



## Aman Spa

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. The Aman Spa concept has been carefully curated with four pillars of wellness in mind: nutrition, movement, psychological health and bodywork.

The singular goal is to achieve the ideal balance – Integrated Holistic Wellness – for every guest. Treating the whole – the 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 boundaries of our international Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools and resilience to continue their wellness journey into their everyday lives.



## A New Spa Language

Ancient healing arts such as Ayurveda and Traditional Chinese Medicine are based on complex theories of the workings of the human body and mind.

Talk of chakras and energy can be off-putting 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. Please ask us if you wish to know more about the ingredients or modalities used in any of our treatments.

## Understanding Energy

The concept of vital or life energy is very common in traditional healing systems. In China this is known as *qi* while in Hindu philosophy - including yoga and Ayurvedic medicine - the Sanskrit word *prana* is used to describe this vital energy. Imbalances of this energy can be physical, mental or emotional and can lead to ill-health. Restoring the balance of energy flow is the main goal of many of these traditional healing practices



## Aman Spa Tokyo

Aman Spa Tokyo is the largest, most comprehensive hotel spa in Japan's capital – an oasis set high above the city with 2,500 square metres of space over two floors.

Holistic Japanese wellness traditions are at the heart of Aman Spa Tokyo. A world-class range of treatments and facilities are available – including the signature Seasonal Journeys.

This quintessentially Japanese approach to wellness – incorporating traditional herb-based therapies, Zen philosophy and meditation – acknowledges that the body's natural state of balance is the key to good health. Aman Spa's 30-metre heated pool offers stunning panoramic city views, while the world-class fitness centre features cardio, weight-training and functional equipment, plus dedicated yoga and Pilates studios

## Arrival

### The *Misogi* Experience

Based on traditional Japanese bathing practice, Aman Spa Tokyo presents the *Misogi* experience. Guests are recommended to arrive up to 60 minutes prior to their appointment to enjoy our separate male and female water facilities including steam rooms, traditional Japanese showers and Japanese hot baths with stunning views. *Misogi* is understood to be the redefining of what an individual feels possible, achieved through a purification process that prepares the self for change.



## Specialised Sessions & Therapies

### Aman Tokyo Wellness Programme

The Aman Wellness Programme is developed to fully embrace the Aman concept of Wellness. This programme is for those interested in experiencing and learning about a holistic approach to a healthy lifestyle which can be chosen from below categories:

- Fitness & Training
- Mindfulness & Stress management
- Detox & Purification

An optional personalised consultation with the Aman Wellness manager will allow deeper insight to develop the best possible approach to achieve personal fitness, dietary, and wellness goals.

Recommendations will be made to make selections from the healthy Arva menu for the private lunch.

Also, a private movement session and spa treatment will be customized to the individual and their current condition and expectations.

Together, all the elements of the one day Wellness Program form a 360 degree approach to well-being and allow for a glimpse into the potential of living the Aman Wellness lifestyle.

One-day programme incorporates the following:

- A 60-minute Wellness Consultation (optional)
- InBody Assessment
- A selection of a 60-minute private instruction in either Pilates, Yoga, Kick Boxing, Functional Training or Personal Training
- A selection of a 90-minute Spa Treatment
- Use of wet areas and spa facilities (steam room, Japanese bath and swimming pool)
- Use of the fitness centre
- Private healthy lunch at the Italian restaurant Arva's chef's counter.



## Wellness Assessment

120 minutes

Guests will have a TCM based Wellness consultation, in-body analysis, a postural assessment to grasp the condition of the body inside-out.

This experience will allow guests to find the way to optimize their health and balance mind and body. Aman Tokyo wellness team will further guide the guests to necessary sessions and treatments accordingly.

Wellness assessment will include below:

### Wellness Consultation

60 minutes

A primary characteristic of most traditional medicines is to treat any health condition by addressing the body as a whole.

During a Wellness consultation at Aman Spa Tokyo, our specialist will conduct a thorough health evaluation by discussing, not only primary health concerns, but all elements of an individual's wellness and lifestyle based on Chinese Medicine theory. Visual clues about the body and facial features as well as the pulse and tongue, and directed detailed questions will all be factored in order to give extensive recommendations pertaining to all aspects of wellness, including treatment, fitness, and lifestyle recommendations.

