

## SIGNATURE EXPERIENCES

The Aman's spa treatments around the world are tailored to provide guests with an exceptional personal experience. The same is true at the Connaught's Aman Spa. The heart of the menu features four signature treatment packages reflecting the renewing traditions of China, Thailand, India and the Americas.

Each Signature Experience takes  
2 hours 30 minutes / £280

### inspired by china

Designed to help restore your body's Qi (vital energy), this experience uses rejuvenating essential oils and massage techniques on acupressure points from head to toe, stimulating the meridians (energy lines) to release stress and leaving you feeling energised and relaxed.

Green tea aromatic foot bath  
Body scrub with energising essential oils  
Massage using traditional Chinese techniques  
Traditional Chinese facial massage

### inspired by thailand

This richly aromatic experience combines Thai massage with the use of steam and Thai herbal heat compresses (Luk Pra Khob). A deeply warming treatment which purifies the skin, this experience is recommended for deep-seated muscular pain, detoxification and re-energising.

Thai herbal foot bath  
Traditional Thai massage  
Herbal compress  
Oriental oil massage

### inspired by india

Deeply meditative, this experience aims at balancing the energies of the body leaving you feeling calm and harmonised. The treatment works subtly on the energetic body with profound effects.

Aromatic Indian foot bath  
Body scrub with relaxing essential oils  
Chakra balancing treatment with essential oils and crystals  
Samadara facial massage

### inspired by the americas

This experience focuses on grounding the body energetically and physically using ancient Navajo techniques. Employing cleansing herbs such as sage and cedar, this soothing treatment helps to release muscular tension and promote a quiet mind and restorative sleep patterns.

Foot bath with Navajo herbs  
Cedar Smudging  
Foot and leg grounding massage  
Red clay body wrap with Navajo herbs  
River rock stone massage

# HOLISTIC ORGANIC FACIALS

Aman Spa's facials begin with a foot bath and a consultation to determine your skin's needs and your Ayurvedic dosha type. Your therapist will carefully select the products and techniques from which you will benefit most.

## aman signature facial

Soothing rhythmic movements enliven, balance and rejuvenate the skin, whilst a unique blend of plant essences deeply cleanses and nourishes. Your therapist will recommend which facial will be of most benefit to your skin.

- **AMAN SIGNATURE** 1hr - unique to each one of our Aman landscapes – extend by 30min to include a soothing foot treatment.\*
- **ZONE THERAPY** 1hr - addressing the reflex zones of the face – extend by 30min to include “Zone for the Sole”.\*
- **TCM** 1hr 30min - draws from the wisdom of Chinese Medicine, working along meridian lines in the body.

\*Facials finish with an uplifting technique using the ancient wisdom of marma point therapy from India.

**1 hour 30 min / £150**  
**60 min / £110**

## facial additions

### EYE LIFTING TREATMENT

An ideal addition to any facial, this treatment restores tone and elasticity and assists in minimising dark circles, puffiness and fine lines, whilst regenerating and oxygenating your skin.

**15 min / £25**

### NECK & DÉCOLLETAGE LIFTING TREATMENT

Formulated to lift and firm the neck and chest area whilst brightening and oxygenating your skin. Mature or sun-damaged skin will be re-mineralised and rehydrated, leaving your skin feeling firmer, brighter and rejuvenated.

**15 min / £25**

### EXTRACTIONS

We believe in not harming or damaging the integrity of the skin that often is the result of extraction possibly leading to scarring, however will provide manual extractions upon request when booking the appointment.

## facial boost

A refreshing boost for the skin, ideal for pre and post travel to deeply hydrate and revitalise. This treatment ends with an uplifting technique using the ancient wisdom of marma point therapy from India.

**30 min / £70**

## facial rejuvenation

Combining the benefits of Facial Rejuvenation Acupuncture with Aman's facial care, this treatment firms, smooths and renews skin's elasticity. Acupuncture and Herbal Medicine have been used for centuries in China to preserve vibrant, youthful skin. Facial Rejuvenation Acupuncture is the contemporary application of this ancient wisdom, enhancing both physical appearance and general health. Whilst it may be used to improve a wide variety of skin conditions, it is most commonly used as an anti-ageing treatment. Cosmetic Acupuncture requires no incisions, acid peels or radical changes to underlying facial structure.

At the initial consultation your medical history and skincare regime will be discussed in detail and your individual treatment plan formulated. Facial rejuvenation therapy involves an integrated body and facial treatment. Facial cleansing, body and facial needles, gentle facial acupressure and massage all form an integral part of the treatment and may be supported by a variety of other techniques, including qigong channel massage, and jade roller detoxification. Advice may be given on diet and lifestyle and herbal remedies are often recommended as part of a complete health and beauty programme.

