

# AMANZOE



## Individual Wellness Immersions

Weight Management & Transformation • Detox & Cleansing • Mindfulness & Stress Management

On its hilltop home and a modern-day Acropolis, Amanzoe invites you to experience a personalised Individual Wellness Immersion. Customised to incorporate fitness, nutrition, bodywork and mindfulness practices, these holistic wellness programs are designed to promote profound change. Each ensures palpable results, whether you wish to dispel stress and renew focus, shift unwanted weight or promote overall wellbeing for a longer, healthier life. They also encourage a heightened appreciation of the natural beauty of the Peloponnese, from the 360-degree views encompassing olive groves and fragrant gardens to the Aegean blue and little else.

February 2020



## INDIVIDUALLY TAILORED

Each of Amanzoe's three Immersion pathways begins with an initial transformation program orientation and an in-depth consultation. Based on thorough assessments and the understanding that your goals may well be multiple, our tight-knit team aims to support you with a bespoke program of exercise, spa treatments, healing therapies and nutritious meals all focused on bringing you back to balance. So while you may opt, for example, for a weight-management focus, decreasing stress levels might also be a priority, and this will be reflected in every facet of your program.

Each day of your Immersion is utterly personalised and includes specialist therapy and private movement sessions, a spa treatment in the serene Aman Spa, optional guided meditation and group movement sessions, and every meal. Our Wellness Managers track your progress and regularly check in on how you are feeling in order to fine-tune your Immersion. A final consultation marks the end of your program, though our team aims to send you home empowered and educated, with all the tools to ensure that your journey towards optimum health continues.





## THE RESORT

Situated on a hilltop on the east coast of Greece's Peloponnese Peninsula, Amanzoe offers panoramic views of the surrounding countryside, the Aegean Sea, and across to the islands of Spetses and Hydra. Epitomising every aspect of classical Greek architecture from pillared pavilions and expansive reflection pools to gardens and terraces, Amanzoe is a sanctuary for personalised wellbeing. As well as a serene Aman Spa and extensive fitness facilities, the property offers a private Beach Club in a picturesque bay, two 25 metre swimming pools and multiple dining venues throughout the resort.

## THE FOOD

Freshly-caught seafood from the clear blue waters of the Mediterranean, ripe and vibrant fruits, and organic produce from the resort's organic vegetable garden all feature in the healthy menus curated for Amanzoe's Wellness Immersion programs. Whether losing weight, detoxing, or reducing stress, a comprehensive health evaluation at the beginning of your program will guide the creation of your customised diet plan made up of clean, seasonal and nutritious food. Menus support your Immersion goals while aiming to stabilise blood sugar levels, reduce inflammation, harmonise gut flora, support the digestive system, and maximise overall health.







## THE SPA

The ancient Greek physician, Hippocrates (460-370 BC), is known as the Father of Modern Medicine, as he freed science from the shackles of magic, superstition and the supernatural. He pioneered the idea that illness was not caused by the gods, but by the environmental factors, diet and lifestyle. He also believed in the healing power of nature and that the human body has the power to heal itself. Amanzoe continues this tradition, tapping into the region's healing heritage and cultivating immersive, personal routes to wellbeing.

Amanzoe's Aman Spa is situated close to the hilltop and comprises seven double treatment rooms, two hammams, a watsu pool, Thai massage room and a hair and finishing salon. Fitness facilities include a gym, yoga pavilion, Pilates studio and two tennis courts.





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Wellness Immersions include:

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Full board (breakfast, lunch, dinner, wellness mini bar and non-alcoholic beverages as prescribed for the program)

Arrival day:

- Aman immersion program consultation and body composition analysis
- Nutrition and lifestyle advice
- One Aman Signature Spa treatment

Full days:

- One daily spa treatment
- One daily wellness treatment
- One daily private movement session

Departure day:

- Departure consultation
- One spa treatment or private movement session



\*morning and evening classes vary weekly, depending on visiting practitioners and the way in which the Immersion program is tailored to each individual. Classes may focus on movement, from Tai Chi to Pilates, meditation or educational talks based on the design of the weekly wellness schedule.



