



AMMAN
SPA

Simplicity, Tranquillity and Time

Elements so often missing in our frenetic modern lives.





AMAN
SPA

at The Connaught

Beneath the elegant Edwardian lobby of The Connaught in London lies a portal from England to the East. The Aman Spa at The Connaught is the first Aman resorts-branded facility built outside one of the company's own properties. The result is an oasis of tranquillity that reflects the group's inimitable style and Aman's Asian-inspired aesthetic. Aman's first urban destination combines cool granite and white marble, warmed with timeless honey-gold oak and dove-grey Portland stone. Organic linen, cotton, bamboo and silk in white and burnished pewter add further warmth. Ultimately the effect is one of harmony creating an atmosphere of luxurious calm.

Our Philosophy

Wellness is more than being free from illness, it is a dynamic process of change and growth, a state of complete physical, mental and social wellbeing. Aman's spa concept has been carefully curated with four pillars of wellness in mind - nutrition, movement, psychological health and bodywork - with the singular goal of achieving this ideal balance of Integrated Holistic Wellness for every guest.

Treating the whole - mind, body and spirit - by integrating ancient healing modalities with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that extends beyond the physical boundaries of the globe's Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey, and the resilience and focus to put them into action.



Holistic & Results Driven Treatments

Based on purpose and designed to support you
to reach your wellness goals.

A New Spa Language

Many of the world's ancient systems of traditional healing such as Ayurveda and Traditional Chinese Medicine (TCM) are based on complex theories of the workings of the human body and mind. They incorporate aspects of health unexplored in allopathic medicine, which means that certain concepts and terms can sound strange to the uninitiated. Talk of chakras and energy can be off-putting for some when taken out of context. Yet when understood as part of the philosophy behind a traditional healing system, they reveal an intriguing new language for explaining how our bodies work.

While understanding these theories is not a prerequisite to enjoying their benefits, Aman Spa aims to demystify this language for those who wish to know more. Our spa menus draw inspiration from traditional healing systems the world over, from the rich lore of herbal medicine, to the shamanistic traditions of the Navajo Native Americans.





Understanding Energy

The idea of life force or life energy is very common in traditional healing systems. In TCM this is known as “qi” (chi), while in Hindu philosophy including yoga, Ayurveda and martial arts, “prana” is the Sanskrit word used to describe this potent vital energy. A shared principle in many healing modalities is that any blockage in the flow of life force in a body can cause imbalance and therefore ill health in some respect. Blockages can be physical, mental or emotional, and their removal to restore balance and energy flow is the main goal of many traditional healing practices.



Aman Skincare

Aman's new line of all-natural skincare products draws on the knowledge and wisdom of ancient wellness traditions while harnessing the power of nature. Rare and precious ingredients used include pearls, homeopathic metals, healing tree oils, amethyst, jade and sage, as well as wild-harvested Amazon butters and rainforest muds. Consisting of smoked body balms, fragrant dew mists, liquid body oils, invigorating body polishes, anti-ageing serums and more, the range is made from organic ingredients sourced from around the world for their purity and potency, and their link to Aman destinations.

Working holistically to nurture and enhance overall wellbeing, each product penetrates deep into the skin to nourish and rejuvenate, but also works on a deeper level, meeting emotional need states. Grouped into three unique formations that reflect three healing pathways back to wellness - Grounding, Purifying and Nourishing - the products contain ingredients that work in sequence with the human body to promote change and return equilibrium. The physical benefits of each product are completely aligned with its ability to address emotional imbalance, together offering a holistic fine-tuning with tangible, long lasting results.

Aman Signature Treatments

The Aman Spa Signature Menu, available at every Aman Spa destination around the world, reflects the Grounding, Purifying and Nourishing formations of the Aman Skincare product range.

There are four treatments available within each formation: Massage, Body Polish & Wrap, Face Ritual and the Journey - encompassing all three treatments to greatly amplify their effects. Each treatment is tailored to the individual to target specific concerns and help attain personal wellness goals.

