

# AMAZOE



## Amanzoe Spa

The history of Western medicine is inextricably linked with Hippocrates, who is referred to as the Father of Modern Medicine (460-370BC). Hippocrates finally freed medicine from the shackles of magic, superstition, and the supernatural. He believed that the human body functioned as one unified organism, or *physis*, and must be treated, in health and disease, as one coherent, integrated whole.

*"Healing is a matter of time, but is sometimes a matter of opportunity"*

Hippocrates placed great emphasis on strengthening and building up the body's inherent resistance to disease. For this, he prescribed diet, gymnastics, exercise, massage, hydrotherapy and sea bathing.

We have combined these elements and integrate natural products, therapeutic treatments, movement modalities and steam and cold plunge to facilitate optimum wellness.

# AMANZOE

## Amanzoe Signature Journey

The holistic healing philosophy of Greek medicine states that man is essentially a product of the natural environment, and that good health is found when living in harmony with nature. The process of healing is restoring this lost harmony and integration.

We have drawn on this ancient wisdom and have developed signature journeys that promote harmony by integrating techniques and natural products found locally in Greece that are combined with our own Aman spa products.

### Amanzoe Rejuvenation

The perfect way to begin your stay at Amanzoe. This 120 minute treatment begins with Aman Himalayan salt scrub to exfoliate, relieve fatigue, stimulate circulation and boost the lymphatic system. The nutrient-rich clay is then applied to replenish the skin, promoting regeneration and improving tone and texture. This is followed by a deeply relaxing aromatherapy massage with pure Greek olive oil.

The 90 minute treatment includes the Aman Himalayan salt body scrub followed by the massage.

120 minutes	Euro 270
90 minutes	Euro 220



# AMANZOE

## Holistic Facials

Let our Aman Spa Products provide a totally natural way to deeply nourish and repair your skin using a unique blend of plant essences. Through our techniques our facials go beyond beauty as they incorporate a great deal of facial massage, which make all of these treatments suitable for both men and women.

### Holistic Amanzoe Facial Massage

This pampering holistic facial includes a relaxing massage of the face, shoulders and neck. Local Greek honey is used to gently exfoliate and enliven your skin, while the powerful essential oils in Aman's range of spa products will deeply nourish and hydrate. This beautiful anti-ageing and lifting facial will leave you and your skin feeling refreshed and rejuvenated. Choose either a scalp & hair massage with laurel oil or foot massage to complete your 90 minute signature experience.

60/90 minutes      Euro 170/220

### Zone Facial Massage

This massage for the face improves circulation and the tone of facial muscles, whilst Aman's Intensive Repair Serum restores vitality and radiance to the skin. The reflex zones on your face correspond to the zones in your body so this facial also supports in the elimination of toxins from the internal organs. The 90-minute treatment includes "Zone for the Sole", a foot massage that restores the balance to your body.

60/90 minutes      Euro 170/220

# AMANZOE

## Massages

### Holistic Massage

In this aromatherapy based oil massage, our spa therapists employ diverse techniques and intuition delivers a personal and customized approach to therapeutic bodywork. We provide a wide-range of deep tissue, aromatherapy, Swedish and sports massages. We recommend adding 30 minutes of scalp and hair massage with laurel oil for powerful and bright hair or 30 minutes of foot reflexology massage using the cooling essence of peppermint to leave you feeling deeply relaxed.

60/90 minutes

Euro 160/210

### Hot Stone Massage

The combination of warm stones and massage penetrates deeply into the body to soothe and relax tender muscles. Hot basalt stones are placed on, and under, the body to generate heat, drawing out tightness. The stones are an extension of the therapist's hands as they glide over the body as part of this flowing massage technique, allowing the benefits to be felt at a deeper level.

90 minutes

Euro 210

### Thai Massage

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is performed over loose comfortable clothing to allow movement. Thai massage is uniquely relaxing yet energizing, and is a highly effective therapeutic treatment.

90 minutes

Euro 210



# AMANZOE

## Aquatic Bodywork

### Aquatic Bodywork

Aquatic Bodywork is a form of movement therapy performed in warm water. While floating in this relatively gravity free environment, you are moved in unique ways following your body's natural movement patterns. Motion and stillness may be combined with elements of Shiatsu, joint mobilization, deep tissue techniques, yoga-like stretching and dance, encouraging the release of muscular and joint restrictions, thus allowing the body to experience greater fluidity and authenticity of movement.

