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# Contents

Wellness at Amankora Paro	03
Aman Signature Treatments	05
Grounding	06
Purifying	07
Nourishing	08
Result-Oriented Facial	09
Amankora Signature Treatments	11
Mindfulness	13
Spa Reminders	14

# Wellness at Amankora Paro

Wellness is more than being healthy in body and mind. It is a dynamic process of change and growth, a state of complete physical and mental wellbeing. Aman's spa concept has been carefully curated with four pillars of wellness in mind – nutrition, movement, psychological health and bodywork - to achieve integrated holistic wellness for every guest. Treating the whole – mind, body and spirit – by integrating ancient healing practices with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that we hope extends far beyond the physical boundaries of Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey at home, and the resilience and focus to put them into action.

## An Ancient Spa Language

Healing has fascinated humankind since ancient times. Today, we have access to time-tested healing systems, as well as cutting-edge modern medicine. Some ancient practices are now proven. Others have evolved over millennia and simply offer benefits beyond explanation.

Ancient healing systems, such as Ayurveda and Traditional Chinese Medicine (TCM), are based on complex theories of the human body and mind. They incorporate aspects of health otherwise unexplored in complimentary medicine.

Delve into this world, however, and an intriguing new language begins to explain how our bodies work. Understanding the philosophy behind traditional healing is not a prerequisite for enjoying its benefits. Aman Spa aims to demystify this language for those wishing to explore more.

Our spa menus draw inspiration from traditional healing systems the world over. Simply ask our expert therapists to understand more about any of our ingredients or treatments.







# Aman Signature Treatments



Aman's line of all-natural skincare products draws on the wisdom of ancient wellness traditions while harnessing the power of nature. Rare and precious ingredients include pearls, healing tree oils, amethyst, jade, frankincense and palo santo, as well as oxygen-rich spring water and wild-harvested Amazon butters.

The range – made up of smoked body balms, fragrant dew mists, spoiling body oils, invigorating polishes and anti-ageing serums – is made from organic ingredients sourced from around the world for their purity and potency, and their close connection to Aman destinations.

Each product works holistically to nurture and enhance overall wellbeing, soaking deep into the skin to nourish and rejuvenate, meeting emotional as well as physical needs.

Grouped into three healing pathways – Grounding, Purifying and Nourishing – the products contain ingredients that work in sequence with the human body to promote change and restore balance. Bringing the physical and emotional into harmony, they aim to holistically fine-tune the body and mind, with tangible, long-lasting results.

# Grounding

Drawing on the peace of the mountains and deserts, the Grounding Rituals focus on ingredients with the ability to restore and rebuild: amber oil, rose-quartz crystals, sandalwood, Peruvian black and purple mud, wild-harvested butter and delicate tuberose. The treatments are designed to act as a balm for the pace of modern life, creating a feeling of sanctuary, reassurance and reconnection. Techniques include Tibetan Ku Nye massage, meridian and acupressure work, cupping and kneading.

## Grounding Massage Ritual

60 / 90 minutes

Informed by Tibetan healing traditions, this Ku Nye full-body massage grounds both the body and mind. Traditional techniques stimulate the muscular system, while a subtler massage energises meridian pathways. The massage incorporates cupping along meridian lines, acupressure, kneading, deep-tissue techniques, rose-quartz crystals and hot Himalayan salt poultices. The experience finishes with an invigorating Tibetan head massage that induces a deep level of relaxation.

## Grounding Facial

60 minutes

This therapeutic facial incorporates Tibetan massage techniques to encourage a gentle release of tension from the face. Rose-quartz crystals promote healing, frankincense aids rejuvenation, hyaluronic acid boosts hydration, and liquorice extract evens skin tone. Lymphatic and muscular massage techniques ease all-natural products into the skin and stimulate circulation. Acupressure with heated Himalayan salt poultices and meridian stimulation with rose-quartz crystals restores a glowing radiance. A Peruvian black mud and amethyst crystal mask followed by a Tibetan head massage completes the treatment.

## Grounding Body Polish & Wrap Ritual

90 minutes

A key ingredient in this ritual is amethyst powder, known for its sleep-inducing energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening overall tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving the skin radiant. The 120-minute option includes a bathing ritual and the added benefit of a silky-smooth smoked body butter.

## Grounding Journey

180 minutes

Each Grounding treatment is powerful in isolation, but their effects are magnified when experienced together. This journey is the ultimate Grounding experience, incorporating elements of all three of the treatments above. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each one ensures guests feel connected, centred and ready to reach a place of perfect contentment – grounded in every sense of the word.

# Purifying

Designed for those seeking a fresh start, this healing Ritual detoxifies, cleanses and strengthens the skin while clarifying the mind. The products are created to deeply cleanse and tone complexions, including congested, dull, stressed and blemished skin. Active ingredients include antioxidant-rich lilac stem cells, moisture-giving hyaluronic acid and elasticity-improving Kalpariane™ seaweed extract.

## 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 vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

60 / 90 minutes

## Purifying Facial

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

60 minutes

## Purifying Body Polish & Wrap Ritual

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 ability to attune energy levels. Seaweed-packed 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 to boost collagen levels. The treatment ends with a Palo Santo Salve applied over the whole body.

90 minutes

## Purifying Journey

This in-depth journey embraces purification on every level, from cleansing the skin and detoxifying the body, to clearing negative energy and focusing the mind. Incorporating elements of all three of the above treatments, this journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual, and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace.

