

# AMAN KYOTO JAPAN

Wellness inspired by nature & design

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Japan is a place where the past blends with the present and at the same time takes you on a futuristic journey. With such rich culture, tradition, cuisine, architecture, history, natural landmarks, heritage sites, and lifestyle, it is no wonder that Japan is a dream destination for many. These elements also have redefined the concepts of wellbeing, discipline, dedication, and gratitude in every aspect of daily life for numerous people around the world.

Let's take an unforgettable trip to one of Japan's main cities, Kyoto. Truly feel the history of this magnificent city by staying at the Aman Kyoto – where the rooms and pavilions pay homage to the traditional Japanese Ryokan Inn. You can rest assured that you will have a stay of a lifetime as the Aman Kyoto



does everything it can in order to provide guests with an unforgettable stay with life-changing experiences that one can take home to improve their wellbeing.

The location of the Aman Kyoto will transport you into a different dimension. The Aman Kyoto is located in a secret garden right at the foothills of the Hidari Daimonji mountain. In the vicinity are the Kinkaku-ji Temple (just to give you an idea of the history of the region it was completed in 1397!) and 16 UNESCO World Heritage Sites. This entire area is an oasis of Zen and the same can be said about the guest rooms.

Natural elements, light, a minimalist design, and space are just some of the key components to the numerous amenities and traditional essences in



your accommodation. The guest rooms (Susuki, Nara, Kaede, Hotaru), the Takagamine Suite, and the Washigamine Pavilion feature natural woods, floor-to-ceiling windows, Tokonoma alcove (which will be described later), and last but not least Tatami flooring. All rooms feature a Japanese bath of Hinoki cypress wood. The memorable picturesque views are unbelievable; nature in all corners of your room will leave everlasting images. Touching on the minimalist design, wood panels disguise technology by giving control to the guests if they want to fully immerse in their own Ryokan Inn.

One should definitely spend some time in the Tokonoma (every room has one). This is a special room found in traditional Japanese homes that is for hanging scrolls, special items, and flowers. This





is a great place to take some time to reflect on the beauty of life and pause for a moment.

Aman lives by its purpose of also offering life-changing wellness experiences. The Aman Kyoto's Aman Spa embraces the lush surrounding in its design and structure. Just imagine that as soon as you step foot in the reception, you are offered a Yamamasa Koyamaen (one of the most renowned teas) blended Japanese tea that will instantly soothe your body. There are 3 treatment suites, a relaxation lounge, and both indoor and outdoor Onsen facilities. The Onsen facilities keep in line with the Ryokan Inn concept. These facilities are bathing facilities with separate pools for men and women. What better than to bathe in natural, mineral-rich water that is provided by the famous Japanese hot springs. Reconnecting with nature is a way to reset our body's internal systems. Aman Kyoto provides Shinrin-Yoku (taking in the forest atmosphere) sessions. With 29 hectares



of forest and three hectares of gardens, a session of Shinrin-Yoku will provide with the healing capabilities of mindfulness, tranquility, and the possibility to breathe in fresh air. Furthermore, a yoga session in the garden along with breathing and meditation exercises is a must.

The Aman Kyoto also offers other unique experiences to its guests. The Zen Experiences are a collection of activities related to Zen such as morning meditations at a temple, expert guidance offered by resident monks, Japanese calligraphy workshops, Ikebana flower arranging, and traditional tea ceremonies. Finally the Hanamachi Experience provides an exclusive access to ancient tea houses that demonstrate traditional Ozashiki games and a dance performance.

Staying at the Aman Kyoto will transform you and without a doubt offer more than just a stay at a hotel. Aman's attention to detail, dedication, and offering what culture and wellbeing are truly about make the Aman Kyoto a destination within a destination.



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