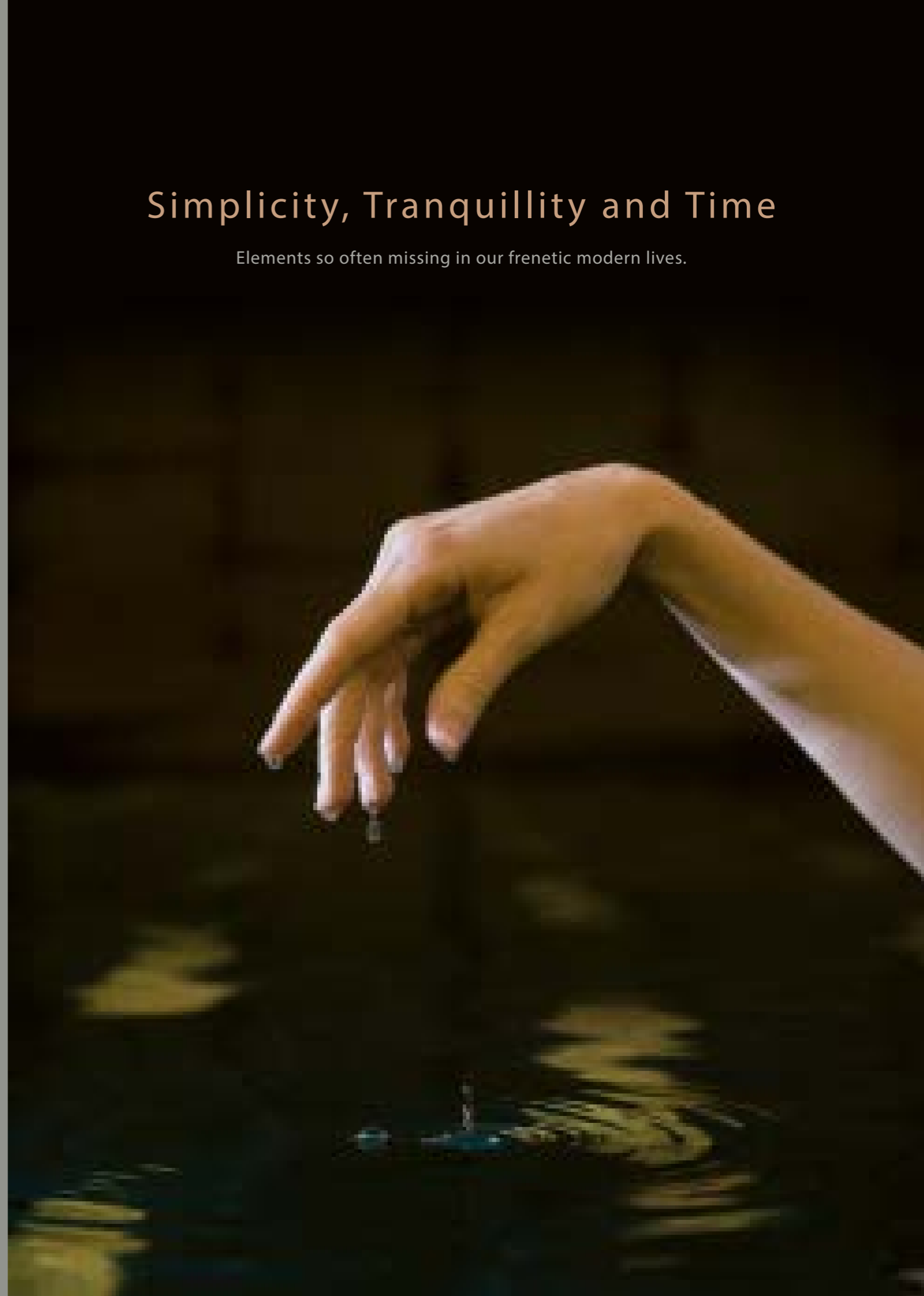




AMMAN
SPA

Simplicity, Tranquillity and Time

Elements so often missing in our frenetic modern lives.



ĀMAN

SPA

at The Connaught

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

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

Our Philosophy

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

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

Holistic & Results Driven Treatments

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

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Destress & Reset

Aman Grounding Signature Treatments

Bespoke Massages



Aman Grounding Signature Rituals

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

For those seeking reconnection, stillness and perspective, techniques include a Black Storax smoking ceremony, a Tibetan Ku Nye massage, meridian and acupressure work, cupping, and kneading.