# Mindfulness & Stress Management

From 3 nights to achieve renewed clarity and lightness of being

This Wellness Immersion combines therapies and practices that shift focus inward to heighten self-awareness, imbue a deep sense of peace and relaxation, and develop the skills for managing a stressful lifestyle. Meditation, Qigong, yoga and breath-work complement purification and cleansing rituals. Specialist sessions work deeply to transform the body and mind and may include acupuncture, traditional bodywork, and/or mindfulness. Mental and physical tension is released through daily spa treatments including aquatic bodywork and deep relaxation massage. Nutritional programs are designed to relieve physiological systems of stress while boosting immunity and clarity. A final consultation provides guidance for the future. therapies and practices that calm external stimuli, this Immersion aims to shift focus inward to heighten self-awareness.

This Wellness Immersion is valid for new bookings only, is subject to availability, and cannot be combined with any other exclusive. Bookings are to be made through Amanzoe directly. Cancellations and payments as per Amanzoe's standard terms.



# Mindfulness & Stress Management

## Sample Daily Schedule

**8am:** Optional morning\* Wellness class  
(Pilates or Yoga for example)

**9am:** Prescribed healthy juice or tonic tea

**9.30am:** Healthy breakfast (personalised menu)

**11am:** Wellness movement session  
(Meditation, Yoga, Pranayama, Pilates, Qigong,  
Personal Fitness, etc.)

**1pm:** Healthy lunch (personalised menu)

**3.30pm:** Wellness therapy session  
(Reiki, Craniosacral Therapy, Acupuncture, etc.)  
or another movement session

**6.30pm:** Spa treatment (Aqua Bodywork,  
Deep Tissue Massage, Signature Grounding  
Massage, etc.)

**7pm:** Healthy dinner (personalised menu)

## Sample Treatments & Movement Therapies

**Grounding Massage:** This full-body massage honours ancient Tibetan healing traditions to stimulate muscles, while energising the meridian system. This treatment incorporates massage along meridian lines, acupuncture, kneading, and deep-tissue techniques. The body massage is followed by a head massage that induces an even deeper level of relaxation

**Aquatic Bodywork:** This is a form of movement therapy performed in warm water. While floating in this relatively gravity-free environment, you are moved into stretches following your body's natural movement patterns.

**Meditation:** Used across many cultures to focus the mind, meditation helps to relieve stress, calm the emotions and heal the body, while also enlightening those who practice. There are many different techniques and traditions.

**Yoga:** This physical, mental and spiritual discipline originated in ancient India. Through the practice of asana (poses), pranayama (breath-work) and meditation, the flow of vital energy, body flexibility and mind control are increased, changing patterns of awareness and bringing the entire being into a healthier and more balanced state.

\*morning and evening classes vary weekly, depending on visiting practitioners and the way in which the Immersion program is tailored to each individual. Classes may focus on movement, from Tai Chi to Pilates, meditation or educational talks based on the design of the weekly wellness schedule.



# Weight Management & Transformation

From 3 nights to shed unwanted weight

This Wellness Immersion is designed to help you control and manage your weight in a healthy and holistic manner. It demystifies weight management by focusing on boosting metabolism, promoting digestion and improving the movement of fluid in the body in order to obtain and sustain an optimum weight and state of health. Dietary and herbal supplements are nutritionally aligned to your individual needs.

Therapies include slimming body wraps and full-body massage, lymphatic drainage, and traditional abdominal massage, while private movement sessions are overseen by a personal trainer and complemented by optional group movement classes. A final consultation provides guidance for the future.

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# Weight Management & Transformation

## Sample Daily Schedule

8.00am: Optional morning \*Wellness class (Pilates or yoga for example)

9.30am: Personalised breakfast or prescribed juice or tonic tea

11.00am: Private movement session (Circuit Training, Beach Bootcamp, TRX, etc.)

1.00pm: Personalised lunch

3.30pm: Wellness therapy session (Acupuncture, Traditional Abdominal Massage, Lymphatic Drainage, etc.) or another private movement session

4.40pm: Prescribed juice or herbal tea

6.00pm: Spa treatment (Aromatherapy, Hot Stone Massage, Signature Purifying Massage, etc.)

