

Spa & Wellness Menu



AMATARA
WELLEISURE™ RESORT

We take an holistic approach
to wellness, combining ancient
traditions with fresh, organic
ingredients designed to nurture
your body, and take your mind and
spirit into a place of calm and
tranquility.

Content

3	Amatara's Signature Thai Hammam
5	Mud Therapy
7	Massage Treatments
8	Traditional Thai Massage With Herbal
10	Compress Speciality Massages
12	Ayurvedic Treatments
14	Alternative Therapies
16	Detox Treatments
18	Body Treatments
20	Facial Treatments
22	Spa Journeys
24	Physical Therapy
26	One X One Sessions
28	Art Of Healing
30	Treatment Faqs

Terms & Conditions: • Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. • If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request. • All rates are subject to 10% service charge and 7% applicable government tax.



Amatara's Signature Thai Hammam

165 minutes (Includes 'Signature of Amatara' massage)

105 minutes (Excludes massage)

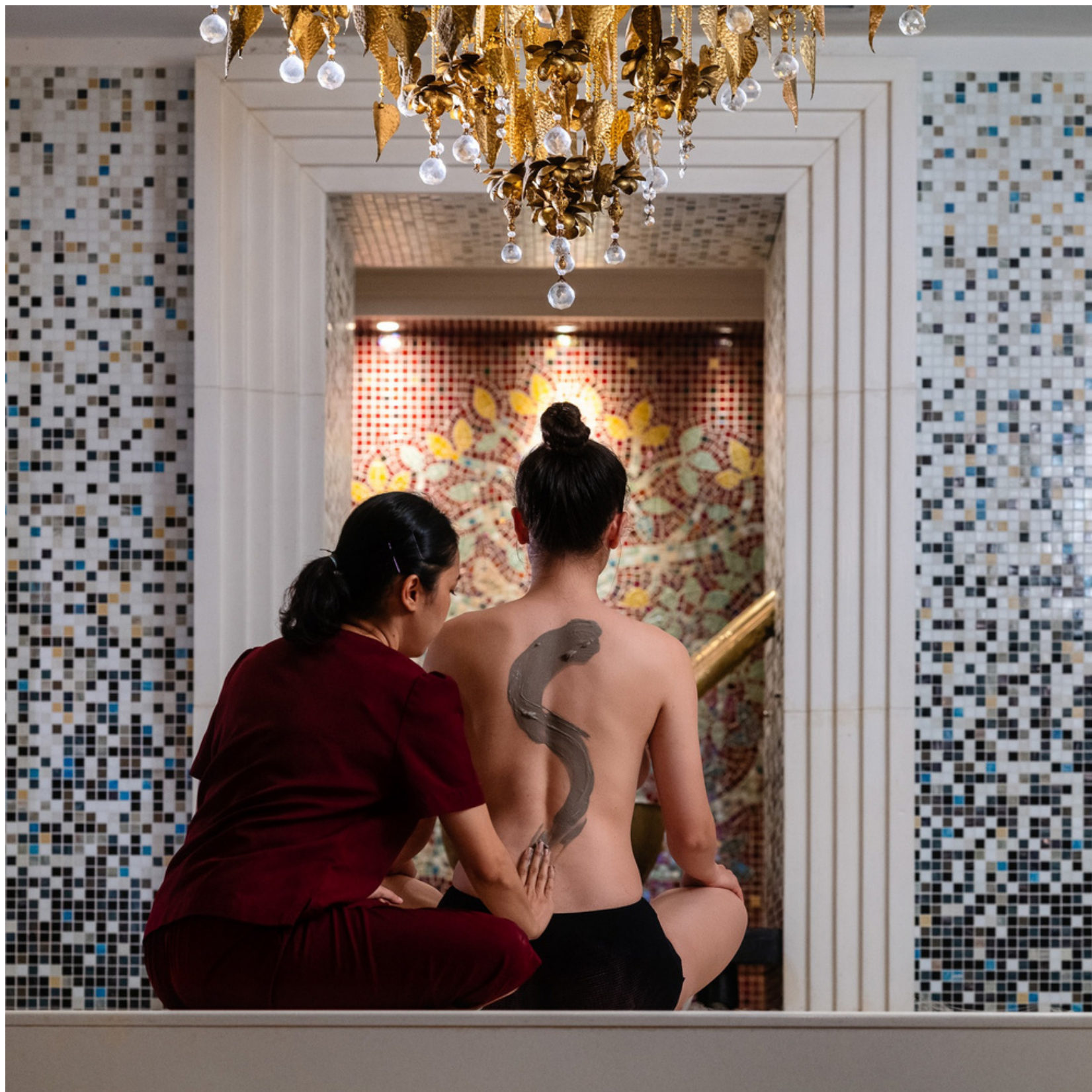
Amatara has the great pleasure of introducing the world's first Thai Hammam. A peaceful haven of tranquility, wellness, and the ultimate Spa journey. We honour the bathing traditions of Morocco and Turkey, while adding the intelligent, sensitive touch of healing Thai spa therapy. This is a rejuvenating, hydrothermal, therapeutic treatment, with detoxifying, energizing, circulatory stimulating and immune boosting benefits.

Your treatment includes:

- Traditional sauna
- Rainshower
- Aromatic Thai Herbal steam
- 100% Natural Moroccan Black Soap massage and skin softening
- Deep skin exfoliation with authentic Hammam Kessa glove
- Therapeutic thermal mud treatment (choose your mud)
- Himalayan salt cave therapy and relaxation
- Signature of Amatara massage

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.



Mud Therapy

60 minutes

The use of pure healing mud or clay from the earth is a centuries old practice that supports skin and musculoskeletal health. Mud has been used therapeutically in many traditions all over the world for its mineral dense and nourishing properties. Choose from our two 100% natural therapeutic mud for your treatment:

Dead Sea Mud

This Special formulation has outstanding detoxifying properties, as well as nourishing Vitamin E. Perfect for Dry and Sensitive Skin, with Lavender and Chamomile oils.

