

Spa Menu

Amingiri
S P A





Spa Menu

Drawing inspiration from the boundless beauty of nature and the breathtaking Indian Ocean, we evoke energy and optimism as well as attainable well-being at Amingiri Spa. Let us guide you through bespoke selections as you embark on a transformative wellness and lifestyle journey: from an array of nurturing treatments by our carefully selected spa brands and expert Wellness Designers, to uniquely designed hammam rituals and experiences especially created for gentlemen and young spa-goers.



Spa



Lifestyle



Wellness



**Young Zen by
Amingiri Spa**

Spa

HAMMAM RITUALS

Inspired by the ancient ceremonies of Turkish baths, Hammam rituals purify and rebalance, revealing your skin's supple glow.

Turkish Royal Ceremony | 120 minutes

Indulge in all the secrets of Turkish tradition. A soft steam and scrub with black soap is followed by a relaxing foam massage, a wrap with purifying Rhassoul and a full body mask with honey and royal jelly, for soft and satin-smooth skin.

Hammam steaming. Body scrub. Foamy massage. Body wrap. Hair and scalp.

Oriental Ritual | 90 minutes

An invitation to fulfilment and serenity. This unique ritual begins with a soft steam and scrub with black soap, followed by a massage in a cloud of foam to help the skin regain its original texture and brightness.

Hammam steaming. Body scrub. Body wrap. Hair and scalp.

Moroccan Ritual | 60 minutes

Argan oil and orange blossom water make this tailored ritual perfect for those seeking to cleanse, detoxify and feel rejuvenated.

Hammam steaming. Body scrub. Body wrap.

Traditional Hammam | 45 minutes

Experience a soft steam followed by a body scrub with nourishing black soap.

Hammam steaming. Body scrub.



Spa

SIGNATURE BODY MASSAGES

Exclusively designed for Amingiri Spa, the treatments are infused with the mystical, harmonising powers of infused signature blends. This “stress-relieving happy juice” is infused in your water or tea at the beginning of your treatment. Bring health, harmony and joy to your body and mind. Unwind with floral essences with a splash of refreshing mint.

Age Defying | 90 minutes

Deeply hydrating organic shea butter is used in this ultra-luxe deep conditioning massage. Lotus, ginkgo, and clinically-proven paracress extract firm and plump – or smooth, youthful skin. An infusion of biodynamic floral essences calms the nervous system and comes with detoxifying effects.

Immune Boosting | 90 minutes

This supercharged immune boosting treatment includes upper body polishing followed by a hot stone full body massage to ease tension, initiate immune recovery and naturally strengthen resistance to disease.

Liquid Memories | 90 minutes

Select gentle, mindful aromas during your guided aroma journey ritual. These will be combined to originate a completely distinctive and personalised fragrance to be used throughout your massage, leaving a healing imprint.

ANCIENT HEALING BODY MASSAGE

Intuitive and holistic well-being techniques from the past, refined over the centuries and captured in ancestral memories of healing.

Four Loving Hands Massage

Balancing and nurturing | 60 minutes

A perfectly synchronised treatment done by two therapists, characterised by Huna’s loving hands. This treatment balances the physical, mental and spiritual dimensions with long, gentle gliding strokes done rhythmically. A beautiful way of bringing you into a total sense of well-being.

Muscle Release

Deep tissue massage | 60 minutes/90 minutes

A deeply conditioning full body massage melts away tension while the replenishing oil infusion of coconut, sunflower, safflower, passion flower and vitamin E leaves your skin cashmere-soft and provides long-lasting protection.

Traditional Thai Massage

Dry and flexible | 60 minutes/90 minutes

This traditional Thai massage is a blend of passive yogic stretches and pressure point work, performed fully clothed without oil according to the ancient traditions of Siam.

Balinese Massage

Relaxing and deep tissue | 60 minutes

Sink into bliss with a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and *qi* (energy) around your body, and bring a sense of well-being, calm and deep relaxation.

Therapeutic Reflex

Foot soak and reflexology | 60 minutes

Treat your soles to the healing and detoxifying power of Epsom salt and arnica-infused water, combined with pressure point reflexology to induce deep relaxation and draw toxins out of the body.

