



## AMAN SPA

Wellness is more than being free from illness, it is a dynamic process of change and growth, a state of complete physical, mental and social wellbeing. Aman's spa concept has been carefully curated with four pillars of wellness in mind - nutrition, movement, psychological health and bodywork - with the singular goal of achieving this ideal balance of Integrated Holistic Wellness for every guest.

Treating the whole - mind, body and spirit - by integrating ancient healing modalities with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that extends beyond the physical boundaries of the globe's Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey, and the resilience and focus to put them into action.

## A NEW SPA LANGUAGE

Healing has fascinated and compelled humankind since ancient times. Today, we have access to a treasure trove of traditional healing systems, as well as cutting-edge discoveries in modern medicine. Science can now prove the efficacy of certain ancient practices, while others, practiced today as they have been for millennia, offer benefits that are without scientific explanation.

Many of the world's ancient healing systems, such as Ayurveda and Traditional Chinese Medicine (TCM) are based on complex theories of the workings of the human body and mind. They incorporate aspects of health unexplored in allopathic medicine, so certain concepts can sound strange to the uninitiated.

Talk of chakras and energy can be off-putting when taken out of context. Yet when understood as part of the philosophy behind a traditional healing system, they reveal an intriguing new language for explaining how our bodies work.

Understanding these theories is not a prerequisite to enjoying their benefits, but Aman Spa aims to demystify this language for those wishing to know more.

Our spa menus draw inspiration from traditional healing systems the world over, from the rich lore of herbal medicine, to the shamanistic traditions of the Navajo Native Americans.

Please ask us if you wish to know more about the ingredients or modalities used in any of our treatments.



SCAN FOR A DIGITAL MENU



## UNDERSTANDING ENERGY

The idea of a life force, or life energy, is shared among many traditional healing systems. In TCM this is known as “qi” (chi), while in Hindu philosophy, including yoga, Ayurveda and martial arts, “prana” is the Sanskrit word used to describe this potent vital energy. A principle in many healing modalities is that any blockage to the flow of life force within a body can cause imbalance and ill health. Blockages can be physical, mental or emotional, and their removal to restore balance and energy flow is the main goal of many traditional healing practices.

## AMANPURI HOLISTIC WELLNESS CENTRE

The original and most comprehensive Aman Spa worldwide, the Amanpuri Holistic Wellness Centre offers the services of Aman’s experts in ancient healing techniques and alternative therapies. With an open-minded holistic ethos and state of the art technology, we leave no stone unturned in our quest to enhance the wellbeing of every guest.

Also on offer are innovative personalised wellness programmes, traditional Thai treatments, and healing practices drawing on TCM, Ayurveda and other ancient wellness systems. Unique contemporary therapies range from results-oriented oxygen facials to Infrared and Finland-style sauna therapy.

Our wellness specialists oversee all nutrition and lifestyle coaching, with wellness cuisine and juices curated by Amanpuri’s expert raw/vegan chefs. Movement and fitness sessions are conducted by certified instructors and include Pilates, Muay Thai kickboxing, yoga, beach boot camps and more. Additionally, the spa offers all beauty salon services.

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## SERVICE PRICE LIST

TREATMENTS	DURATION (minutes)	PUBLISHED RATE (THB)
<b>WELLNESS PROGRAMMES</b>		
Original Wellness Immersion*	3 nights / 4 days	Please enquire for details
Amanpuri One-Day Wellness Introduction	1 day	Please enquire for details
<b>WELLNESS SERVICES</b>		
360 Wellness Orientation by Holistic Expert	60	4,000
Body Composition Analysis	60	4,000
Slimming Detox and Anti-Cellulite Treatment	90/120	7,900/9,500
<b>Physiotherapy</b>		
Initial Consultation	60	5,000
Pain Management	60	4,500
Sport Rehabilitation	60	4,500
High Intensive Laser Therapy	30	3,500
Radiofrequency Therapy	30	3,500
Ultrasound Therapy	30	3,500
Rehabilitation	60	4,500
<b>AMAN SIGNATURE TREATMENTS</b>		
Body Polish & Wrap Ritual	90	7,900
Massage Ritual	90	7,900
Face Ritual	90	7,900
Journey	180	20,500
<b>AMANPURI SIGNATURE JOURNEYS</b>		
Amanpuri Awakening	150	12,000
Amanpuri Revitalise	150	12,000
Soul Connection	180	15,000 per person
<b>THAI SIGNATURE THERAPIES "NUAD PAN THAI"</b>		
Ancient Thai "Nuad Pan Boran"	90	5,500
Herbal Thai "Nuad Pra Kob"	90	5,500
Walking Thai "Nuad Tao Got Jud"	60	4,500
<b>MASSAGE THERAPIES</b>		
Holistic Massage	90	5,500
Integrated Deep Tissue	90	5,500
Shanti	90	5,500
Pre-Natal	60	4,500
<b>AYURVEDIC TREATMENTS</b>		
Abhyanga	60	5,500
Shiro Dhara	60	5,500
<b>FACIAL TREATMENTS</b>		
Rejuvenate Oxygen Facial	60 / 90	5,500 / 7,000
Opulence Brightening Oxygen Facial	60 / 90	5,500 / 7,000
Enhancement Extensive Atoxylene Treatment	60 / 90	5,500 / 7,000
Radio Frequency Facial	60/90	6,500 / 9,500
<b>BODY TREATMENTS</b>		
Detoxifying Body Polish	45	4,500
Sunburn Soother	45	4,500
Rehydration Body Wrap	45	4,500
<b>ENHANCEMENTS</b>		