### InBody Analysis

15 minutes

The In-Body machine is designed to analyze all elements of body composition for an in-depth understanding of the state of health of the physical body. In-Body measures body weight, body mass index, body fat percentage, and muscle mass, as well as visceral fat percentage and extracellular water retention. These readings will enable formulation of a well rounded health routine to be created from the context of the medical, wellness, and fitness perspectives.



## Postural Assessment

45 minutes

With the result of InBody analysis, in-depth postural assessment is based on the recognition that each person's body is unique and their physical regime different. The aim of the assessment is to help make informed decisions about how you choose to move, exercise and take care of your body. This is suitable for anyone embarking on a new fitness regime or experiencing recurring muscle or joint pain.

Postural alignment, strength and flexibility are analysed; strengths, weaknesses and possible areas of concern are identified; and the design of an individual programme suited to personal needs and goals is initiated.

### Shiatsu

60 / 90 minutes

This intuitive massage technique is based on the same principles as acupuncture.

Pressure is applied to specific points on the body using the hands to restore energy flow. *Shiatsu* has many benefits - including improving muscle tone, facilitating proper joint alignment, stimulating blood and lymph circulation, regulating neural functioning, stimulating somatovisceral reflexes, regulating hormonal secretions, promoting correct posture, boosting the immune system, and reducing stress.

This treatment does not use oil.

### Acupuncture

60 / 90 minutes

Acupuncture involves the shallow insertion of tiny sterile threadlike needles into between five and twenty of the body's many acupuncture points.

This is a relaxing and painless treatment, commonly used for muscular tension, shoulder and back pain, arthritic pain, and headaches. However, it is also very beneficial in aiding circulation, boosting the metabolism and immune system, and strengthening digestion.

Acupuncture treats many conditions including stress, reproductive disorders, respiratory and digestive conditions, as well as a variety of other health concerns.

### Facial Cosmetic Acupuncture

60 / 90 minutes

This treatment combats ageing and provides an instant natural facelift by releasing tension in the neck, shoulders, face and scalp.

Fine needles stimulate the derma, encouraging collagen production and cell regeneration. Circulation is also increased - helping to improve the appearance of age spots, wrinkles and sagging.



## Aman Tokyo Signature Journeys

### Aman Tokyo Signature Journey

150 minutes

This Journey is deeply calming and rejuvenating - a purifying experience focusing on reconnection. It includes a full-body scrub with fine camphor (known for its emotionally balancing scent), kuromoji powder and Japanese clay.

These ingredients stimulate circulation, boost the lymphatic system and remove toxins. The Journey continues with a 90-minute body massage incorporating kuromoji and rice oil. A combination of Shiatsu and Western massage techniques leaves the body feeling deeply relaxed and rebalanced.

### Personalised Spa Journey

120 / 150 / 180 minutes

This Personalised Spa Journey allows the Aman Spa team to curate a unique spa experience based on the guest's desires through a combination of specially selected treatments.

Aman Spa products are used across a diverse array of techniques that deliver a deeply relaxing, rejuvenating experience.



Exclusive to Aman Spa Tokyo, these relaxing, invigorating Journeys help guests tap into the energy of the changing seasons through an innovative combination of treatments and natural ingredients. Each Journey comprises a 30-minute body scrub or wrap and a 90-minute full-body massage using quintessentially Japanese herbs, plants and teas.

Spring: March – May

The season of renewal, spring is symbolised in Japan by blooming cherry blossoms – it is the time to shake off the lethargy of winter. This Journey encourages awareness and appreciation through the use of sakura (cherry blossom), nioikobushi (magnolia) and green tea.

Summer: June – August

Summer in Japan is traditionally a time to visit forests; to cool down and appreciate their silence and grandeur. This Journey helps guests slow down, moisturise, and let go of a busy mind. Ingredients include hinoki and dokudami leaves, and hakka (Japanese mint).

Autumn: September – November

Japan's harvest season is a time to pause and reflect on all that we have, while preparing for the winter ahead. This Journey helps balance the emotions through the use of Japan's 'seven autumn herbs,' as well as chrysanthemum, sansho and hinoki.

