

THE SPA

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Take pleasure in a truly exclusive spa experience in our beautiful sanctuary here at Amanyara...the "Peaceful Place". Allow us to create a wellness journey individually designed to suit your needs, meant to nurture your body, mind, and spirit. We invite you to reconnect with your true essence and vitality allowing the healing power in nature and our trained and loving hands to assist you on this journey.... all of our treatments are designed with you in mind and may also be enjoyed in the comfort and privacy of your own pavilion or villa

AMAN SPA PRODUCTS

Based on the knowledge and wisdom of ancient philosophies and natural healing traditions, AMAN Spa's unique chemical free product range works holistically to nurture the skin and enhance overall well being.

Made using the highest quality natural ingredients known for their anti-ageing and balancing qualities, AMAN's skincare products penetrate deep into the skin to nourish and rejuvenate. Plant essences and extracts have been carefully sourced from around the world for their purity, potency and therapeutic qualities.

AMAN Spa products represent a lifestyle choice of simple luxury recognizing nature's healing touch.

SIGNATURE JOURNEYS

■ **Island Zen**

Slow down, relax and let our warm Caribbean vibe take your cares away as you melt in to this moment. We begin by enveloping you in our sandalwood body wrap known for it's deeply hydrating and nourishing effects on dry and sun damaged skin. The pampering continues with our Island Zen... this beautiful blend of Shiatsu and Swedish massage is the perfect mix of pressure and pleasure to balance your body's energies and to promote deep relaxation and harmony on all levels.

120 minutes \$320+

■ **Couples Pure Indulgence**

Embark on this romantic journey together beginning with purifying body scrubs, then sharing a luxurious soak outside under the stars in a warm candlelit bath infused with flower petals and essential oils. After your soak, you are escorted back inside to attain the ultimate state of relaxation by losing yourself in a 90-minute massage of your choice.... The journey continues as you enjoy your special night together embracing a fresh sense of connection.

180 minutes \$ 800+

OUR MASSAGE SPECIALIST

Nirmal Castro hails from Quito, Ecuador, a certified natural health professional with expertise and certification in several bodywork modalities, body oriented psychotherapy, and Yoga. He combines compassion and presence with diverse healing techniques including Massage, Pulsation Breath Work, Energy Balancing, Watsu and Yoga. His therapy work is based on meditation and rooted in deep acceptance.

■ **Chi Nei Tsang**

CNT works mainly on the abdomen with deep yet sensitive touch to train internal organs to work more efficiently. It also integrates breath and vocal sounds corresponding to each organ activating its energy source. CNT reduces metabolic toxins, increases metabolism, aids in weight loss, improves digestion and restores the powerhouse of the body.

60 minutes \$225+

■ **Watsu**

Incorporating the principles of Zen Shiatsu, this gentle treatment is preformed in the water with the aid of specialized flotation devices. Completely surrendering in the supporting arms of your therapist and the buoyancy of our pool's warm waters your spinal column can be moved and stretched in ways that aren't possible on land, lulling you in to a deeply relaxed and expanded state.

60 minutes \$250+

■ **Pure Awareness**

Massage is integrated with other techniques such as joint release, stretches, chakra sensitivity, acupressure, Thai massage, breath and energy work to create a holistic approach to the body. Letting go into this nourishing wave of touch, the body drops, stress and tensions ease, while the mind quiets down into silence. This session could be tailored to be a soothing experience or for deep chronic muscle pain relief.

90 minutes \$335+ / 120 minutes \$450+

OUR YOGA SPECIALIST

Jiten Bhatt was born in the foothills of the Himalayas in Rishikesh, India, his expertise is in Traditional Hatha Yoga practice including Asana, Pranayama and Meditation. Experience in different types of yoga and traditional Thai Massage has allowed for the development of his own special style of practice and teaching.

Yoga is a physical, mental and spiritual discipline originating in ancient India. Through the practice of asana, pranayama and meditation, the flow of vital energy, body flexibility, and mind control are increased, changing patterns of awareness and bringing the entire being into a healthier and more balanced state. It helps to revive the dormant energy, rejuvenate the tissues and help in new cell formation, strengthening the various physiological processes making the body healthy and active. The ultimate goal in applying this practice is gaining insight into oneself, to meet the supreme soul and attain complete bliss.

■ **Pranayama Breathing**

Pranayama means "extension of the life force". It is an ancient practice of breath control. Various techniques of pranayama will help to increase oxygen supply in the body, correct faulty patterns of breathing as well as help to release stress and tension in body. This preparatory breathing practice helps calm your body and mind, supporting you to sit in meditation with ease. The continued practice of pranayama develops a steady mind, strong will-power, and sound judgment.

30 minutes \$100+

■ **Sadhna Meditation**

In this guided meditation you discover how to release physical, mental and emotional tensions and stress stored in the body-mind system. The continued practice of meditation will foster general mental well-being, increased feelings of calmness, clarity, and heightened alertness.

