

AMAN SPA  
&  
INTEGRATED MOVEMENT

## WELLNESS

We provide a wide range of treatments, programs and facilities that can be enjoyed either as individual experiences or as part of a personalized integrated program developed in conjunction with our Wellness team.



## RELAXATION & RECOVERY

The Water Pavilion is a unisex area with dry sauna, steam, cold plunge and soaking pool. It is open daily from 9am to 9pm and can be used both pre & post treatment, or simply to enjoy the moment and appreciate the beauty of the surrounding area. Transition between hot and cold facilities is encouraged to relax tight muscles after a day of hiking, stimulate circulation and assist in detoxification while strengthening the immune system.

## MOVEMENT

Our movement programs are designed to be mindful, fun and challenging with an emphasis on technique and alignment. These can be experienced as private or group session as well as through our daily complimentary movement classes.

**Gym:** Our facilities offer a complete range of Technogym cardio equipment, free weights, kettle bells, medicine balls and the new Omnia 8 functional training system. Guests are welcome to train on their own or under the guidance of one of our Integrated Movement Specialists.

## PERSONAL TRAINING

**Personal Training & Wellness Coaching:** Whether you are looking to lose weight, improve your Cardio, Flexibility or muscular capacity, let one of our Integrated Movement Specialists design a fitness plan for not only your stay at Amangiri but also help inspire and assist you in your pursuit of improved health for your future.

|            |       |
|------------|-------|
| 30 Minutes | \$80  |
| 60 Minutes | \$160 |
| 90 Minutes | \$240 |

## YOGA

**Restorative, Hatha and Ashtanga Flows:** These are few of the yoga styles we can accommodate, whether you are new to yoga or a seasoned practitioner, our yoga specialists can design a private class for groups, families, couples, pregnancy, children or individuals.

**Budokon® Yoga:** Experience a unique integration of yoga flow with a sequence of circular movements and slow mindfully connected martial arts-inspired transitions. This strong series explores the full range of motion of the body while developing coordination, strength, balance and power.

**Private Instruction (up to 3 guests) 60/90min \$150/\$225**

**For more than 3 guests please contact spa to set up a group session.**

**Full Moon Yoga:** This scheduled class is seasonal. Space is limited and reservations are required. This class involves a short hike and a 90 min yoga session on top of the mesa overlooking the resort. Additional private outdoor sessions are available during daytime and recommended for sunset periods during the warmer months.

**120 Minutes \$300 per person**

## PILATES

**Pilates:** is a system of exercises using special apparatus designed to improve physical strength, flexibility and posture, and enhance mental awareness.

60/90 Minutes \$160/\$240

**Jump and Suspend:** This fusion class incorporates suspension and jump board training on the Pilates Reformer to provide a complete cardio, core and weight training in one session.

Private instruction (up to 4 guests) 60 min. \$175 per person

**Early Morning Reformer Class:** These special sessions are available Monday-Friday 6:45am and 9:15am by appointment only and are an open class up to 3 guests.

60 Minutes \$95 per person

**My-Thai Experience:** This experience begins under the guidance of our Pilates Specialists with a unique blend of myofascial release techniques to alleviate muscle tension. You then lay gently on a Thai Massage Mat to enjoy the healing sounds of Crystal Bowls leading you into a 60 minThai Massage.

90 Minutes \$300 per person

## JOURNEYS

**Desert Dream:** This begins with a combination of cranial sacral holds and reflexology while you are floating in our salt water pool. This will prepare you for a higher level of meditation as your therapist then steps away and lets you float untouched for a further 30 Minutes. You will then be escorted to a steam shower and followed up with a 60 minute aromatherapy massage.   **135 Minutes**           **\$400**

**Desert Calm:** This Journey is designed to soothe and hydrate the body from head to toe. This begins with an exfoliation to prep the skin for our Red Sedona Clay Wrap, while wrapped you will receive a Lavender Scalp Massage followed by a steam shower and hydration. This journey is completed with a 60 minute Oxygen Facial.   **120 Minutes**           **\$390**

**Desert Rain:** This is a full body hydro exfoliation with a feel-so-incredible scalp treatment. This Journey is completed with a full body application of lotion to leave your skin feeling polished and hydrated.   **90 Minutes**           **\$300**

**Desert Wind:** One of our Integrated Movement Specialists will take you on a 45 minute hike to our Chinle Site for your choice of 60 minute yoga, suspension training or mat Pilates. Following the movement class you then get a private Jacuzzi session followed by a 60 minThai Massage.

**3 hours and 30 minutes**   **\$550 per person**

## BEAUTY

**Amangiri Facial:** This facial features a free-style holistic massage using soothing, rhythmic strokes to relax & pamper you as natural ingredients cleanse, refresh and hydrates your skin. **60/90 Minute \$195/\$280**

**Zone Facial Massage:** This facial massage improves circulation and tones facial muscles. Aman's product's restores vitality and radiance to the skin. The pressure points on the face correspond with zones in your body. This facial aids in elimination of toxins from the internal organs.