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Relaxing Bath	30	3,000
Romantic Bath (for two), price per bath	30	3,500
Herbal Compress	30	3,000
<b>FINISHING TOUCHES</b>		
Gel Polish Hand	60	2,000
Gel Polish Foot	60	2,300
Hair Cleanse, Cut & Blow (Male)	60	2,000
Hair Cleanse, Cut & Blow (Female)	60	2,800
Hair Blowdry (Short/Long)	30	1,200
Hair Braiding	60	3,000
Cleanse Blowdry & Style	60	2,500
Hair Treatment	30	1,200
Treatment, Cleanse & Blowdry	60	2,800
Treatment, Cut, Cleanse & Blowdry	90	3,500
<b>AFTER HOUR TREATMENT</b>		
After Hour Additional Charge		1,900 per guest
<b>MOVEMENT</b>		
<b>Yoga</b>		
Laughter Yoga	60	4,500
Vinyasa Flow	60	4,500
Hatha	60	4,500
SUP Yoga	60	4,500
Group Session (3 - 5 guests), price per person	60	2,200
Group Session (6 - 8 guests), price per person	60	1,500
<b>Pilates</b>		
Pilates	60	5,200
Group Session (3 - 5 guests), price per person	60	2,500
Pilates Kickstarter	120	9,000
<b>Fitness</b>		
Muay Thai	60	4,500
Group Session (3 - 5 guests), price per person	60	2,200
HIIT	60	3,500
Circuit Training	60	3,500
TRX Suspension Training	60	3,500
Weight and Resistance Training	60	3,500
Stability Training	60	3,500
Manual Holistic Stretching	60	3,500
Power Plate	60	3,500
Abs, Core & More / Beach Abs, Core & More	60	3,500
Aqua Aerobics / Resistance	60	3,500
<b>AMAN JUNIORS</b>		
<b>Spa</b>		
Natural Coconut Oil Massage	30	2,000
Fresh Coconut Body Polish	30	1,600
After-Sun Soothing Ritual	30	1,600
Essential Tropical Facial	30	2,000
<b>Sports</b>		
Swimming Lesson	60	2,800
Little Angels Fight Club - Muay Thai	60	2,800



## AMANPURI WELLNESS PROGRAMMES

Balancing every aspect of health, from movement and nutrition to fitness and spiritual awareness, Amanpuri's Individual Wellness Immersions are year-round, results-driven programmes designed for transformation.

Original Wellness Immersions, excluding Weight Management, are minimum three-night programmes with a personalised nutrition plan, movement sessions, specialised therapies and spa treatments targeting specific goals without any form of medical diagnostics or treatment. The Weight Management Immersion requires a minimum of 7 days.

Wellness specialists, highly trained spa therapists, and fitness experts carry out each wellness session and treatment in line with personal requirements for Original Immersions.

### Original Wellness Immersions

*Inspirational life-enhancing experiences*

*Choose from: Detox & Cleansing, Weight Management, Mindfulness & Stress Management, Life Reset.*

Amanpuri's minimum three-night (7 nights for Weight Management) Original Wellness Immersions are designed to inspire and promote positive change. Immersions are personalised to the individual based on thorough screening. Traditional screening methods include the Oriental remedy diagnostic approach, while more modern techniques include body composition analysis. Each bespoke programme includes private movement and specialist therapy sessions, spa treatments and nutritional support, but no medical level treatments.

Inclusions:

- Detailed pre-arrival comprehensive Wellness questionnaire
- Wellness consultation on arrival and departure
- Ongoing assessments with body composition analysis
- Nutrition and lifestyle coaching with a personalised diet
- Personalised wellness programme with three daily sessions including specialised therapies, movement classes and spa treatments
- Accommodation
- Three meals per day including healthy juices and tonics
- Wellness mini-bar and in-room amenities
- Comprehensive Immersion guide to take home

### Amanpuri One-Day Wellness Introduction

A taste of the Wellness Immersion experience for the curious or short-on-time guest (1 day) Accommodating guests intrigued by the Immersion concept and interested in boosting wellbeing, this programme provides the freedom to experience Amanpuri's wellness offerings in a more bespoke manner. Ideal for those travelling with friends or a significant other and keen to add a wellness aspect



to their holiday without committing to a multi-day Immersion.