Warm Oil Crown

Head massage | 45 minutes

Patterned after the traditional Shirodhara massage of India, a luxurious blend of vitamin E, passion flower and coconut oil is drizzled over the scalp for a nourishing, sensitive-skin-soothing scalp massage and shine-boosting hair treatment.

Spa

BODY TREATMENTS

An array of nourishing wraps and fragrances to renew and revitalise your skin.

Detoxifying Spirulina Wrap

Slimming | 60 minutes

Using an all-natural, live spirulina algae, this seaweed treatment contains essential vitamins, minerals and protein to nourish and revitalise. The body is wrapped to soak up essential elements from the Spirulina Masque. The application of remineralising body crème mixed with lavender bath and body oil finishes the purifying and remineralising treatment. The wrap is very effective when used as part of a slimming or nourishing programme.

Remineralising Aloe Vera Wrap

Soothing | 60 minutes

The healing and moisturising properties of aloe vera are combined with the remineralising and nourishing properties of algae and soothing qualities of lavender in this deluxe hydrating body wrap. The treatment includes a luxurious scalp and neck massage as well as foot massage with alpine foot balm.

Age Defying Wrap

Full body | 45 minutes

Hydrating shea butter is melted and painted in long strokes onto the body, infusing the skin with vitamin E and soothing, firmin paracress extract, followed by a soothing coconut oil scalp massage.

Age Defying Polish

Full body polish | 30 minutes

A warm oil effleurage and an infusion of sugar, salt, and shea is used to gently buff, deeply hydrate dry, dull skin, and unveil your glow, followed by an anti-aging, immunity-boosting probiotic hydration.

Bespoke Wrap

Full body wrap | 45 minutes

Together with a personalised aroma of your choice, hydrating shea butter is melted and painted in long strokes onto the body, infusing the skin with vitamin E and soothing, firmin paracress extract, followed by a soothing coconut oil scalp massage.

Bespoke Polish

Full body scrub | 30 minutes

Tailored to your personalised aromas, a warm oil effleurage and an infusion of mineral salt and lavender oil combine to gently buff and deeply hydrate dry, dull skin, and unveil your glow, followed by a calming, immunity-boosting lavender hydration.



Spa

FACIAL CARE

A luxurious facial elevates the skincare experience. With distinctive facial massage techniques and 16-point acupressure, you're in for memorable treatments that provide visible results.

Marine Ultimate Facial

Intense hydration | 90 minutes

A decadent facial utilising advanced anti-aging formulas and an algae-based sheet masque to firm, tone, refine and deeply hydrate. Results are immediate, leaving skin supple, healthy and luminous.

Correcting

Brightening facial | 60 minutes/90 minutes

Advanced formulas and a rice peel-off masque target hyperpigmentation of face, neck and décolleté for immediate improvement in tone, texture and luminosity. The 90-minute brightening facial includes a luxury multi-acid peel and foot massage.

Gua Sha Facial

Instant lift | 60 minutes/90 minutes

This exclusive facial rejuvenation technique stimulates lymphatic drainage, boosts circulation and releases fascia to leave skin visibly firm, contoured and glowing.

Marine Anti-Aging Facial

Age defying | 60 minutes/90 minutes

Age-defying skincare in the form of powerful marine actives and botanicals firms and refines skin tone, condition, and function.

Natural

Customised deep cleansing | 60 minutes

An exfoliating peel, deep-cleansing massage and personally selected masque to purify, balance and nourish any skin type.

Eye Lift Treatment

Lifting | 45 minutes

An intensive eye treatment designed to diminish lines and wrinkles, treat dark circles and puffiness, and improve clarity for brighter, more luminescent skin. This treatment includes a *gua sha* lifting massage around the eye area as well as scalp *gua sha*.

Eye Rescue Treatment

Targeted rescue | 30 minutes

Targeting the delicate eye area with special attention, the Eye Rescue Treatment is ideal for reducing fine lines, dark circles and puffiness letting skin regain its radiance.





MAMA-TO-BE

Specifically created for expectant mothers, these treatments cradle you in the gentle hands of our therapists.

Mama-to-Be

Pregnancy | 60 minutes

This gentle massage provides relief from the aches and pains of pregnancy. Includes an application of unscented Concreta to the belly and hips to help reduce the signs of stretch marks and soothe your skin.