**initial consultation 1 hr 30 min / £165**  
**follow up consultation 60 min / £120**

# TRAVELLER

Whether travelling for business or pleasure, a journey takes its toll. We have designed treatments to alleviate travel fatigue and prepare you for your return journey.

## aman “to-go” massage

We will get you ready for your travels, loosening up your joints, shoulders, neck and back, boosting circulation and increasing relaxation to help prevent jet-lag. At your request, this treatment can also be performed clothed, designed for you to simply stop by and see us before you leave.

30 min / £70

## jet lag reviver

Refresh and invigorate the body through the stimulation of the nervous system along the spine. A refreshing back cleanse, invigorating scrub, hydrating mask and soothing massage are the perfect combination to reduce fatigue pre and post flight.

45 min / £90

## jet lag recovery

The ultimate in jet-lag recovery. Reduce fatigue and stimulate circulation as you allow your body’s internal clock to adjust to its new time zone. This treatment package includes invigorating body brushing, a detoxifying body mask, an uplifting personalised facial and a soothing aromatic full-body massage to enhance recovery.

2 hrs 30 min / £280

## facial boost

A refreshing boost for the skin, ideal for pre and post travel to deeply hydrate and revitalise. This treatment ends with an uplifting technique using the ancient wisdom of marma point therapy from India.

30 min / £70

## recovery reflexology

Effectively speed up recovery by assisting the body and mind to deeply relax. Leaves you feeling refreshed and revitalised, and encourages a proper night’s sleep. Also assists in boosting blood and lymphatic circulation to ease heaviness and reduce fluid retention in the legs and feet.

2 hrs / £200

## goodnight WATSU®

An hour of weightless floating has the same restorative effects as four hours’ deep sleep. Employs Shiatsu therapy in a three-dimensional environment to balance you from the inside-out. Heart rate and respiration drop, the nervous system re-wires and metabolism catches up with your body. In total equilibrium, your brain waves slow inducing a state of deep rest. The ideal way to prepare for a good night’s sleep.

60 min £160 / 90 min £210 / 2 hrs £260

Sessions are private with exclusive use of the pool area, at 9pm

# NURTURING NEW LIFE

Renewing, indulgent, relaxing, the ultimate in pampering

Mothers-to-be experience the amazing miracle of carrying a new life, but pregnancy can be hard on a woman's body. Seeing a therapist throughout your pregnancy and in the months after is a beautiful gift you can give yourself and the little life inside you. Aman Spa offers both pre- and post- pregnancy support. Our treatments are designed for mothers that are 12 weeks pregnant or more. Aman's 'Nurturing New Life' treatments assist in keeping rapidly stretching skin supple, maintaining skin tone and elasticity, whilst being deeply restorative and relaxing. Our natural plant-derived products contain a high percentage of organic ingredients to nourish and protect the skin during this special time.

## BODY NURTURING

### nurture

This relaxing treatment is tailored specifically to your body's needs during pregnancy. Starting with a soothing foot soak, this treatment includes a gentle body exfoliation and a relaxing massage, followed by a refreshing facial boost

**1 hr 30 min / £150**

### uplift

Melt away fatigue with this supporting massage, designed for specific areas such as aching backs and heavy legs.

**45 min / £90**

### in preparation for your new arrival

In addition to your mother-to-be treatment, we offer tailored beauty treatments anticipating delivery. These include facials, manicures and pedicures (especially when it gets hard to reach!) and intimate hair removal.

## PRE & POST NATAL COMPLEMENTARY THERAPIES

### pre and post natal reflexology

Addresses the more commonly associated pregnancy discomforts such as: sore feet, swelling, back ache and heart burn. Used to encourage overall mental and physical well-being for both mother and baby. Utilises the endocrine reflex points to maintain balance and re-energise. Also provides a healthy boost to the foetal environment during pregnancy. Customised for each trimester. Reflexology is extremely beneficial in helping you to recover and re-balance all body systems following the birth of your baby. It can also help re-balance moods and emotions as you adapt to life with your new baby.