A deeply relaxing, mineral-rich foot ritual is a prelude to each treatment. This is also symbolic - an act of humble service that fosters trust, helping guests to fully benefit from the treatments that follow.



Destress & Reset

Aman Grounding Signature Treatments

Relaxing Holistic Massage

Adaptogenic Muscle Release

Thai Massage

Reiki Master Energy Stress Relief

Acupuncture for Stress Management

Nutrition & Life Optimisation



Aman Grounding Signature Rituals

Developed to promote inner peace and return body and mind to a state of harmony.

For those seeking reconnection, stillness and perspective, our deeply relaxing, meditative and regenerative Grounding pathway is a balm for the restlessness brought on by the frenetic pace of modern life. The use of amber oil relaxes brainwaves, helping to ease anxiety and stress. Sandalwood calms the nervous system - its earthy aroma inducing a meditative frame of mind. Other ingredients include rose quartz crystals, jasmine, rare black Peruvian and purple muds, wild harvested butters and silver.

Techniques include a Black Storax smoking ceremony, a Tibetan Ku Nye massage, meridian and acupressure work, cupping, and kneading. Recommended for treating stress, exhaustion, anxiety, jet lag, dry skin and hair, insomnia, tension in the lower spine and adrenal fatigue, as well as feelings of insecurity, rootlessness and the inability to switch off.

Destress & Reset

Grounding Body Polish & Wrap Ritual

1 hour 30 minutes

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of silky smooth smoked body butter.

Destress & Reset

Grounding Massage Ritual

1 hour 30 minutes

A Ku Nye full-body massage honors ancient Tibetan healing traditions to stimulate muscles, while a subtler massage energizes the meridian system. This treatment incorporates cupping along meridian lines, acupressure, kneading, and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of stillness.



Destress & Reset

Grounding Face Ritual

1 hour 30 minutes

This facial incorporates rose quartz crystals to promote healing, frankincense to aid rejuvenation, and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a Peruvian black mud and amethyst crystal mask and Tibetan head massage.

Destress & Reset

Grounding Journey

3 hours

Incorporating all three Grounding treatments, this journey encourages a deep connection to the earth and a renewed sense of self. It begins with the Body Polish & Wrap, followed by the Massage, and completed with the Face Ritual. Each builds on the treatment that came before and grounds in every sense of the word, ensuring a state of perfect contentment.



Destress & Reset

Thai Massage

1 hour or 1 hour 30 minutes

Slip on your Thai Pijama and relax into a thousand years of tradition and revitalising power. Influenced by Ayurvedic principles and Chinese medicine, the deep stretches, targeted reflexology, acupressure and compression of our Thai Massage boost your body's natural healing processes to improve flexibility, correct imbalances and relieve pain.

Destress & Reset

Relaxing Holistic Massage

A carefully curated experience by our skilled Aman Spa therapists, who honour massage traditions from around the world, expertly blended with their own perceptions, intuition and deep understanding of each guest's wants and needs. This tranquility-inducing experience harnesses massage techniques tailored to your preferences, as our therapists use our Connaught Relaxing blend of oils. Notes of lavender and rosemary quieten modern stresses and strains, helping to reduce insomnia and anxiety, as well as offering anti-inflammatory and antibacterial properties.

Tailored holistic massages are available in sessions of 30 minutes, 1 hour, 1 hour 30 minutes or 2 hours.

Destress & Reset**Adaptogenic Muscle Release****1 hour or 1 hour 30 minutes**

Drawing inspiration from traditional Chinese herbal practices, this treatment utilises the potency of Reishi, Chaga, and Lion's Mane mushrooms to recalibrate your body's response to stress while restoring balance and vitality. As skilled hands apply firm pressure, this treatment targets muscles and connective tissues, gently easing tension, and alleviating stress. Discover the transformative synergy of adaptogens as they work within, promoting relaxation and revitalisation.

The treatment is exclusive to the Connaught and has a unique opening and closing ceremony using a Japanese ancient technique.