Inclusions:

- Aman programme orientation, nutrition and lifestyle advice
- Body composition analysis
- Ayurvedic treatment
- One private fitness/movement session
- One spa treatment
- Full use of hydrotherapy facilities
- One wellness meal and juice

## WELLNESS SERVICES

### Wellness and Transformation Orientation by Holistic Expert

This is an opportunity to spend some time with one of our wellness experts discussing your particular needs and wellness goals. From this we can design a programme, tailor made, to give you the best possible wellness experience our team has to offer during your stay with us. Each programme combines spa and massage treatments, fitness and movement sessions, diet and lifestyle counseling, with our specialist therapies provided by our in-house holistic health practitioners. We also curate a personalised menu to ensure optimal nutrition during your stay.

### Body Composition Analysis

Assess the health of your body in minute detail and gain a comprehensive view of your body composition, posture, and balance. The Fit 3D Proscanner uses cutting edge technology that provides the most accurate body composition measurements and analysis available today. It doesn't just analyse your muscle to fat ratio, it extracts the most important information from over 200 measurements to reveal a complete 3D visual image of body composition. A journey of physical transformation begins with this precision assessment, which is invaluable for developing and tracking the progress of any wellness or fitness programme.

### Slimming, Detox and Anti-Cellulite Treatment

The powerful combination of radio frequency therapy, connective tissue massage and Asian style lymphatic drainage massage will effectively start melting away excess fat and cellulite in your body whilst simultaneously increasing circulation, clearing and tightening skin and generally detoxifying.

This treatment works well in conjunction with the Purifying massage ritual and three to five sessions are recommended for optimum results.



## PHYSIOTHERAPY

Our 60-minute initial sessions comprise an in-depth consultation, movement assessment and postural analysis, as well as treatment. Our Physiotherapist will thoroughly discuss the symptoms you are experiencing, along with any concerns you may have. A follow-up appointment may be scheduled to check progress.

### Physiotherapy Initial Consultation, Treatment and Pain Management

Physiotherapy can be used to treat a wide array of musculoskeletal conditions including sports injuries, fractures, spinal pain and headaches. Physiotherapy treatment may involve therapeutic exercises to improve strength, range of motion and endurance, and to correct postural and muscle imbalance. It may also include joint mobilisation manipulation and soft tissue massage, as well as stretching, trigger point therapy and dry needling to reduce stiffness and relieve pain.

### High Intensity Laser Therapy

High Intensity Laser (HIL) Therapy offers a powerful and non-addictive form of acute pain management and is effective especially in treatment of sports injuries and lower back pain. Through a natural process of energy transfer, it significantly speeds up healing and tissue regeneration. HIL differs from Low Level Laser Therapy (LLLT) in that the higher intensity precise wavelength of the HIL allows for deeper tissue penetration.

### Radiofrequency Therapy

This gentle yet effective therapy uses radiofrequency energy to denervate neural tissues within the peripheral nervous system to reduce pain caused by musculoskeletal disorders. It is a minimally invasive alternative to surgery and a cost-effective option in the chronic pain continuum of care.

### Ultrasound Therapy

Therapeutic ultrasound is a modality often used by physiotherapists to help reduce local swelling and chronic inflammation. The most common conditions treated with ultrasound include soft tissue injuries such as tendinitis, non-acute joint swelling and muscle spasms. Most muscle and ligament injuries can benefit from therapeutic ultrasound.

### Sport Rehabilitation

Rehabilitation programmes are designed for individuals suffering from acute or chronic injuries, or those in post-surgery states recovering from lumbar or cervical discectomy, joint replacement, and shoulder and knee conditions including rotator cuff, meniscus and ligament repair.



## SPA SERVICES

### EARTH'S APOTHECARY

Aman Skincare is a new line of all-natural products which draw on the knowledge and wisdom of ancient wellness traditions while harnessing the power of nature. The rare and precious ingredients used in our skincare products include actives such as argan stem cells, Kalpariane™ seaweed extract, silk aminos and hyaluronic acid, and essential oils ranging from sandalwood, amber, rose and palo santo, to juniper, jasmine and tuberose. Other key ingredients are botanicals such as make, arnica, honey and beeswax, minerals including amethyst and jade, and precious metal and natural composite powders of homeopathic silver, gold, copper and pearl. Evening primrose, moringa, calendula, sea buckthorn and rose hip oils contribute their healing power, along with alkalising, oxygen-rich spring water, rainforest muds, and wild-harvested butters such as babassu, cupuacu, shea and murumuru. Each ingredient is ethically sourced, often from Aman destinations, and used in its purest, most natural form.

Working holistically to nurture and enhance overall wellbeing, each product penetrates deep into the skin to nourish and rejuvenate, but also works on a deeper level, meeting emotional as well as physical need states. Grouped into three unique formulations that reflect three healing pathways back to wellness - Grounding, Purifying and Nourishing - the products contain ingredients with a molecular vibrational energy that works in sequence with the human body to promote change and return equilibrium. The physical benefits of each product are completely aligned with its ability to address emotional imbalance, together offering a holistic fine-tuning with tangible, long lasting results.

