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A  KHMER

English

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# Treatment Menu



## Traditional Herbal Steam Sauna "Tanom Chupon"

Originating in the Angkorian era and passed down from mother to child, this postnatal care of Cambodian women uses medicinal herbs.

90 120 180 Anti  
1DAY Scrub Fruit



## Herbal Body Scrub

This combination of Chupon and Scrub massage aids detoxing and refreshes your body and mind.

120 180 1DAY Scrub



## Body Oil Massage

Massage for the whole body using warm, customised oil, tailored to your needs with a mix of local herbs.

90 120 180  
1DAY Oil



## Traditional Khmer Massage

Massage for the whole body, without oil. We approach the large muscles of the back and legs firmly.

Khmer



## Fruit Wrap

Whole body and hair wrap using local organic materials.

Fruit



## Hair Pack

Shining black hair is a distinctive feature of Khmer beauty. Their secret combines coconut and local herbs. Now you can try it for yourself.

Fruit



## Head Massage

Specialised head, neck and shoulder massage. Special herbal oil is warmed to body temperature and gently massaged around the area.

1DAY Face Head&Shoulder



## Facial Massage & Pack

Face massage with rich oil and high-moisturising face pack.

1DAY Face



## Cambodian Silk Deep Cleansing

Deep cleansing treatment using local organic silk cocoons with local clay and herbs.

1DAY Face



## Shoulder & Neck Massage

Specialised head, neck and shoulder massage. Special herbal oil is warmed to body temperature and gently massaged around the area.

1DAY Face Head&Shoulder



## Foot Bath with Herbal Scrub

Complete foot care including a foot bath containing an abundance of fresh Cambodian herbs. The herbal scrub with nine varieties of dried herbs will leave your skin smooth and clean.

90 180 1DAY  
Khmer Oil Foot Fruit

## Physical Diagnosis

We use traditional medical knowledge to select herbs and oils that match your physical constitution.

If you have any questions, please feel free to ask us.

Heal the weariness of the whole body  
The perfect treatment with which to complete your trip

## 1 DAY Retreat

6.5h | \$170<sup>+</sup>

- ◇ Welcome Drink & Physical Diagnosis
- ◇ Garden Tour & "Bath Tea" Creation 30mins
- ◇ Foot Bath with Herbal Scrub 15mins
- ◇ Traditional Herbal Steam Sauna "Tanom Chupon" 20mins
- ◇ Herbal Scrub 30mins
- ◇ Hair Treatment 10mins
- ◇ Shower
- ◇ Lunch 60mins
- ◇ Oil Massage 70mins
- ◇ Tea Time 15mins
- ◇ Facial Treatment 65mins
- ◇ After Drink

We offer an exceptional one day retreat program in a natural environment which combines traditional x modern style. Our stunning spa offers the ultimate in relaxation and well being. Our facilities ensure your visit will be a luxurious and memorable experience.

### For whom?

Looking for a full day program  
Massage and Facial Treatment  
Including meal

Duration | 6.5h (Total 7h)

Starting time | 10:00

Luxurious 90 minute package of Chupon and Oil Massage

## Detox Special - 1 - 90mins

### 90mins | \$60<sup>+</sup>

- ◇ Welcome Drink & Physical Diagnosis
- ◇ Foot Bath with Herbal Scrub 10mins
- ◇ Traditional Herbal Steam Sauna "Tanom Chupon" 20mins
- ◇ Oil Massage 70mins
- ◇ After Drink

You'll experience the traditional Khmer "Tanom Chupon" herbal steam sauna, customised for you with a brew of specially selected herbs. Chupon improves blood circulation, helps your body recover from exhaustion and keeps your skin healthy. With chupon, the effects of the aroma massage will stay with you longer.