Destress & Reset**Reiki Master Energy Stress Relief****1 hour or 1 hour 30 minutes**

Reiki is a grounding spiritual energy practice with the power to transform you and your perspective on life. This spiritual life force healing technique is channelled through the naturally healing hands of our Reiki Master, placed either on the body or above it. As this happens, feel the flow of Reiki energy at every level – physically, emotionally and spiritually. Gentle yet powerful, the sensation is a little like bathing in light and warmth, or of softly rippling warm water, leaving the mind and body refreshed and invigorated. For others, it is a subtle spiritual force that relaxes from deep within, using higher vibrations to banish stresses and melt away the body's blockages.

Destress & Reset**Acupuncture for stress management**

Traditional Chinese Medicine (TCM) is one of the world's oldest medical systems still widely practised today. The holistic approach diagnoses, treats and even prevents conditions by identifying patterns of imbalance and then applying the individual or combined therapies of acupuncture, with dietary advice to correct them. Acupuncture works by stimulating specific points on the body's surface through the insertion of ultra-fine needles. By restoring balance to the body, practitioners are able to treat more than one condition at a time. It can also be used to relax deeply and conversely, to invigorate flagging energy. 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 current symptoms to design a bespoke treatment to relieve physical and mental blockages.

*Initial consultation - 1 hour**Follow-up session - 45 minutes***Destress & Reset****Nutrition & Life Optimisation**

Nutrition & Lifestyle Optimisation Radiate energy and achieve harmony with our bespoke dietary, health and lifestyle assessment. Tailored to meet your individual goals – from boosting immunity to better sleep, inner balance to outer glow – our experts will guide you through personalised dietary and lifestyle changes, giving you the practical tools and clear focus to look and feel your very best.

*Initial consultation - 2 hours**Follow-up session - 1 hour*

Regenerate, Body & Soul

Aman Nourishing Signature Treatments

Calming Holistic Massage

Holistic Plant Based Facial

Reiki Energy & Lift Bespoke Facial

Craniosacral Therapy

Reiki Master Energy Emotional Relief





Aman Nourishing Signature Treatments

For those seeking regeneration, recuperation and healing.

Holding the spiritual energy of love, this powerful formation encourages reconnection with the self through the healing of emotional and mental wounds. It leads one towards self-acceptance, enabling individuals to be their most real and best selves, while simultaneously restoring and rejuvenating the body on a physical level. Ingredients include jasmine stem cells, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk and gold. They have all been chosen for their powerful regenerative abilities, fostering a meditative state and feelings of joy. The techniques used in this formation are geared towards healing. They include a smoking ceremony with frankincense, a chakra-balancing massage, mantra music, marma point therapy, and the Light Technique - based on the shamanistic principle that luminosity is generated from three points on the face. Recommended for treating lackluster skin, the signs of ageing, anxiety, chronic fatigue and emotional stress, as well as feelings of disconnection, grief and discontent.

Regenerate, Body & Soul

Nourishing Body Polish & Wrap Ritual

1 hour 30 minutes

Encouraging the body to enter a phase of deep rest, this nutrient-rich ritual includes jade powder – known to hydrate, tone and rejuvenate – in both the polish and wrap. The polish also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. The treatment ends with the full-body application of Sacred Heart Balm.

Regenerate, Body & Soul

Nourishing Massage Ritual

1 hour 30 minutes

This blissful, nurturing treatment is ideal for physically or emotionally exhausted souls. The use of marma point therapy brings the body back to a state of heightened awareness and balance, while rhythmic massage techniques ease muscular tension, imbuing a sense of complete restoration. The use of sound healing activates the kundalini – dormant energy stored at the base of the spine.

Rejuvenate, Body & Soul

Nourishing Journey

3 hours

This Journey serves to combine the many forms of nourishment into an immersive experience that touches every aspect of the individual – beginning with the Body Polish & Wrap, followed by the Massage, and completed with the Face Ritual. Each treatment builds on the one before, leaving the guest feeling reconnected and rejuvenated.

