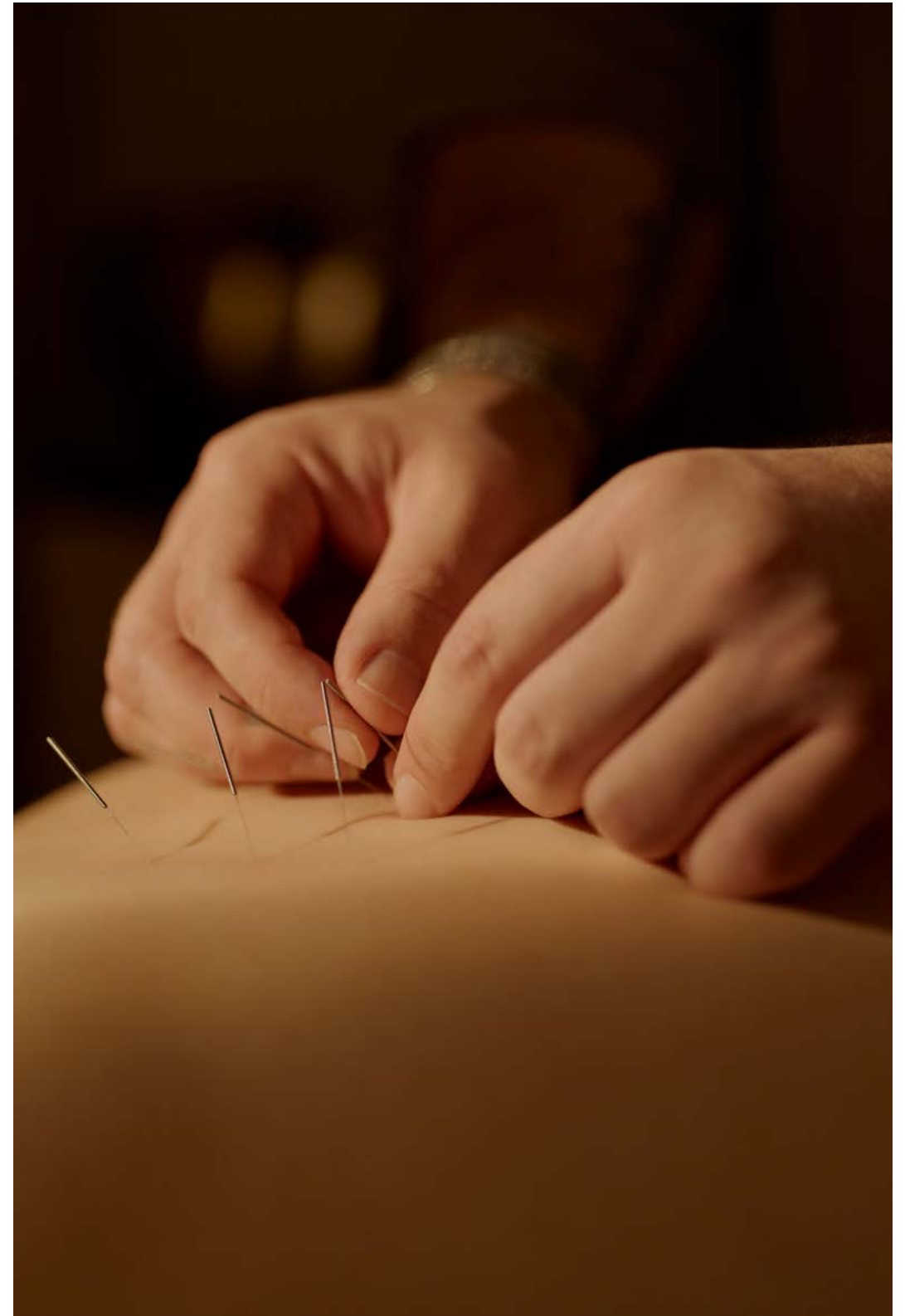
### Niko Karelas, Licensed & Board-Certified Acupuncturist & Reiki Master

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

### 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, Niko guides you through a transformative experience designed for overall wellbeing.

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





## Fitness Solution

Aman Spa New York offers private sessions in every conceivable fitness and personalised movement modality, led and guided by in-house personal trainers and fitness specialists, as well as external coaches and movement experts. Advanced diagnostic and performance-enhancing technologies, the latest cardiovascular and weight-training equipment and bespoke targeted programmes ensure the achievement of all 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 allowing for greater insight into muscle mass, basal metabolic rate and water distribution.