As well as being used for a variety of clinical needs including rehabilitation and chronic pain, it is characterized by its deep relaxation and sensory immersion.

### For Pregnancy

Pregnancy can be an ideal opportunity to rediscover your fluid nature. By carefully following your breath, you will be guided into a continuum of movements, reawakening innocent shapes and forms that mimic your inner motion. With 360 degrees access to your body in water, gentle stretching and massage relieve all your aches and strains, while you simply let go and dance alongside your baby, in a mutual fluid environment.

Aquatic Bodywork sessions

60 minutes

Euro 220

*To provide a fully customized session in water requires not only skills but a level of artistry. Our team has undergone an extensive training program, led by Steve Karle, our Aquatic Bodywork Specialist, in order to create a highly therapeutic journey, based on precision and neutrality.*



# AMANZOE

## Integrated Fitness & Movement Programs

The Aman Spa is not merely a sanctuary offering pampering and rejuvenation for body and soul. It is also a place where personal fitness goals can be achieved with the help of our Fitness & Movement Specialists. Our specialists will evaluate in depth the guest's life style, movement patterns and personal goals in order to offer the most personalized experience. Total body awareness, movement optimization, improved performance in specific sports; flexibility, strength and endurance are some of the goals to be achieved through bespoke exercise programs. This also includes, Intelligent Circuit training, Pilates & Yoga.

### Personal Training

The fitness center is equipped with the latest in cardiovascular and weight-training machinery including treadmills, elliptical trainers, stationary bicycles and TRX. Designed to make training a pleasure, the facility offers floor-to-ceiling windows which allow light to flood in. For those wishing to pursue individual health and fitness goals our Fitness Specialist Vassilis is available to meet and assist you to create a bespoke personalized training program, offer swimming lessons or outdoor activities.

Personal training is available for all levels of fitness, either at the Gym, your Pavilion, outdoors or at the Beach Club. Prior bookings are advisable.

Individual	60/90 minutes	Euro 120/180
Couple/Three persons	60/90 minutes	Euro 60/90 per person

### Tennis

Amanzoe has two floodlit tennis courts which are available on a complimentary basis; however they do require prior bookings. We are happy to provide rackets, balls and shoes if required.

Tennis instruction or a tennis partner is also available through an outsourced company. This requires pre booking and is subject to availability and is priced at 90 Euros per hour.

Please contact the spa reception to book the tennis court.



# AMANZOE

## Yoga

Balance your mind, body and spirit in our spacious Yoga pavilion. Situated on a lush hillside with a breathtaking view, it is the perfect setting that combines isolation with tranquility and bliss.

Come and join Manos our Yoga Specialist for a unique yoga experience and empower your entire body. Practice in the morning and allow the energy to flow using breathing techniques and chest opening poses, or practice in the afternoon and lengthen all your muscles; regain your strength, stamina and flexibility.

Whether you are a beginner or an advanced practitioner, Manos will guide you step by step through the whole session and focus on your needs. This includes body alignment, breath and awareness.

Either you practice Hatha Yoga, Vinyasa flow or Ashtanga, combine your practice with meditation and pranayama to achieve the best maximum results.

**Hatha Yoga** is the perfect style for beginners. It refers to a set of physical exercises (known as asanas), designed to align your skin, bones and muscles. The postures are also designed to open the channels of the body and especially the spine, so that energy flows freely.

The **Ashtanga vinyasa Yoga** method follows a set series of postures, using Ujjayi breathing, bandhas and drishti. The term vinyasa refers to the alignment of movement and breath, a method which turns static asanas into a dynamic flow. In effect, attention is placed on the breath and the journey between the asanas rather than solely on achieving perfect body alignment in an asana.

In a **Vinyasa Flow** class, expect to breath and move smoothly from one pose to another. Class includes sun salutations. Vinyasa flow Yoga is almost like a dance with synchronized breath and movements. The style and the sequence will vary depending on your desire and abilities.