### AMAN SIGNATURE TREATMENTS

The Aman Spa Signature Menu, available at every Aman Spa destination around the world, reflects the Grounding, Purifying and Nourishing formulations of the Aman Spa product range.

There are four treatments available within each formulation: Massage, Body Polish & Wrap, Face Ritual, and the Journey - encompassing all three treatments to greatly amplify their effects. Each treatment is tailored to the individual to target specific concerns and help attain personal wellness goals.

A deeply relaxing, mineral-rich Foot Ritual is a prelude to each treatment. This is also symbolic - an act of humble service that fosters trust, helping guests to fully benefit from the treatment.





## GROUNDING

For those seeking reconnection, stillness and perspective, our deeply relaxing, meditative and regenerative Grounding 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, our Grounding formulation promotes skin cell regeneration, while hydrating and plumping the skin to reveal a healthy, radiant complexion.

Active ingredients in our Grounding formulation include argan stem cells and hyaluronic acid. The former penetrate the skin's dermis to help protect and revitalise skin cells, improving elasticity and the reducing appearance of fine lines. The latter hydrates and plumps the skin, leaving it softer and smoother.

Our Grounding formulation also features essential oils of amber, sandalwood and rose. The first is an antioxidant that protects the skin from free radicals while relaxing brainwaves and helping ease anxiety and stress. Earthy sandalwood, an anti-inflammatory, soothes inflamed skin while calming the nervous system and inducing a meditative frame of mind. Harmonising rose rejuvenates, moisturises and reduces redness while promoting hormone balance and easing anxiety.

Other key ingredients include maca, evening primrose oil, wild-harvested babassu and cupuacu butters, amethyst and homeopathic silver.

Techniques include a Tibetan Ku Nye massage, meridian and acupressure work, cupping, and kneading.

Recommended for normal to dry skin, including mature and dehydrated complexions. Ideal for treating stress, exhaustion, anxiety, jet lag, dry skin and hair, insomnia, tension in the lower spine and adrenal fatigue, as well as feelings of insecurity, rootlessness and the inability to switch off.

### Grounding Massage

A Ku Nye full-body massage honours ancient Tibetan healing traditions to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates cupping 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 stillness.

### BENEFITS

- Moisturises dry skin, breaks up scar tissue and eases muscular tension
- Reduces chronic pain and improves athletic performance
- Dispels anxiety and balances the energy body

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## Grounding Body Polish & 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 polish gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of silky smooth Smoked Body Butter.

### BENEFITS

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

## Grounding Face Ritual

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

### BENEFITS

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

## Grounding Journey

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 Polish & Wrap, followed by the Massage, and is completed with the Face Ritual. Each builds on the treatment that came before and grounds in every sense of the word, ensuring a state of perfect contentment.



## PURIFYING

For those seeking lightness, breathing space and a fresh start, our Purifying pathway detoxifies, cleanses and strengthens the skin's defences while enhancing clarity of thought.

A powerful detoxifier, our Purifying pathway is refreshing, invigorating and energising. The products in this formulation deeply cleanse and tone normal to oily complexions, including congested, dull, stressed and blemished skin.

Active ingredients in our Purifying formulation 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.

Our Purifying formulation also features essential oils of palo santo, juniper and sandalwood. The first is an antioxidant that encourages the production and rejuvenation of skin cells while helping to dispel negative emotions. The second is an anti-rheumatic that improves circulation and the removal of toxins while easing anxiety. Earthy sandalwood, an anti-inflammatory, soothes inflamed skin while calming the nervous system.

Other key ingredients include arnica, moringa and calendula oils, moisturising shea butter, homeopathic copper, and pearl powder.

Techniques include a lymphatic drainage, nerve point therapy, and nerve stimulation.

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

### Purifying Massage

This deeply relaxing yet revitalising treatment incorporates manual lymphatic drainage techniques and nerve point therapy on the back to balance the nervous system and promote the flow of waste products away from the tissues. The pressure applied is significantly lower than in conventional massages – but powerful in its effects. The use of arnica, palo santo and seaweed oils stimulates circulation and encourages the release of negative energy and toxins.

#### BENEFITS

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



### **Purifying Body Polish & Wrap**

Reviving spirits, toning the skin and inducing a state of peace, this ritual incorporates 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 sole, and sea lavender and seaweed for boosting collagen levels. The treatment ends with the full-body application of Palo Santo Salve.

#### **BENEFITS**

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

### **Purifying Face Ritual**

This tension-releasing treatment is extremely beneficial for those exposed to urban pollution, combining nerve point therapy and lymphatic drainage to provide a detoxifying release. Lymphatic massage stimulates the glands on the chest, neck and face, resulting in glowing, toned skin, while key ingredients include brightening pearl, regenerative homeopathic copper, and powerful marine extracts that strengthen collagen production.

#### **BENEFITS**

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

### **Purifying Journey**

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 Polish & Wrap, followed by the Massage, and ending with the Face Ritual – leaving guests clear-headed and at peace.



## NOURISHING

For those seeking rejuvenation, renewal and awakened senses, our harmonising Nourishing pathway repairs and regenerates cells, revitalising within and out.