### 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 - resulting in the reduction of inflammation and swelling.

### Cellgym® CellAir®

Get more energy and more out of life with Intermittent Hypoxic Training (IHT) Cellgym® CellAir®. Designed to improve energy efficiency, performance and recovery, just like altitude training, in a controlled environment, the Cellgym® CellAir® involves wearing a specialised 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

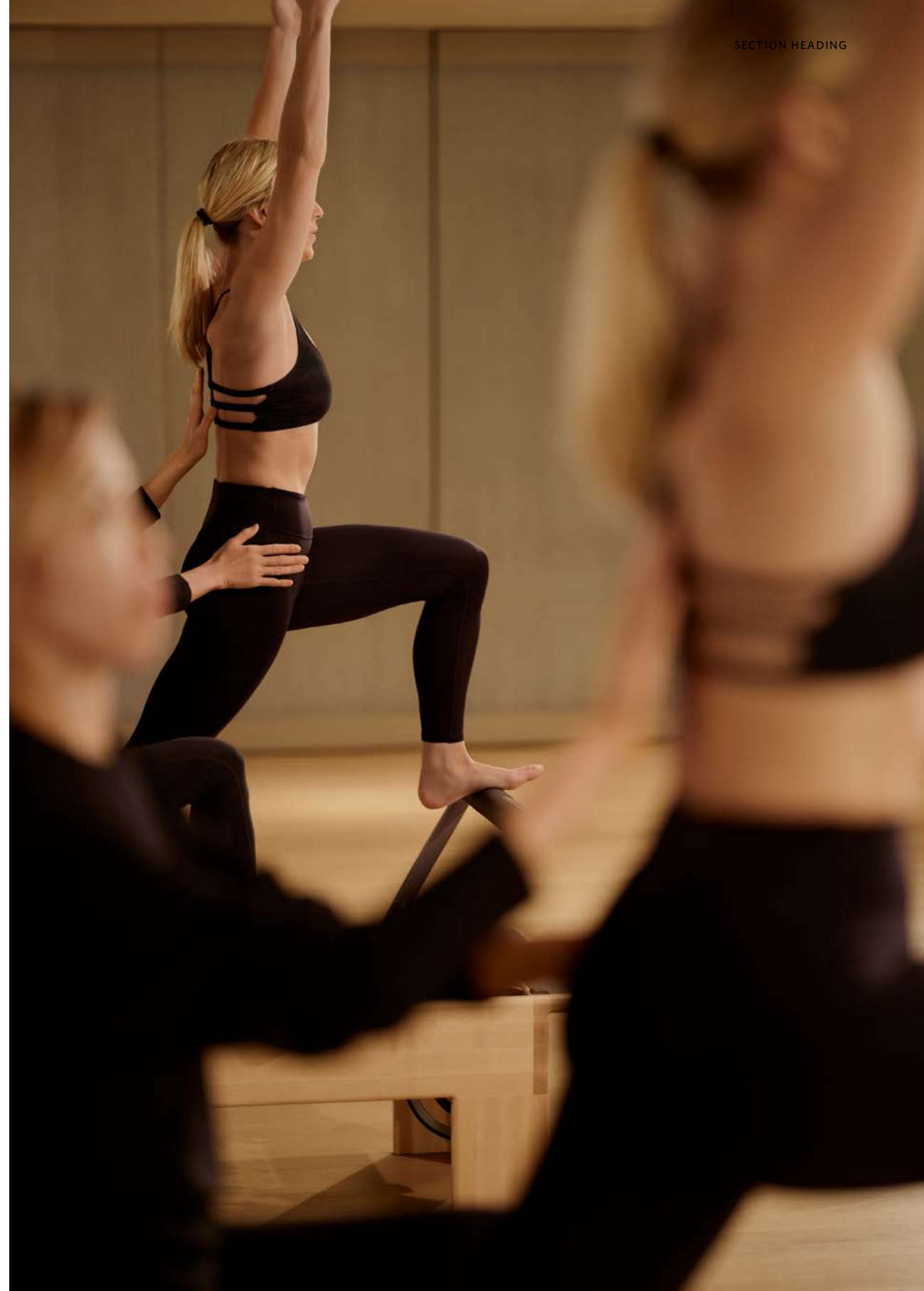
If there is a fitness modality not mentioned – be it a martial art or a dance form – Aman Spa New York can arrange private lessons or training sessions within the Aman Spa based on your fitness modality preferences.

### 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 while 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 programme suited to your individual needs and goals.





## Mindfulness & Meditative Movement

One of Aman's four pillars of wellness, Aman Spa New York offers many 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 it 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 and evolves.

### Qigong and Tai Chi

Originating in China, both Qigong and Tai Chi combine breathwork with flowing movements to encourage the flow of *Qi* (energy). The former involves visualisation 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 flowing forms and postures.

### Pranayama

Breathing, something we do involuntarily, is a vital function of life. In yoga, it is referred to as *pranayama* – prana from the Sanskrit for 'life force' or 'breath' and ayama meaning 'to extend' or 'to expand'. Pranayama therefore means 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 ninth floor, with hairstyling and grooming services curated by the renowned John Barrett Salon.

### Opening Times

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

Two hours advance booking is required.

### Hair & Make-Up Services

- Haircut
- Blow Dry
- Bridal Hair
- Make-up Application

### Nail Services

- Manicure
- Pedicure
- Nail-polish Change
- Shellac Manicure
- Shellac Removal



# Spa Reminders

## Operating Hours

### Spa Reception Hours

6AM - 10PM

### Pool, Steam, Sauna & Changing Rooms

6AM - 10PM

### Fitness Centre

24 HOURS,  
SERVICED FROM 6AM - 10PM



## Age Restrictions

### Aman Spa

16 years and older. Those between 16 and 18 years must be accompanied by a parent or adult guardian.

### Swimming Pool

Seven years and older. Those under 16 must be accompanied by a parent or adult guardian and have access between 10am and 6pm.

## 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 treatment is 18 years.

## 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 treatment is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

## Spa Environment

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 for 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 the 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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