### For whom?

Looking for optimal 2h treatment  
Just relaxing, release tension  
Want both steam sauna & massage

Duration | 90mins (Total 120mins)

Starting time | 10:30-17:00

(Last start 17:00, Finish at 19:00)

Spa Khmer's most popular treatment

## Detox Special - 2 - 120mins

### 120mins | \$75<sup>+</sup>

- ◇ Welcome Drink & Physical Diagnosis
- ◇ Traditional Herbal Steam Sauna "Tanom Chupon" 20mins
- ◇ Oil Massage 70mins
- ◇ Herbal Scrub 30mins
- ◇ Shower
- ◇ After Drink

Our most popular package. The 120mins includes herbal steam sauna, herbal scrub, and an amazing aroma oil massage. You will enjoy the "Tanom Chupon" steam sauna and a leisurely aromatherapy massage, followed by a herbal scrub. All made from local ingredients selected especially for you. This is a deep-cleansing treatment, leaving you feeling refreshed and detoxified on the inside and out.



### For whom?

Need best 2.5h treatment

Remove dead skin, moisturise and relax

Best treatment for the whole body

Duration | 120mins (Total 150mins)

Starting time | 10:30-17:00

(Last start 17:00, Finish at 19:30)

Spa Khmer luxury package

## Detox Special - 3 - 180mins

### 180mins | \$120<sup>+</sup>

- ◇ Welcome Drink & Physical Diagnosis
- ◇ Traditional Herbal Steam Sauna "Tanom Chupon" 15mins
- ◇ Oil Massage 70mins
- ◇ Herbal Scrub 30mins
- ◇ Shower
- ◇ Facial Treatment 65mins
- ◇ After Drink

It is a package menu that combines "chupon", "oil massage", "scrub" and "facial treatment". "After boosting your blood circulation with Chupon, warm oil is used to carefully massage the entire body, followed by a herbal body scrub to make your skin beautiful." The last is a facial treatment. The décolletage is also refreshed with a massage, and a luxurious mask with a high moisturizing effect leads to moisturized and glossy skin. This is a 3-hour luxurious reward course recommended by Spa Khmer.



### For whom?

Enjoy the most luxurious treatment  
Remove dead skin, moisturise and relax  
Best treatment for body, hair & mind

Duration | 180mins (Total 3.5h)

Starting time | 10:30-15:30

(Last start 15:30, Finish at 19:30)

Spa Khmer luxury package with car transfer from the spa to the airport

## Final day Special package

200mins | \$155<sup>+</sup>

- ◇ Welcome Drink & Physical Diagnosis
- ◇ Traditional Herbal Steam Sauna "Tanom Chupon" 20mins
- ◇ Herbal Scrub 30mins
- ◇ Oil Massage 70mins
- ◇ Facial Treatment 60mins
- ◇ Hair pack 20mins
- ◇ Shower
- ◇ After Drink

We cover everything from beautiful skin, beautiful hair, fatigue recovery, and stress relief.

Detox 180, which is very popular for using the power of herbs to detoxify your travel fatigue from the inside and make your skin smooth, comes with [coconut hair treatment], [car transfer from the spa to the airport], and [beer or detox soda]. This is a special package. Anyone can use it, whether you are traveling individually or in a group.

※ Prices differ for 2 or more people. Please contact us for more information.

※ Siem Reap Angkor International Airport opened from October 16, 2023. Please note that it takes 60-90 minutes to reach the airport by car.



Model case  
Airplane departing at 20:55

13:30 Pick up

14:00-17:30 Treatment/preparation

17:30-19:00 Transfer to the airport by private taxi

Total approximately 250 minutes including check-in, changing clothes, etc.

Cambodian silk meets traditional herbs

## The SPA KHMER Signature Facial

65 mins | \$65<sup>+</sup>

- ◇ Welcome Drink & Physical Diagnosis
- ◇ Self Cleansing
- ◇ Deep Cleansing using Cambodian Silk 10mins
- ◇ Face Massage + Face Pack 20mins
- ◇ Decollete, Hand, Head Massage 30mins
- ◇ Moisturising 5mins
- ◇ After Drink

Truly unique. Our luxury facial treatment using traditional local ingredients is a boost for your skin and relaxation for your spirit. Deep-cleansing treatment using local organic silk cocoons with local clay and herbs. An intensive and systematic massage including hands, scalp and shoulders. The original mask with active ingredients along with our therapist's expert hands ensure exceptional results whatever your age or skin type.