Recommended for treating stress, exhaustion, anxiety, jet lag, dry skin and hair, insomnia, tension in the lower spine and adrenal fatigue, as well as feelings of insecurity, rootlessness and the inability to switch off.

Destress & Reset

Grounding Face Ritual

1 hour

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

Destress & Reset

Grounding Body Polish & Wrap Ritual

1 hour 30 minutes

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

Destress & Reset

Grounding Journey

3 hours , 2 hours Massage & Facial or & Scrub & Massage

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

Destress & Reset

Grounding Massage Ritual

1 hour 30 minutes

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



Bespoke Massages

Destress & Reset

Holistic Massage

1 hour or 1 hour 30 minutes, 2 hours

A carefully curated experience by our skilled Aman Spa therapists, who honour massage traditions from around the world, expertly blended with their own perceptions, intuition and deep understanding of each guest's wants and needs. This tranquility-inducing experience harnesses massage techniques tailored to your preferences, as our therapists use our Connaught Relaxing blend of oils.

Destress & Reset

CBD massage

1 hour or 1 hour 30 minutes

Embark on a holistic healing journey with a bespoke massage to rebalance your physical and emotional state. Incorporating reflexology body mapping, our expert therapists will target key areas of concern across mind and body. Our signature Connaught CBD oil blend draws on the non-psychoactive and anti-inflammatory properties of CBD to soothe the skin and promote inner balance.

Destress & Reset

Adaptogenic Muscle Release

1 hour or 1 hour 30 minutes

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

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

Regenerate, Body & Soul

Aman Nourishing Signature Treatments

Bespoke Facials : Decorte, Oskia



Aman Nourishing Signature Treatments

For those seeking regeneration, recuperation and healing.

The techniques used in this formation are geared towards healing. They include a smoking ceremony with frankincense, a chakra-balancing massage, mantra music, marma point therapy, and the Light Technique – based on the shamanistic principle that luminosity is generated from three points on the face. Recommended for treating lackluster skin, the signs of ageing, anxiety, chronic fatigue and emotional stress, as well as feelings of disconnection, grief and discontent.

Regenerate, Body & Soul

Nourishing Body Polish & Wrap Ritual

1 hour 30 minutes

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

Regenerate, Body & Soul

Nourishing Massage Ritual

1 hour 30 minutes

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

Regenerate, Body & Soul

Nourishing Face Ritual

1 hour

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

Rejuvenate, Body & Soul

Nourishing Journey

3 hours , 2 hours Massage & Facial or & Scrub & Massage

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



Bespoke Facials

Decorté

Decorté star ingredient is Benifuki Extract from Yakushima island, a UNESCO World Heritage site where the organic hybrid green tea is picked by hand and carefully stored before processing. It improves structural stability in the skin cells Growth Factor storage, leaving skin more receptive to skin regeneration signals.

Oskia

OSKIA is a results-first, clean, skincare brand specialising in cellular skin nutrition and bio-tech nutrients to bio-hack skin. Inspired by skin longevity, powered by their MSM Regen Complex™, these formulas feature up to 40 actives and are produced in their own factory in Wales. With over 230 awards, these formulas are proven to make a real difference.

Regenerate Body & Soul

Decorté AQ Meliority Brightening & Firming Facial

1 hour

Reawaken your skin's natural glow with this richly moisturising treatment, using the jewel in Decorté's crown: the AQ Meliority range. Featuring a sublime facial treatment combining Decorté massage techniques including myofascial release and lymphatic drainage with their transformative and innovative skincare products. this treatment will leave you looking luminous, rejuvenated and revitalised.

Regenerate Body & Soul

Oskia Bespoke Renewal Oxygen Facial

1 hour 15 minutes

This deep cleaning, detoxifying facial sumptuously incorporates lymph stimulating gua-sha massage and pure Oxygen to help reduce damage to skin's DNA. Clinically trialled, high anti-oxidant formulations intelligently protect the skin against free-radicals, particulate matter and volatile organic compounds, helping to prevent fine lines, pigmentation and collagen degradation.