Regenerate, Body & Soul

Nourishing Face Ritual

1 hour 30 minutes

This brightening, moisturizing treatment calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine stem cells and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana – described as the universal life force that enters the body via easy breathing. Skin is left looking truly radiant through the application of the Light Technique, focusing on the forehead, septum and throat.

Regenerate, Body & Soul

Calming Holistic Massage

Restful and regenerating this holistic treatment weaves together massage techniques from around the world with the expertise and intuition of our Aman Spa therapists. Sensitive to each guest's individual preferences, this bespoke experience is made to soothe. At its heart is our Connaught Calming blend of oils, with Yuzu and Frangipani, and Petit Grain, it brings tranquillity to the muscles and contentment to the mind.

Tailored holistic massages are available in sessions of 30 minutes, 1 hour, 1 hour 30 minutes or 2 hours



Regenerate Body & Soul

Holistic Plant Based Facial

1 hour

Following a consultation to get deep underneath your skin's wants and needs, our Aman Spa therapists will curate a customised treatment using one of a trio of plant-based skincare lines:

- Jet Lag / Frequent Traveller: A dedicated skin care line for frequent travellers to support hydration and skin sensitivity. 35 Thousand's active deeply hydrates and revitalises the skin and is ideal for pre or post travel. This treatment ends with an uplifting technique using the ancient wisdom of marma point therapy.
- Hydrating/Anti-ageing: Soothing, rhythmic movements enliven this holistic tailor-made facial to balance, hydrate and rejuvenate the skin whilst a unique blend of plant essences deeply cleanse and nourish. Your therapist will carefully select techniques and natural, Certified-Organic products from Pinks Boutique.
- Men's Essentials: A deep cleansing facial using Proverb's skincare line combined with entire upper muscular revival, targeting tension in the neck, traps, pecs. Boost blood flow and increase range of movement in the facial and upper body muscle groups while you restore and fortify your skin.

Regenerate Body & Soul

Energy & Lift Bespoke Facial

1 hour

This facial is a face and neck massage which includes a full body aura clearing and Reiki re-balancing of the chakras, with a jade wand to take home for home care.

Regenerate Body & Soul

Craniosacral Therapy

Craniosacral therapy supports your body's innate ability to balance, restore and heal itself. This deeply profound treatment is a light-touch hands-on therapy that addresses compensation and compressions within the craniosacral system including the membranes and cerebral spinal fluid that protect the brain and spinal cord. This vital system extends from the bones of the skull, face and mouth, which make up the cranium, down to the sacrum area. Your practitioner senses tensions in the body and helps to release them in a supported and comfortable way. During or after a session you may feel calm and energised, with increased clarity of mind and a feeling of well-being. Because it is so gentle and non-invasive, craniosacral therapy is suitable for all ages.

Initial consultation - 1 hour 30 minutes

Follow-up session - 1 hour

Regenerate Body & Soul

Reiki Master Energy Emotional Relief

1 hour or 1 hour 30 minutes

Reiki is a spiritual energy practice that will transform you and your relationship with life. It is a spiritual life force energy healing technique that is focused and transferred through the palms of the hands, placed on the body or without contact. The Reiki energy is felt deeply at all levels physically, mentally, emotionally and spiritually. Reiki is a gentle and non-invasive yet powerful method of healing, often a treatment can feel like bathing in light and warmth, leaving your mind and body re-energised. At other times, the gentle currents of energy moving through your mind and body may feel like the rippling of warm waters, Reiki can also feel like a subtle deeply relaxing spiritual force that dissolves blockages in your body due to its higher vibration.

Our Reiki Master, will use her natural healing ability to help awaken and release a transformational sense of wellbeing and peacefulness.



Detox & Cleanse

Aman Purifying Signature Treatments

Detoxifying Holistic Massage

CBD Massage

HydraBody





Aman Purifying Signature Treatment

For those seeking lightness, breathing space and a fresh start.

