

ĀMAN SPA

OPENING HOURS

Fitness Centre
Monday to Friday 6:30am - 9:00pm
Saturday and Sunday 7.00am - 9:00pm
(extended hours upon request)

Swimming Pool
Monday to Friday 6:30am - 9:00pm
Saturday and Sunday 7.00am - 9:00pm

Spa Treatments 9:00am - 9:00pm

All prices are inclusive of VAT at the current standard rate
All prices are in Pounds Sterling

CONTACT DETAILS



CONNAUGHT

The Connaught, Carlos Place, Mayfair
London W1K 2AL

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the-connaught.co.uk

HOW TO SPA

SPA APPOINTMENTS

We advise you to book your appointments prior to your arrival so that we can best accommodate your needs. If you are not a guest of The Connaught, a credit card will be required to hold your reservation.

RECOMMENDATIONS

For best results, we recommend men shave on the day of a facial. For women we recommend shaving or waxing either the day before or after a body wrap or scrub treatment.

AMAN SPA TREATMENTS

Holistic consultations are carried out before all treatments. Please be aware that some treatments are not suitable for certain conditions and it is in your best interests if we suggest an alternative treatment.

MALE OR FEMALE THERAPIST

Guests are welcome to specify their preference for a male or female therapist when making an appointment. All of our therapists are trained to guarantee your privacy and comfort at all times.

ARRIVAL

Please arrive at least 15 minutes prior to your scheduled appointment time. This will allow you to enjoy the spa's relaxing environment and a soothing cup of fresh herbal tea. Treatments begin and end on time in order to not inconvenience the next guest. It is recommended that no alcohol be consumed prior to your spa visit.

DURING YOUR STAY

We aim to provide a peaceful setting for all spa guests, so ask you to please keep your mobile devices on silent. The Spa Team reserves the right to refuse access to anyone whose dress or behaviour may disturb or endanger other guests at the spa or surrounding areas.

PRECAUTIONS

Please notify us if you have any skin allergies or known reactions, disabilities, physical ailments (including high blood pressure and heart conditions) or are pregnant, so we can recommend appropriate treatments.

VALUABLES

Lockers are provided in the changing rooms, but we advise you not to bring or wear valuables whilst using our facilities. Aman Spa cannot assume liability for the loss of any items.

AFTER YOUR TREATMENT

It is very important to drink a lot of water before and after your treatment. Take time to relax immediately afterwards, as this will help ensure you experience the full benefits of your treatment.

CANCELLATION POLICY

Cancellations made with less than 24 hrs notice or failure to arrive for an appointment will result in the full treatment cost being charged to your room or credit card.

CHILDREN

All persons under the age of 16 wishing to have a treatment or use the facilities are regarded as minors and must be accompanied by a parent or legal guardian. There is strictly no access to the fitness centre for persons under the age of 16.

IN-ROOM TREATMENTS

Our therapists do not treat guests in-room, however we can arrange for therapists from an external company to carry out any treatment requests at a slightly higher rate.

GIFT CERTIFICATES

Treat that special somebody to the perfect gift for their birthday, Christmas, an anniversary, or just to say you care.

STEAM ROOM

Please remember to drink enough water when using our steam room and pay attention to certain health precautions. Out of respect for all our guests, we kindly ask you to cover yourself with a towel or use your bathrobe in our relaxation area.

WHAT TO WEAR

It is advisable to wear undergarments underneath your bathrobe. We also offer disposable undergarments for both men and women. Our therapists are trained to cover you appropriately during treatments to maintain your privacy. T-shirts with comfortable trousers or shorts are ideal fitness attire. Trainers must be worn in the fitness centre.

ĀMAN SPA

Simplicity, tranquility and time – elements so

often missing in our frenetic modern lives.

They await you at the Connaught’s Aman Spa.

Welcome!

TREATMENT ROOMS

Five candlelit treatment rooms (one double and four single) each feature a dressing area, treatment area and steam room, as well as individual music systems. A range of massages, body treatments and healing therapies are offered to reflect the wellness traditions of a number of Amanresorts’ locations, namely China, Thailand, India and the Americas. Beauty services such as waxing and signature facials are also available.

