

Ayan Spa

relax · refresh · recharge



Massage Collections

WARM STONE MUSCLE EASE | 60 / 90 MINUTES

A classic massage combining long flowing forearm and palm strokes with the soothing warmth of smooth, oiled stones. Stones are placed on key energy points, penetrating deeply to melt away blockages and tension. The warmth induces a natural relaxation response, leaving the body balanced and the mind serene.

- *Relaxing · Warming · Restorative*

TRADITIONAL BALINESE | 60 / 90 MINUTES

A deeply restorative treatment designed for tight, stressed, and aching muscles. Incorporating Swedish and cross-fiber techniques, stretching, and draining, the massage is enhanced with the warming properties of black pepper, rosemary, and ginger oils. These elements help ease muscle stiffness, support circulation, and encourage greater mobility.

- *Restorative · Energizing · Muscle-Relieving*

AROMATHERAPY EXPERIENCE | 60 / 90 MINUTES

Select your personal blend of natural plant and flower oils, infused with exotic scents and therapeutic benefits. Using your chosen oil, the therapist applies carefully tailored pressure to relieve muscular tension, stimulate circulation, and encourage lymphatic drainage. Drawing from a fusion of Eastern and Western techniques, this ritual works on body, mind, and spirit—with extended attention to the face during the longer treatment.

- *Balancing · Therapeutic · Holistic*

PRENATAL MASSAGE | 60 MINUTES

A nurturing experience tailored for expectant mothers. Choose from three safely formulated oils designed to nourish and care for the skin during pregnancy. This gentle massage focuses on easing tension in the upper back and shoulders while addressing the heavy feeling of pregnancy. Completed with a full treatment personalized to your skin type, it offers a soothing top-to-toe ritual of comfort and care.

- *Soothing · Nourishing · Supportive*

Facial Collections by Nescens

ANTI-AGING REVITALIZING TREATMENT | 90 MINUTES

A restorative ritual combining a deeply relaxing back massage with a personalized advanced facial treatment. The body unwinds completely, while the face is refreshed and rejuvenated, restoring radiance and vitality.

- *Relaxing · Rejuvenating · Revitalizing*

ANTI-AGING ADVANCED RESTORATIVE EXPERIENCE | 60 MINUTES

A restorative facial that merges Nescens cosmeceuticals with a personalized signature massage. Through enveloping and precise maneuvers, this treatment decongests, drains, and reshapes, leaving the skin visibly renewed and balanced.

- *Restorative · Reshaping · Balancing*

ANTI-AGING HYDRATING EXPERIENCE | 60 MINUTES

A deeply rehydrating and plumping anti-aging treatment. Using dynamic, precise, and deep remodeling massage maneuvers alongside Nescens cosmeceuticals, this ritual stimulates, smooths, and reshapes the features, restoring comfort and suppleness.

- *Hydrating · Plumping · Smoothing*

ANTI-AGING ADVANCED TREATMENT | 60 MINUTES

A personalized global anti-aging experience combining the advanced formulations of Nescens cosmeceuticals with the signature remodeling face massage. Enhanced with targeted eye contour care, this treatment addresses visible signs of aging and restores skin vitality.

- *Anti-Aging · Restorative · Firming*

ANTI-AGING ADVANCED TREATMENT – DEEP CLEANSING | 60 MINUTES

A purifying treatment that unites the effectiveness of Nescens cosmeceuticals with a thorough deep cleansing process. Finished with the signature remodeling facial massage, this treatment revives the complexion, leaving the skin clear, refreshed, and luminous.

- *Purifying · Clarifying · Reviving*

ANTI-AGING EYE CONTOUR TREATMENT | 30 MINUTES

A concentrated anti-fatigue treatment for the delicate eye area. Combining a draining massage technique with a composition of over 30 active ingredients, this ritual helps reduce the appearance of puffiness, softens fine lines, and enhances the look of the eye contour.

- *Brightening · Anti-Fatigue · Smoothing*







Facial Collections by Dr Burgener

GOLD AND GREEN CAVIAR FACIAL | 90 MINUTES

A luxurious regenerative treatment powered by advanced skincare technology. Ultrasound waves deliver an intense infusion of Green Caviar extract from Okinawa Island combined with the antioxidant richness of gold trace elements. This treatment deeply nourishes, revitalizes tired skin, and helps diminish visible signs of aging.