A powerful detoxifier and metaphysical cleanser, this formation holds the spiritual energy of vitality, stabilizing the heart and mind, easing restlessness and energizing the body. Negative thought patterns are purged, while physical benefits include cleansing and brightening, giving skin a new lease on life. Ingredients include sage, sandalwood, juniper berry, rose geranium, raw honey, pearl, quartz and argon stem cells – chosen for their anti-ageing and purifying characteristics.

Techniques include a smoking ceremony with Palo Santo, lymphatic drainage, nerve point therapy, and nerve stimulation.

Recommended for treating bloating, low energy levels, dull skin, thyroid problems, post illness exhaustion, headaches and migraines, as well as feelings of stagnation, heaviness and confusion.

Detox & Cleanse

Purifying Body Polish & Wrap

1 hour 30 minutes

Reviving spirits, toning the skin and inducing a state of peace, this ritual incorporates quartz – known as a master healer for its amplification of energy levels. Seaweed fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine flora mud wrap includes deep-cleansing kaolin, mineral-rich solé, sea lavender and seaweed for boosting collagen levels. The treatment ends with the full-body application of Palo Santo salve.

Detox & Cleanse

Purifying Massage

1 hour 30 minutes

This deeply relaxing yet revitalising treatment incorporates manual lymphatic drainage techniques and nerve point therapy on the back to balance the nervous system and promote the flow of waste products away from the tissues. The pressure applied is significantly lower than in conventional massages – but powerful in its effects. The use of arnica, Palo Santo and seaweed oils stimulates circulation and encourages the release of negative energy and toxins.

Detox & Cleanse

Purifying Face Ritual

1 hour or 1 hour 30 minutes

This tension-releasing treatment is extremely beneficial for those exposed to urban pollution, combining nerve point therapy and lymphatic drainage to provide a detoxifying release. Lymphatic massage stimulates the glands on the chest, neck and face, resulting in glowing, toned skin, while key ingredients including brightening pearl, regenerative homeopathic copper and powerful marine extracts strengthen collagen production.

Detox & Cleanse

Purifying Journey

3 hours

This Journey serves to combine the many forms of nourishment into an immersive experience that touches every aspect of the individual – beginning with the Body Polish & Wrap, followed by the Massage, and completed with the Face Ritual. Each treatment builds on the one before, leaving the guest feeling reconnected and rejuvenated.

Detox & Cleanse

Detoxifying Holistic Massage

Aman Spa therapists employ diverse techniques from around the world. They are skilled at combining their technical abilities with heightened sensitivity, awareness, intuition and open hearts and minds. Using our Connaught Detoxifying blend of oils and massage techniques designed to purify, a trinity of juniper, peppermint and carrot seed reduce inflammation, infuse the body with antioxidants and banish fatigue, leaving you enlivened.

Tailored holistic massages are available in sessions of 30 minutes, 1 hour, 1 hour 30 minutes or 2 hours.

