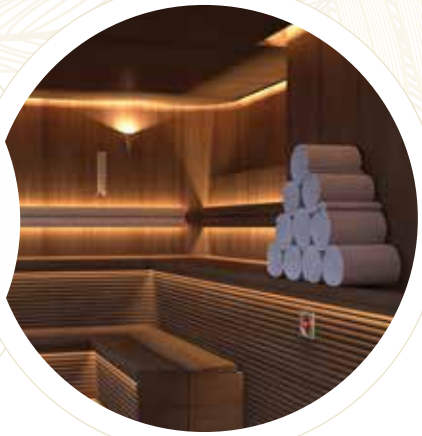
spa menu







Amrit

OCEAN RESORT & RESIDENCES

WELLNESS FOR LIFE

A Wellness Experience Like No Other.



Our skilled therapists perform inspired face and body treatments ranging from high-touch to technology infused offerings – for the individual to couples to expansive social experiences –from indoor to outdoor – from warm to cool therapies – all designed to ensure a wellness experience like no other.

Meet with your Personal Wellness Coach, share your thoughts – open to the possibilities – and work together to craft a wellness journey that is right for you. Amrit's naturally crafted, customized spa experiences deliver balance by connecting mind, body and spirit.





OUR LAVISH AMRIT SPA SUITES ARE BEAUTIFULLY APPOINTED FOR
SIDE-BY-SIDE TREATMENTS OR SOCIAL SPA-ING WITH FRIENDS OR FAMILY

Welcome to Amrit Ocean Resort & Residences

...where ancient inner sciences merge with modern comfort and technology to become the first of its kind community that takes personalized luxury to a new level.



Amrit's Personal Wellness Support System™ will support you prior to your stay, during your visit and even after you depart. Your Personal Wellness Roadmap will be based on Amrit's Five Pillar Philosophy – focusing on Mindfulness, Nutrition, Fitness, Relaxation and Sleep – and provide user-friendly resources, tools and technology to support you on your journey to wellbeing.





SPA POOLS

Curated Skin Care

Amrit Curated Skin Care is customized for specific concerns using innovative products and meticulous protocols based largely on the findings of the exclusive French skincare line, Biologique Recharge. Their products are formulated with high concentrations of active ingredients derived from natural or bio-technical compounds. Using a proprietary Skin Instant Analysis, your Skin Instant Profile is curated via their dermo-cosmetics diagnosis system.

BIOLOGIQUE RECHERCHE
PARIS



Skin Instant Lab

[20min]

In order to prepare a truly customized facial, each Amrit Curated Skincare appointment begins with this unique skin analysis that measures: Hydration, Trans-epidermal water loss, Elasticity, Pigmentation and Sebum levels so that your esthetician can refine the treatment accordingly.

Ultimate Customized Treatment

Your esthetician will use your Skin Instant Profile to design a results-driven, personalized experience that can include high-touch lifting techniques, proprietary technology, and/or Co-Factor Sheet Masks, according to your profile and the length of your treatment.

60 MIN – 1 BOOSTER	60MIN – RFM W/O BOOSTER	60MIN – SECONDE PEAU TREATMENT
90 MIN – 2 BOOSTERS	90 MIN – 1 BOOSTER + RFM OR CO-FACTOR	
120MIN – 2 BOOSTERS + RFM	120MIN – 1 BOOSTER + RFM + CO-FACTOR	

The Boosters: Are highly concentrated professional products formulated exclusively for your skin and body care needs in the treatment room and are applied using specific high-touch techniques for optimum results.

The Co-Factors: A sheet mask that is selected according to your Skin Instant Profile and targeted concerns. Co-factors are intensive treatments which optimize results.

Second Skin: This regenerating and lifting treatment is created using an electro-spun mask with 80% pharmaceutical grade hyaluronic acid, which contains 1,000 times its molecular weight in moisture. It is designed for mature Skin Instants and is an alternative to injectables.