45 minutes \$150+

■ **Youth Yoga**

Children also benefit from the practice of Yoga by becoming more aware of their body mechanics and breathing. They will be learning important skills such as patience and perseverance through the discipline of this practice that they can then apply into their daily lives. It is a fun way for children ages 4 -12 to build up their strength, confidence and learning skills.

30 minutes \$100+

■ **Aqua Yoga**

Adding a new twist to Hatha yoga, Aqua yoga uses water's natural buoyancy to support and enhance basic yoga moves, lengthen and strengthen muscles, while also improving balance and coordination. Ideal for pregnancy or those who cannot enjoy the benefits of yoga due to past injuries or discomforts with some poses, aqua yoga widens the spectrum of stretches and may even improve chronic conditions such as arthritis.

60 minutes \$200+

MASSAGE

■ The Amanyara

A must for stressed individuals! This luxurious and relaxing massage will ease away tension and stress. Using soothing strokes your therapist will lull your body and mind into a calm peaceful space. It is no surprise that this is our most popular massage treatment.

Gentle to medium pressure is offered.

60 minutes \$150+ / 90 minutes \$225+

■ Sole Revival

A refreshing salt scrub and massage concentrating on your precious feet. Using targeted pressure points, this specialized foot massage improves blood flow and nerve supply, fostering a restoration of the body's natural state of equilibrium creating a wonderful sense of well-being and ease.

60 minutes \$150+

■ Deep Tissue Massage/Sports Massage

Unwind as this deep tissue treatment warms and soothes aching muscles, improves range of motion and releases toxins. Using a variety of techniques and pressure, your therapist will customize this massage to your specific areas of concern to relieve your aches and pains.

60 minutes \$175+ / 90 minutes \$260+

■ Shiatsu Massage

Literally meaning "finger pressure," this traditional healing method applies light to deep pressure with palms, thumbs and fingers to reduce blocked energy or "chi" and stimulate the healing of body and mind. You will experience a deep sense of peace and rejuvenation with this treatment.

60 minutes \$175+

■ Ancient Thai Massage

Ancient Thai Massage is a rhythmic oil-free massage, using a combination of stretching and deep pressure points along the body's major energy channels, restoring the flow of energy in the body and increasing awareness and vitality. Tension is relieved as flexibility is enhanced inducing a deep state of tranquility. Ancient Thai Massage is unique in the world of massage and must be experienced to truly appreciate its healing benefits.

60 minutes \$175+ / 90 minutes \$260+

THE PERFECT ENHANCEMENT TO ANY BODY TREATMENT

■ Essential Body Cleansing

Our Himalayan crystal salt scrub mixed with essential oils, stimulate the body's circulatory and lymphatic systems. Releasing toxins and absorbing minerals in to the body, acidity is reduced, balancing the bodies' pH and soothing the nervous system. Allow us to assist in choosing the perfect blend.

Energy - stimulate and energize the body and mind. A blend that aids in detoxification and relieving muscular tension.

Harmony - harmonize and balance the body and mind. A blend to invoke feelings of peace while gently restoring the body's natural well-being.

30 minutes \$75+

■ Envelop-me

Wrap yourself in mother Earth's healing vibration with our powerful Argiletz clay. Nurture and replenish the skin as you promote regeneration and improve tone and texture with one of the following choices.

Uplifting Sage - an immune boosting body mask to cleanse, hydrate and tone

Soothing Sandalwood - a deeply nourishing soothing and firming body mask

Green Tea - an antioxidant rich body mask that detoxifies, calms and strengthens.

Energizing Lemongrass - a stimulating body mask that decongests, firms and treats cellulite.

30 minutes \$75+

■ Sun Kissed

A gentle application of Pure Aloe Vera followed by a soothing lavender head massage.

30 minutes \$75+

■ Hair Mask

Purify and cleanse. White clay removes impurities while adding body and shine. Green tea packs the hair with powerful antioxidants, helping to build elasticity and heal damaged hair. **\$35+**

HOLISTIC FACIAL TREATMENTS

Ancient wisdom and caring hands synergize to create delightful facial experiences. Your Ayurvedic Dosha will be determined during an initial consultation, personalizing the products best suited for you.

■ **Amanyara Signature Touch**

Combining soothing rhythmic movements to enliven and rejuvenate the skin, our unique blend of plant essences synergize harmoniously to deeply cleanse and nourish. Hot compresses made with essences to suit your particular Ayurvedic dosha type are applied throughout to soothe and replenish the skin as well as restore balance in the nervous system and support emotional health.

60 minutes \$175+

■ **East Meets West**

Blending wisdom and beauty to achieve perfect harmony. This facial treatment uses our Australian active white clay cleanser to remove impurities and stimulate cell regeneration. Utilizing an extended Chinese Acupressure massage of the scalp and face removal of toxins are enhanced, skin is toned and the body revitalized. Your skin will feel healthy, balanced and radiant.