GREETING AND RELAXATION AREA

Aman Spa’s greeting area is warm and welcoming. Upbeat ambient music gently introduces you to the deep relaxation music of the treatment rooms. On arrival, you’re invited to change out of your shoes into comfortable slippers. Before and after your treatment, take some time in the relaxation area to enjoy fresh seasonal herbal infusions and a moment to yourself.

SWIMMING POOL AND STEAM ROOM

The swimming pool is 1.2 metres deep with a natural ionising system to clean the water. The steam room is infused with essential oils which are changed to holistically enhance your well-being during the four seasons of the year.

FITNESS CENTRE

The fitness centre is equipped to meet all your cardiovascular and core training needs, offering Technogym equipment, kinesis, free weight and core focus areas. Personal training and sports massage can be arranged by appointment.

AMAN SPA EXPERIENCES

The varied treatments at Aman Spas around the world are tailored to provide guests with an exceptional experience. The same is true at the Connaught’s Aman Spa. The core of the menu is based on key treatments reflecting the renewing traditions of China, Thailand, India and the Americas.

**Each Aman Spa 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 steam
Herbal compress
Oriental oil massage
Herbal steam and shower**

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 technique**

inspired by the americas

This experience focuses on grounding the body energetically and physically using ancient Navajo techniques. Using 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
Crystal clearing**

MASSAGE TREATMENTS

holistic massage

Aman Spa therapists use their individual skills and techniques to create an intuitive treatment just for you. Feel free to state your preferences and goals. Our therapists have extensive holistic massage and treatment training, ranging from Thai and Shiatsu Massage to Reiki and Chakra Balancing. Each massage or therapy begins with a foot bath and a holistic consultation.

**1 hour / £110
1 hour 30 minutes / £150
2 hours / £190**

BODY TREATMENTS

full body experience

Your therapist will mix just the right ingredients to uniquely suit you and your body’s needs. **2 hours / £190**
**Foot Bath
Body Scrub
Herbal Steam
Body Envelopment with scalp massage**

body scrub

Harnessing the benefits of essential oils blended with Himalayan crystal salts, Aman Spa’s body scrubs contain all of the 84 mineral elements found in the body. Cleansing and softening the skin while revitalising the body’s energy lines, a scrub is an excellent preparation for any body treatment.

45 minutes / £80

body envelopment

Body envelopment treatments employ ‘Apothecary’, a blend of natural ingredients and earth clays applied to the body. The natural clays replenish and promote regeneration of the skin, leaving it healthier with improved tone and texture. A deeply relaxing head massage accompanies the treatment.

Choose from red clay, white clay, extracts of the sea or powdered herbs.

45 minutes / £80

FACIAL TREATMENTS

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

holistic signature facial

This facial combines soothing movements to relax and rejuvenate the skin with plant essence synergies hand-picked to deeply cleanse, balance, nourish, refine, refresh or revitalize.

1 hour 30 minutes / £150

FINISHING TOUCHES

aman spa “to-go” treatment

We will get you ready for your travels, loosening up your joints, shoulders, neck and back and sending you off with a kit to help prevent jet-lag! This treatment is performed clothed, designed for you to simply stop by and see us before you leave.

30 minutes / £70

express manicure

A quick but thorough manicure.

30 minutes / £60

aman manicure

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

45 minutes / £70

express pedicure

A quick but thorough pedicure.

45 minutes / £75

aman pedicure

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

1 hour / £85

WAXING

Under arm or bikini / **£20**

Half leg / **£35**

Full leg / **£50**

HAIRDRESSING

Aman Spa is happy to arrange an appointment for you at one of our recommended hair salons nearby. Quotations can also be obtained for in-room hairdressing upon request.

FITNESS SERVICES

PRIVATE YOGA

1 hour / £110

PERSONAL TRAINING

1 hour / £110

SPA MEMBERSHIPS

Information available upon request

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