Ghassoul Clay with 7 Plant Extracts (Morocco)

Ghassou clay contains seven herbal extracts, as well as silica and magnesium (90% clay in composition). It is naturally exfoliating, rebalances sebum production, detoxifies the skin and reduces skin inflammation. Ideal for Normal and Oily skin, as it helps to absorb excess oil and reduce congestion without drying the skin.

Our ocean view s spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.

Massage Treatments

The Signature of Amatara Massage

60/90 minutes

The magic of the Phuket Sea is captured and embraced in this session, where consistent pressure along the energy lines and gentle stretching eases muscle tension. As the Thai sun warms the soul, this massage will warm and melt any tension held in muscles.

Individually Focused & Intuitive Massage

60/90 minutes

Advanced training and experience opens the practitioner's intuition, selecting techniques specific to your needs. Especially good for those feeling jet-lagged.

We offer a variety of massages from therapeutic to relaxing and everything in between. Choose from our comprehensive menu depending on your body's needs.

Deep Muscles Release

60/90 minutes

The expert therapist's skilled hands work in slow movements, complementing your breath and pressing deeply into the muscle tissue. Perfect for guests who enjoy deeper massage pressure.

Relaxing Lavender Therapy Massage

90 minutes

A deeply relaxing oil massage utilizing the healing, calming, and sleep-promoting properties of pure Lavender aromatherapy. Allow your therapist to skillfully ease muscle tension throughout the body, head, neck and shoulders, encouraging healthy, deep, rejuvenating sleep.

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.



Candle Massage

90 minutes

A natural rose-scented oil creates the candle's 'wax' which is heated to a liquid and poured over the body before massaging it gently into the muscles. The result is a warm, deeply relaxing treatment that will leave you smelling and feeling heavenly.

Warm Stone Massage

90/120 minutes

This treatment encourages the body to detox and heal while increasing lymph flow to help flush out waste. Heat relaxes your body in a short space of time, so your massage therapist can focus on a deep working of the tissues using both warm stones and hand strokes to increase your sense of relaxation and calm.

Pregnancy Massage

60 minutes

Especially designed for mothers to be in their second or third trimester. This nurturing and gentle pregnancy massage helps realign and relax your changing body, and is safe for both mother and baby.

Traditional Thai Massage

60/90/120 minutes

Thai massage is a deeply healing therapy that stems from ancient tradition. It utilizes 'sen' lines, or lines of energy and a point system similar to those used in Chinese medicine. These points and sen lines are given close attention in Thai massage, in order to improve energy flow, increase blood circulation and relieve tension in muscles and tendons. When energy and blood flow are unobstructed, the tissues and organs are better nourished, improving health. Traditional Thai massage helps to improve overall wellbeing, and significantly reduces stress and tension.

