



WELLNESS CASA MENU

Cocooned by the lush Dominican jungle and high on a cliff, you find our peaceful Amanera Wellness Casa. It is designed as a sanctuary of tranquility and fully integrated into the tropical environment. The forces of the earth, ocean and sky tune the body and mind with the rhythms of nature, enhancing your wellbeing and assisting your spiritual journey.

The Amanera Signature Experiences provide healing treatments inspired by the moon cycles to realign yourself using mother nature's ingredients, lunar energy, and holistic hands-on techniques. Plants inherited from local shamanic wisdom are used reflecting the healing tradition of the island's indigenous Taíno Indians.

A selection of spa massages, body treatments, facials, and beauty services use locally grown plants and herbs as well as the Aman range of all-natural products. All are available at the Wellness Casa and may be provided in the privacy of your guest rooms.

HEALING THROUGH LUNAR JOURNEYS

Larimar & Palo Santo Blessings

Existing only on the Dominican Republic island of Hispaniola in the Caribbean, Larimar is a rare blue gemstone containing deep spiritual healing powers. It is finely tuned with the human body and naturally encourages physical and emotional healing.

Larimar represents peace and clarity and emits an energy of healing and love. It resonates with the gentle energy of water, bringing a sense of inner peace and inviting you to “go with the flow”. It also has a strong energetic connection with the Moon. Each Moon cycle powerfully affects the ocean tides and influences Larimar’s healing properties by harmonizing our chakras (human energy centres) with the energy of Mother Earth.

The traditional Dominican healing art is carried out with a smudging ceremony before any journey, which is the fanning of Palo Santo wood smoke over one’s body for a sense of a new beginning. Like Frankincense and Cedar, Palo Santo (“holy wood” in Spanish) is considered sacred. The clearing of the smoke symbolizes a connection to the nature and a cleansing of human elements. Amanera has created signature treatments based on the therapeutic effects of the journey. We use herbal compresses, poultices, with a selection of plants grown in our Organic Nursery. These poultices are gently applied to specific points of the body, releasing their healing benefits, to clean impurities, soothe aching muscles, and stimulate the internal organs.

We invite you to experience lunar journeys of self-discovery to give you a sense of revitalized, calm and serene. All signature journeys begin with a foot ritual, holistic consultation to personalize your treatment, and a Palo Santo smudging ceremony and conclude with a Larimar chakra balancing meditation.



NEW MOON - THE BEGINNING

120/150 minutes

USD 310/380

The new moon is a great time to build focus, clarity, create the roots of your wishes and intentions, forgive and let go to renew your inner power.

Immerse yourself in the sensory experience with the smudging ceremony of Palo Santo followed by a foot ritual and a deep foot massage to forge a strong connection to the earth and open the root chakra.

Warm therapeutic poultices of **ruda** Herbs are placed on specific points of your body as you enjoy a boosting facial massage with **honey** and **aloe vera**. A grounding full body hot stone massage helps to create an energy pathway to the earth, while soothing the muscles and joint pains.

This journey ends with **larimar** root chakra balancing, which generates a flow of energy to all other chakras, promotes readiness to move forward, and gives you a greater sensation of inner peace.

WAXING MOON - GROWTH - CREATIVITY

120/150 minutes

USD 310/380

The waxing moon is the cycle during which you reach your higher creativity, expand your energy, and gain clarity of intention and intuition.

Awaken yourself with a full body **coffee** exfoliation blended with **black pepper** and **rosemary** to increase circulation and boost memory, followed by a warm **coconut** wrap to soften the skin. Soothing scalp and face pressure point massages are performed as you luxuriate in the wrap. An invigorating firm massage using local **cocoa** butter is designed to release deep-seated muscular pain, relieve emotional stress, and revitalize the mind. Larimar assists healing the sacral and third eye chakras to give positive energy and promote inspiration and innovation. The balanced energy channels enable us to learn from our past, be present in the now, and see and achieve our future.

FULL MOON - ENLIGHTENMENT (Four Hand Signature)

90/120 minutes

USD 430/540

The full moon is a state of glorious fullness, a time of enlightenment with heightened psychic awareness that allows for the healing of emotional blocks and attunement to one's divinity. Whatever is going on in the body, mind, and spirit will be amplified.