Mama-to-Be Belly Butter

Belly and stretch mark treatment | 30 minutes

Ease the appearance of stretch marks with a Belly Butter Enhancement, a soothing infusion of clean, unscented, 98% organic Concreta.

Mama-to-Be Polish

Full body | 30 minutes

A luscious, warm vitamin E oil application, followed by a gentle buff with sugar, salt, and shea butter brings vibrancy to dull skin and unveils your glow. Deeply nourishing organic shea butter balm is applied to dry areas to soften and protect skin.

Spa

GENTLEMEN'S SPA EXPERIENCE

Created with an emphasis on modern gentlemen's care and well-being, our treatments focus on overall health and skincare refinement

Groomed | 2 hours and 30 minutes

Let us guide you through a world of self-appreciation that is truly purifying and invigorating. Enjoy and relax with our muscle melt massage, followed by a pedicure to pamper and revive your feet. End with a luxurious hot towel wrap and comfortable shave.

Bio-mineral Facial | 60 minutes/90 minutes

Powerful pre and probiotics, a skin-clearing massage, a nourishing masque and a customised serum blend return the skin's microbiome to its ideal state. The 90-minute facial includes acupressure points on the face and a foot massage.

Muscle Melt Massage | 60 minutes/90 minutes

Designed for easing muscle pain and tight joints, the massage combines deep tissue techniques and Thai stretching to leave you feeling energised afterwards.

Tonic Massage | 60 minutes/90 minutes

Firm pressure and cross-fibre strokes combined with unscented coconut oil, musk-scented massage oil and heat-generating herbalised balm improve the circulation and help loosen tight muscles, particularly around the shoulders and lower back.

Age Defence Facial | 60 minutes

The ultimate in skin maintenance, a personalised facial minimises pores, diminishes fine lines and brightens tired complexions. Hands and feet are cleansed, exfoliated and massaged, while our signature face, neck and shoulder massage induces deep relaxation.



Lifestyle

A LITTLE BIT OF EVERYTHING

A selection of quick, calming treatments on the tranquil outdoor deck with its infinite panoramas of the Indian Ocean. All services are a minimum of 30 minutes.

Target Massage

- Arm, Hand and Shoulder
- Arm, Neck and Head
- Back and Arm
- Back, Neck and Head
- Express Foot Massage

After Sun Selections

- After Sun Body Restorative
- After Sun Facial Recovery
- Top to Toe Pre and Post Sun Care



Lifestyle

THE STYLIST

Salon & Grooming Services

Our team of Stylists will be delighted to help you style your appearance, whether you're in the mood for a subtle change or a dynamic new look.

Elegant Nails

Begin with a sensory journey that carries you through the entire treatment. Following detailed nail shaping, cuticle and heel care, enjoy an arnica-infused foot soak, organic shea butter and probiotic mask.

- Classic Pedicure | 60 minutes
- Classic Manicure | 60 minutes
- Express Pedicure | 30 minutes
- Express Manicure | 30 minutes

Glamour

Go from daytime radiance to nighttime glamour, or create the perfect face for special milestones.

- Bridal Hair and Makeup
- Basic Makeup

Hair Innovation

We have carefully selected a range of sustainable beauty products with nature-derived ingredients specifically formulated to address various hair and scalp conditions.

- Dry Hair and Split Ends Treatment
- Nourishing Hair and Scalp Treatment
- Replumping Hair Treatment
- Hair Cut

Hairstyle

Professional hairdressing to ensure you look your best.

- Creative Styling
- Curl S/M/L
- Ironing S/M/L

Perfect Nails

Solutions for a quick retouch and revival, accompanied by a refreshing spa beverage.

- Dress Me (Change and add nail polish)
- Good to Go (Cut, file and polish)
- Shape and Shine (Cut, buff and file)





GENTLEMEN'S GROOMING

Essential grooming for the modern gentleman.

Ultimate Shave Experience | 60 minutes

Enjoy the pleasure of our traditional hot towel wet shave with a deep relaxing face massage.

