



## Treat yourself

### FOOT MASSAGE

60 min / 90 min

This massage heals the whole body through pressure points on the soles of the feet and releases muscles tension after a day climbing the temples. This massage can be done by the pool side.

### HEAD, BACK AND SHOULDER

60 min / 90 min

A relaxation massage for tight and stressed muscles focusing on the upper body. It can be done by the pool side.

### AMMA SHIATSU MASSAGE BY SENIOR BLIND THERAPIST

90 min / 120 min

Amma is known as the ancient ancestor of all the Asian hand-healing therapies that work to treat the energy system. The various manipulation techniques include stroking, pressing, and stretching the fourteen major energy channels found in the body. The goal of the therapy is to remove any energy blocks found in the body and promote optimal health.

### AROMATHERAPY MASSAGE

60 min / 90 min

Using essential oils, the aromatherapy massage uses techniques to increase blood circulation and reduce muscles fatigue. The strength of the massage will be according to your request and physical condition.

### DRY MASSAGE

90 min / 120 min

Focusing on pressure points, traditional Khmer techniques involves thumbs and palm pressures. This massage gently stretches and clears energy channels, leaving you feeling relaxed and refreshed. No oil is used.



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### THAI MASSAGE

60 min / 90 min

Made by French therapist Cécile, it is an ancient healing system combining acupressure, indian Ayurvedic principles, and assisted yoga postures. Rather than rubbing on muscles, the body is compressed, pulled, stretched and rocked. The receiver wears loose clothes. No oil is used.

### KHMER HERBAL COMPRESS MASSAGE

60 min / 90 min

This treatment combines massage and herbal compress. It purifies, relaxes, warms, relieves aches and pains.

### AROMATHERAPY FACIAL

45 min

Deep cleansing, hydrating, moisturizing, facial massage and mask with natural products (lemon, lemongrass, cucumber, avocado and honey), designed to purify and promote a beautifully radiant face. A must!

### REVITALIZING PACKAGE

2 hours

After the body scrub exfoliates and cleanses the skin, our body wrap will moisturize and nourish it, followed by a full body massage to release all tensions and give you back your energy.

### ANGKOR SERENITY PACKAGE

2h30

Our full body massage scrub prepares the skin and the muscles to a full relaxation with a one-hour aromatherapy massage, before rejuvenating with a facial treatment to purify and nourish face, neck and chest. We use natural ingredients pounded just before the treatment.