The Remodeling Face Machine (RFM): Otherwise known as 'Fitness for the Face', this state-of-the-art bio-electric aesthetic stimulation combines the power of three currents – galvanic, medium and high frequency for the following benefits: Lifts and sculpts the face, neck and décolleté; Reduces dark circles around eyes and tones the eyelids (helping eyes look wider); Soothes and hydrates the skin; Revitalizes the epidermis; Prepares the skin tissue for medical-surgical aesthetic procedures and enhances the results; Improves the penetration of active ingredients.

The Essential Back Treatment [60min]: Attention to the difficult to reach back, neck and torso, experience a deep cleansing, soothing massage, exfoliation, steam and mask that includes extractions as needed. Ideal for both women and men to assist with purifying breakouts. *May add on depilation services for face or back.

Amrit Massage

Our treatments are personalized journeys from the hearts of our Master Therapists, who draw upon their extensive skills to craft a transcendent experience incorporating all your senses. Co-create your massage experience beginning with a consult to confirm your massage treatment goals, then select lotion or oil, next choose your preferred aromatherapy oil.





Amrit Custom Massage

[90min/120min]

Our goal is to create a handcrafted experience personalized for you – ranging from relaxing to revitalizing; Swedish, Deep Tissue, Sports or a combination thereof – to align your mind, body and spirit, which may also include breathwork for respiratory concerns, abdominal work and flexibility improvement.

Amrit CBD Massage

[90min/120min]

This focused, full body massage with warm CBD oil creates a sense of deep relaxation, targeting pain and inflammation with specialized massage techniques. Breathwork is followed by a scalp, neck, and shoulder massage to begin release and connect mind/body. Warm compresses are placed on tight areas to loosen up muscles. A pressure point foot massage completes the full circle experience for reduced stress and mental clarity. If desired, a drop of de-stressing CBD Elixir elevates one to a state of blissful balance.

With Clarity Massage

[90min/120min]

Warm Himalayan salt stones, containing more than 84 trace minerals, are strategically placed on the body plus curated massage modalities merge to deliver a grounding massage that helps open blocked energy points throughout the body.

Mother to Be

[60/90/120min]

Performed by trained massage therapists, this restorative treatment is designed to help the mom-to-be improve sleep, reduce stress and soothe muscles. An application of special oils and ointments will help support the prevention and appearance of stretch marks.

Reflexology Add to any Massage/Body Treatment

[30/60/ 90min]

This specialized foot experience uses soothing warm towels steeped in aromatic essential oils. The treatment is enhanced with an energizing cream combined with specific massage technique to improve circulation, relieve fatigue and awaken the senses.

Advanced Massage

Achieving balanced energy is vital to maintaining a healthy diet, healthy lifestyle and managing stress. Energy balancing bodywork is extremely effective in improving vitality, awareness, energy and relaxation. Authentic experiences delivered with integrity; these time-honored therapies have been practiced for centuries throughout the world.





Thai Massage

[90min/120min]

Wearing loose, comfortable clothing to allow for stretching, this treatment is performed on a specialized cushioned mat using passive stretches. Gentle pressure is applied along meridian lines to awaken the natural energy flow to increase flexibility, relieve muscle tension and naturally balance the body.

Shiatsu Massage

[90min/120min]

This Japanese massage technique uses acupressure on the body's meridians to promote the flow of energy and correct imbalances in the body, helping to relieve pain and stress and contributing to overall health and wellbeing. The massage is performed on a specialized cushioned mat and guests are asked to wear loose, comfortable clothing.

Ashiatsu Massage

[90min/120min]

Ashiatsu therapy massage is a barefoot massage technique, with roots in Asia and India, in which the therapist delivers deep, broad, consistent pressure while utilizing their feet and body weight. Working with gravity, Ashiatsu therapists use parallel bars above the massage table for balance and support to deliver effective therapeutic pressure.

Reiki Experience

[90/120min]

For those who want a subtle experience in stress reduction and relaxation, this subtle technique based on enhancing life force energy is a special treat. Using up to 20 different hand positions, your therapist will attune to your energy and work towards clearing blocked pathways to allow your Qi, or energy, to flow freely.