Winter: December – February

Winter is when we need warmth and a boost to our immune systems. The ingredients used in this Journey include pine, ginger, yuzu oil, sake kasu and kuzuyu tea. An optional hot stone massage using silky smooth stones amplifies the healing touch of the therapist.



## 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 Spa product range.

There are four treatments available within each formation: Massage, Body Scrub and 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.

## 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, frankincense and palo santo, as well as alkalising, oxygen-rich spring water, wild-harvested Amazon butters and rainforest muds.

The range consists of smoked body balms, fragrant dew mists, liquid body oils, invigorating body scrubs, anti-ageing serums and more. All the products are made from organic ingredients sourced from around the world for their purity and potency, and their links 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 as well as physical need states. Grouped into three unique formations that reflect three healing pathways back to wellness – Grounding, Purifying and Nourishing – these products contain ingredients with a vibrational energy that works in sequence with the human body to promote change and a return to equilibrium.

The physical benefits of the products are completely aligned with their ability to address emotional imbalance. Together, they offer holistic fine-tuning with tangible, long lasting results.



### Foot Ritual

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.



## The Three Formations

### Grounding

For those seeking reconnection, stillness and perspective Developed to promote inner peace and return body and mind to a state of harmony, this formation works as a balm for restlessness brought on by the frenetic pace of modern life.

It imbues a sense of reassurance and reconnection, while hydrating, healing, refining and strengthening on a physical level. 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 key ingredients include rose quartz crystals, jasmine, rare black Peruvian and purple muds, wild harvested butters, and silver.

Techniques include a Tibetan *Ku Nye* massage, meridian and acupressure work, springing and kneading. Recommended for treating stress, anxiety, jet lag, dry skin and hair, insomnia, tension in the lower spine, as well as feelings of insecurity, restlessness and the inability to switch off.

**If you want to feel**

- Reconnected
- Grounded
- Peaceful
- Deeply rested and rejuvenated
- Physical relief or release
- A solid centring of the etheric body
- Stillness
- Courageous
- The space to gain perspective
- Strong

**If you are feeling or experiencing**

- Uprooted
- Stressed
- Insecurity
- Anxious
- Unable to switch off
- Jet lag
- Insomnia
- Fear
- Tension in the lower spine
- Lower back pain
- Low energy

### Grounding Massage Ritual

90 minutes

A *Ku Nye* full-body massage honours ancient Tibetan healing traditions to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage 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 relaxation.

#### Benefits

- Moisturises dry skin, breaks up scar tissue and eases muscular tension
- Reduces chronic pain and improves athletic performance
- Balances the vital energy

### Grounding Scrub & Wrap Ritual

90 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 scrub 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.

#### Benefits

- Restores the nervous system, stimulates circulation and regenerates skin cells
- Boosts the lymphatic system and strengthens the immune system
- Reduces stress levels and promotes mental clarity

### **Grounding Face Ritual**

**90 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.

#### Benefits

- Brightens, firms and intensely hydrates
- Promotes cell renewal and improves uneven skin tone
- Encourages emotional stability and peace of mind

### **Grounding Journey**

**180 minutes**

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 Scrub and Wrap, followed by the Massage, and is completed with the Face Ritual. Each builds on the treatment that came before - grounding in every sense of the word, to ensure a state of perfect contentment.



## The Three Formations

### Purifying

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

A powerful detoxifier and cleanser, this formation holds the spiritual energy of vitality – stabilising the heart and mind, easing restlessness and energising the body, helping to purge negative thought patterns. Physical benefits include cleansing and brightening, giving skin a new lease on life.

Key ingredients include palo santo, sandalwood, juniper berry, rose geranium, raw honey, pearl, quartz, and argan stem cells – chosen for their anti-ageing and purifying characteristics. Techniques include lymphatic drainage, nerve point therapy, and nerve stimulation.

Recommended for treating bloating, low energy levels, dull skin, thyroid problems, post-illness exhaustion, as well as feelings of sluggishness, heaviness and confusion



**If you want to feel**

- Fortified
- Cleansed
- Detoxified
- Protected
- Peaceful
- Purified
- Lighter
- Energised
- Boosted

**If you are feeling or experiencing**

- Heaviness in the body
- Bloating/swelling
- Dull skin
- Thyroid problems
- Fatigue
- Post-illness exhaustion
- Emotionally stuck or stagnant
- Headaches/migraines
- Low energy
- In need of a detox

### Purifying Massage Ritual

90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind.