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 in our Nourishing formulation include argan stem cells, hyaluronic acid and silk aminos. 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. Silk aminos, rich in amino acids and antioxidants, promote cell regeneration and improve elasticity.

Our Nourishing formulation also features essential oils of jasmine, sandalwood and tuberose. The first eases dry, irritated skin and fosters positivity. Earthy sandalwood, an anti-inflammatory, soothes inflamed skin while calming the nervous system. Revitalising tuberose stimulates circulation to aid the delivery of oxygen and nutrients to the skin's dermis.

Other key ingredients include honey, beeswax, sea buckthorn and rose hip oils, wild-harvested murumuru butter, and gold and jade powders.

The techniques used in this pathway are geared towards healing. They include a chakra-balancing massage, mantra music, marma point therapy, and the Light Technique - based on the shamanistic principle that luminosity is generated from three points on the face.

Recommended for treating lacklustre skin, the signs of ageing, anxiety, chronic fatigue and emotional stress, as well as feelings of disconnection, grief and discontent.

### 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 activates the kundalini - dormant energy stored at the base of the spine.

#### BENEFITS

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



### **Nourishing Body Polish & Wrap**

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

#### **BENEFITS**

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

### **Nourishing Face Ritual**

This brightening, moisturising treatment calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine stem cells 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 force that enters the body via easy breathing. Skin is left looking truly radiant through the application of the Light Technique, focusing on the forehead, septum and throat.

#### **BENEFITS**

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

### **Nourishing Journey**

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



## AMANPURI SIGNATURE JOURNEYS

### **Amanpuri Awakening**

This journey is the ideal way to begin your time at Amanpuri. Designed to imbue a deep sense of place as well as to relax and rejuvenate, this journey is inspired by Thai culture and its ancient wellness traditions. It begins with an aromatic body exfoliation using our radiant glow body polish made from ground Thai herbs, spices and extra virgin coconut oil. Follow this with your choice from the 'Nuad Pan Thai' menu for a classical Thai massage experience. Make it aromatic with herbal compresses, or a dry massage with deep stretching or pressure point stimulation. Conclude with a personalised facial that leaves your skin glowing.

### **Amanpuri Revitalise**

This energising journey starts with a revitalising Andaman sea salt and roasted coconut body polish, followed by a personalised facial is next, gently exfoliating before moisturising with natural plant essences. The journey finishes with a grounding acupuncture foot massage, leaving you relaxed yet full of energy.

### **Soul Connection**

This luxurious three-hour spa experience for two commences with a full body scrub to cleanse, detoxify and prepare the skin, and continues with a massage of your choice. The finishing touches are a facial and a romantic milky bath for two.



## THAI SIGNATURE THERAPIES 'Nuad Pan Thai'

### **Ancient Thai 'Nuad Pan Boran'**

Experience the complete sequence of traditional Thai massage techniques practiced by Buddhist monks for over 2,500 years. Lying clothed in a loose Thai pajama suit on a spacious mat, 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.

### **Herbal Thai 'Nuad Luk Pra Kob'**

This traditional Thai herbal treatment combines deep stretching, pressure point stimulation and herbal compression massage, as well as the use of heated herbal compresses along the meridian lines of the body. This releases muscle stiffness while energising and rejuvenating the senses.

### **Walking Thai 'Nuad Tao Got Jud'**

An ancient Thai healing technique passed down through generations of Thai healers, this unique foot massage will balance the body via stimulation of reflex areas on the feet. Most of the sensory nerves of our internal organs end in the feet. During this massage, your feet will be used as a detailed map to balance the body through massage and pressure on the meridian points that correspond to specific organs.

## MASSAGE THERAPIES

### **Holistic Massage**

One of our most popular massage treatments and a fantastic stress reliever, this luxurious and relaxing massage is personalised to the individual to ease away tension and target any specific problem areas. Using Aman's signature blend of aromatherapy oils and long soothing strokes, your therapist will lull your body and mind into a calm peaceful space.

### **Integrated Deep Tissue**

Blending deep tissue massage techniques with the ancient principles of Traditional Thai Massage, this intense yet deeply relaxing massage aims to realign the deeper layers of muscles. An ideal treatment for chronic aches and pains, and for easing contracted areas such as the lower back, neck, shoulders and leg muscles.



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### **Shanti**

Sanskrit for Peace, this Indian-style head massage helps increase mobility and flexibility in the neck and shoulders by releasing stress and tension. It also improves blood circulation and lymphatic flow, and aids in the elimination of toxins.

### **Pre-natal**

Our specialist massage therapists will listen to your pregnancy experience and create a bespoke targeted treatment to release any accumulated strains and re-invigorate you during this special time. Only for those in their second or third trimesters.