**60/90 Minute \$195/\$280**

**Hot and Cold Stone Facial:** Hot and cold stones are used as an extension of the therapist's hands to massage the shoulders, neck and face to stimulate the lymphatic system and remove toxins. Following an exfoliation and facial cleanse, a facial mask is applied. While the mask infuses minerals deep into the skin, a relaxing massage is done on the arms and legs with hot stones and aromatherapy.

**90 minutes \$300**

**Oxygen Facial:** This facial cools, soothes and assists in the recovery of sun burnt skin, elasticity and eliminates bacteria. We highly recommend this facial daily in our dry desert climate. **60/90 minutes \$195/\$280**

## BODY

**Crystal Sound Bath:** Old patterns & pain disappear as you gain a renewed sense of energy & fluidity. The harmonic frequencies of the crystal bowls also reset the nervous system and quiet the mind for ultimate sense of relaxation and grounding. **60 minutes \$250**

**Floatation Therapy:** Floating in the warm, dense, Dead Sea Water, connect to your breathe and surrender control, you will experience a sense of serenity and weightlessness. Bathing suits are optional. **30/60 minutes \$100/\$195**

**Red Clay Body Wrap:** This wrap begins with a salt scrub to remove the dead skin cells. The nutrient-rich red clay is applied to the body to draw out toxins and replenish the skin by combating the drying effects of the desert climate. While in the wrap you will receive a scalp massage and this is followed with an application of rich body lotion. **60 minute \$195**

**Blue Turquoise Aloe Wrap:** If you have sun burned or dry skin we will substitute our red clay for soothing Blue Turquoise Aloe. This is very hydrating! **60 minutes \$195**

**Cranial Sacral Therapy:** The therapists uses very light pressure and a series of holds to heighten your own internal awareness and activate the body's innate ability to help with migraines, neck pain, back pain and many stress related issues. **60/90 minutes \$195/\$280**

## MASSAGE

**Personalized Massage:** Let our experienced therapists customized the massage that suits you!

60/90 minutes     \$195/\$280

**Hot Stone Massage:** Combination of hot stones and our therapist's hands will relax the most stressed muscles.

90 minutes     \$300

**Sports Massage:** Combination of stretching, cold and hot therapy and a wide range of modalities to promote flexibility and reduce fatigue.

90 minutes     \$300

**Thai Massage:** Yoga-like stretches with compression massage performed over loose clothing.

90 minutes     \$300

**Pregnancy Massage:** This massage is done in bolsters so the mom-to-be can lie face down and the therapist can work the low back, hip and sacrum.

60/90 minutes     \$195/\$280

**Hozho Tandem Massage:** This harmonizing massage involves two therapists working together to induce a deep state of relaxation.

60 minutes     \$390

**Scalp Massage:** This relaxing treatment incorporates neck, shoulder and scalp massage and is followed by an aromatherapy shower.

45 minutes     \$150

## FINISHING TOUCHES

The timings for finishing touches are our typical timings and may change depending on your needs. The Mani/Pedi Combo includes a hand and foot Lavender Paraffin Wax application and massage of the hands, arms, feet & legs.

|                     |            |       |
|---------------------|------------|-------|
| Manicure            | 45 minutes | \$80  |
| Pedicure            | 60 minutes | \$135 |
| Mani/Pedi Combo     | 90 minutes | \$240 |
| Nail Polish Change  | 25 minutes | \$50  |
| Shellac/Gel Removal | 20 minutes | \$25  |

### Waxing

|                   |            |      |
|-------------------|------------|------|
| Chin/Nose/Ear/Lip | 15 minutes | \$30 |
| Eyebrow/Underarm  | 30 minutes | \$30 |
| Half Arm          | 30 minutes | \$50 |
| Bikini            | 30 minutes | \$65 |
| Half Leg/Full Arm | 45 minutes | \$45 |
| Back              | 60 minutes | \$95 |
| Full Leg/Brazil   | 60 minutes | \$95 |

## SPA ETIQUETTE

**Appointments:** Please book in advance to ensure your preferred time and services are available.

**Special Considerations:** Your therapist can adapt to accommodate injury or pregnancy. Please let your therapist know of any health or medical concerns.

**Treatment Preparation:** We recommend showing up at least 15 minutes before you treatment, allowing time to use our co-ed Water Pavilion. This includes Sauna, Eucalyptus Steam, Soaking Pool and Jacuzzi.

**Spa Environment:** Please refrain from smoking and turn your phone off while using the Aman Spa. The minimum age for using the facilities and taking a spa treatment is 16 years. Guests under 18 years are required to be with a parent when receiving treatments.

**Cancellation/Change Policy:** Since your spa time is reserved for you, we ask that you kindly give us a 4 hour cancellation notice to cancel or change your appointment. Cancellations or changes made within the 4 hours are subject to the full charge of the treatment.

**Valuables:** Please leave your valuables in your room.

**Operating Hours:** The Fitness Center is 24 hours a day and 18 and under requires a parent's presence. The spa is opened at 9am and closes at 9pm. After hour appointments are subject to availability. Please dial extension **4161** to make a reservation.

**Pricing:** All prices are subject to 18% service charge and all prices are subject to change.