The massage concentrates on lymphatic drainage techniques, to manipulate lymph nodes and lymphatic vessels, to increase their activity and promote the flow of lymph. Compared to traditional massage the pressure applied with manual lymphatic drainage techniques is much lower in intensity but powerful in its effects.

#### Benefits

- Removes toxins and regenerates tissue
- Aids lymphatic drainage, reducing swelling and cellulite
- Increases immunity and eases muscle spasms

### Purifying Scrub & Wrap Ritual

90 minutes

This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is 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, and mineral-rich sea lavender and seaweed for boosting collagen levels. The treatment ends with the full-body application of palo santo salve.

#### Benefits

- Detoxifies the lymphatic system and boosts immunity
- Reduces swelling and improves skin tone and texture
- Increases energy levels and mental clarity

### **Purifying Face Ritual**

**90 minutes**

By combining nerve point therapy and lymphatic drainage to provide a detoxifying release, this tension releasing treatment is extremely beneficial for those exposed to excessive urban pollution.

Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative homeopathic copper, and powerful marine extracts that strengthen collagen production.

#### Benefits

- Hydrates, brightens and firms skin
- Drains the lymph and releases tension
- Detoxifies to reduce the effects of pollution

### **Purifying Journey**

**180 minutes**

This Journey targets purification on every level, from clearing the skin and detoxifying the body's organs, to removing negative energy and focusing the mind. All three Purifying treatments are applied, beginning with the Body Scrub and Wrap, followed by the Massage, and ending with the Face Ritual - leaving guests clear-headed and at peace.



## The Three Formations

### Nourishing

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.

The key ingredients of jasmine, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk and gold, 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 chakra-balancing massage, mantra music, marma point therapy, and the Light Technique – based on the shamanistic principle that luminosity is generated from various points on the head and neck. Recommended for treating lacklustre skin, the signs of ageing, anxiety, chronic fatigue and emotional stress, as well as feelings of disconnection, grief and discontentment.

**If you want to feel**

- Fulfilled
- Blissful
- Joyful
- Full of ease
- Gentleness
- Reconnected
- Energetically balanced
- Rested
- Rejuvenated
- Meditative
- Self-love
- Emotionally supported
- Nourished body and soul

**If you are feeling or experiencing**

- Disconnected
- Emotionally low
- Anxiety
- Chronic fatigue
- Dissatisfied
- Grief
- Emotional stress

### Nourishing Massage Ritual

90 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 stimulates the *kundalini* – dormant energy stored at the base of the spine.

#### Benefits

- Relieves exhaustion, stress and chronic fatigue
- Reduces anxiety and deeply relaxes
- Balances the energy body and emotions

### Nourishing Scrub & Wrap Ritual

90 minutes

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone and rejuvenate – in both the scrub and wrap. The scrub 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.

#### Benefits

- Boosts the lymphatic system and restores the nervous system
- Feeds skin while improving tone and texture
- Imparts a sense of being nurtured and held

### Nourishing Face Ritual

90 minutes

This brightening, moisturising treatment calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine 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 energy that enters the body via the breath. Skin is left looking truly radiant through the application of the Light Technique, focusing on the forehead, septum and throat.

#### Benefits

- Hydrates, soothes and feeds the skin
- Treats rosacea and dermatitis
- Improves the look of scarring and pigmentation

### Nourishing Journey

180 minutes

This Journey serves to combine the many forms of nourishment into an immersive experience that benefits every aspect of the individual – beginning with the Body Scrub and 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.



## Therapeutic Massage

### A Holistic Meeting of Past & Present

#### The Past

##### ***Shirabe* Rebalancing Massage**

**60 / 90 / 120 minutes**

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind.

Organ function is optimised, and energy is brought back to the body's centre. After a brief consultation to determine focus areas, the therapist employs a combination of Japanese *Anma* massage techniques, gentle stretches and an *Ampuku* abdominal massage.

This massage does not use oil.