## AYURVEDIC TREATMENTS

### **Abhyanga**

Ayurveda advises a massage with warm herbal oils as a part of daily life. Abhyanga means 'to anoint', and specific oils are chosen for the head and body according to your body type. A whole body massage is then performed in sync by stimulating vital pressure points. The natural healing qualities of the herbal oils, together with traditional massage techniques, deeply cleanse and rejuvenate, improving the overall appearance of the skin and relieving stress. This massage helps to harmonise imbalances in all three doshas.

### **Shiro Dhara**

In this calming, healing therapy, a steady stream of warm medicated oil is allowed to flow from a specific height onto the forehead and the entire scalp region before a gently releasing head massage. This is one of the most popular Ayurvedic therapies: It not only enhances mental relaxation, but also cools the head, improves the functioning of the five senses and helps with insomnia, migraines, stress, anxiety and depression. It is also a great jet lag reliever.



## FACIAL TREATMENTS

### **Rejuvenate Oxygen Facial**

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

### **Opulence Brightening Oxygen Facial**

This treatment combines botanical brighteners and super-concentrated Vitamin C to brighten and balance dull, uneven skin. Pigmentation is minimised, leaving your skin luminous, toned and more radiant. Results are not only instant but continue to improve in the following days.

### **Add-on Extensive Atoxylene Treatment**

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

### **Radio Frequency Facial**

Radio Frequency Facial is a non-invasive skin tightening procedure that uses gentle radiofrequency energy to help inducing collagen production in skin on the forehead, cheeks and neck as well as around eyes and mouth. Unlike some other skin tightening procedures, Radio Frequency Facial treatments are comfortable, quick and pain-free, with no downtime.

Most guests can notice tighter, smoother skin after a single treatment, but the results are expected to get even better as time goes by and the skin continues to gradually build collagen.

# Ā M Ā N S P A

## BODY TREATMENTS

### Detoxifying Body Polish

Combining Andaman Sea salts with Epsom salts and essential oils of spicy ginger and black pepper, this skin-tingling body scrub exfoliates while detoxifying and stimulating circulation, leaving your skin polished and invigorated.

### Sunburn Soother

This post-sun healer hydrates, calms and rebalances sun-touched skin with freshly blended healing aloe vera and cooling cucumber. Fresh cucumber slices infuse the sensitive skin of the face with moisture. An application of aloe vera gel and cucumber spray post-treatment seals in moisture and continues to hydrate, cool and repair the skin.

### Rehydration Body Wrap

The ideal follow-on treatment to a body polish, our soothing clay and spicy ginger body wraps nurture, replenish and regenerate your skin while improving tone and texture. After the wrap is removed, rich body lotion is applied, and you then enjoy a deeply relaxing head massage.

## ENHANCEMENTS

Enhance your spa experience by adding a relaxing bath or herbal compress to your spa journey.

### Relaxing Bath

Calm, soften and nourish your skin in a milky bath filled with delicate flowers and petals. Vitamins A, D and E work together to help reduce redness, ideal if you have a spot of sunburn. For best results combine with a wrap of your choice after your bath to lock in moisture. For a true indulgence, share a Romantic Bath for two prepared by the spa team in your room.

### Herbal Compress

The use of heated herbal compresses along the meridian lines of the body during a massage helps release muscle stiffness, while their aroma-therapeutic qualities rejuvenate the senses. An ideal addition to any massage treatment.



## FINISHING TOUCHES

### Aman Manicure

Release tension and enjoy noticeably smoother, younger-looking hands with this blissful combination of exfoliation and soak, coconut balm application, full manicure and non-toxic polish.

### Aman Pedicure

A relaxing treat for tired feet comprising an energising and detoxifying exfoliation and soak, a massage, vital energy cream to soften, full pedicure and non-toxic polish.

- Gel Polish Hand
- Gel Polish Foot
- Hair Cleanse, Cut & Blow (Male)
- Hair Cleanse, Cut & Blow (Female)
- Hair Blowdry (Short/Long)
- Hair Braiding
- Cleanse & Blowdry
- Cleanse, Blowdry & Style
- Hair Treatment
- Treatment, Cleanse & Blowdry
- Treatment, Cut, Cleanse & Blowdry

For more information about additional salon treatments such as waxing please contact the spa



## MOVEMENT

The movement facilities at Amanpuri are a sanctuary for physical wellbeing. Housed in a glass-walled, two-storey structure at the property's highest point, almost every space offers spectacular views of the Andaman Sea and Bangtao Bay. Guests can work out in the fitness centre with personal trainers on hand, learn a new skill in the Muay Thai training gym with its boxing ring, or take a private or group Pilates or yoga class in the fully-equipped studios. A broad range of specialist movement & fitness sessions are available daily under the guidance of expertly trained instructors.

### Pilates

The Pilates method was originally named 'Contrology' by its founder Joseph Pilates in the early 20<sup>th</sup> century, a physical movement programme design to bring balance to the muscular, fascial, nervous and skeletal systems of the body. Pilates places particular focus on breathing, functional movement patterns and full body integrated movement, and has helped millions move and feel better. Guests testify to feeling taller, lighter, stronger and more grounded after just one session. Men and women of all ages and levels of fitness, from beginners to serious athletes may practice and benefit from Pilates.