### For whom?

Want massage but not full-body  
Want to take care your skin  
On a tight schedule (around 90mins)

Duration | 65mins (Total 90mins)

Starting time | 10:30-18:30

(Last start 18:30, Finish at 20:00)



Herbal foot scrub & massage for entire legs, from waist to toe

## Reflexology - Full Leg Massage -

60mins | \$45<sup>+</sup>

- ◆ Welcome Drink & Physical Diagnosis
- ◆ Foot Bath with Herbal Scrub 20mins
- ◆ Foot Oil Massage 40mins
- ◆ After Drink

Legs are known as "the second heart" as they fulfil many important functions. We use reflexology to stimulate the whole body through the pressure points on the soles of the feet.



### For whom?

Tired or swollen legs  
Want massage but not full body  
On a tight schedule (around 90mins)

Duration | 60mins (Total 90mins)

Starting time | 10:30-18:30

(Last start 18:30, Finish at 20:00)

Massage for the whole body, without oil

# Traditional Khmer Massage

70mins | \$45<sup>+</sup>

- ◇ Welcome Drink & Physical Diagnosis
- ◇ Foot Bath with Herbal Scrub 10mins
- ◇ Massage 70mins
- ◇ After Drink

Using the wisdom of traditional medicine handed down from mother to child since the Angkor dynasty, we approach the large muscles of the back and legs firmly. If you are not good at massage using oil, please choose this.



## For whom?

Want a full body massage without using oil

Want a massage that incorporates shiatsu, about 1 hour

Duration | 70mins (Total 100mins)

Starting time | 10:30-18:00

(Last start 18:00, Finish at 19:40)

Massage for the whole body, using warm, customised oil

## Herbal Aromatherapy Massage

70mins | \$50<sup>+</sup>

- ◇ Welcome Drink & Physical Diagnosis
- ◇ Foot Bath with Herbal Scrub 10mins
- ◇ Oil Massage 70mins
- ◇ After Drink

The massage oil is tailored to you with a blend of local herbs. The scent and warmth of the oil relaxes both your body and mind. Highly recommended for those suffering stress or anxieties. It is also good for skin troubles.



### For whom?

Looking for a gentle and relaxing massage  
To reduce physical swelling  
Feeling heavy

Duration | 70mins (Total 100mins)

Starting time | 10:30-18:00

(Last start 18:00, Finish at 19:40)

Package including full-body scrub massage  
and traditional Khmer "Chupon" herbal steam sauna

## Herbal Scrub & Chupon

60mins | \$50<sup>+</sup>

- ◇ Welcome Drink & Physical Diagnosis
- ◇ Traditional Herbal Steam Sauna  
"Tanom Chupon" 15mins
- ◇ Therapy 45mins
- ◇ Shower
- ◇ After Drink

This traditional sauna is becoming an increasingly popular treatment among visitors. Combined with a scrub massage it aids with detoxing, refreshes your mind and body, and leaves you with smooth, clean skin.



### For whom?

Want to try the "Chupon" experience  
Remove dead skin and moisturise  
Refresh mind with herbal steam sauna

Duration | 60mins (Total 90mins)

Starting time | 10:30-18:00

(Last start 18:00, Finish at 19:30)

Full body and hair wrap using local organic materials

## Fruit Body Wrap & Chupon with Hair Treatment

60mins | \$50<sup>+</sup>

- ◇ Welcome Drink & Physical Diagnosis
- ◇ Foot Bath with Herbal Scrub 10mins
- ◇ Traditional Herbal Steam Sauna "Tanom Chupon" 15mins
- ◇ Therapy 45mins
- ◇ Shower
- ◇ After Drink

Shining black hair is a distinctive feature of Khmer beauty. Their secret combines coconut and local herbs. Now you can try it for yourself.



### For whom?

Need to relax without a massage  
Remove dead skin and moisturise  
Treatment for both body & hair

Duration | 60mins (Total 90mins)

Starting time | 10:30-18:00

(Last start 18:00, Finish at 19:30)