Detox & Cleanse

Aman Purifying Signature Treatments
Body Tech : HydraBody, Keravive, Dermalux



Aman Purifying Signature Treatment

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

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

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

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

Detox & Cleanse

Purifying Body Polish & Wrap

1 hour 30 minutes

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

Detox & Cleanse

Purifying Massage

1 hour 30 minutes

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

Detox & Cleanse

Purifying Face Ritual

1 hour

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

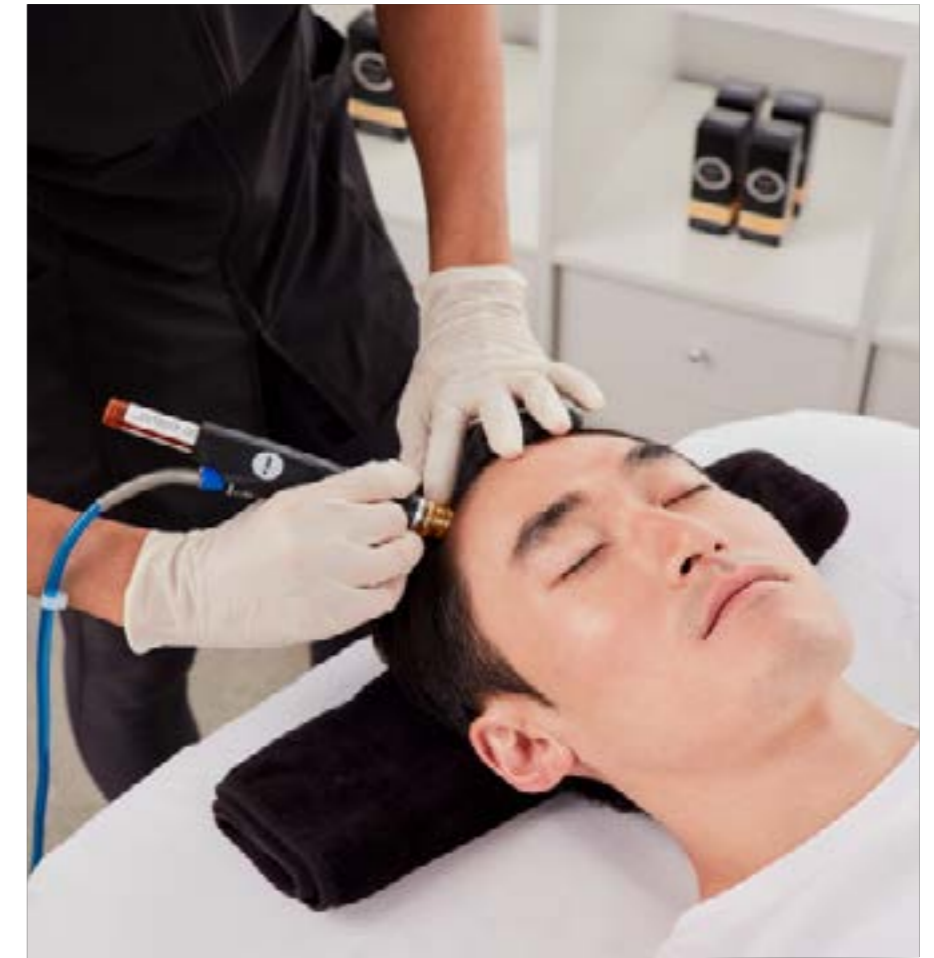
Detox & Cleanse

Purifying Journey

3 hours, 2 hours Massage & Facial or & Scrub & Massage

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Body Tech



Detox & Cleanse

Hydrabody

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

- Legs: 45 minutes
- Back with LED: 60 minutes
- Neck, décollete, arms & hands: 45 minutes

Demalux LED for Pain Management

30 minutes

Detox & Cleanse

HydraFacial Keravive Scalp Treatment

1Hour

HydraFacial Keravive is a unique, relaxing treatment designed to cleanse, exfoliate, nourish, and hydrate the scalp for healthier and fuller-looking hair for all skin and hair types. The Keravive Peptide Complex Solution delivers a hyper-concentrated blend of biomimetic growth factors and skin proteins that hydrate and nourish the scalp, thus promoting and stimulating hair growth. This treatment includes an after-care scalp hair spray to take home and enhance the benefits of the treatment which nourish the hair follicles. A course of three consecutive monthly treatments is recommended to promote hair growth.

