

# Simplicity, Tranquility and Time

Elements so often missing in our frenetic modern lives  
They await you at the Connaught's

## ĀMAN SPA

The first Amanresorts-branded facility built outside the company's own retreats, Aman Spa at the Connaught is an oasis of tranquility that reflects the hotel's inimitable style and Aman's Asian-inspired aesthetic. A blend of cool granite and white marble is warmed with timeless honey-gold oak and dove-grey Portland Stone creating an atmosphere of luxurious calm. Therapies and wellness treatments reflect the renewing traditions of China, Thailand, India and the Americas and include reflexology, watsu®, acupuncture and naturopathic nutrition. In addition to its five low-lit treatment rooms, Aman Spa features a 60-square metre swimming pool and a fitness studio with the very latest in equipment.

### HOLISTIC ORGANIC FACIALS

**aman facials** ~ Combining soothing rhythmic movements to enliven, balance and rejuvenate the skin, our unique blend of plant essences synergise to deeply cleanse and nourish. Choose from a distinct range of facial techniques, customised to suit your individual needs. *1hr 30min*

**eye lifting treatment** ~ An ideal addition to any facial, this treatment regenerates and oxygenates your skin, restores tone and elasticity, and assists in minimising dark circles, puffiness and fine lines. *15min*

**neck & décolletage lifting treatment** ~ Another ideal addition to any facial, this treatment instantly lifts and firms the neck and chest area whilst brightening and oxygenating your skin. *15min*

### BODY

**body scrub** ~ Harnessing the benefits of essential oils and Himalayan crystal salts, Aman body scrubs contain the 84 mineral elements found in the body to detoxify and re-mineralise. *45min*

**body envelopment** ~ Cocooned in the earth's nurturing richness, your body absorbs the healing properties of unrefined Argiletz clays which replenish and promote regeneration of the skin. *45min*

**full body experience** ~ Soothe your soul from head-to-toe with this delightful scrub and full body therapy. Your therapist will formulate the perfect combination of plant essences and extracts. *2hrs*



### SIGNATURE TREATMENTS

*each treatment takes 2 hours 30 minutes*

**inspired by china** ~ Designed to help restore your body's Qi (vital energy). *Green tea aromatic foot bath • Body scrub • Traditional Chinese massage • Facial massage*

**inspired by thailand** ~ Recommended for easing muscular pain, detoxification and re-energising. *Thai herbal foot bath • Traditional Thai massage • Herbal compress • Oriental oil massage*

**inspired by india** ~ Deeply meditative to balance the energies of the body. *Aromatic Indian foot bath • Body scrub • Chakra balancing treatment • Samadara facial technique*

**inspired by the americas** ~ Ancient Navajo techniques help release muscular tension and promote restorative sleep patterns. *Foot bath • Cedar Smudging • Foot and leg grounding massage • Red clay body wrap • River rock stone massage*



### MASSAGE

**tailored massages** ~ Aman Spa therapists employ diverse techniques from around the world and are skilled at combining their technical skills with perception and intuition. Each one-and-a-half or two-hour therapy begins with a foot bath and a holistic consultation. *30min/1hr/1hr 30min/2hrs*

### THE TRAVELLER



**aman "to-go" massage 30min** ~ Loosens shoulders, neck and back, boosts circulation and increases relaxation to help prevent jet-lag • **facial boost 30min** ~ Ideal for pre and post travel to hydrate and refresh • **jet lag reviver 45min** ~ Revives the body by stimulating the nervous system along the spine • **jet lag recovery 2hrs 30min** ~ Reduces fatigue and stimulates circulation as your body adjusts to its new time zone • **recovery reflexology 2hrs** ~ Refreshes and revitalises while encouraging a good night's sleep • **goodnight watsu® 1hr/1hr 30min/2hrs** ~ An hour of weightless floating has the restorative effects of four hours' deep sleep.

**OPENING HOURS** Spa Treatments 9 am - 9 pm • Swimming Pool & Steam 7 am - 9 pm  
(extended hours upon request) Family Friendly Swimming Times: Kids' mornings 9 am - 11 am & Kids' afternoons 3 pm - 5 pm  
Fitness Centre (Open 24 Hours) Serviced 7 am - 9 pm

For details on the full menu which includes a range of massage and facial options, as well as beauty treatments such as manicures, pedicures and waxing, please contact the Aman Spa at The Connaught - Carlos Place - Mayfair - London W1K 2AL  
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