8.30pm: Personalised dinner

## Sample Treatments & Movement Therapies

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

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

**Acupuncture:** Restores energy flow through the body's twelve meridians to release blockages and restore balance in body and mind. Acupuncture stimulates the metabolism, supports digestive function and can reduce food cravings.

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

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## Detox & Cleansing

From 3 nights to purify body and mind

For those seeking to purify the body, refresh the mind, and promote a long and healthy life, this Wellness Immersion eases the way by naturally stimulating the detoxification pathways of the body. It aims to improve the digestive, lymphatic and elimination systems with a complete detox diet, cleansing herbal remedies and complementary therapies to brighten the eyes, clear the skin, improve organ function and promote cellular rejuvenation. Treatments include lymphatic drainage massage and detoxing body wraps, while specialist therapies and private movement sessions focus on clearing the body of toxic accumulations caused by hectic modern lifestyles. A final consultation provides guidance for the future.

This Wellness Immersion is valid for new bookings only, is subject to availability, and cannot be combined with any other exclusive. Bookings are to be made through Amanzoe directly. Cancellations and payments as per Amanzoe's standard terms.



# Detox & Cleansing

## Sample Daily Schedule

8.00am: Optional morning \*Wellness class (Pilates or yoga for example)

9.00am: Prescribed healthy juice or herbal tea

9.30am: Personalised breakfast (possibly raw, vegan or liquid)

11.00am: Private movement session (Tai Chi, Qigong, Circuit Training, etc.)

1.00pm: Personalised lunch (possibly raw, vegan or liquid)

3.30pm: Wellness therapy session (Chi Nei Tsang Therapy, Acupuncture, etc.) or another private movement session

6.30pm: Spa treatment (Lymphatic Drainage, Deep Tissue Massage, Signature Purifying Bath, etc.)

8.30pm: Personalised dinner (possibly raw, vegan or liquid)

## Sample Treatments & Movement Therapies

**Lymphatic Drainage Massage:** A gentle massage intended to encourage the natural drainage of the lymph, which carries waste products away from the tissues.

**Connective Tissue Massage:** A therapy that treats skeletal muscle immobility and pain by relaxing contracted muscles, improving blood and lymphatic circulation, and stimulating the stretch reflex in muscles.

**Chi Nei Tsang Therapy:** A massage technique that focuses mainly on the abdomen, Chi Nei Tsang improves organ function while reducing metabolic toxins, encouraging digestion and restoring vitality.

**Pranayama:** A range of breathing techniques that cleanse the lungs, oxygenate the blood and relax and de-stress the mind. Pranayama techniques have been practiced for centuries for their harmonising effect on body and mind.

**Purifying Bath:** This cleansing, detoxifying and energy-boosting bath uses Aman's all-natural Auric Cleanse Bath Salts and Quartz Scrub & Soak products.

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## One-Day Introduction to Wellness

Accommodating guests intrigued by the Immersion concept and interested in boosting wellbeing, this program provides the opportunity to experience Amanzoe's wellness offerings over the course of one day. Ideal for those travelling with friends or a significant other and keen to add a wellness aspect to their holiday without committing to a multi-day Immersion.

### Inclusions:

- Aman transformation program orientation and body composition analysis
- Nutrition and lifestyle advice
- One private wellness therapy session
- One private fitness, movement or mindfulness session
- One spa treatment
- Full use of hydrotherapy facilities
- One wellness meal and juice





## THE SPECIALISTS

Amanzoe works with only the world's most experienced specialists to ensure the most effective Immersion experiences possible.

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### Zoe Nash: Wellness Immersion Manager

Zoe is a fully certified practitioner of Traditional Chinese Medicine (TCM), a Yin Yoga teacher trainer, and an expert Myofascial Release specialist with more than a decade of experience. Zoe offers sessions that approach health holistically, also incorporating Qigong and meditation. Her gentle manner and intuitive nature ensure healing and relaxation in equal measure.

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