Rejuvenate, Curated Advanced Treatments

Aman Advanced Facials
iS Clinical
QMS Medicsometrics Facials
HydraFacial
Cellcosmet





Aman Essentials

Rejuvenate, Curated Advanced Treatments

Aman Advanced Facial

1 hour

1 hour 30 minutes with LED & Lifting Scalp Massage

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

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

AD

iS Clinical

A curation of results driven facials using pharma and botanical grade quality ingredients which are fragrance and paraben free using the highest level of purity and potency to ensure results with a non-aggressive approach to skin health.

Rejuvenate, Curated Advanced Treatments

iS Clinical Fire and Ice Facial

1 hour

The iS CLINICAL Fire & Ice Facial is a result led intensive clinical treatment, combining glycolic acid with retinol to resurface your skin, treat problematic skin, reduce fine lines, smooth, and encourage cellular renewal.

The facial comprises of two professional treatment masques combined with carefully selected iS CLINICAL pharmaceutical grade formulations to optimise results and create a treatment that bridges the gap between a mild facial and an invasive peel.

Rejuvenate, Curated Advanced Treatments

iS Clinical Foaming Enzyme Facial

30 minutes

Powerful, yet soothing treatment facial that features active foaming agents for light and effective exfoliation. Papaya and pineapple enzymes are combined with a potent, botanically derived Glycolic Acid to reveal a polished, more radiant complexion. This treatment can be added to any body treatments.

HydraFacial

HydraFacial is a machine based multi step driven facial treatment that cleanses, exfoliates, and hydrates the skin using a patented vortex technology. It extracts impurities from pores while simultaneously delivering nourishing, personalised serums to the skin, addressing skin concerns.

Rejuvenate, Curated Advanced Treatments

The Ultimate HydraFacial Experience

1 hour 15 minutes, 1 hour 30 minutes with Dermalux

This detoxifying treatment begins with lymphatic drainage, before our signature HydraFacial cleanses, exfoliates, extracts and hydrates, targeting the skin's individual needs while addressing your specific skin concern with a Booster of your choice.

15-minute enhancements include:

- Lips or eyes: roller flex technology addresses the often-overlooked parts of the face to gently exfoliate for a radiant glow.
- Dermalux LED: a truly pioneering LED Phototherapy, using Flex MD and its Tri-Wave MD technology. Through the use of different wavelengths, it can rejuvenate cells, treat signs of ageing and acne, and improve overall skin health.

Rejuvenate, Curated Advanced Treatments

Fire & Ice & HydraFacial fusion

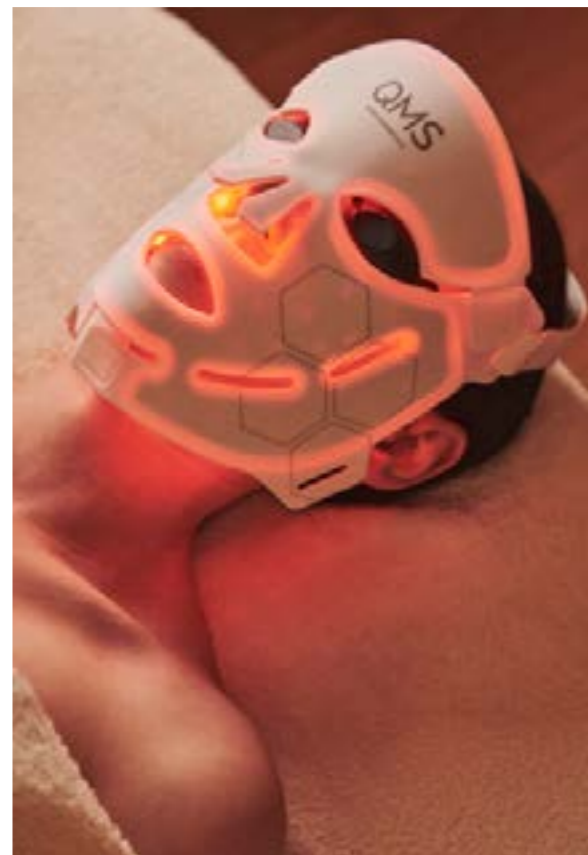
1 hour 15 minutes

The Elemental Facial combines the best of HydraFacial and Fire and Ice treatments to cleanse, exfoliate and gently resurface the skin to reveal a brighter, more hydrated, and rejuvenated complexion. Combining powerful pharmaceutical-grade botanicals and the HydraFacial-patented handpiece with Vortex-Fusion technology to enhance delivery deep into the skin. Treating most skin conditions including problematic skin to ageing concerns, leading to healthier, brighter skin.