Reflexology

[60/90/120min]

This specialized foot and hand experience begins with soothing warm towels steeped in aromatic essential oils. The therapists use an energizing cream combined with specific massage technique to improve circulation, relieve fatigue and awaken the senses. *Available as an add onto facials and nail services of the same length.*

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SPA LOBBY



Manual Lymphatic Drainage

[60min]

A gentle yet powerful massage with light rhythmic pressure, soft strokes and ultralight drumming techniques, encourages the movement of fluids through the body to accelerate natural elimination of toxins. An essential treatment to counteract sluggish or blocked areas and prevent swelling, relieve fatigue and enhance the immune system. With no oils or lotions, this massage is so relaxing, you may drift off. Drinking water post massage is important for the best results after this cleansing massage.

Cranial Sacral

[60min]

This globally renown technique focuses on the spine, head and central nervous system to gently release tensions and restrictions in the body, relieving pain and dysfunction. Subtle, gentle yet powerful, the body releases, the mind relaxes and the senses reboot.

Myofascial Release

[60/90min]

Gentle pressure and release techniques focus on the body's connective tissue are used to reduce restrictions, eliminate pain and restore motion. This treatment is performed directly on skin without oils or creams and can have powerful, long-lasting results. One treatment will create shifts in the mind/body. A series of 10 or more help create an overall transformation.