Pilates can significantly enhance:

- Muscle function in both lengthening and shortening phases of engagement
- Muscle tone with less bulk
- Postural and structural integration
- Alignment of bones and joints during movement for greater efficiency
- Flexibility and joint range of motion
- Core control and elongation
- Rehabilitation of certain injuries and physiological conditions
- Blood circulation, immune health and stress reduction

1 person (6,500 baht per person per hour)

3 - 5 guests (3,200 baht per person per hour)

### Pilates Kickstarter

If you've never tried Pilates before, our expert trainer can introduce the equipment and concepts, before assessing you and creating a personalised programme for you to take home. The Kickstarter programme includes a movement screening and two private sessions to teach you your programme.



## **Muay Thai**

Step into our professional Muay Thai Boxing Ring for an authentic training experience. Also known as Thai boxing, Muay Thai is called “the art of eight limbs” because it combines the use of fists, elbows, knees and shins. Teaching basic self-defense and emphasising the importance of a healthy mind and body, Muay Thai is superb for building strength and agility while toning and conditioning muscles. After training in this martial art, the national sport of the Kingdom of Thailand, you will step out of our Amanpuri ring with a warrior’s strength of mind and body.

## **HIIT**

High-intensity Interval Training (HIIT) is a form of cardiovascular exercise where one performs a short burst of high-intensity exercise followed by a brief low-intensity activity, repeatedly, for a set time period. These intense workouts begin with a rigorous activation and mobilisation of the major muscle groups and joints, followed by the HIIT regime that typically lasts under 30 minutes. Research has shown that HIIT significantly reduces fat mass throughout the body.

## **TRX Suspension Training**

This workout leverages gravity and your body weight in a wide range of exercises. TRX delivers a fast, effective whole-body workout, helps build a rock-solid core and increases muscular endurance. Suitable for all fitness levels.

## **Circuit Training**

Circuit training is a form of body conditioning using high-intensity aerobics. It targets strength building or muscular endurance. An exercise “circuit” is one completion of all prescribed exercises in the programme. When one circuit is complete, one begins the first exercise again for the next circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise.

## **Manual Holistic Stretching**

An ideal addition post-workout, Manual Holistic Stretching assists in muscular recovery by releasing lactic acid built up during training. It helps to release tired, sore and stiff muscles, alleviate back pain and increase blood circulation. It is also very beneficial for releasing muscle tightness and limited range of motion due to ageing.



### **Abs, Core & More**

This session is specifically designed to train the core region throughout the three planes of motion, concentrating on the psoas, abdominals, pelvic floor, lower back and upper-body. Specific attention is paid to healthy activation and function in both lengthening and shortening phases of muscle contraction. Can also be enjoyed on the beach.

### **Weight and Resistance Training**

Weight training is extremely effective for developing strength and if desired, increasing the size of skeletal muscles. Not just for men or those looking to body build, weight training can be focused in many ways. Ask our personal training experts about hypertrophy training vs power lifting vs strength training.

### **Stability Training**

Stability training refers to performing exercises while on an unstable surface with the goal of activating stabilisers and trunk muscles that may get neglected with other forms of training. During this full-body integrated, core-building workout, the deep muscular fascial slings of the body are activated.

### **Power Plate**

Standing on a Power Plate while working out, your muscles are stimulated via vibrations to contract and relax up to 30 to 50 times per second, rather than the standard once or twice per second on the ground. The vibrations cause an automatic reflex muscle contraction and activation of multiple muscle groups simultaneously. This means that 10 minutes on a Power Plate is said to be equal up to 60 minutes of conventional training.

### **Aqua Aerobics**

Ideal for increasing cardiovascular fitness, boosting bone strength and improving range of movement, this class utilises the natural resistance of water and additional foam weights to offer a full-body workout with zero stress on the joints.

# Ā M Ā N

## S P A

### 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. Sessions are tailor made to your level, from novice to yogi alike.

#### **Hatha**

A gentle introduction to basic yoga postures, hatha yoga leaves you feeling more flexible, longer, leaner and more relaxed. Poses are held for a significant time to allow a better mind and body connection.

#### **Vinyasa Flow**

This class is known for its fluid- and movement-intensive practice. It helps expel toxins and re-energises the body. Mentally, the synchronised breathing relaxes the mind and helps release any blockage of energy flow throughout the body.

#### **Laughter Yoga**

Just fifteen minutes of laughter yoga compares to sixty minutes on a treadmill. The benefits are endless when we stop taking life so seriously and laugh ourselves fit. Boosting cardiovascular, lung and respiratory health, laughter lifts the facial muscles, changes your mood, improves your posture and brings people together. An ideal family activity.

#### **SUP Yoga**

An uplifting, challenging and exhilarating experience, SUP yoga sees you on your own SUP out on the calm waters of Bangtao Bay. Your yoga teacher will lead you through a session customised to your level. Taking balance to another level, the beauty of this experience in the great outdoors is as beneficial as the postures themselves.