Rejuvenate, Curated Advanced Treatments

QMS Medicosmetics

Aman Spa at The Connaught has launched exclusive new treatments with QMS Medicosmetics. Founded 30 years ago in Germany, by aesthetic and cosmetic surgeon Dr. med. Erich Schulte, the brand's roots are in the means of improving post-surgery scar healing. From here grew the idea that skin elasticity and appearance could be improved for everyone using collagen and hyaluronic acid in the right quantities. Turning to science to look for a suitable technique to boost skin regeneration, a highly effective collagen complex was born. It became the foundation of QMS Medicosmetics and is still regarded as one of the most iconic innovations in the beauty sector.



Rejuvenate, Curated Advanced Treatments

QMS 100% Skin-Identical Micro-Molecular Vegan Collagen Facial

1 hour 15 minutes

Discover a ground-breaking treatment which harnesses the science-led skincare brand's pioneering micro-molecular collagen – a deeply penetrating vegan formula that's 100% identical to your skin. Revitalise with a double cleanse and gentle liquid exfoliation, before revealing your complexion's inner glow with an LED mask. A lifting massage contours your cheeks and jawline, with vital antioxidants, vitamins and nourishment to leave your skin powerfully protected and beautifully renewed.

Rejuvenate, Curated Advanced Treatments

QMS The Collagen Facial

1 hour

The Collagen Facial combines results-driven ingredients and sculpting massage techniques to promote firmer skin, diminish fine lines, and restore radiance. From the help of collagen, stem cells and stimulating peptides, your skin health is rapidly boosted.

Rejuvenate, Curated Advanced Treatments

Cellcosmet

Cellcosmet is the Swiss expert in cellular cosmetics and recognised internationally. Relying on its mastery of cellular technology, Cellcosmet invented the CellControl™ method, a technique that preserves the extraordinary revitalising power of CytoPep™ Cellular Extracts. Further, they are formulated and manufactured entirely in Switzerland, in keeping with high standards of quality, safety and effectiveness, while carefully respecting the environment, including the ceaseless pursuit of ever-more-natural formulas. Regular use of Cellcosmet face and body skincare noticeably improves skin's appearance, reveals its true radiance and effectively fades the visible effects of ageing.

Rejuvenate, Curated Advanced Treatments

Expert Cellular Renewal

1 hour

This 60-minute, results-driven treatment delivers visible radiance and rejuvenation, and combines the advanced ProCollagen Face and Neck Mask to smooth and plump the skin with the Signature Cellcosmet firming and draining massage for the face, neck and décolleté as well as a personalised massage of the eye contour area designed to reveal luminous skin and rested-looking eyes.





Movement & Post Workout Support

- Personal Training
- Yoga
- Sports Massage
- Clinical Remedial Massage

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

Movement

Personal Training

1 hour or 1 hour 30 minutes

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

Recover, Post Workout Support

Sports Massage

1 hour or 1 hour 30 minutes

Using a range of deep muscular techniques, your Sports Massage therapist will help to mobilise soft tissues, relieve muscle tension and break down fibrous adhesions. Sports Massage is highly recommended for those with active lifestyles to enhance athletic performance, prevent injury and promote recovery from intense exercise. Your initial appointment will include 15 minutes complimentary consultation, which includes postural assessment and treatment plan.

Movement

Vinyasa Flow

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

Recover, Post Workout Support

Clinical Remedial Massage

1 hour or 1 hour 30 minutes

This outcome focused treatment utilises advanced clinical and remedial techniques applied to muscles, ligaments, tendons, and fascia to manage both acute and chronic injuries. Your therapist will guide you through a thorough systematic consultation, postural assessment, and joint and muscle testing, to help identify the root cause of the problem. They will then apply direct and targeted techniques and issue you with an ongoing rehabilitation plan. performance, prevent injury and promote recovery from intense exercise. Your initial appointment will include 15 minutes complimentary consultation, which includes postural assessment and treatment plan.



During Pregnancy

During Pregnancy

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

Nurture Experience 2 hours

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

Mother To Be Massage - 1 hour

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

Swimming Pool & Steam Room

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



AMAN Membership

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

Opening Hours

Spa treatments 9.00am – 9.00pm
Swimming pool and steam 7.00am – 9.00pm
Family friendly swimming hours
9.00am – 11.00am and 3.00pm – 5.00pm
Fitness centre 24/7 for hotel residents



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