Traditional Thai Massage with Herbal Compress

Traditional Thai Massage with Herbal Compress

90 /120 minutes

Signature of Amatara Massage with Herbal Compress

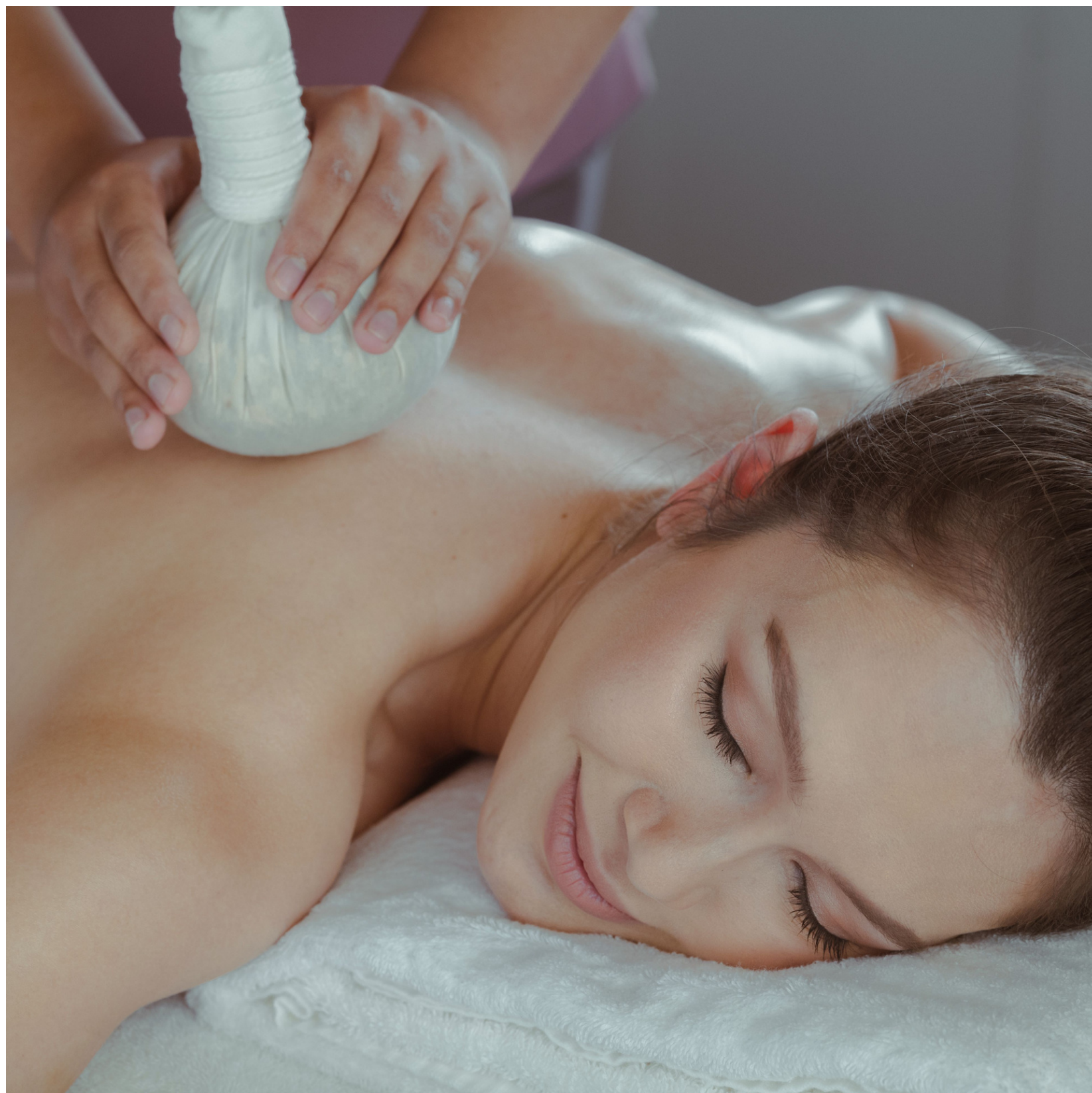
90/120 minutes

Warm compresses stimulate and support body systems to soothe and create internal balance, along with the healing benefits of traditional Thai massage, choose from:

- Traditional Thai Massage with Herbal Compress
- Signature of Amatara Massage with Herbal Compress

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.





Speciality Massages

Ingham Foot Reflexology

60 minutes

Foot massage dates back to both ancient Egypt and China as a technique to improve the health of the whole person; body, mind and energy system. Reflexology helps to release tension and improves the flow of vital energy within your body.

Thai Salt Pot Therapy

90 minutes

A deeply relaxing massage therapy that is detoxifying, energizing and internally warming. Thai Salt Pot Therapy is inspired by a traditional Thai treatment often used for women post childbirth and for people who tend to feel cold easily, or who have poor circulation. Through the use of a Thai style a clay pot containing Himalayan salts, and the power of organic essential oil aromatherapy massage, this treatment gently and deeply warms the body to detoxify, energize and relax, while also promoting blood circulation and lymphatic drainage. This treatment concentrates on the back and abdominal areas.

Migraine Therapy

60/90 minutes

Migraine therapy utilizes a combination of massage and acupressure techniques that focus on different systems of the body related to migraines; including upper back, neck, chest, head, face, hands and feet. This treatment promotes healthy flow of the circulatory and lymphatic systems to help relieve migraines, headache, cranial pain, tension, while also promoting deep relaxation and enhanced sleep

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.





Ayurvedic Treatments

‘Ayurveda’ literally means ‘the science of life’ and is an ancient system of traditional healing that is still widely practiced today, both throughout India and in many other locations around the world. The practice of Ayurveda includes many beneficial massage and body therapies to promote detoxification, support vitality and to stimulate natural healing and balance.

Shirodhara

60 minutes

Shirodhara is a powerful treatment to reduce anxiety, insomnia, mental stress, depression, headache and lack of memory. Warm sesame oil slowly drips onto the third eye into the hair and scalp, followed by an Ayurvedic scalp massage to release accumulated tension.

Abhyanga

90 minutes

This full body warm-oil massage is prized in Ayurvedic tradition for its rejuvenating and detoxifying benefits. This treatment is tailored to suit Ayurvedic body type or dosha (Kapha, Pitta, or Vata. A blend of specific aromatherapy massage oil are selected to create harmony and balance for the individual constitution.

Indian Head Massage

60 minutes

This releases tension of the head, neck and shoulders, and ideal for anyone wanting to de-clutter the mind, release mental strain or stress, improve sleep quality, and experience a feeling of lightness and peace.

Crystal/Chakra Healing

(Purification Of Chakras)

60 minutes

Crystal healing is a type of alternative therapy that involves using gemstones to bring balance to an individual's life and mind. Crystals are said to “have a stable and unchanging energy pattern, each with a unique frequency and energy field, or resonance” that gives them special properties.

Kati Vasti

60 minutes

This is a unique treatment ideal for lower back pain, exhaustion, and sciatica. Focusing primarily on the lower back, Kati Vasti involves softly pouring a gently warmed herbal oil into a specially prepared oval dam that is shaped over the lower back. Local ‘marma’ points are gently pressed to stimulate the free flow of blood and energy in and around the lower back and legs.

Our ocean view s spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.

Alternative Therapies

Chi Nei Tsang

60 minutes

3 x 60 minutes

Originating in Thailand and based on the principles of Traditional Chinese Medicine, Chi Nei Tsang, also referred to as the 'inner organ massage', is a healing massage therapy focused primarily on the abdomen. Many of us, often unknowingly, hold physical and emotional tension deep within the abdomen, which can often result in uncomfortable digestive symptoms and the accumulation of toxins and emotional distress. Chi Nei Tsang helps release tension, stress, and toxins held within the abdomen. It is ideal as a pre-colonic massage or as a treatment on its own.

Fire Cupping Therapy

(Pain Management System)

30/60 minutes

Cupping is a type of alternative therapy that originated in China. It involves placing cups on the skin to create suction. The suction may facilitate healing with blood flow. Cupping increases blood circulation to the area where the cups are placed. This may relieve muscle tension, which can improve overall blood flow and promote cell repair. It may also help form new connective tissues and create new blood vessels in the tissue.

Acupressure with moxibustion

(Alternative Medicine – Energy Flow)

30 / 60 minutes

Acupressure is a thousand – year old form of massage therapy that involves applying pressure to certain points on the body to address ailments. According to traditional Chinese medicine, people have meridians or channels throughout the body. Qi which is understood as a life- sustaining energy force runs along those meridians. Qi can become stuck at some points along the meridians, and the goal of acupressure is to keep the energy flowing using pressure at specific points.