The Essential Cut

A bespoke experience delivered by a well-trained and experienced professional, hair is trimmed and styled specifically to your preference. The cut includes dry shampooing and wet shampooing, as well as conditioning of the hair and scalp. A trim around the ears, neck and eyebrows are added. A forearm and shoulder massage is also applied at the end of the service.

Express Hot Towel Wet Shave | 30 minutes

The pre-shave oil is applied with a luxurious hot towel wrap, followed by a rich shaving cream and finished with a close and comfortable shave.

Eyebrow Sculpture | 30 minutes

A trained professional will determine whether wax, tweezers or just a trim is required to create the desired impact with well-groomed brows.

Hand Grooming | 30 minutes

This session focuses on a gentleman's hands and arms, ensuring the nails are impeccably manicured, and also uses in-depth reflexology.

Scalp Shave | 30 minutes

Your scalp will be gently cleansed and a luxurious pre-shave oil will be massaged into the scalp to soften the hair and prepare for a meticulous shave. The signature Hommage razor and badger hairbrush will be used to ensure the closest shave possible. An application of a soothing shave balm will cool and calm the skin and help promote cellular repair.

Shave & Shape | 30 minutes

Allow our expert barber to shave and shape your beard to elevate your holiday style.

Wellness

FITNESS

Exercise & Training Sessions

Get your heart rate up with exercise sessions custom designed by our fitness specialists

Fitness Break | One day

Complete a different series of fitness workouts for a day. This programme is designed to bring out a clear idea of your strengths and weaknesses and enough information to change how to do your personal exercises at home.

Circuit Training | 60 minutes

This routine helps to improve aerobics fitness, muscular strength and muscle tone. A total body conditioning workout that effectively combines endurance and resistance training performed circuit-style.

Functional Training | 60 minutes

Simply by using the weight of your body and the power of gravity, you can build muscle, burn fat, and create good energy. These exercises typically use the whole body to emphasise core strength and stability.

HIIT Training | 60 minutes

High-intensity interval training is a training technique in which you give all-out, one-hundred-percent effort through a quick burst of exercise, followed by a short active recovery period. This training regimen gets and keeps your heart rate up, helping to burn fat in less time.

Personal Training | 60 minutes

A one-on-one programme to motivate and guide you to achieve your personal fitness goals, which may include losing weight, building muscle, increasing core strength or improving cardiovascular fitness.

Pilates | 60 minutes

Pilates is based on the concept that we should be working all the muscles of the body together, in the way that they should be functionally engaging for truly healthy alignment and human movement.

Tabata | 60 minutes

The programme incorporates high interval training with each round including 20 seconds of highly intense movements followed by 10 seconds of rest. This efficient interval workout is effective and suitable for those who are short on time.



Wellness

BREATHE & MEDITATE

Aerial Yoga | 60 minutes

Aerial yoga brings awareness to your mind-body connection while also helping increase your strength and flexibility, through traditional poses that lift you off the ground with an aerial hammock. Feeling grounded in this elevated form of yoga takes deep concentration and mindfulness.

Ashtanga Vinyasa Yoga | 60 minutes

An authentic yoga practice leading to liberation and greater expression of our spiritual potential by working on our eight limbs.

Hatha Yoga | 60 minutes

Hatha yoga is renowned for building power and confidence and improving flexibility. This guided class will foster inner balance and spiritual peace of mind.

Guided Meditation | 30 minutes

A quick way to recharge and focus, achieving mental, physical and emotional healing through a journey to the inner self.

Pranayama Exercise | 30 minutes

Breath is the true foundation of providing life to the body. This ancient healing practice is an effective therapy for releasing tension in the chest and respiratory muscle, improving your quality of breath and its direct impact on your vital energy.



Young Zen by Amingiri Spa

WELLNESS FOR ALL AGES

Young Zen by Amingiri Spa is a tailor-made programme for children and teenagers from ages 5 to 18. Our age-appropriate scent journeys, spa rituals, beauty workshops and fitness sessions have been carefully selected to encourage a sense of holistic wellbeing.

Family Retreat

Our three-hour balance retreat have been crafted to encourage families to embrace mindful togetherness. Our wellness specialist will conduct a quick and professional consultation to personalise the retreat just for you.