This powerful experience begins with a smudging ceremony of **palo santo** and foot ritual to tune your roots to higher vibration connecting up your spine to reach your crown chakra. The ultimate Amanera synchronized four-hand massage, using virgin **coconut** oil infused with therapeutic oils of **grapefruit** and **patchouli**, balances the muscles, realigns the body, and restores the energy flow. It is extended by the ritual of warm herbal poultices, harmonious foot reflexology, and face acupuncture massage.

The sensory journey culminates with the healing resonance of **larimar** placed on your body, inviting your solar plexus and crown chakra back to their natural state of vibration, allowing you to feel centered yet connected to the universe. An absolute experience to fine-tune the body and mind!

WANING MOON - PURIFICATION

120/150 minutes

USD 310/380

The waning moon is the time for introspection and the releasing emotional imbalances and blockages that may be obstacles in your evolutionary journey. In sync with these natural lunar rhythms, the body's detoxification process is encouraged and the elimination toxins and fluids allows for a deeper level of purification.

This signature experience starts with a cleansing drink of **guanábana** and **limoncillo** to absorb toxins and stimulate the bowels function, giving place to the inner purification process followed by a **mint** ocean salt exfoliation cocooned with a marine wrap. Specific foot pressure points are massaged to enhance the therapeutic benefits. A full body lymphatic drainage massage reduces fluid retention and helps to remove waste and toxins from the body tissues. Warm stimulating herbal poultices are placed on your abdomen followed by a gentle drainage massage on the face using **larimar** cool stone.

Raise your soul to its highest purity through the healing touch on your heart and throat chakras. Reach a blissful state of purity, reconnect to harmony with self and others.



BODY TREATMENTS AND MASSAGES

After Sun Cooler

90 minutes

USD 250

A pampering hydrating **sábila aloe vera** body wrap infused with **sandalwood and mint** essential oils combined with a hair and scalp massage treatment using virgin **coconut** oil. This therapy is carefully designed to cool off the whole body and treat the skin exposed to the sun. Includes gentle lymphatic drainage facial using cooling **larimar** stone and **cucumber** mask.

Aman Holistic Massage

60/90 minutes

USD 180/250

This holistic aromatherapy-based oil massage involves an intuitive sense of connection with you for better health and relaxation. It is a personalized approach focuses on your physical and emotional wellbeing in collaboration with your therapist.

Choose from: Deep-tissue, Aromatherapy, Swedish, Sports or any technique combination.

Amanera Four-Hand Massage

45/60/75 minutes

USD 270/360/450

Our over-the-top experience where two therapists perform synchronized massage, mirroring each other's movements at the same time. You will be completely enveloped in a wonderful experience. *Highly recommended when you are visiting Amanera.*

Hot Stone Massage

60/90 minutes

USD 190/265

Heated, smooth stones are placed on certain points on the body to warm and loosen tight muscles and balance the chakras (energy centers in the body). The heat is transmitted deep into the tissues, allowing the therapist to access deeper muscle layers.



Foot Reflexology

60 minutes

USD 180

Reflexology is the application of appropriate pressure to specific points and areas on the feet. These areas and reflex points correspond to different organs and systems and pressing these points has a beneficial effect on the organs and general health. Reflexology is a therapy that balances and boosts the entire system.

Amanera Synch Foot, Shoulder and Scalp Massage

45 minutes

USD 270

Amanera spa therapists have created an ideal spa therapy experience for those who have less time or desire an understated treatment that still delivers the benefits of ultimate relaxation.



SCRUBS & WRAPS*

Ocean Salt

45 minutes

USD 135

This invigorating, mineral rich, Ocean Salt exfoliation stimulates the blood circulation and lymph flow, removes dead skin cells, replenishes tired and dry skin. The therapeutic oils synergy of **passion fruit, lima, and basil** enlivens your body and revitalizes the mind.

Recommended in the beginning of your stay as a pre-sun treatment.

Coconut Oat

45 minutes

USD 135

A pure tropical luxury, this body ritual is an excellent exfoliation for any age and is recommended for sensitive skin. **Coconut** and **oat** are excellent moisturizers for healing, anti-oxidants, and itch-relieving benefits.