Energy Healing

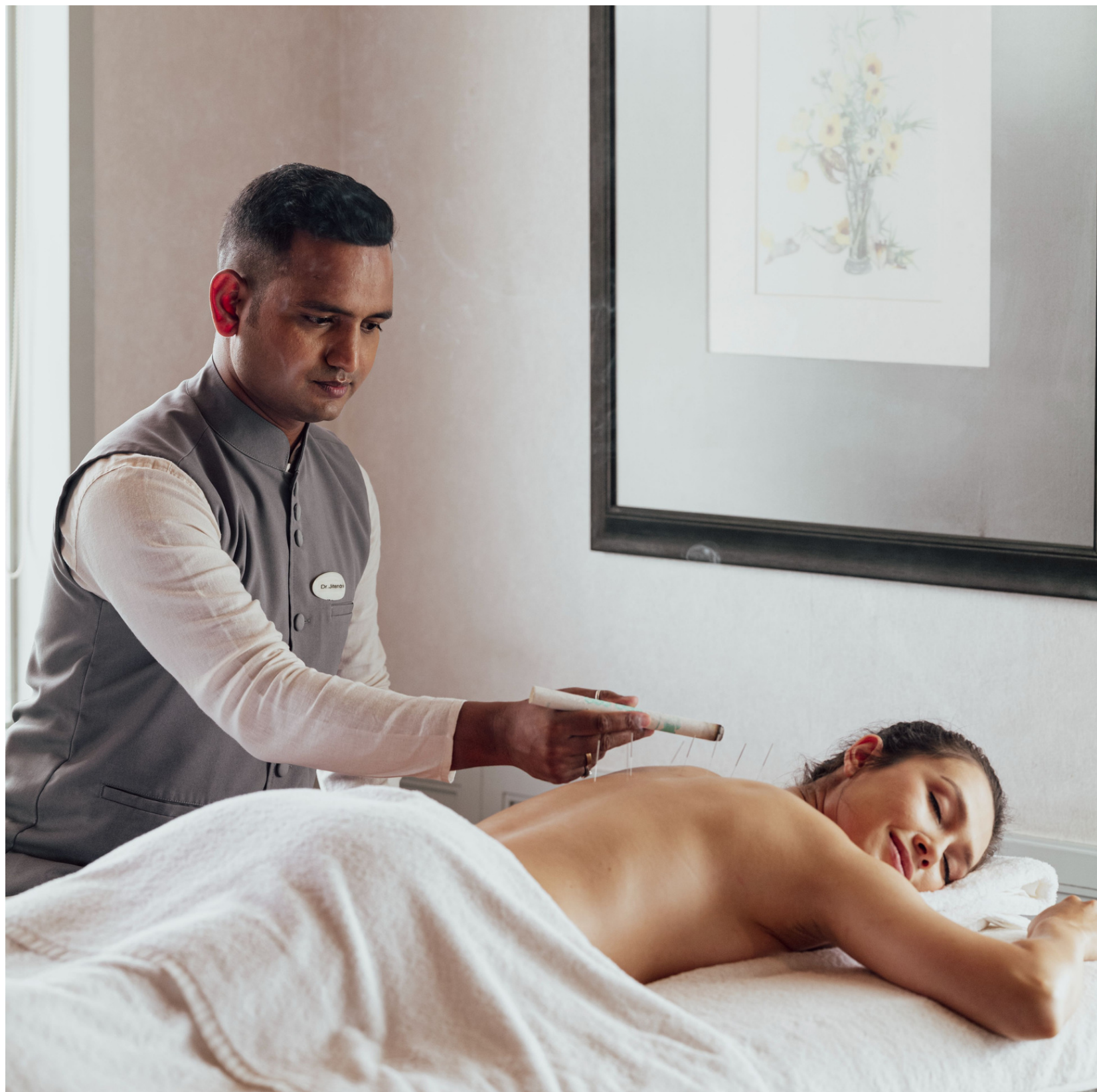
(Reiki)

60 minutes

This is an ancient, hands-on healing technique that draws on the concept that everything is energy, from subtle to physical matter. All healing practices ultimately involve the re-alignment of energy within the body, as well as the physical, emotional and mental layers of our being. Energetic healing works purely on the energetic level, which ultimately influences the harmony and balance of the physical body. When we are seeking to heal and balance the body, it is highly important to focus on the physical, mental or emotional levels with specific treatments. Energy healing supports all other therapies, as it works on the energy of which the body, mind and emotions are composed.

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.





Detox Treatments

Colon Hydrotherapy

Colon Hydrotherapy 60 minutes

Colon Hydrotherapy 3 x 60 minutes

Due to the pace of modern living, stress, and the increased consumption of refined foods, most of us accumulate excess waste in the intestines over time. Some of us may experience symptoms such as constipation, bloating, poor digestion, or fatigue, while others may be unaware of such accumulation. Colon hydrotherapy is a key treatment for supporting the elimination of excess wastes from the large intestine. This treatment, performed by a qualified nurse, involves the gentle irrigation of the colon with warm water, followed by the release of water and wastes into a clean, discreet system.

For complete cleansing, a minimum of 3 sessions is recommended, however a single session is also highly beneficial.

Coffee or Chlorophyll enema

60 minutes

Colon Hydrotherapy 2 x 60 minutes + 1 colonic with coffee enema

After two colonic sessions, a third colonic utilizing an organic coffee or chlorophyll enema may be booked to enhance results and promote deep cleansing. Coffee enemas help to increase the elimination of toxins from the liver by increasing bile output. Chlorophyll helps to destroy harmful bacteria in the digestive tract, and has many other benefits such as promoting the health of the circulatory, digestive, immune, and detoxification systems.