1 guest (5,500 baht per person per hour)  
3 - 5 guests (2,700 baht per person per hour)  
6 - 8 guests (1,900 baht per person per hour)

#### **Daily Complimentary Wellness Classes**

Amanpuri offers daily complimentary wellness classes ranging from yoga and Pilates to Beach Jogging and Muay Thai. Please enquire at Spa Reception for more details and the class schedule.





## JUNIORS

### **Natural Coconut Oil Massage**

A soothing full body massage using local coconut oil. Deeply relaxing and ideal for dehydrated skin.

### **Fresh Coconut Body Polish**

Relaxing and rejuvenating, this natural coconut body polish with rice bran and sesame seeds leaves the skin wonderfully soft and moisturised.

### **After-Sun Soothing Ritual**

Ideal for sun-touched skin, this soothing ritual begins with a soak in a warm milk bath, after which a cucumber aloe mask cools, heals and soothes the skin. Finally, a nourishing yoghurt-banana body wrap is applied to replenish lost moisture.

### **Essential Tropical Facial**

Fresh watermelon slices cleanse the skin before a banana and yoghurt mask hydrates, nourishes and restores radiance.

Aman Spa junior treatments are available daily from 9.00am to 3.00pm. Children aged 6 - 14 years old are welcome with adult supervision

### **Swimming Lesson**

Lessons can be arranged for children from 4 years old, teaching them important safety skills and building their stamina, flexibility and strength.

### **Introduction to Muay Thai (8 - 14 Years)**

One of the central tenets of Muay Thai is an absolute focus on self-discipline and respect. A fun activity that inspires young people to keep moving and limit screen time, Muay Thai builds fitness and confidence.

### **Introduction to Yoga (8 - 14 Years)**

Yoga is a great way to develop strength, flexibility and body awareness, as well as providing tools to manage stress through breathing and meditation. Yoga builds concentration, increases confidence and boosts a positive self-image.



## FACILITIES

### Juice Bar

The Juice Bar offers healthy refreshments with panoramic sea views. Whether you want a quick smoothie on the go, or a super shot to boost energy, we are delighted to offer great-tasting, super nutritious juices, shots and smoothies. Most of the menu is plant-based, gluten-free and organic where possible. Nothing is processed. If your favorite thing is not on our menu, just let us know. We will make it for you.

### Infrared Sauna

Offering a host of anti-ageing health benefits, our infrared sauna emits infrared light experienced as radiant heat. This is absorbed by the surface of the skin and aids in detoxing, increasing cellular metabolism, and boosting the skin's natural healing processes.

### Sauna

Much has been made of the health benefits of sauna, with good reason. Physically, nothing is more reinvigorating than a deep and healthy sweat. Tension fades. Muscles unwind. Mentally, you emerge relaxed, revived, and ready for whatever the day may bring.

### Steam

The cleansing and relaxation benefits of steaming are well known. Amanpuri also offers herbal steam options, adding the healing properties of specific herbs.

### Jacuzzi

The benefits of soaking in a Jacuzzi go way beyond relaxation. The bubbling hot water relieves muscle tension, eases aches and pains, improves circulation and promotes an overall feeling of wellbeing.

### Cold Plunge Pool

Cold plunge pools have been used for thousands of years in TCM and were popular with the Ancient Romans. The cold water addresses muscle inflammation and facilitates recovery, and is extremely refreshing after a steam, sauna or Jacuzzi.



## SPA & MOVEMENT REMINDERS

### **Cancellations**

At least six hours' notice is required to cancel an appointment. There is a 100% charge for cancellations within six hours.

### **Aman Products**

The Aman Spa has a unique range of natural facial and body products available for purchase at the spa or at our boutique.

### **Post-treatment Refreshments**

Following your treatment, we invite you to enjoy fresh herbal tea and healthy snacks while soaking up the beautiful views.

### **Packages**

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

### **Special Circumstances**

Most treatments can be adapted to accommodate illness, injury or pregnancy. Please contact us with any queries or concerns.

### **Sauna and Steam**

Our communal dry sauna and Thai herbal steam room are open every day from 9.00am to 9.00pm. Please provide 30 minutes advance notice.

### **Class & Treatment Preparation**

Please do not eat a heavy meal at least 90 minutes prior to a massage or body treatment.

### **No Smoking**

Please refrain from smoking in or around the Aman Spa, Fitness and Tennis facilities.



### Access

Children under the age of 16 are prohibited from using the fitness equipment. All young people are to be accompanied by an adult in the Fitness Centre.

### After-hour Treatments

Selected treatments are available in your pavilion up until 11.30pm with advance notice. Please note that 1,900 THB++ per treatment will be added for after-hour treatments.

### Pricing

Prices are in THB and subject to 10% service charge and applicable tax (++) . Prices are subject to change without notice.

### Opening hours:

Spa	9.00am to 9.00pm daily
Fitness Centre/Tennis Courts	7.00am to 8.00pm daily (May - Oct)
Fitness Centre/Tennis Courts	6.00am to 9.00pm daily (Nov - Apr)