##### **Foot Reflexology**

**60 minutes / 90 minutes**

Based on the concept that the foot is a microcosm of the entire body, this treatment unblocks energy flow (*qi*) within the body through acupressure points on the feet that correspond with internal organs - offering broad health benefits.



## The Present

### Customised Body Massage

60 / 90 / 120 minutes

As every person is unique and every treatment is different, this massage allows the therapist to curate a personalised massage appropriate for the guest's specific needs at that time. Using our Aman Spa aromatherapy-based massage oils, the therapist draws from a variety of massage techniques from gentle aromatherapy, through to Swedish, deep tissue and sports massage techniques.

### Hot Stone Massage

60 / 90 / 120 minutes

This deeply relaxing massage uses heated stones that serve as an extension of the therapist's hands, gliding over the skin to draw out tension and to encourage wellbeing. The heat from the stones improves blood and lymph flow whilst softening the muscles, warming the body throughout.



## Result-Orientated Facials

### Aman Advanced Facial

60 minutes / 90 minutes

An exclusive treatment in our Aman Spa, a wholly rejuvenating experience incorporating Aman's own skincare collection, Essential Skin. Created in Japan, Aman Essential Skin is infused with powerful rice bran and indigo extracts, to achieve a noticeably lifted, more radiant complexion. Combining these exclusive formulas with exfoliation and manual lifting techniques, the Aman Advanced Facial stimulates facial muscles, welcoming tighter, brighter skin. The treatment begins with ultrasonic scrubbing to loosen and remove oil, dirt, and cellular debris from the pores. Supported by the use of electric microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness and promote a gentle glow, the complexion appears all together brighter and tighter. The use of red and blue light therapy, a safe natural way to provide multiple benefits to your skin. The treatment concludes with the application of the Aman Nourishing Gold Algae masks to achieve an exceptional glow.

### Aman Tokyo AQ Meliority Facial

60 minutes / 90 minutes / 180 minutes

The 60-minute Aman Tokyo AQ Meliority Facial is a richly moisturising therapy that immediately enhances radiance, leaving the skin looking and feeling both firm and supple. For those seeking a longer experience, the 90-minute Aman Tokyo AQ Meliority Advanced Facial not only offers physical benefits, but also helps to relax the mind by combining a 60-minute rejuvenating facial with a 30-minute back and shoulder massage for a deeply comforting experience. The most comprehensive treatment of all, the 180-minute Aman Tokyo AQ Meliority Facial & Body therapy uses DECORTÉ hero-product, AQ Meliority Intensive Regenerating Multi Cream on the face and entire body. The powerful formula melts into the skin, stimulating the senses, immediately improving texture and tone, and leaving behind a youthful glow from head to toe.



### **Rejuvenate Oxygen Facial**

**90 minutes / 120 minutes**

Targeting fine lines and wrinkles, this anti-ageing facial dramatically enhances hydration, tone and radiance. A high concentration of oxygen is delivered using Aman's Rejuvenating Serum and the Intraceuticals System, combined with Hyaluronic Acid Technology. Skin appears visibly lifted and younger.

### **Add-on Extensive Atoxylene treatment**

**15 minutes**

This skin-tightening, firming and smoothing Atoxylene treatment works as a supplement to the oxygen facials. Super-powered natural peptides help to smoothen expression lines and refine the skin.

### **Customised Facial**

**60 minutes**

Experience a holistic facial that includes a soothing massage of the shoulders, neck and face while natural ingredients penetrate deeply to cleanse, nourish and hydrate the skin. This treatment releases tension points on the scalp and face to improve circulation and tone facial



## Movement & Bodywork with a Personal Instructor

### **Pilates**

**60 minutes**

The low-impact Pilates exercise method was created by Joseph Pilates in the early 20th century. Pilates is a physical movement programme designed to stretch, strengthen and balance the body. Pilates focuses on core stability and breathing patterns, rapidly correcting postural and muscular imbalances and improving overall strength and flexibility.

### **Yoga**

**60 minutes**

Hatha Yoga: A gentle introduction to basic yoga postures. Hatha yoga will help you feel more flexible, longer, leaner and relaxed. Poses are held for a longer time to allow a better mind and body connection.

Ashtanga Yoga: A system of yoga that follows a set sequence of asanas, or postures, always in the same order. It is typically fast-paced, vigorous and physically challenging.