**initial 90 minutes / £165**

**follow-up 45 minutes £95 / 1 hour £120**

## NEW LIFE WATSU®

Human beings spend the first nine months of life in water. The developing foetus moves freely, stretching and turning until the time comes to leave that comfortable aquatic environment. From birth, the baby has to learn to breathe air and cope with gravity as opposed to buoyancy. Although adaptation occurs, lifestyle and stress may slowly mould the body into a somewhat more rigid shape. With this comes a loss of a fluid memory intrinsic to all of us. Pregnancy can be a beautiful opportunity to rediscover our primal nature. By carefully following your breath, you will be guided into a continuum of movements reawakening innocent shapes and forms that mimic your inner motion. With 360° access to your body in the water, gentle stretching and massage wonderfully relieve all aches and strains on your back and anywhere else, while you simply let go and dance alongside your baby in a mutual fluid environment.

**75 minutes £140**

**90 minutes £165**

## FINISHING TOUCH

### FACIAL ADDITIONS

#### Striking eyes

Eye Lash Tint .....	£25
Eye Brow Tint .....	£20
Eye Brow and Lash Tint.....	£40
Eye Brow Shape.....	£20
Eye Brow and Lash Tint, and Shape .....	£50

### HAND AND FOOT CARE

Aman Spa offers full service manicure and pedicure treatments using nail varnish that is free of formaldehyde, toluene and phthalates.

#### signature hand and foot therapy

Softens and smooths dehydrated hands and feet. This treatment begins with a soak, followed by a gentle exfoliation and an intensely moisturising mask. A therapeutic massage with hydrating lotion is next to strengthen the skin's moisture barrier and help prevent the signs of ageing. Leaves hands and feet glowing.

45 min / £75

#### maintenance manicure

Groom & polish or buff 30 min / £60

#### aman manicure

Enjoy a luxurious hand bath, cleansing hand peel, nourishing masque and a therapeutic hand massage.

1 hr / £90

#### maintenance pedicure

Groom & polish or buff 45 min / £75

#### aman pedicure

Enjoy a luxurious foot bath, cleansing foot peel, nourishing masque and a therapeutic foot massage.

75 min / £95

### HAIR REMOVAL

The aromatic lavender pre-wax and post-wax soother calms and relieves, while little touches such as chilled organic rose water pads and soothing massage strokes ensure pain is a distant memory.

Lip .....	£15
Chin.....	£15
Face.....	£20
Under Arm .....	£20
Bikini.....	£30
Hi Bikini.....	£40
Brazilian *.....	£50
Hollywood *.....	£55
Half Leg.....	£35
Three Quarter Leg.....	£40
Full Leg .....	£50
The Works.....	£90

Includes: full leg, standard bikini & under arm

#### MEN

Back.....	£55
Chest.....	£50
Back and Chest .....	£90

\* Cream hot wax containing organic Tea Tree.

### HAIRDRESSING

For in-room hairdressing Aman Spa is happy to arrange a consultation. Alternatively we can arrange an appointment for you at a recommended hair salon nearby.

## SPECIALISED COMPLEMENTARY THERAPIES

Travelling, living and working in busy cities may leave us feeling as though our health and well-being is a product of our environment. We have all felt susceptible to the influences of work, stress and managing our daily lives, leading to poor food and lifestyle choices. With the correct knowledge, tools and support you can work to create an environment that provides the foundations for positive mental and physical health. We offer a range of complementary therapies provided by specialised practitioners, assisting you in achieving wellness.

### reflexology

#### RELAX - RESTORE - REVITALISE

The ancient healing art of reflexology is a holistic treatment with far-reaching therapeutic benefits. It relaxes, restores and revitalises, while providing a fine-tuning for all of the body's systems, encouraging the body to function more efficiently.

Refresh .....	30 min / £75
Relax .....	1 hr / £120
Restore .....	1 hr 15 min / £140
Revitalize .....	1 hr 30 min / £165
Recovery .....	2 hrs / £200

### equilibrium

Designed for those who prefer deep tissue therapy, this treatment starts with a massage practiced by Kalaripayattu warriors in India, concentrating on the "marmas" – vital points in the body. Deep, long, fluid strokes ground the body as you rest on a futon. Closes with a Watsu® session.

3 hrs / £310

### watsu®

In a Watsu® session, you simply float, eyes closed, ears immersed, as skin-temperature water melts your perception of shape and space. Your muscles, joints and vertebrae gradually unload due to the lack of gravity. A series of waves encourages spinal elongation, while dynamic stretching, gentle rocking or yoga-like movements may follow. Motion and stillness are combined with acupressure until your body totally surrenders.

All Watsu® sessions include complimentary use of the spa facilities. Follow-up sessions can be further specialized incorporating WATERDANCE® which follows your breathing to take you underwater: therapeutic and sublime.