- *Antioxidant · Repairing · Revitalizing · Anti-Aging*

LIFTING AND FIRMING COLLAGEN FACIAL | 90 MINUTES

Designed to stimulate the skin from within, ultrasound waves activate natural collagen and elastin production. A biotechnology-crafted Collagen Mask repairs the skin, while collagen cream delivers a firming and volumizing effect. The result is a smoother, more youthful, and lifted complexion.

- *Firming · Volumizing · Smoothing · Lifting*

BALANCING FACIAL | 60 MINUTES

A purifying and rebalancing treatment to deeply cleanse and refine the skin. Gentle exfoliation with White Glacier Face Peeling removes impurities and tightens pores, while the Purity Lotion, Alpine Purity Mask, and Hydra Balance Face Cream restore hydration and balance. Leaves the skin fresh, clear, and radiant.

- *Balancing · Hydrating · Anti-Aging*

GENTLEMEN'S FACIAL | 60 MINUTES

Tailored for men's skin, this energizing treatment purifies, treats, and restores hydration. Infused with Hyaluronic Acid, it soothes and revitalizes the complexion, combating fatigue while delivering deep nourishment and lasting hydration.

- *Energizing · Soothing · Hydrating*







SWISS SALT PEELING | 45 MINUTES

An invigorating body treatment using Purifying Swiss Alps Salts sourced from the Anzeindaz Glacier. Exceptionally rich in therapeutic minerals, this salt therapy stimulates circulation, reduces water retention, and restores the skin's natural balance. By eliminating dead skin cells, it leaves the body detoxified, refreshed, and deeply cleansed.

- *Detoxifying · Restoring · Cleansing*

PERFECT SKIN BODY EXFOLIATION | 45 MINUTES

A gentle yet effective full-body exfoliation suitable for all skin types, even the most sensitive. Natural grains delicately polish the skin, removing impurities, stimulating cell regeneration, and leaving the body soft and radiant. This massage also improves blood circulation and tones the skin. Enriched with polyphenols from grape extract, it helps combat free radicals for healthier, more youthful-looking skin.

- *Purifying · Regenerating · Firming · Antioxidant*

DETOX SWISS SALT BODY RITUAL | 90 MINUTES

An invigorating full-body ritual using Swiss Alps Salts sourced from the Anzeindanz Glacier, exceptionally rich in therapeutic minerals. This detoxifying treatment stimulates circulation, reduces water retention, and purifies the body. Enhanced by the Fit Body Booster and detoxifying products, the ritual deeply cleanses, eliminates toxins, and restores balance to the skin, leaving it revitalized and renewed.

- *Detoxifying · Purifying · Restoring*

PRO YOUTH BODY RITUAL | 90 MINUTES

A powerful antioxidant body treatment, designed as an elixir of youth. Beginning with a Perfect Skin Body Exfoliation to renew the skin, followed by a Grape Body Wrap infused with antioxidant-rich grape pearls to combat free radicals and prevent premature aging. The ritual concludes with a soothing massage using Precious Body Oil enriched with the Relax Body Booster, delivering deep hydration, relaxation, and youthful radiance.

- *Antioxidant · Anti-Aging · Hydrating · Relaxing*



Ayan Enchanté

Hair Services

WOMEN'S HAIRCUT

A customized haircut tailored to complement your face shape and personal style.

GENTLEMEN'S HAIRCUT

A precision cut and grooming service designed for a sharp, polished look.

BLOWOUT & STYLING (*Priced by Hair Length: Short, Medium, Long, Extra Long*)

A professional blow-dry and styling session to achieve your desired look, perfect for any occasion.



Ayan Fitness

We understand that each person has different fitness goals. Whether you want to lose weight, get in shape, or simply feel invigorated and energized, Ayan Fitness offers customized workout solutions tailored to your needs. With the undivided attention of our experienced Fitness Trainer, you can choose from the following one-on-one sessions.

Private Fitness Training

HEALTH & FITNESS ASSESSMENT | 30 MINUTES

A comprehensive evaluation combining several tests to measure your health and skill-related fitness. This includes assessments of muscle strength, endurance, flexibility, cardiovascular fitness, and functional movement patterns.

ASSISTED STRETCHING | 45 MINUTES

Stretching is often overlooked after a workout, yet it is one of the most beneficial practices for the body. This session blends stretching and breathing techniques to increase flexibility, calm the mind, and enhance your overall fitness performance.

FUNCTIONAL TRAINING | 60 MINUTES

A dynamic workout using free weights, resistance bands, and medicine balls to enhance kinesthetic awareness, posture, and movement efficiency. Plyometric exercises are incorporated to build fast, powerful movements and optimize nervous system function. Regular practice creates balanced musculature, strong abdominals, and a toned physique.