Dominican Coffee

45 minutes

USD 135

A highly recommended exfoliation to boost the energy flow, reduce fluid retention and detoxify the body. The secret properties of **caffeine** help to tighten the skin and reduce cellulite. This treatment reveals the skin's natural glow, leaving your skin nourished as well as cleansed.

Papaya Oats Wrap

45 minutes

USD 135

This anti-aging and anti-inflammatory body wrap promotes healthy skin and reduces signs of aging due to the huge amounts of vitamins and minerals such as A, C and E. These properties are rich in antioxidants and flavonoids, destroying free radicals and preventing further damage.

Marine Algae Wrap

45 minutes

USD 135

Harnessing all the incredible benefits of seaweed, this body wrap hydrates the skin with minerals and enzymes, activates circulation, relieves aches and pains, increases metabolism, invigorates skin tissue, and improves skin's elasticity. The wrap is also an excellent aid to treat skin conditions such as eczema and psoriasis. *Highly recommended as part of detox or weight loss program or for general well-being.*

**All treatments conclude with application of nutritive Cocoa body butter.*



PRENATAL TREATMENTS

Prenatal Massage

60 minutes

USD 180

A balancing massage for women after their first trimester to promote comfort, improve circulation, and encourage overall emotional and physical well-being during this special time.

Prenatal Indulgence

90 minutes

USD 250

Tailored specifically to your body's needs during this transitional time, the therapy focuses on the areas affected by pregnancy's discomforts such as aching backs, fatigue, and tired legs. Local **cocoa butter** is used to improve skin's elasticity and prevents stretch marks. It includes an ocean salt and fresh **lime** foot scrub, restorative full body massage, and a refreshing face massage.

Prenatal Facial

75 minutes

USD 225

A customized facial that hydrates the skin using the all-natural Aman skincare line. This relaxing facial includes an arm and hand massage and concludes with a cooling foot massage.

Prenatal Hair, Scalp and Foot Therapy

60 minutes

USD 180

An excellent therapy that relieves the aches of your swollen feet and rejuvenates you with a therapeutic scalp massage using virgin **coconut** oil. This treatment is comprised of a foot soak and scrub, foot and leg massage, scalp, neck and shoulder massage.

Prenatal Movement

60 minutes

USD 180

Duet

USD 225

Choose from: Yoga & Meditation.

These practices impact your overall well-being, target various issues like fatigue and cramps and help prevent common discomforts during pregnancy. Breathing techniques are included to promote physical and emotional integration which is particularly healing during such a special time. *We encourage privates throughout pregnancy, while a duet can also be a meaningful connecting experience for the babymoon couple.*

Because every prenatal is different, we recommend that you consult with your physician prior to any spa reservation. Certain treatments and techniques may not be available during the first trimester.

TREATMENT FOR GOLFERS

Golfer's Reviver

90 minutes

USD 250

Restore energy after a day on the golf course. This treatment soothes aching muscles and targets swing tension held in the back and neck, fatigued legs, and feet. Start with a foot ocean soak ritual followed by a full body massage to melt away the tension. It concludes with a refreshing boosting **aloe vera** facial that helps to replenish and revitalize the skin after the sun.

Golfer's Recovery

120 minutes

USD 310

Designed to alleviate golfer's muscular fatigue, focused on the back and core areas. This powerful therapy starts with a mineral salt scrub to prepare a better absorption of the therapeutic oils.

A synergy of hot stone and manual deep tissue massage follows to allow effective manipulation of the tight muscles.



FACIALS

Holistic Facial

60/90 minutes

USD 180/250

Experience a holistic facial that includes a deep cleanse, exfoliation, facial massage, and mask.

A soothing massage on your neck, shoulders, and scalp is performed while the natural anti-aging ingredients of the skin care products penetrate deep into the skin to nourish and rejuvenate.

This 90-minute treatment includes hand and foot massage.

Zone Therapy Balancing Facial

90 minutes

USD 250

Combining acupressure points on the face and foot, this facial brings you balance and awakens the body's own intelligence to rejuvenate the face from inside out. Deep cleansing, mask and age-defying massage techniques are incorporated using the healing properties of cool **larimar** stones to revitalize the system, leaving your skin toned and radiant.