Manual Lymphatic Drainage

60 / 90 minutes

The lymphatic system is an extremely important part of the body's circulatory system, and also plays a vital role in immune function. Manual Lymphatic Drainage is a therapy designed to support the healthy functioning of the lymph system, including detoxification of fluid wastes and elimination of excess fluid.

This helps to clear the body of toxins and stimulate the immune system.

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.

Jala Neti Shatkriya

30 minutes

A Shatkriya is a yogic practice that works to cleanse the nasal passages for enhanced purification of the body. It is performed by using a specifically designed 'neti pot', filled with warm salty water to irrigate the sinuses. Additionally, Jala Neti enhances our breathing and oxygen availability by allowing for freer and fuller respiration, while also helping to calm the mind.

Your Jala Neti session includes a ceramic Neti Pot to take home and continue your practice.

Detoxifying and Draining Slimming Treatment

90 minutes

This treatment is specially developed to activate metabolism and drain impurities from the body via the lymphatic system and skin. The addition of a far-infrared heat blanket assists the detoxifying and metabolism-boosting effect of the treatment.

Ultimate Detoxifying Slimming Treatment

120 minutes

A total draining and detoxifying luxury body treatment designed to promote slimming, improve metabolism, eliminate toxins and excess fluid in the body. This treatment is ideal for anyone experiencing fluid retention and well as those wishing to address cellulite, and to slim and tone the body.

Our ocean view s spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.

Body Treatments

Body Scrubs

45 minutes

Choose from our selection of Amatara signature natural body scrubs and body wraps to nourish your skin and soothe your soul:

Gentle Flower Essence: Softening and brightening floral body scrub

Phuket Sun Kiss Coconut: A gentle, coconutty, soft exfoliation, ideal for sensitive or sunburnt skin

Andaman Dream Jasmine Rice: Cream scrub with ground jasmine rice

Green Tea: A stimulating, firming and energizing body scrub combining rosemary, green tea and peppermint

Body Wraps

45 minutes

Cool Aloe Vera & Banana Leaf Wrap: This refreshing wrap rehydrates and heals sun-kissed skin.

Andaman Dream Jasmine: Nourishing, brightening and toning with added moisturizing benefits.

Brightening Floral White Clay: A natural exfoliator to remove dead skin cells for softer, smoother skin, with Thai white mud known for its high mineral and firming properties.

*For a wonderful experience for your body and skin we suggest you combine a scrub with a wrap.

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.



Facial Treatments

Amatara Signature Organic Facials

60 minutes

Made using the purest, 100% natural, organic products, these facials are a rich, nourishing and beautifying treat for your skin. Our products are hand-picked for their healing, anti-inflammatory, anti-aging and skin nourishing properties. As these products are completely natural and hypo-allergenic, our organic facial treatments are suitable for all skin types, including very sensitive skin. We have combined these high quality products with our unique, secret facial massage techniques to give your face a fresh healthy, enviable glow.

Amatara Anti-aging Facial: A deeply nourishing anti-oxidant facial for those wishing to address fine lines, pigmentation, and other signs of stress or aging

Amatara Lifting and Firming Facial: Ancient Chinese facial massage techniques visibly lift and firm the face, revealing a more youthful and radiant you.

Amatara Purifying Facial: A deep cleansing facial for those troubled by blemishes or clogged pores.

Amatara Brightening and Revitalizing Facial: This facial will leave your face beautifully refreshed, cleansed, and brightened.

Facial Reflexology

60 minutes

Similar to the feet, the face contains many 'reflex' points that correspond to different systems of the body. These points are recognized by many Asian traditional healing systems, most notably Traditional Chinese Medicine. The treatment produces noticeable lifting and firming effects while also stimulating blood circulation and lymphatic drainage of the face, giving you a natural, healthy glow.

Oriental anti-aging facial massage therapy (facial gua sha)

60 minutes

This form of Gua Sha therapy provides naturally lifting, firming, anti-aging and detoxifying benefits to the face. This relaxing facial treatment utilizes a smooth stone cooled with ice, in sweeping movements along the natural contours of the face and neck. This is alternated with special facial massage techniques to promote warmth, thereby providing contrasting temperatures that powerfully simulate microcirculation in the face and neck. This helps to promote lymphatic drainage and a noticeable improvement in facial colour, fine lines, and firmness.

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.

High-Performance Facial Treatments

Our high performance facials are an exceptional alternative to aesthetic or cosmetic medicine for women of all ages. Our facial treatment stimulates cellular energy to enhance the skins beauty and target your skin concerns. We offer a number of treatment options based on your objectives and facial skin needs:

Hydradermie Youth

60 minutes

Hydradermie Youth facials are an exceptional alternative to esthetic medicine for women of all ages. This treatment stimulates cellular energy to enhance the skins beauty and youthful appearance. Customizable, this treatment offers 5 options based on your objectives and facial skin needs;

- Moisturizing
- Purifying
- Anti-aging and anti-wrinkle
- Brightening
- Soothing

The treatment uses dynamic ionization to transmit energy to the skin cells for rapid and effective absorption of active ingredients according to your beauty objective. The treatment boosts oxygenation of the skin cells and improves microcirculation. Combined with expert facial massage, this session will leave the skin glowing with renewed radiance.

Hydradermie Lift

60 minutes

With age muscles are used less frequently and their structure begins to weaken, causing the skin to lose its tone and contours to slacken. Hydradermie Lift enhances the facial features by stimulating contraction of large and small muscles of the face, resulting in a more youthful, lifted appearance in just a few minutes. A viable alternative to aesthetic medicine, this treatment visibly rejuvenates facial features. Hydradermie Lift includes facials lymphatic drainage, facial tension release, facial muscle stimulation, relaxing massage and serum application.

The skin appears renewed, firmer and more toned. This treatment is usually performed on the face, but can be applied to the neck and decollate as an area specific, stand-alone treatment.