CORE FOCUS | 60 MINUTES

This session utilizes tools such as the stability ball, Bosu Pro Balance Trainer, and Gliding Pro to strengthen the deep abdominal muscles. Through isometric and dynamic exercises, you will improve trunk stability, balance, and posture while supporting the spine, reducing lower back pain, and preventing injuries.



PERSONAL TRAINING | 60 MINUTES

Maximize your time, focus your energy, and achieve real results. In this one-on-one session, our experienced personal trainer will assess your current fitness level, set ambitious yet realistic goals, and create a customized program tailored to your needs. Whether your aim is weight loss, improved strength and conditioning, or enhanced performance in competitive sports, this training will keep you on track.

With expert knowledge, guidance, and motivation, your trainer will support you every step of the way—pushing you beyond your comfort zone to accelerate progress and help you reach your goals.

- *Focused · Motivating · Results-Driven*

Ayan Soul Connection Body And Mind

In today's fast-paced world, cultivating harmony between the physical, emotional, and spiritual self is essential for overall wellbeing. Our Body & Mind classes are designed to help you build strength, flexibility, and balance, while reducing stress, enhancing mental clarity, and guiding you toward inner peace.

PRIVATE YOGA SESSION | 60 MINUTES (*Single / Couple / Family (up to 2 Adults + 2 Children*)

Experience a yoga practice tailored exclusively to your individual needs with the undivided attention of our Yoga Master. Every movement is guided and corrected to optimize posture, support you in asanas, and help overcome moments of imbalance or hesitation. Elements of pranayama and meditation may be included, deepening your practice into a true union of body, mind, and spirit.

- *Personalized · Supportive · Transformative*

THERAPEUTIC YOGA | 60 / 90 MINUTES

Ideal for both beginners and experienced practitioners, Therapeutic Yoga sessions are customized to address specific health concerns. Incorporating meditation, pranayama, mudras, bandhas, and targeted asanas, this practice relieves symptoms of common ailments such as headaches, insomnia, digestive discomfort, or sciatica. Each session equips you with techniques to integrate into your daily routine, enhancing the quality of life and inner balance.

- *Healing · Restorative · Individualized*

YOGA NIDRA | 60 MINUTES

Known as dynamic sleep, Yoga Nidra is a profound method for achieving complete physical, mental, and emotional relaxation. A guided practice that takes you into a state of profound restfulness while maintaining awareness.

- *Deep Relaxation · Awareness · Spiritual Insight*

PRANAYAMA | 30 MINUTES

Pranayama, the ancient art of breath control, meaning extension of the life force in Sanskrit. By mastering breath control, you learn to influence both body and mind: each inhale brings vitality, and each exhale encourages release of stress and tension. These powerful techniques help break the stress cycle, slowing the heart rate, lowering blood pressure, and calming the mind—offering clarity, peace, and balance anywhere, anytime.

- *Breathwork · Energizing · Calming*

MINDFULNESS MEDITATION | 60 MINUTES

Rooted in Eastern spiritual traditions, mindfulness meditation is a cornerstone practice for cultivating presence and inner balance. By focusing on the present moment, you observe thoughts, emotions, and sensations without judgment—like watching clouds drift across the sky. Over time, the mind slows, gaps widen between thoughts, and you enter a meditative state of detachment, clarity, and ultimate peace.

- *Mindful · Grounding · Peaceful*



ENERGY SOUND HEALING 7 BOWLS | 75 MINUTES

A restorative therapeutic practice harnessing the vibrational power of Tibetan singing bowls. Each bowl generates unique frequencies that resonate throughout the body, encouraging deep relaxation and supporting a sense of balance and harmony. Perfect for those seeking total body bliss and a profound connection of body, mind, and soul.

- *Balancing · Harmonizing · Deeply Relaxing*

HEALING SOUND BATH | 90 MINUTES

A sound bath is an ancient healing practice that immerses you in the transformative frequencies of singing bowls, without the need for water. This full-body listening experience works on physical, emotional, and mental levels, using sound vibrations to activate gentle yet powerful therapeutic and restorative processes. The session begins with an introductory journey into the singing bowl tradition, exploring its history and healing benefits. This soothing ritual helps ease stress and fatigue promotes a sense of calm and emotional balance.

- *Immersive · Restorative · Stress-Relieving*

THE LEADING HOTELS
OF THE WORLD®

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