Fancy Package | 90 minutes

Encouraging awareness of self-care, the treatment starts with a gentle body scrub, followed by a target massage of your choice. A gentle hand or foot treatment with mini facial completes the indulgent experience. A refreshing healthy smoothie is served at the end of the journey.

Body scrub. Body massage. Hand treatment. Mini facial.

Hot't Body Wrap by Zents | 45 minutes

Select from an array of products designed to care for sun-warmed skin. A refreshing facial cleanse follows.

Slammin' Body Scrub by Zents | 45 minutes

Let your senses select the scent for this body polish that exfoliates and energises, revealing the natural radiance of your skin.





Young Zen

by Amingiri Spa

Muscle Masters

Junior body | 30 minutes/60 minutes

Sink into a state of blissful relaxation as your therapist uses just the right amount of pressure for you. Select the 30-minute massage which treats the back of the body or the 60-minute massage which includes the front of the body and crown of the head.

Express Facial

Rescue | 30 minutes

Designed as a swift and efficient rescue for skin that requires care and healing.

Basic Aerial Yoga

Learn the exciting essentials, and perfect some engaging poses.

Concentrate & Focus

A short meditation class that parents may or may not attend. Especially useful when preparing for a big day back at school.

Generation Zen Style

This workshop is perfect for teens learning how to care for their skin, and includes beauty essentials for hair and nails.

- Hair Recovery
- Sparkling Fingers and Twinkling Toes
- Stylish Hair

Yoga for Lifestyle

A relaxing, mindful yoga session for the family to bond. For those who prefer a solo session, our wellness specialist will assist you in designing your workout.

Wellness Etiquette

Amingiri Spa is a place of tranquility. We appreciate you turning off your mobile phone and electronic devices. To respect the relaxation and privacy of our Guests, we kindly request you speak quietly. Smoking is not permitted throughout all areas of the spa.

Age Requirement

All Guests aged under 12 should be accompanied by parents or guardians. Selected treatments are available, subject to the advice of our specialist.

Arrival

For maximum enjoyment of your spa journey, please arrive 15 minutes prior to your appointment in order to relax and perform the formalities. A late arrival will decrease the time of your treatment.

Cancellations

We require notice for all treatment cancellations or booking changes four hours prior to your appointment time. As we may turn away other Guests to hold your reservation, any cancellations within four hours of the treatment will be charged.

No-shows will also be charged at the full treatment price.

Health

Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult the doctor before signing up for any treatments. Please notify our spa reception of any existing medical conditions.

Prices

All prices are in US dollars and are subject to 10% service charge and 16% applicable government taxes. Prices are subject to change without prior notice.

Reservations

We recommend booking treatments in advance to ensure your preferred timings and services are available. Our dedicated team will assist you in selecting the best treatment options to suit your needs and preferences.

Valuables

We advise you not to bring any valuables during your visit. Amingiri Spa accepts no responsibility for the loss of money or valuables of any kind.

Opening Hours

AMINGIRI SPA | 10:00am – 8:00pm

FITNESS CENTRE | 6:00am – 9:00pm
(24-hour access with villa key card)

YOGA PAVILION | 6:00am – 6:00pm

SALON AND GROOMING LOUNGE |
10:00am – 8:00pm





Spa Price List

HAMMAM RITUALS

Turkish Royal Ceremony 120 minutes	USD 295
Oriental Ritual 90 minutes	USD 250
Moroccan Ritual 60 minutes	USD 200
Traditional Hammam 45 minutes	USD 175

SIGNATURE BODY MASSAGES

Age Defying 90 minutes	USD 200
Immune Boosting 90 minutes	USD 200
Liquid Memories 90 minutes	USD 200

ANCIENT HEALING BODY MASSAGE

Four Loving Hands Massage 60 minutes	USD 250
Muscle Release 60 minutes/90 minutes	USD 150/USD 195
Traditional Thai Massage 60 minutes/90 minutes	USD 150/USD 195
Balinese Massage 60 minutes	USD 150
Therapeutic Reflex 60 minutes	USD 150
Warm Oil Crown 45 minutes	USD 130

BODY TREATMENTS

Detoxifying Spirulina Wrap 60 minutes	USD 130
Remineralising Aloe Vera Wrap 60 minutes	USD 130
Age Defying Wrap 45 minutes	USD 90
Age Defying Polish 30 minutes	USD 70
Bespoke Wrap 45 minutes	USD 90
Bespoke Polish 30 minutes	USD 70