Allow 90 minutes \$225+

HAND, FOOT and NAIL CARE

■ **Manicure**

Your nails will be shaped and your cuticles tidied and hydrated, followed by a soothing massage of the hands and arms with our nourishing AMAN hand cream to restore moisture and improve the texture of your skin. The final touch is your choice of buffing or polishing of nails with Zoya, chemical free nail polish.

60 minutes \$85+

■ **Pedicure**

Our Pedicure is designed with precise toenail, cuticle and sole grooming care. A mineral salt exfoliation delivers beautifully soft skin and is followed with the touch of a slow comforting foot and leg massage to assist with dissolving tension and stress. Toenails are finished and polished with Zoya, chemical free nail polish to complete this blissful treasure.

60 minutes \$85+

*** Hair styling, make-up and wax services available upon request.**

YOGA, PILATES and PERSONAL TRAINING

■ Yoga

Regular complimentary yoga classes are held 8am every Monday, Wednesday and Saturday at the Spa, emphasizing gentle asanas, sun salutations, breathing and relaxation.

Private Sessions may be arranged at our spa or in the comfort of your own pavilion or Villa. In a private yoga session, there is undivided attention to your yoga practice, tailoring the session to your individual needs. Working within your range of flexibility, you will move thru postures with the focus on breath and body awareness. Utilization of specific breathing while holding certain postures will allow improved muscle flexibility as well as deeply massage the inner organs increasing circulation and health.

60 minutes \$175+ up to 2 guests Additional guests at \$35+

■ Pilates

Pilates is a form of conditioning that addresses the body as a whole. It focuses on the use of breath, optimal alignment of the spine, and the development of the "core" postural muscles. Pilates exercises are done either on a mat on the floor, or on the Reformer. The Reformer workout equipment utilizes pulleys and resistance from the participants own body weight on the machine and graduated levels of springs to offer a low impact workout. The movement of the carriage stimulates the muscles of the body and provides resistance training. The reformer increases variety and challenge, promoting agility, flexibility and mobility. Private Pilates Mat and Reformer sessions are by appointment. Each session is tailored to your individual goals and needs.

60 minutes \$175+

■ Personal Training

Working with a personal trainer is one of the fastest, most successful ways to improve your overall health and fitness level. Our certified personal trainers will custom design a program to meet your personal goals and fitness level. Sessions can be held in the fitness center or on the beach. Our trainer would also be happy to guide you on a run around the resort.

60 minutes \$175+

Spa Hours 9:30am - 9:30 pm

SUGGESTIONS TO ENHANCE YOUR SPA EXPERIENCE

■ RESERVATIONS

Our knowledgeable staff will help you make the most of your visit by recommending and scheduling the perfect spa experience. It is advised that you make reservations in advance, especially if you would like multiple bookings during your stay.

■ ARRIVAL

We recommend you arrive 15 minutes prior to your scheduled appointment time to register and enjoy some tea in our relaxation areas. Please dial "5" if you would like us to pick you up from your pavilion. The Spa is located past the tennis courts on the left hand side.

■ CANCELLATION / LATE ARRIVAL

Should you need to cancel or reschedule your appointment, please do so at least 6 hours in advance to avoid being charged the full price of the treatment. If you are booking within the 6 hours previous to your massage time, you are already confirmed for your treatment and the cancellation policy will be in effect. Appointments begin promptly at the time they are scheduled. If you are late for an appointment we may have to shorten treatment time to remain on schedule.

■ HEALTH CONDITIONS

Please be sure to inform your service provider if you are pregnant as we do not recommend any massage treatments during your first trimester, also if you have any health conditions, allergies, or injuries as this may impair the effectiveness of the treatment. Some treatments may not be performed on sunburned skin. We suggest removing contact lenses prior to facial treatments. Please also avoid shaving prior to and after exfoliation treatments.

■ COMFORT

The Spa is an area of relaxation and tranquility. We ask you to refrain from using your cell phone while on the premises. The spa is a non-smoking area. Please do not consume alcohol prior to or immediately following your treatment as it may impair the effectiveness of the treatment. Sand can be an irritant to the body during any kind of massage. We kindly ask that you be showered and sand-free prior to your treatment. We would like to suggest allowing time either before or after your treatment to enjoy our infinity pool or relaxation areas. Guests must be at least 18 years old. (Children age 6 - 18 may enjoy spa services in their pavilion or villa, with parental consent).

■ SPA ATTIRE

As you will be draped during treatments, suggested attire for massage and most other treatments is simply a robe and slippers, which are provided. Most guests prefer to fully undress for spa treatments, as our staff is professionally trained in proper draping, designed to ensure modesty and comfort throughout your treatment. However, if you are more comfortable, you may wear undergarments for your treatment. Disposable undergarments are also available upon request.

■ PREFERENCES

While you are welcome to request a particular therapist, due to scheduling demands we cannot always guarantee your request. Communication with your therapist about your treatment is essential to help personalize your spa experience.

■ IN-ROOM MASSAGE

For the ultimate in relaxation, we'll bring the spa to you! Send your cares adrift and enjoy a massage in the comfort and privacy of your Villa or guest pavilion. Additional \$35 added to the massage of your choice.