Detox & Cleanse

CBD massage

1 hour and 1 hour 30 minutes

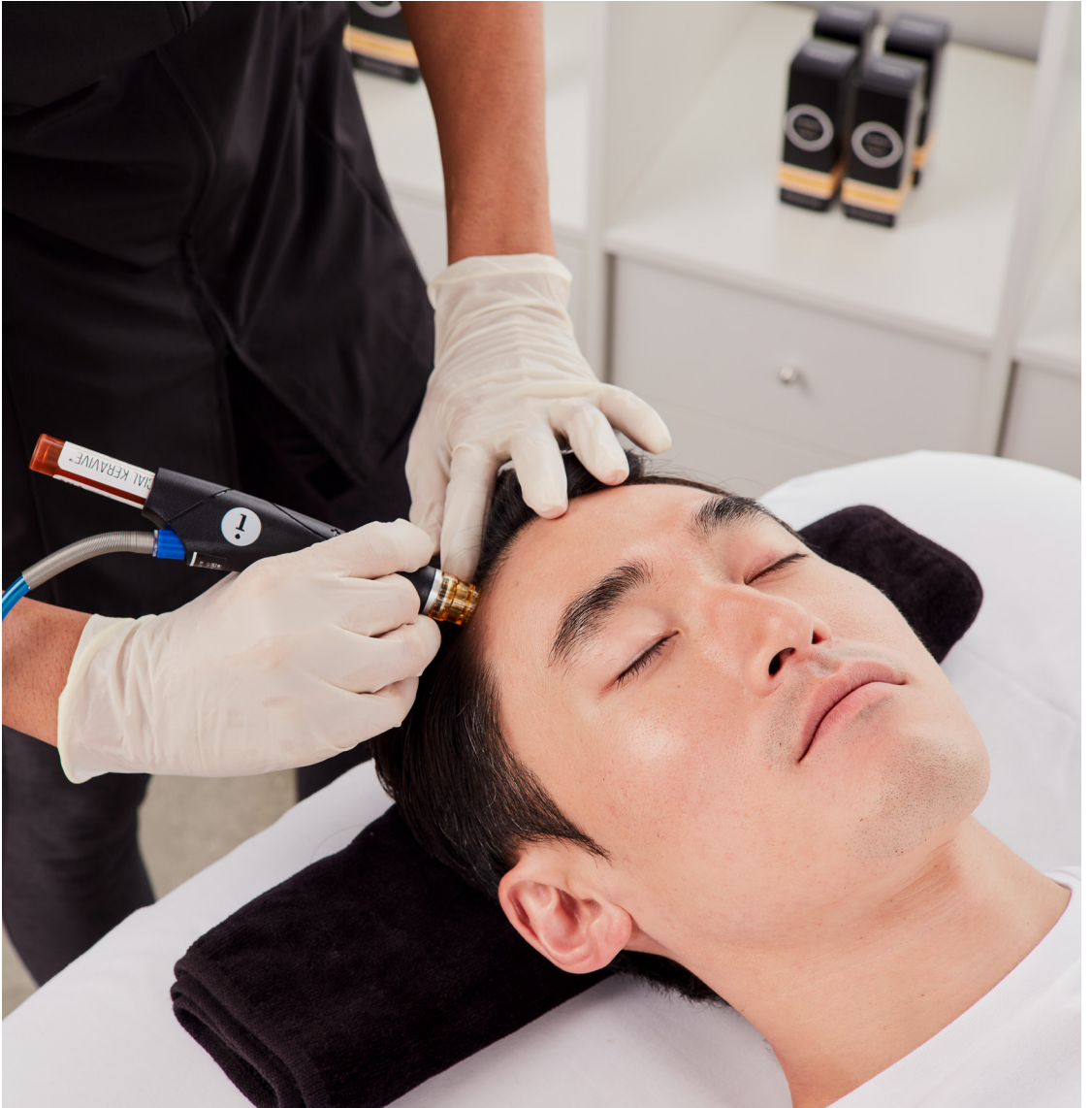
Embark on an holistic healing journey with a bespoke lymphatic drainage massage, designed to eliminate toxin build-up. Incorporating a unique CBD oil blend and reflexology body mapping, our expert therapists will target key areas of concern across mind and body, drawing on the natural properties of CBD to soothe the soul and promote inner balance.

Detox & Cleanse

Hydrabody

An extension of the Hydrafacial treatment. Allow the purifying, exfoliating and hydrating effects of this unique approach to flow across the skin, complemented by the following additions:

- Pre-holiday 150 minute: Achieve a holiday glow before stepping on the plane with this treatment for the back, buttocks, neck and décolleté.
- Legs: 45 minutes
- Back with LED: 60 minutes
- Neck, décolleté & hands: 30 minutes
- Hydrafacial Keravive: 30 minutes



Rejuvenate, Curated Advanced Treatments

Aman Advanced Facials

HydraFacial

Decorte Facials

Facial Rejuvenation Acupuncture



Rejuvenate, Curated Advanced Treatments

Aman Advanced Facial

1 hour

1 hour 30 minutes with LED and Lifting Scalp Massage

The fine art of the facial meets science in this results-driven therapy, using Aman Spa's newest skincare line. Enhanced with powerful rice bran and indigo herbal extracts from Japan, it leaves the complexion glowing and visibly lifted.