Hydradermie Lift Deluxe

90 minutes

This 90 minute session is a complete combination of our personalized Hydradermie Youth and Hydradermie Lift treatments that will leave your skin looking and feeling radically renewed, lifted and refreshed.

Hydradermie Eyes Lift

45 minutes

This is a perfect treatment for anyone looking to restore youthfulness to the eye area whether as a treatment on its own or as an added extra to your facial. This treatment helps minimize wrinkles, firms and decongests the eye area and reduces puffiness and the appearance of dark circles.

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.



Spa Journeys

Amatara Half Day package

195 minutes

This journey focuses purely on your body. We start with rejuvenating your skin, and finish with a full body massages restoring balance and calming your mind.

Thai Herbal Steam	15 minutes
Selection of Body Scrub	45 minutes
Selection of Body Wrap	45 minutes
Selection of Body Massage	90 minutes

Choose from the following massages:

- The Signature of Amatara Massage
- Reaching into the Deep Muscles Release
- Individually Focused & Intuitive Massage

Kids' Times

Massage for Parent & Child

Massage for child 45 minutes

Introduce your child to the pleasures of massage with a 45 minute gentle massage followed by a bubble bath, supervised by their therapist.

Please note: children's massage must be booked together with a parent's 75 minute Signature of Amatara massage. Parents can enjoy their massage session, but are to remain with the child for the length of the session.

Amatara Delight Package

135 minutes

This journey is for those who can't decide whether to have a facial or a massage, why not do both.

You will be glowing and floating at the end of this treatment.

Selection of Body Massage 75 minutes

Choose from the following massages:

- The Signature of Amatara Massage
- Reaching into the Deep Muscles Release
- Individually Focused & Intuitive Massage

Selection of Amatara Organic

Facial treatment 60 minutes

Choose from the following massages:

- Amatara Anti-aging Facial
- Amatara Lifting and Firming Facial
- Amatara Purifying Facial
- Amatara Brightening and Revitalizing Facial

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.

Wellness Assessments

Basic Blood Test Program

Basic Blood Test Program

Basic Blood testing is designed for those who generally experience good health and are not suffering and specific chronic illness. This test can be used similar to a basic yearly screening. And measures essential markers of health essential markers for health including complete blood count, liver function, cholesterol, kidney function, "Syndrome X" diabetes risk factors, cardiovascular panel, lipid profile, triglycerides, homocysteine, hormone panels (Male, Females and adrenal and vitamin D.

Holistic Vitality Program

Basic Blood Test Program

Our holistic blood testing program helps guests achieve their personal Wellness or Anti-aging goals by measuring markers of health/longevity to identify systems or organs that may require support. These include specific anti-aging chemicals, antioxidants and inflammatory levels (relevant to disease risk and organ health, organ function (kidneys, liver thyroid, and nutrition levels (relevant to energy, cognitive function, nerve health and overall wellbeing and hormone levels.

All blood and other diagnostic testing prices include complementary consultation and interpretation with our naturopath or wellness consultant. Medical doctor consultation can be arranged on request. In the event that your results arrive after you have left the resort, your results will be emailed and posted to you and your consultation will be arranged via skype

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.

Physical Therapy

Amatara personalized testing Gain a deeper understanding of your holistic health picture with our range of personalized testing. These insightful results can be utilized to take the guess work out of your wellbeing, and help you implement bespoke changes to achieve vitality and good health.

Body Composition Analysis

15 minutes

Gain a deeper understanding of your physical make-up with our body composition and biological age testing. Using the latest technologies, this test assesses the body to provide us with measurements of fat, muscle, fluid, protein, minerals and more. Body composition testing is an integral element of wellness assessments. Based on an individual's results, personalized goals and plans can be devised to help enhance longevity, reduce risk of chronic illness, optimize calorie burning and keep the body young.

Physical Analysis

30 minutes: complimentary for all guests

Physical Analysis is an essential session to determine exercise suitability and to raise any potential red flags for injury or discomfort due to poor posture or alignment. A proper physical analysis allows us to see clearly how you as an individual use your musculoskeletal system, and how any postural imbalance may contribute to pain or injury, or result in symptoms during exercise.

Amatara Physiotherapy

Our physical therapy program offers treatment for:

- Pain relief; knee pain, shoulder pain, ankle pain or back pain
- Myofascial Pain Syndrome
- Sensation problems such as numbness and tingling
- Postural Syndrome
- A range of motion problems, locked or stiff joints, such as shoulder stiffness or other complex joints.
- Office syndrome

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.