180 minutes

# Nourishing

Our Nourishing Rituals focus on rejuvenation and renewal. Treatments repair and regenerate, revitalising inside and out to encourage a reconnection between the body and mind. The result is a feeling of joy. Active ingredients include anti-ageing argan stem cells and plumping hyaluronic acid. Other ingredients, including jasmine, sandalwood, vitamin B12 and jade crystals, are known for their powerful regenerative properties.

## Nourishing Massage Ritual

60 / 90 minutes

This nurturing treatment is recommended to nourish the mind and body. The use of marma-point therapy releases energy and brings the body back into balance. Rhythmic massage techniques also ease muscular tension and the use of sound healing stimulates the kundalini – dormant energy stored at the base of the spine.

## Nourishing Facial

60 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, cactus oil, jasmine and silk. Together they work to soothe and brighten dull or irritated skin. This facial invites relaxation by stimulating the flow of prana – universal life-force energy – that enters the body via breath. Skin is left radiant through the application of the Light Technique – a method inspired by the teachings of the Shaman healers in South America, surrounding the deeply rejuvenating and healing energy of light stored in the third eye – which focusses on the forehead, nose and throat.

## Nourishing Body Polish & Wrap Ritual

90 minutes

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

## Nourishing Journey

180 minutes

This journey aims to combine elements of these Nourishing treatments in an immersive experience. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Body and mind are restored, and a deep sense of renewal endures.



## Result-oriented Facial



### Aman Advanced Facial

60 minutes

A rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin, the exclusive Aman Advanced Facial combines effective formulas made in Japan, with exfoliation and manual lifting techniques to stimulate facial muscles, welcoming tighter, brighter skin.

The treatment begins with ultrasonic scrubbing to cleanse pores, supported by microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness. The use of red and blue light therapy follows before the treatment concludes with the application of the Aman Nourishing Gold Algae Face Mask to achieve an exceptional glow.



# Amankora Signature Treatments

## Jet Lag Reviver

90 minutes

Recommended for those recovering from a long journey or busy lifestyle. The treatment consists of a deeply relaxing hot stone massage focusing on deep pressure points, a neck, shoulder and scalp massage to reduce tension and promote relaxation, plus a nourishing facial massage to re-energise the skin.

To finish, foot reflexology promotes circulation while a short breath-work session will seek to improve and stimulate your lymphatic system, helping flush out toxins while decreasing swelling and inflammation.

## Himalayan Hot Stone Bath

60 minutes

Amankora Paro's own Himalayan hot-stone bath is inspired by a traditional, therapeutic treatment, where natural river stones are heated and lowered into the bath to release beneficial minerals, while the local Khempa herb infuses the water with its healing properties. It is recommended to begin any spa treatment with a traditional Bhutanese Hot Stone Bath to release your tension, relax the body and cleanse your skin. Kindly give us a few hours' notice to prepare the bath and the stones.

## Hot Stone Massage

90 minutes

A combination of warm stones and massage penetrates deeply into the body to soothe and relax muscles. Heated basalt stones act as an extension of the hands as they glide over the body as part of this flowing massage technique, allowing the benefits to be felt at a deeper level.

## Thai Massage

90 minutes

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is uniquely relaxing yet energising and is a highly effective therapeutic treatment. It is performed over loose, comfortable clothing.

## Trekker Massage

60 minutes

The perfect response to a long day of walking, this massage concentrates on the foot's reflexology points and the muscles in the legs, using stimulating peppermint and rosemary to soothe tiredness and revitalise the body and mind.





# Mindfulness

Amankora's Spa is complemented by a Movement Studio overlooking the calming Himalayan blue pine forest, where personal fitness and health goals can be achieved with the help of our movement specialists and a wide range of immersive classes.

## Yoga

Yoga is a tradition that originated in India more than three thousand years ago. Its purpose is to help us achieve our highest potential and to experience enduring health, happiness and wellness. With regular practice, it is said that quality of life, physical health and mental wellbeing can be improved.

## Sound Bath

During this meditative journey, healing instruments and music are used to immerse guests in relaxing new soundscapes. The goal is to bring about a regenerated state of rest, rebalance energy pathways and create an instant feeling of wellbeing.

## Private Sessions

60 / 90 minutes

We recommend booking yoga sessions at least three days in advance to ensure availability. For all yoga cancellations, a minimum of 24-hours notice is required after which you will be subject to the full charge.



# Spa Reminders

## Operating Hours

### Spa

Daily from 2–10pm (last treatment 10pm)

### Appointments

Advance booking is recommended to ensure a wide availability of time and services are available. Please dial extension number 211 to contact the spa directly.

### Treatment Preparation

We recommend guests arrive 10 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and relax in the spa's environment.

### Spa Environment

The minimum age for spa treatments or use of the gym is 13. Guests under the age of 16 are required to have parental consent prior to their booking being accepted.

### Guest Attire

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for spa treatments.

### Valuables

Please leave valuables in the safe in your suite.

### Cancellation Policy

We understand that schedules change and we will do our best to accommodate. Once spa time is reserved, we kindly ask for a minimum of four hours' cancellation notice. Cancellations made within four hours will be subject to the full charge of the booked treatment.

### Special Considerations

Our holistic consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa to highlight any medical or health concerns.

### Pricing

All prices are subject to local tax and service charge.

### Package

Treatments included in the package can be extended for longer periods and will be charged at full menu price for the additional service.



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