FINISHING TOUCHES

Hands and Feet

Amanera treatments use Deborah Lippmann's "7 free" range, which does not contain the harmful chemicals of many nail products; nor is it tested on animals.

Amanera Manicure

60 minutes

USD 95

A cuticle and nail treatment includes filing, gentle buffing and a hand exfoliation, to encourage a natural beautiful finish to the nail. A thorough arm and hand massage with **shea** butter, **avocado** and **jojoba** oils ensures full hydration.

Amanera Pedicure

60 minutes

USD 95

A complete pedicure ritual includes a blissful foot and leg massage that helps relax fatigued muscles. A preliminary beta carotene sugar and salt foot exfoliation stimulates body circulation, making you feel lighter and revealing soft, beautiful, happy feet.

Nail Polish

30 minutes

USD 30

MOVEMENT AND POSTURE

Dominican Inspired Movements: Salsa, Bachata, and Merengue

Come experience the Dominican rhythms of salsa, bachata, and merengue with Teofilo. A fun and healthy way to get your body moving. Whether you learn the basic steps or practice advanced turn patterns, this improves the harmony between your mind and body, giving you a sense of well-being.

Yoga

Yoga is a physical, mental, and spiritual practice that harmonizes the body and mind. Various yoga postures (asanas), breathing techniques, and meditation are incorporated to promote the flow of vital energy. Working within your range of flexibility, you will move through postures with the focus on breath and body awareness.

Personal Training

Our personal trainers offer a vast array of individualized training programs that focus on problem areas and optimize overall movement performance levels. Sessions can be held in the fitness centre or in the great outdoors.

Martial Art Kickboxing

Learn this effective cardio and toning workout with Antonio. Develop coordination, flexibility, focus, and self-defense skills by integrating kickboxing into your workout and get a plethora of muscular, cardiovascular and stress relieving benefits.

Private/Duet/ Trio	60 minutes	USD 150/210/240
Additional person		USD 30

Tennis

1 hour hitting partner with the tennis pro Rolando	USD 50
1 hour tennis lesson with Rolando	USD 100
1 hour Family Tennis Class	USD 100

The two Har-Tru clay courts are located close to the spa. Both courts are equipped with LED flood lighting for evening play. Complimentary professional equipment including racquets, balls, and tennis shoes are available.

SPA REMINDERS

Spa Location

Please notice that the Spa location is 8-minute of distance from your casita by golf cart. The Spa will arrange a pick-up 20 minutes prior to your treatment from your casita. Kindly notify the Spa or your guest assistant should you wish to be picked up from a different point within the resort.

Appointments

Reservations can be made directly from your casita by calling the Spa extension. Advance booking is highly recommended to ensure that your preferred time and service is available. Please let us know if you're running late. Depending on the circumstances, your treatment may have to be performed by an alternate therapist and/or substituted for a shorter treatment in order to accommodate the next guest who arrives on time for the appointment after you.

Cancellation Policy

Though the staff will do their best to accommodate schedule changes, Amanera kindly asks guests to give a minimum notice of 6 hours during spa opening hours if they wish to cancel, so that someone else may enjoy that appointment time. Cancellations made within 6 hours will be subject to the full charge of the treatment booked.

Treatment Preparation

We recommend that you arrive 10 minutes prior to your scheduled treatment time, allowing time to complete your spa registration form and enable emersion into the spa's relaxing environment with a handmade local fresh herbal tea, or cooling beverage.

Special Considerations

Registration form and disclaimer must be completed and signed prior your first visit to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any medical or health concerns.

Spa Environment

The minimum age for receiving a spa treatment is 16. Guests under the age of 18 are required to have parental consent prior to the booking being accepted.

In-Room Treatments

We offer most of our treatments in the privacy of your accommodation. Please note a surcharge of USD35 applies to each session.

Late-Evening Treatments

Please note a surcharge of USD50 applies for treatments finishing beyond 8pm.

Pricing

Please note that Spa prices are exempt Service Charge and Tax.

Operating Hours

The spa operates from 11:00am to 08:00pm daily. Last appointment at 06:30pm, although treatments can be provided out-of-hours, upon request. The fitness center is open from 07:00am to 09:00pm daily, although it can be opened out-of-hours, upon request.