Essential Physiotherapy

60 minutes

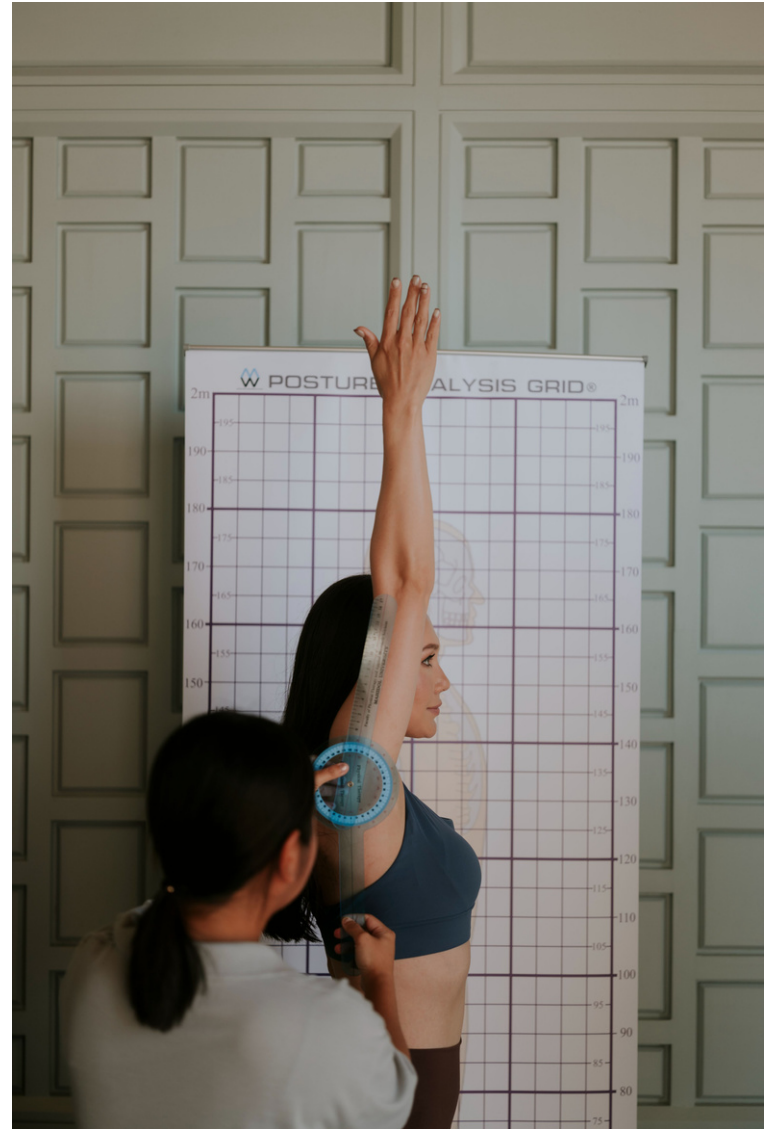
3 x 60 minutes sessions

Essential Physiotherapy provides foundational physiotherapy treatment technique to treat symptoms, relieve pain and promote good musculoskeletal health. A variety of treatment methods are used, such as trigger point therapy, mobilisation, manual traction, ultrasound, the use of hot or cold packs, or electrical stimulation, as deemed suitable for each individual case.

Physiotherapy Deep Tissue Massage

90 minutes

Our physiotherapy Deep Tissue massage treatment is ideal for anyone experiencing deep seeded stiffness, pain or reduced mobility as a result of stress, exercise, previous injury or illness. Our Amatara Wellness Resort Licensed Physiotherapy Deep Tissue Massage treatment will aid in the alleviation of muscle and fascia pain and tension, while also releasing deep knots and discount. This session may also enhance tissue and cell renewal, oxygenation, metabolism, blood flow, and toxin drainage to promote equilibrium of the physical body. Each person is assessed individually and an effective, tailored program will be created.



Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.



One X One Sessions

All One X One Sessions 50 minutes

These high-quality, personally tailored fitness sessions are delivered to you by our professional team, who truly embrace an active lifestyle and can tailor your session according to your current fitness level and fitness goals.

Muay Thai

Muay Thai is also known as the legendary 'The Art of Eight Limbs'. A highly developed martial art, Muay Thai incorporates all-round workouts to target and strengthen numerous muscle groups. Muay Thai requires both strength and balance, and activates and the core muscles in the trunk of the body to improve agility, power and stamina while being a fun, challenging exercise session. Ideal for those looking to increase cardiovascular fitness, strength and burn fat.

Pilates on the Mat

A body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates improves mental and physical well-being, increases flexibility, tones the body and strengthens muscles through controlled movements performed on the mat, with or without. Pilates focuses on core strength and is often utilised to improve posture and treat/ prevent back pain.

Pilates Reformer

The Pilates reformer was developed by Joseph Pilates in order to allow a precise, intense workout while enhancing the effectiveness of the Pilates exercise method. Like the Pilates mat workout, reformer sessions focus on core strength, posture, and flexibility, and help to tone the entire body.

TRX

Total Body Resistance Exercise (TRX), was invented by a navy seal to keep his fellow troops fit in remote parts of the world. It involves the use of hanging bands to engage muscles using just your own body weight. By changing the way you angle your body, every muscle can be engaged in a pull or push motion. Perfect for whole body toning, increasing fitness levels and fat burning.

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.

Personal Training

A personalised session designed to meet your specific goals, whether they be cardiovascular training, increasing muscle tone, reducing fat mass, strength development, improving body posture or enhanced sports performance. Fitness consultation and individual feedback are provided to help guide your progress.

Assisted Stretch

This is a wonderful session in which your fitness trainer supports you in a full body stretching session. Covering a complete protocol that stretches all the major muscle groups, your trainer will use PNF and passive stretching to help release muscle stiffness and to improve your flexibility. This is an ideal session after any intense fitness exercise or simply as a means of working on your flexibility.

Aqua Fitness

A low-impact activity great for building muscular strength, promoting weight loss and improving cardiovascular performance. This session involves moving through a series of exercises using a variety of water equipment to increase resistance while avoiding stress on the body. This activity is great for guests of all fitness levels, abilities, and even those with injuries due to its low impact nature. Our fitness trainers will tailor the session to suit individual fitness levels and goals.

Core Bag and Kettle Bell Training

Kettlebells are an increasingly popular form of strength training equipment that allow more complex muscular engagement, thus increasing the amount of calories burned in a session compared to traditional weights. Core bags are designed, as the name suggests, to offer an ideal tool for core-strengthening. Having a strong, stable core is essential for everyone as it supports great posture, reduces back problems and injury risk, and makes other forms of exercise safer and easier. Our fitness team has combined the use of these highly effective methods to create the ultimate core-strengthening and toning workout. All sessions are tailored to the individual level of fitness and strength.

Aqua Yoga (Yoga In The Water)

60 minutes

Aqua yoga is a type of yoga in which Asanas are performed in the water. This can be a warm water pool or more natural, open water such as the sea. It is a gentle and low impact activity and, more accessible to those who struggle with physical exercise.