Beginning with an ultrasonic scrubbing, this treatment cleanses from deep within, purifying pores of excess oil, dirt and cellular debris. Going beneath the surface of the skin, stimulating EMS, cryo bulbs and manual lifting techniques encourage firmness and elasticity. Then, a concentrated marine mineral mask brings deep hydration to the complexion, followed by an application of Amanx111 Nourishing Gold Algae Hydrogel for illuminating radiance.

Those opting for the 90-minute experience will enjoy 15 minutes beneath our state-of-the-art LED lamp and a 15-minute lifting scalp massage.

Rejuvenate, Curated Advanced Treatments

The Ultimate HydraFacial experience

1 hour 15 minutes

This detoxifying treatment begins with lymphatic drainage, before our signature HydraFacial cleanses, exfoliates, extracts and hydrates, targeting the skin's individual needs while addressing your specific skin concern with a Booster of your choice. The experience comes to a close with advanced LED light therapy, visibly blurring the signs of aging.

15-minute enhancements include:

- Lips or eyes: roller flex technology addresses the often-overlooked parts of the face to gently exfoliate for a radiant glow.
- Lymphatic therapy: unlock the natural beauty within with this mechanical lymphatic treatment, leaving the complexion healthy and luminous.
- Dermalux LED: a truly pioneering LED Phototherapy, using Flex MD and its Tri-Wave MD technology. Through the use of different wavelengths, it can rejuvenate cells, treat signs of ageing and acne, and improve overall skin health, as well as relieve muscular and joint pain.





DECORTÉ

Find balance and reawaken your skin's natural radiance. These rejuvenating holistic treatments are the essence of Decorté, combining their own unique massage techniques including myofascial release and lymphatic drainage with their transformative and innovative skincare products.

Each of these experiences uses the pinnacle of Decorté's range – AQ Meliority – and combines dermatological research, rare ingredients, beautiful textures and soothing fragrance, to visibly revive tired, stressed or damaged skin. The star ingredient is Benifuki Extract from Yakushima island, a UNESCO World Heritage site where the organic hybrid green tea is picked by hand and carefully stored before processing. It is cultivated on rich fertile soil and nourished by the many waterfalls on the island that are rich in negative ions. Benifuki Extract improves structural stability in the skin cells Growth Factor storage, leaving skin more receptive to skin regeneration signals.

Rejuvenate, Curated Advanced Treatments

DECORTÉ
AQ Meliority Brightening & Firming Facial

1 hour

Reawaken your skin's natural glow with this richly moisturising treatment, using the jewel in Decorté's crown: the luxurious AQ Meliority range. Featuring a sublime facial treatment with face, neck, décolleté, hand and scalp massage, this treatment will leave you looking (and feeling) luminous, rejuvenated and revitalised.

Rejuvenate, Curated Advanced Treatments

DECORTÉ
AQ Meliority Advanced Firming & Lifting Facial

1 hour 30 minutes

Savour the finer things: a facial treatment combined with a dreamy back and shoulder massage - all featuring the pinnacle of Decorté's craft: AQ Meliority. The deeply relaxing back massage warms the body and improves flexibility, while the rejuvenating facial leaves skin revitalised, bright, firm and lifted.

Rejuvenate, Curated Advanced Treatments

Facial Rejuvenation Acupuncture

2 hours Facial Rejuvenation - 1 hour 30 minutes

Acupuncture has 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. Combining the benefits of facial rejuvenation acupuncture with Aman's facial care, this treatment firms, smooths and renews the skin's elasticity. Whilst it may be used to improve a wide variety of skin conditions, it is most commonly used as an anti-ageing treatment. At the initial consultation your medical history and skincare regime will be discussed in detail and your individual treatment plan formulated. You will leave feeling relaxed, looking vibrant and refreshed. Courses are also available where more intensive and long lasting treatments can be done.



