



AMANPULO

Alternative Pain Management Pathway

Amanpulo's Alternative Pain Management Pathway will help prevent, manage, and release pain by promoting harmony in the body, mind, and soul. Encompassing a variety of disciplines including aromatherapy, herbal remedies, yoga, Pilates, and personalised nutrition, the Aman Spa takes a holistic approach in alleviating and managing acute or chronic pain.

Increased levels of mental stress and emotional anxiety often manifest in aches and pains all over the body. Aman Spa's wellness specialists will guide guests through meditation and breathing exercises that can help ease tension in the body and clear the mind, while the nutrition specialist will formulate a custom eating plan of whole foods that will balance the body's system for natural self-healing.

This transformative pathway includes:

- An OligoScan Consultation
- Personal Wellness Cuisine
- 1 Therapeutic Massage (90 minutes)
- 1 Meditation and Breathing Exercise (90 minutes)
- 1 Movement Class – Pilates and yoga (60 minutes)
- 1 Active Abdominal Therapy (60 minutes)
- 1 Hydrotherapy Circuit
- Daily Healthy or Tea Tonic Prescription

The wellness specialists will recommend the duration of the entire program bespoke to guests' needs or guests can choose to complete the treatments at their own pace.

Rate is USD 757++

The pathway is available until 31 March 2023. Reservations are essential.

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