Swimming Lesson for Adults

60 minutes

If you are looking to enhance confidence in the water, your stay at Amatara may be the perfect opportunity to do so. In a 130cm-depth pool, our fitness trainers will guide you through a swimming lesson created especially for adults who are beginner swimmers. Increased skill and confidence in the water will promote safety and is a bit like riding a bicycle - once you learn you will never forget how!

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.

Art of Healing

Yoga Nidra (*Psychic Sleep*)

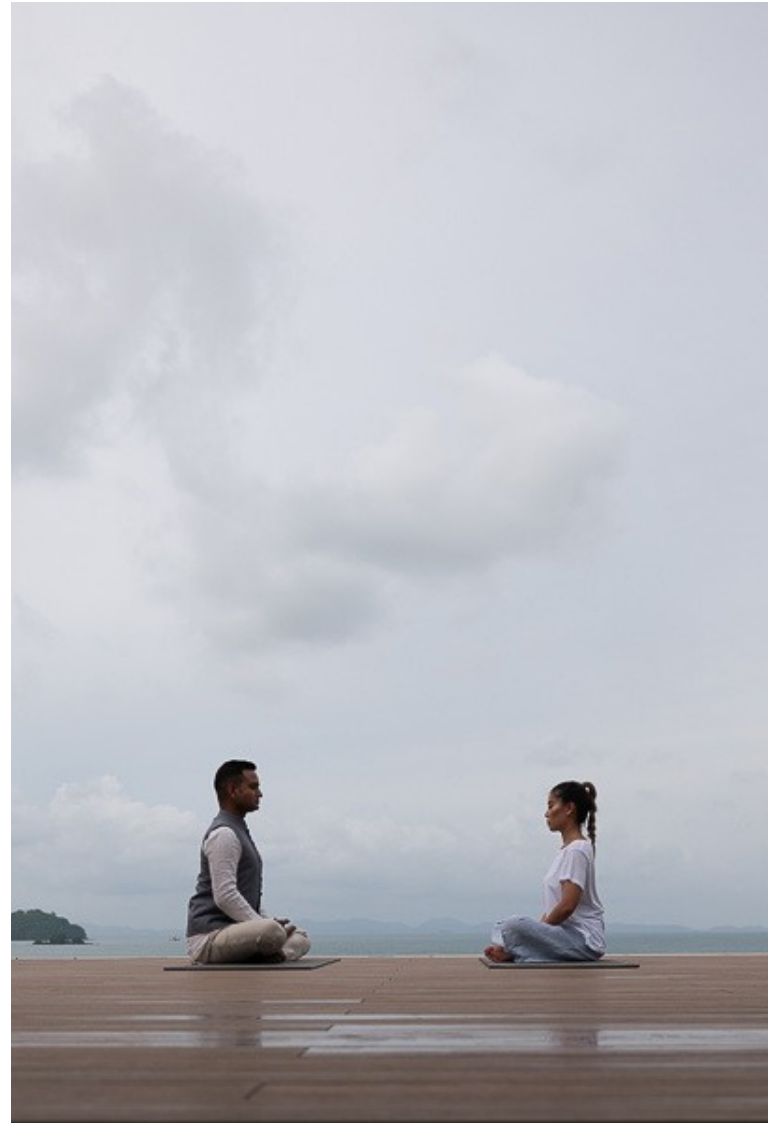
60 minutes

Yoga Nidra is an ancient but little-known yogic practice that's becoming increasingly popular as both a form of meditation and a mind-body therapy. It is a systematic form of guided relaxation that typically is done for 40 to 50 minutes at a time.

Ajapa Japa Meditation (*Breathing Awareness Meditation*)

60 minutes

Ajapa Japa is a powerful and complete meditation practice that can gradually take an aspirant from the most elementary level of body and environmental awareness to the highest stages of meditation. The practice involves repetition of a mantra in combination with an awareness of the movement of the breath through specific energy pathways in the body.



Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.

CHIDAKASHA Meditation (Empty Space Meditation)

60 minutes

Chidakasha is a Sanskrit term that means “Space of consciousness” or “Inner space”. In yoga philosophy, it is the link between the conscious, subconscious and super-conscious, located behind the forehead and Ajna chakra. Chidakasha is where the activities of consciousness both gross and subtle take place.

Trataka Meditation

(Awakening Third Eye Meditation)

60 minutes

Trataka, a technique used in a meditation practice, is one of the six purification techniques, called shatkarmas, of Hatha yoga. Trataka is a Sanskrit word, which means “to look” or “to gaze”. As such, this meditation technique involves starting at a single point of focus. This is typically the flame of a candle, but other objects that may be used include a dot on the wall, an object of worship, a deity, flower, mountain, rising sun or moon. However, a flame is believed to work best.

Learn to Massage Another

90 minutes

A special session designed to create a deeper, heart felt connection between a pair of people. Learn to massage your partner, friend, parent, daughter or son with the expert guidance of our experienced therapist. You will be taught the basics of Thai massage techniques.

Our ocean view s spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.

Treatment Faqs

Should I make advance reservation?

Advance reservation is recommended for your preferred time and date. Our operation hours are 10.00 – 2100 hrs.

When should I arrive for the treatment?

We would recommend arriving at the Spa at least 15 minutes prior to your appointment.

What kind of treatment should I have?

Our professional staff will suggest the best suitable treatment based on your requirements.

What should I wear?

Something comfortable. You will also be provided bathrobes and slippers in the treatment room.

Can I bring my children to Spa?

Spa treatments are available to little princes and princesses over the age of 5. The Kids' Club also has a plethora of activities to keep them busy while you relax.

Can I cancel my treatment?

If you wish to cancel your treatment, we kindly request you to contact us at least four hours prior to the treatment time. If not, a 50% cancellation fee will be charged to the guest account.

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.



AMATARA
WELLEISURE™ RESORT