Yin Yoga: A slow-paced style in which poses are held for five minutes or longer. The purpose is to apply moderate stress to the connective tissue - the tendons, fascia and ligaments - with the aim of increasing circulation in the joints and improving flexibility.

### **Personal Fitness**

**60 minutes**

Functional Training: Train your muscles to work together with maximum efficiency and prepare them for daily tasks by simulating common movements you might do at home, at work or playing sport. Functional Movement exercises emphasise core stability, calisthenics and plyometrics.

Kick Boxing: Learn boxing techniques and basic self-defence moves from our experienced Thai boxing coaches while rapidly gaining fitness and strength.



TRX Suspension Training: This workout leverages gravity and your body weight in a wide range of exercises. TRX delivers a fast, effective whole body workout, helps build a rock solid core and increases muscular endurance. Suitable for all fitness levels.

Circuit Training: A series of strength or cardiovascular exercises (or both), repeated two or three times with little or no rest in-between sets – excellent for weight loss, toning and endurance.

Bootcamp: A combination of cardio and strengthening exercises maximising the use of your surroundings and own body weight, providing a full-body workout without relying on equipment.

Manual Holistic Stretching: Assists muscular recovery following workouts by releasing lactic acid. It also helps to release tired, sore and stiff muscles, alleviate back pain and increase blood circulation. This can be highly beneficial for releasing muscle tightness and freeing up a limited range of motion due to ageing.

Core & More: This session is designed to train the core region throughout the three planes of motion, concentrating on the psoas, abdominals, pelvic floor, lower back and upper-body muscles.



## Wellness Facilities

Aman Spa is the largest and most comprehensive hotel spa in Tokyo, occupying almost 2,500 square metres on levels 33 and 34 of the Otemachi Tower, with breathtaking views of the Japan capital and surrounding cityscape.

**Spa Treatment Rooms:** Eight spacious treatment rooms each feature a dressing room, treatment area, steam shower and bathroom.

**Fitness Centre:** The spacious, light-filled Fitness Centre is equipped with the latest in cardiovascular and weight-training machinery from Technogym and Life Fitness. TRX and spinning bikes are also available.

**Pilates & Yoga Studio:** This light-filled space is equipped with Allegro Reformers and other Pilates and yoga apparatus. Private classes can be arranged.

**Swimming Pool:** The 30-metre heated swimming pool is lined with generously spaced double daybeds offering spectacular views of Tokyo through floor-to-ceiling glass windows.

**Relaxation:** Both male and female changing areas feature aroma steam rooms, traditional Japanese and Western showers, and hot plunge pools. These are known as the spa's Misogi facilities - named for the self-purification undertaken by a mythical Shinto hero on his return from the underworld.

Please note that spa facilities, spa treatments and the fitness centre are available for guests aged 16 years and above. Younger children who are proficient swimmers are able to use the swimming pool under the guidance of an adult companion. Infants wearing any form of diaper may not use the pool at any time.



## Reminders

### Operating hours

The Fitness Centre is open 24 hours, and the swimming pool and spa hydro facility are open from 6.30am to 10pm daily. Aman Spa operates daily from 10am to 10pm.

### Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time and service are available. Please dial extension 24 to make a reservation. The minimum age for treatments is 16 years. Guests under the age of 16 require parental consent prior to the booking being accepted.

### Special Considerations

Many treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any queries and inform staff of any medical or health concerns.

### Treatment Preparation

Guests are kindly requested to arrive at least 10 minutes before their session is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

### Spa Environment

Smoking and the use of mobile phones are prohibited in and around Aman Spa.

### Cancellation Policy

Although staff will do their utmost to accommodate any booking changes, guests are kindly requested to give at least six hours' notice of cancellation so that someone else may enjoy that time. Cancellations made within six hours will be subject to the full charge of the treatment booked. Any cancellations need to be made during the spa operation hours of 6.30am to 10pm.



#### Refunds

Unopened retail products are exchangeable within seven days of purchase with presentation of original receipt.

#### Valuables

Please do not bring valuables into the spa. For in-house guests, safes are provided in every room.

#### Pricing

All prices are in Japanese Yen, inclusive of 15% service charge and 10% consumption tax.