Individual	60/90 minutes	Euro 120/180
Couple/Three persons	60/90 minutes	Euro 60/90 per person





# AMANZOE

## Finishing Touches

### Hand & Foot Care

We are on our feet all day and they absorb a great deal of pressure resulting in poor circulation and swelling. Similarly, our hands are exposed to the elements and are often extremely dry and tight due to being used in almost every daily action that we undertake. Our hands and feet treatments have been developed with this in mind and are suitable for both men and women.

Aman Manicure	60 minutes	80
Aman Pedicure	75 minutes	90
Manicure/Pedicure Combination	90 minutes	140
Nail Polish Change	15 minutes	30

### Hair Removal

Lip/Chin/Under Arm	15 minutes	20
Bikini	20 minutes	25
Brazilian	45 minutes	50
Hollywood	60 minutes	70
Half Leg	30 minutes	45
Full leg	45 minutes	50
Combination: Full Leg, standard Bikini, under arm	60 minutes	110

### Men

Back	70
Chest	65
Back & Chest	110

### Hair Care

Hair cut for Men	50
Hair cut for Women	60
Hair cut for Children	30
Shampoo and Style	60
Highlights & Coloring	50 to 100

All prices are in Euros and are inclusive of tax



# AMAZOE

## Spa facilities

The Amanzoe Spa is 2,850 square meters, providing a combination of wellness services including treatments, integrated movement programs, aesthetic therapies and relaxation.

### Treatment Rooms

Seven treatment rooms (four double treatment rooms, two outdoor pavilions and one Thai massage room) each features a dressing room, treatment area, steam shower and bathroom. In addition, there is a Watsu pavilion, providing a water based treatment that incorporates 'yoga like' stretches in water and a finishing salon that provides hair styling and offers manicure and pedicure treatments.

### Fitness Center, Yoga Pavilion & Pilates Studio

The spacious, light-filled fitness center is equipped with the latest in cardiovascular and weight-training machinery, while the yoga pavilion facing the East has views of the surrounding valleys and olive trees. The Pilates studio is fully equipped with allegro reformers and other Pilates-specific equipment.

### Steam and cold plunge pools

Both male and female changing areas feature steam rooms and cold plunges. The movement from hot to cold each day is beneficial for assisting circulation and strengthening the immune system.



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## Aman Spa Products

Based on the knowledge and wisdom of ancient philosophies and natural healing traditions, Aman Spa's unique chemical-free product range works holistically to nurture the skin and enhance overall well-being.

Made using the highest quality natural ingredients known for their anti-ageing and balancing qualities, Aman skincare products penetrate deep into the skin to nourish and rejuvenate. Plant essences and extracts have been carefully sourced from around the world for their purity, potency and therapeutic qualities.

Aman Spa products cater to both men and women and represent a lifestyle choice of simple luxury recognizing nature's healing touch.



# AMANZOE

## Spa Etiquette

### Appointments

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

### Special Considerations

Most treatments can be adapted to accommodate pregnancy or injury. Please contact us with any queries and let us know of any medical or health concerns.

### Treatment Preparation

We recommend that you arrive at least 15 minutes prior to your scheduled treatment time, allowing time to complete your holistic health assessment and to enjoy the facilities loosen and relax your muscles before your treatment. Afterwards, take some time out in the tranquil environment of our spa, allowing the benefits of your treatment to take effect.

### Spa Environment

Please refrain from smoking and turn your mobile phone off or to a silent setting whilst in, or around, the Aman Spa. The minimum age for taking a spa treatment is 16 years. Guests under the age of 16 years are required to have parental consent prior to the booking being accepted.

### Cancellation Policy

We understand that schedules change and we will do our best to accommodate your needs. Since your Spa time is reserved especially for you, we kindly ask you to give a minimum of 4 hours cancellation notice so someone else may enjoy that time. Cancellations made within 4 hours will be subject to the full charge of the treatment booked.

### Valuables

We request you to leave your valuables in your room.

### Operating hours

The fitness centre is open from 8am to 8pm daily. Please contact our Guest Assistant for access at any time outside of these hours

The spa operates from 10am to 8pm daily with the last booking at 7pm. Out of hours spa appointments are subject to availability. Please dial extension 4 to make a reservation.

All prices are in Euros and are inclusive of tax