Amrit Body Treatments

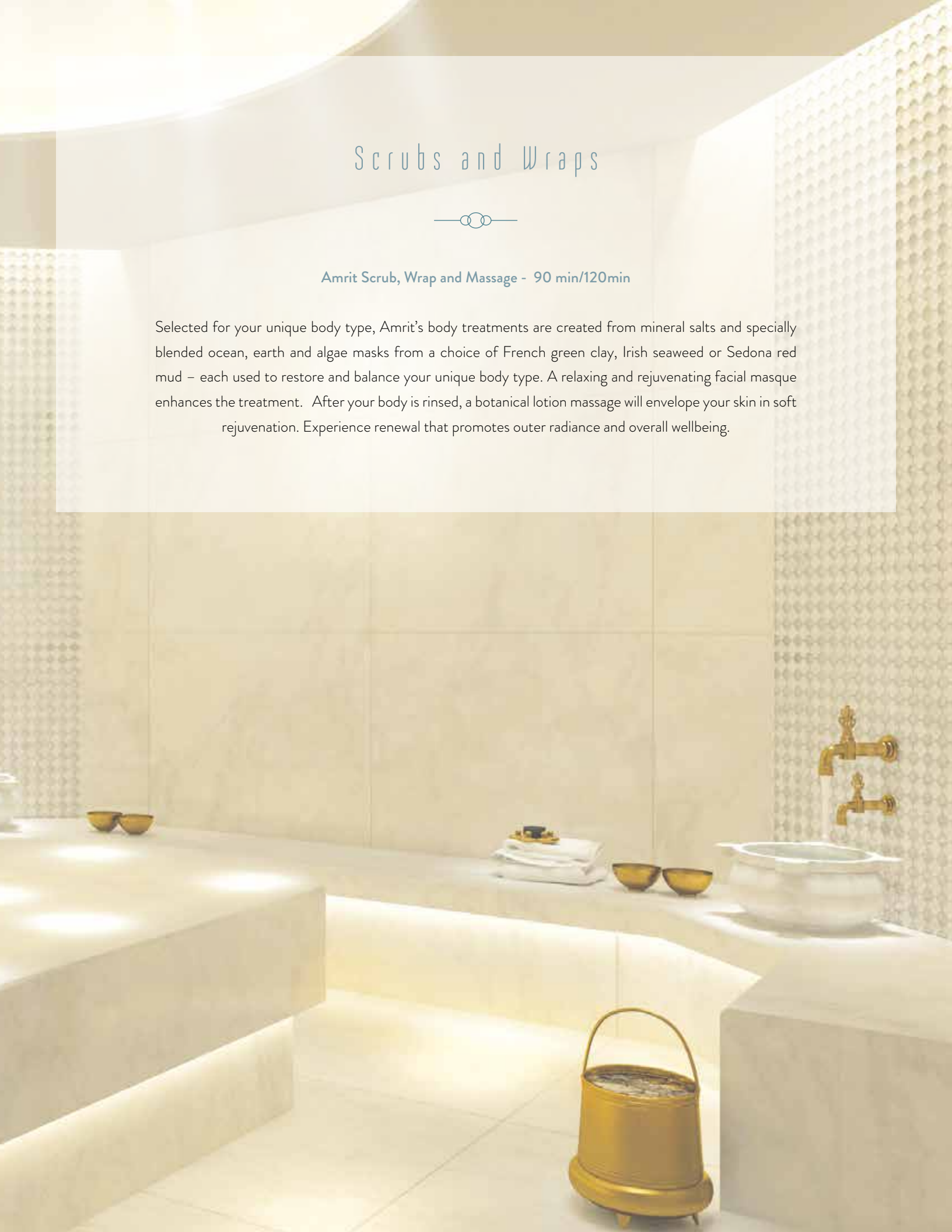
HAMMAM

Amrit's Hammam Ritual links ancient Moroccan bathing rituals with modern techniques to wash away your cares and capture a moment in time. First your therapist will don a mit for overall body exfoliation in our artfully appointed Hammam room. Enjoy the warm water dancing down your shoulders as you let go and deeply relax. Recline on the heated marble table, warmth going deeply into stressed areas, as a shower of naturally moisturizing bubbles are rained upon you. Your therapist will massage in perfect rhythm as the soft bubbles covering your body and are rinsed away and you drift off into relaxation and bliss. A gentle spray of Moroccan Rose Water refreshes. Conclude with a cup of traditional fresh mint tea to balance and ground you. Emerge and feel a renewed sense of wellbeing. Available as a solo experience, couples experience as well as social self-applied services.





Scrubs and Wraps



Amrit Scrub, Wrap and Massage - 90 min/120min

Selected for your unique body type, Amrit's body treatments are created from mineral salts and specially blended ocean, earth and algae masks from a choice of French green clay, Irish seaweed or Sedona red mud – each used to restore and balance your unique body type. A relaxing and rejuvenating facial masque enhances the treatment. After your body is rinsed, a botanical lotion massage will envelope your skin in soft rejuvenation. Experience renewal that promotes outer radiance and overall wellbeing.

The Pleasure of Your Company - for couples

Enjoy our four-hour indoor/outdoor couple's retreat where stresses and cares are melted away and you can get to know eachother even better in surprising and fun ways. The ocean breeze envelopes while you enjoy your choice of all-over body scrubs, a relaxing steam shower, a hydrating marine facial, a rejuvenating pedicure and a 90-minute massage for two using lotion blended with flower and plant essences to help soothe and restore.

The extravagant experience is enhanced with "Love Map" cards from the Gottman Institute – an award- winning relationship research arm of the University of Washington – dedicated to helping couples maintain greater love and health in relationships. A playful session with these cards will gently remind you both of the joy of first meeting and what makes your bond so special.



Forever Friends

[120min]

What better way to celebrate forever friends than by enjoying life enhancing spa treatments together? Share a treatment suite, and a pot of hand-crafted tea. You and your bestie will receive individual facials and massages, tailored just to your needs. You'll leave rejuvenated and reconnected.

Legacy of Love

[120min]

Looking for a lovely way to reconnect? Enjoy side-by-side, individually selected facials and massages, for Mother/Daughter or Father/Son spa experience. A wonderful opportunity for grown children to spend quality, healthy time with their parents, away from smartphones and other life distractions.

Make the experience even more meaningful with Amrit's signature, Legacy of Love conversation starter questions, designed to share life's wisdom and insights, and maybe even learn something new and delightful about each other.

Babymoon Couple's Massage

[120min]

A wonderful way to set aside "together time" to take a moment to relax and share dreams for your new family before your bundle of joy arrives. Begin with a specially blended tea to toast this joyful transition to parenthood. Then enjoy side-by-side a Perfect Pregnancy Massage for her, a Customized Massage for Dad and bespoke facials for each.

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