30 min / £75
75 min / £140
1 hr 30 min / £165

Goodnight WATSU, 9pm .....	60 min / £160
	1 hr 30 min / £210
	2 hrs / £260

# SPECIALISED COMPLEMENTARY THERAPIES

## traditional chinese medicine acupuncture

Traditional Chinese Medicine (TCM) is one of the world's oldest medical systems still widely practiced today. TCM has a holistic approach to diagnosing, preventing and treating diseases by identifying patterns of imbalance and then applying the individual or combined therapies of acupuncture, Chinese herbal medicine, tuina (a therapeutic massage) and other techniques to correct them. Its unique characteristics which distinguish it from 'orthodox' medicine are rooted in the "concept of holism – zheng ti guan nian" and "treatment according to syndrome differentiation – bian zheng lun zhi". By restoring balance to the body, practitioners are able to treat more than one condition at a time. You will find that not only does your chief complaint improve, but so will any other symptoms that you may have.

Acupuncture works by stimulating specific acu-points on the body's surface through the insertion of ultra-fine needles. Through centuries of observation, the body's reaction to each stimulus point and the combination of such points has been noted for their effectiveness in treating different diseases. In recent years these actions have been systematically refined and verified by modern scientific research methods. The World Health Organisation (WHO) has found that acupuncture is clinically effective in treating over 65 different conditions including pain, insomnia, infertility, menopausal symptoms and digestive complaints.

Your TCM practitioner will carry out a comprehensive consultation prior to your first treatment which will look at all aspects of your medical history, lifestyle and diet, and may involve a physical examination. An individual treatment plan will be put together to include TCM dietary and lifestyle advice.

**initial consultation 1 hr 30 min / £165**  
**follow up consultation 60 min / 120**

## naturopathic nutrition

Our naturopathic philosophy is to treat the cause, not the symptom. Naturopathic principles are based upon the premise that the body contains a healing ability which can be stimulated by the correct nutrients, pure water, fresh air, appropriate exercise, adequate rest and relaxation, a positive attitude and peace of mind.

It is therefore a multidisciplinary approach to health care that recognises the body's innate ability to heal itself. Your naturopathic practitioner will examine all aspects of your diet and lifestyle that may adversely affect your health by using a number of diagnostic techniques. In this way, the treatment is directed towards the cause and not just the symptoms of your complaint.

Therapy may include dietary changes, herbal medicine and nutritional medicine, as well as lifestyle changes. Follow-up consultations are usually scheduled two weeks after the first consultation to assess progress. Further consultations may be required but will be assessed at this time.

### CONSULTATIONS:

<b>In depth</b> .....	<b>2 hrs / £200</b>
<b>Initial</b> .....	<b>1 hr 30 min / £165</b>
<b>General</b> .....	<b>1 hr / £120</b>
<b>Follow up</b> .....	<b>45 min / £95</b>
<b>Introduction</b> .....	<b>30 min / £75</b>

# MASSAGE

## tailored holistic massage

Aman Spa therapists employ diverse techniques from around the world and are skilled at combining their technical abilities with heightened sensitivity, awareness, intuition and open hearts and minds. We encourage you to communicate your preferences and goals. \*Each one-and-a-half or two-hour therapy begins with a foot bath and a holistic consultation.

30 min / £70

1 hr / £110

\* 1 hr 30 min / £150

\* 2 hrs / £190

# BODY

## body scrub

A symbolic way to cleanse yourself of the old. Harnessing the benefits of harmonising or energising essential oils blended with Himalayan crystal salts, Aman Spa's body scrubs contain all of the 84 mineral elements found in the body to detoxify and re-mineralise. Gently stimulates the body, awakens energy lines and reveals skin's natural glow. An excellent preparation for any massage!

45 min / £90

## body envelopment

Cocooned in the earth's nurturing richness, your body absorbs the healing properties of unrefined Argiletz clays. Our blend of natural ingredients (including sage, green tea, sandalwood and lemongrass) combined with red and white earth clays replenish and promote regeneration of the skin, leaving it healthier with improved tone and texture. Finishes with a deeply relaxing head massage and the application of luscious body lotion to seal in the nutrients.

45 min / £90

## full body experience

Unwind from the tensions of travel and daily life and soothe your soul from head-to-toe with a scrub, wrap and massage. Your therapist will formulate the ideal combination of plant essences and textures that uniquely suit you and your body's needs.

### CHOOSE FROM:

- American with immune boosting sage
- China with detoxifying, anti-oxidising green tea
- India with intensely nourishing sandalwood
- Thai with invigorating, toning lemongrass.

2 hrs / £190