Recover, Post Workout Support

Acupuncture For Pain Conditions
Full Body Recovery

During Pregnancy:
Mother To Be Massage,
Nurture Experience

Recover, Post Workout Support

Full Body Recovery

1 hour or 1 hour 30 minutes

A personalised full body stretch, re-conditioning massage, manipulation and alignment to improve wellbeing and stress. This treatment can be tailored made to focus on the upper body and/ or lower body and is using PROVERB Skincare. This holistic experience maximises athletic performance and promotes post-fitness recovery: improving range of movement, stretching, injury prevention and recovery.

Recover, Post Workout Support

Acupuncture For Pain Conditions

Initial consultation session is 1 hour 30 minutes, with follow-up consultations lasting 1 hour.

Each acupuncture session is carefully curated to the individual, and your personal needs. A treatment that goes far beyond the application of fine needles, our highly experienced acupuncturist will begin with a comprehensive consultation to understand your medical history, lifestyle, needs and symptoms, before shaping the therapy to provide natural physical and chronic pain relief.

Recover, Post Workout Support

During Pregnancy

Mothers-to-be experience the amazing miracle of bearing new life, and are certainly in need of some time out to be nurtured and pampered in the safe hands of caring professionals. During pregnancy your body is continually adjusting and sometimes needs a little help along the way. Seeing a therapist throughout your pregnancy is a beautiful gift you can give to yourself and the little life inside. Our Aman Spa is the perfect, peaceful sanctuary to support you along this journey pre and post pregnancy.

Nurture Experience 2 hours

Every pregnancy is different, and so this nourishing experience is designed around each woman's personal needs. Our Aman Spa therapists begin with a calming foot soak before a gently invigorating body exfoliation, carefully positioned massage and refreshing facial boost.

Mother To Be Massage - 1 hour

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



Movement

Our posture changes daily depending on what we are doing and how we are holding our body. Poor posture may result in compensations, imbalances or restrictions that may cause pain and discomfort affecting our general mobility and well-being. To strengthen the body's core support system, we draw on the expertise of our specialities in structural and movement therapy. Each programme is personalised, recognising that each person's body is unique and each person's physical regime different.

Stretching POD
Personal Training
Yoga



Movement

Personal Training

1 hour or 1 hour 30 minutes

Our personal trainers will ensure your sessions are filled with diverse techniques that will keep you physically challenged and mentally engaged. Featuring Technogym's cardiovascular and resistance equipment, plus a selection of free weights, our fitness studio is a discreet environment where membership numbers are strictly limited.

Movement

Vinyasa Flow

Bring mind, body and breath into complete balance with the fluid sequences of Vinyasa Flow. Gently activating the core, each mindful movement improves strength, stamina and flexibility - with careful, hands-on adjustments from our skilled teachers to stretch restoration and relaxation further.

Movement

Ashtanga Vinyasa

Strengthen the body and soothe the soul through this dynamic, powerful practice.

Following a set sequence of precise poses, classes are open to all - balancing breath and movement in a mindful series that will leave you feeling physically and spiritually nourished.

Movement

Stretching POD

30 minutes

This one-to-one deep stretching session, guided by our Assisted Stretch Therapist, is designed to enhance flexibility, boost blood and oxygen flow, sharpen focus and open up headspace. Introducing the body to an even deeper stretch, its physical benefits are counterbalanced by the opportunity to breathe and find a moment of calm.

Swimming Pool & Steam Room

The 60-square metre swimming pool is 1.2 metres deep. The steam room is infused with essential oils encouraging relaxation prior to, and after, treatments.





AMAN Membership

Membership at Aman Spa is designed with the London dweller and international traveller in mind. Access to the Aman Spa is exclusive to our members and hotel guests. Membership packages are available annually, quarterly and on monthly terms. Please contact us directly for more information regarding membership application.

Opening Hours

(extended upon request)

Spa treatments 9.00am - 9.00pm

Swimming pool and steam 7.00am - 9.00pm

Family friendly swimming hours

9.00am - 11.00am and 3.00pm - 6.00pm

Fitness centre 24/7 for hotel residents