FACIAL CARE

Marine Ultimate Facial 90 minutes	USD 220
Correcting 60 minutes/90 minutes	USD 160/USD 200
Gua Sha Facial 60 minutes/90 minutes	USD 160/USD 200
Marine Anti-Aging Facial 60 minutes/90 minutes	USD 160/USD 200
Natural 60 minutes	USD 160
Eye Lift Treatment 45 minutes	USD 130
Eye Rescue Treatment 30 minutes	USD 100

MAMA-TO-BE

Mama-to-Be 60 minutes	USD 150
Mama-to-Be Belly Butter 30 minutes	USD 70
Mama-to-Be Polish 30 minutes	USD 70

GENTLEMEN'S SPA EXPERIENCE

Groomed 2 hours and 30 minutes	USD 280
Biomineral Facial 60 minutes/90 minutes	USD 150/USD 195
Muscle Melt Massage 60 minutes/90 minutes	USD 150/USD 195
Tonic Massage 60 minutes/90 minutes	USD 150/USD 215
Age Defence Facial 60 minutes	USD 150

A LITTLE BIT OF EVERYTHING

Target Massage	
• Arm, Hand and Shoulder	USD 70
• Arm, Neck and Head	USD 70
• Back and Arm	USD 70
• Back, Neck and Head	USD 70
• Express Foot Massage	USD 70
After Sun Selections	
• After Sun Body Restorative	USD 70
• After Sun Facial Recovery	USD 70
• Top to Toe Pre and Post Sun Care	USD 70

All prices are in US Dollars and are subject to service charge and applicable taxes.

THE STYLIST

Elegant Nails

- Classic Pedicure | 60 minutes USD 100
- Classic Manicure | 60 minutes USD 90
- Express Pedicure | 30 minutes USD 70
- Express Manicure | 30 minutes USD 70

Glamour

- Bridal Hair and Makeup USD 250
- Basic Makeup USD 150

Hair Innovation

- Dry Hair and Split Ends Treatment USD 110
- Nourishing Hair and Scalp Treatment USD 110
- Replumping Hair Treatment USD 110
- Hair Cut USD 90

Hairstyle

- Creative Styling USD 80
- Curl S/M/L USD 80
- Ironing S/M/L USD 80

Perfect Nails

- Dress Me (Change and add nail polish) USD 30
- Good to Go (Cut, file and polish) USD 30
- Shape and Shine (Cut, buff and file) USD 20

GENTLEMEN'S GROOMING

Ultimate Shave Experience USD 150
60 minutes

The Essential Cut USD 100

Express Hot Towel Wet Shave USD 70
30 minutes

Eyebrow Sculpture USD 70
30 minutes

Hand Grooming USD 70
30 minutes

Scalp Shave USD 70
30 minutes

Shave & Shape USD 70
30 minutes

WELLNESS MOVE

Fitness Break USD 200
One day

Circuit Training USD 60
60 minutes

Functional Training USD 60
60 minutes

HIIT Training USD 60
60 minutes

Personal Training USD 60
60 minutes

Pilates USD 60
60 minutes

Tabata USD 60
60 minutes

BREATHE & MEDITATE

Aerial Yoga USD 60
60 minutes

Ashtanga Vinyasa Yoga USD 60
60 minutes

Hatha Yoga USD 60
60 minutes

Guided Meditation USD 30
30 minutes

Pranayama Exercise USD 30
30 minutes

WELLNESS FOR ALL AGES

Family Retreat USD 1,200

Fancy Package USD 195
90 minutes

Dazzling Back Facial USD 150
60 minutes

Hot't Body Wrap by Zents USD 90
45 minutes

Slammin' Body Scrub by Zents USD 90
45 minutes

Muscle Masters USD 70/USD 150
30 minutes/60 minutes

Express Facial USD 70
30 minutes

Basic Aerial Yoga USD 30

Concentrate & Focus USD 30

Generation Zen Style

- Hair Recovery USD 30
- Sparkling Fingers and Twinkling Toes USD 30
- Stylish Hair USD 30

Yoga for Lifestyle USD 30