



Ā M A N
SPA

Simplicity, Tranquillity and Time

Elements so often missing in our frenetic modern lives



Beneath the ornate Edwardian lobby of The Connaught lies a portal from England to the East. The Aman Spa is an oasis of tranquillity that reflects the hotel's inimitable style and Aman Resorts Asian inspired aesthetic.

Signature Experiences:

At the heart of our menu are our signature journeys that reflect the traditional rituals of renewal from around the world:

- From India, a Chakra balancing treatment where a subtle meditative practice is used to release emotional tension
- From Thailand, a unique massage and herbal compresses are used to release deep seated muscular tension
- From China, a restorative treatment that improves the body's Qi or energy
- From North America, a sage and cedar wood smudging followed by a grounding hot river stone massage, used to turn over a new leaf

All our treatments are drawn from these four journeys. We invite you to book by time for a personalised session ranging from 1 hr – 2 hrs 30mins.

Specialised Complementary Wellness 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 and to counteract this we offer a range of complementary therapies to assist you in achieving wellness, these include:

- Reflexology
- Traditional Chinese Medicine Acupuncture
- Osteopathy
- Postural and Movement Analysis
- Rolfing - Structural Integration

As well as these specialist treatments a wide range of facials, massages and grooming treatments are offered. Please enquire for further details.

PRICE LIST

SIGNATURE EXPERIENCES

Inspired by China, Thailand, India and the Americas
2 hrs 30 min £280

HOLISTIC MASSAGE

1 hr £140
1 hr 30 min £170
2 hrs £220

BODY

Body Scrub 45 min £100
Body Envelopment 45 min £100
Full Body Experience 2 hrs £220

TRAVELLER

Aman "to-go" Massage 30 min £75
Facial Boost 30 min £75
Jet Lag Reviver 45 min £100
Jet Lag Recovery 2 hrs 30 min £280

NURTURING NEW LIFE

Body Nurturing

Nurture 1 hr 30 min £170
Uplift 45 min £100

HOLISTIC FACIALS

Aman Signature Facial 1 hr 30 min £170
Aman Facial 1 hr £140
Facial Boost 30 min £75

Facial Rejuvenation Acupuncture

Facial Acupuncture 1 hr 30 min £220
FA with TCM massage 2 hrs £250

SPECIALISED WELLNESS

TCM Acupuncture & Tuina Massage

Acupuncture 45 min £130
Acupuncture 1 hr £160
Acupuncture & Tuina 1 hr 30 min £220
Tuina Massage 1 hr £160

Cranio-sacral Therapy

Initial 1 hr 30 min £220
Follow-up 1 hr £160

Osteopathy

Initial 45 min £130
Follow-up 30 min £100

Rolfing - Structural Integration

Initial 1 hr 30 min £220
Follow-up 1 hr £160

Integrated Ayurveda

Marma Therapy 2 hrs £250
Marma Therapy 1 hr 30 min £200
Marma Therapy 1 hr £150

Reflexology

Reflexology 1 hr 30 min £200
Reflexology 1 hr £150
Reflex-zone therapy 30 min £75

MOVEMENT & FITNESS

Personal Training 1:1

1 hr from £130*
90 min from £170*

Yoga & Body Alignment

Initial * 1 hr 30 min
Follow-up * 1 hr

* Rates available on request

FINISHING TOUCHES

Striking Eyes

Eyebrow Tint £25
Eyelash Tint £30
Eyebrow and Lash Tint £50
Eyebrow Shape £25
Eyebrow and Lash Tint, and Shape £70

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 & Foot Massage 45 min £75
Maintenance Manicure 30 min £60
Aman Manicure 75 min £90
Maintenance Pedicure 45 min £75
Aman Pedicure 1 hr 30 min £100

Hair Removal

Lip £20
Chin £20
Face/Sides £20
Under Arm £30
Standard Bikini £40
Brazilian * £50
Hollywood * £60
Half Leg £35
Three Quarter Leg £40
Full Leg £50
The Works † £100

† Includes under arm, bikini and full leg wax
* Cream hot wax containing organic Tea Tree

IN-ROOM TREATMENT

On Request Surcharge £50+

CUSTOMISED TREATMENT PROGRAMS FOR INDIVIDUALS

Swimming Pool and Steam Room:

The 60sqm swimming pool is 1.2m deep. The water is ionised naturally using a UV system that is both environmentally friendly and safe. The Crystal 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 Membership:

Limited memberships are available, please contact to discuss monthly, seasonal and annual terms.



OPENING HOURS:

(extended upon request)

Spa Treatments	9.00am - 9.00pm
Swimming Pool and Steam	7.00am - 9.00pm
Family Friendly Swimming Times	9.00am - 11.00am and 3.00pm - 6.00pm
Fitness Centre	7.00am - 9.00pm



THE CONNAUGHT

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