



# CONNAUGHT



## AMAN SPA AT THE CONNAUGHT

One of London's most legendary and historic hotels, The Connaught in fashionable Mayfair is home to Europe's only Aman Spa, in collaboration with Amanresorts. The intimate 500-square metre facility features five treatment rooms, a pool and a fitness studio.

Reflecting both the hotel's inimitable style and Amanresorts' Asian-inspired aesthetic, every detail of the Aman Spa is finely tuned to offer guests optimal relaxation and comfort. The ambience is warm and welcoming, with an air of refreshing simplicity.

The varied treatments at Aman Spas around the world are tailored to provide guests with an exceptional experience. The core of the Aman Spa's menu at The Connaught is based on key treatments reflecting the renewing traditions of China, Thailand, India and the Americas.

The treatments inspired by China include a green tea aromatic footbath and a massage using traditional Chinese techniques. An Oriental oil massage and Thai herbal compress are among the treatments from Thailand. From India there is a Chakra balancing treatment with essential oils and crystals and a Samadara facial technique. Reflecting the Americas, guests can experience a red clay body wrap with Navajo herbs and a River rock stone massage.

The five candlelit treatment rooms, one double and four single, each feature a dressing area, treatment area and steam room as well as individual music systems. The 60 square-metre swimming pool is lined with dark gray granite tiles and the steam room is infused with essential oils which are changed to holistically enhance well-being during the four seasons of the year.

The Aman Spa's physical space at The Connaught is a blend of cool granite and white marble, warmed with timeless honey-gold oak and dove-grey Portland Stone – chosen for their intrinsic English appeal as well as for their enduring quality. Linen, cotton, bamboo fiber and silk in white, gold, burnished pewter, stone green and faded brown add further warmth.

White-painted wicker furniture and extensive use of back-lit timber lattice work soften the robust qualities of stone and wood, and the overall effect, conveyed by the varying textures and tones of the materials used, is of contrasts – hard and soft, dark and light, rough and smooth, warm and cool. 'Ultimately the effect is one of harmony,' says designer Jaya Pratomo Ibrahim, "creating an atmosphere of luxurious calm."

The Connaught has long been a quintessential representation of the Edwardian period and yet has a fresh and contemporary feel. The Aman Spa too bridges the old and new – combining wellness techniques rooted in ancient wisdom from around the globe with contemporary comfort and style.

Treatments at Aman Spa cost from £100 for a 45 minute body scrub; a one hour holistic massage costs £130 and each Aman Spa Experience taking two hours and 30 minutes costs £280. Spa treatments are available between 9am and 9pm daily. Email [amanspa@the-connaught.co.uk](mailto:amanspa@the-connaught.co.uk) or call 020 3147 7305/6.

### **About Amanresorts**

Amanresorts was founded by Adrian Zecha who envisioned a collection of intimate retreats in beautiful surrounds with the unassuming, warm hospitality of a gracious private residence. The first resort, Amanpuri (place of peace) in Phuket, Thailand, introduced the concept. Amanresorts has grown to encompass 24 resorts located in Bhutan, Cambodia, China, France, French Polynesia, Indonesia, India, Laos, Montenegro, Morocco, the Philippines, Sri Lanka, Thailand, the Turks and Caicos Islands and the USA.

### **About the Connaught**

In the heart of London's Mayfair, the Connaught, part of [Maybourne Hotel Group](#), blends contemporary style, classic English character and impeccable service to create the ultimate in sophistication. Rooms and suites to suit every mood, exquisite cuisine from H el ene Darroze, the charm of the Connaught and Coburg Bars, and Europe's first Aman Spa make this the perfect place to rest, relax and dine in style.

### **For more information, please contact**

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