



**LA RÉSIDENCE  
D'ANGKOR**

A BELMOND HOTEL  
SIEM REAP

KONG KEA SPA

## **SPA MENU**

## **WELCOME TO THE WONDERFUL WORLD OF BELMOND**

We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga on a beach or enjoying a moment's peace in a tranquil hideaway, do take this special opportunity to refresh both your body and your soul.

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## 01 RELAX AND REVIVE AT KONG KEA SPA

We invite you to unwind in the healing energy of Kong Kea Spa. In the gentle embrace of Kong Kea, or “Water for the Gods”, experience the delights of ancient Cambodian healing wisdom insightfully designed to provoke multi-sensory experiences.

As the spa’s tranquil interior quietens your mind, your therapist guides you through exquisite organic landscapes. Be pampered with a Khmer Herbal Healer, a traditional herbal poultice application that eases tension and breathes life into limbs.

Feel the difference of Jurlique essential oils and floral blends sourced from a biodynamic Australian farm as they soothe the mind, refine the body and reveal the full luminosity of your skin.

Embrace the spirituality of Siem Reap as you strengthen your body and mentality with a private yoga or meditation session.

Select from single and couples treatment rooms. Make the most of the sauna, steam and Jacuzzi facilities, indoor relaxation pool, and spa boutique. Relax, revitalise and rejuvenate at the most idyllic luxury hotel Siem Reap has to offer.

Indulge in our:  
Relaxation lounge  
Indoor swimming pool and Jacuzzi  
Steam room  
Sauna room

Please enjoy complimentary use of all our delightful spaces during your visit.

Opening times: 09.00 - 22.00

Access: Down the walkway in front of the Fitness Centre

Reservations: Dial 282 for spa reception

## 02 SIGNATURE INDULGENCES

### KHMER HERBAL HEALER

70/100 MINUTES

Our authentic Khmer Herbal Hot Compress massage is a unique treatment that should be experienced at least once in your lifetime. A heated muslin parcel of aromatic herbs and exotic spices is applied to pressure points on the body, easing stress and relaxing muscles. Hot compresses can also be used to address back pain, increase energy flow, improve circulation, relax muscles and stimulate nerves. We start with foot therapy and continue to the whole of your body to make you feel free from pain.

### “ANGKHUN” WARM OIL TREATMENT

70/100 MINUTES

Angkhun is a medicinal tree grown in Cambodia’s deep forests. The seed of Angkhun is used in various traditional medicines to relive muscle tension and improve blood circulation.

### BAMBOO MASSAGE

70/100 MINUTES

This special massage technique has a triple-action, high-performance formula helping to reduce pain and cellulite, and ease stiff muscles, especially for athletic people.

### KONG KEA SPA RECHARGING ENERGY

180 MINUTES

A deluxe spa day package to recharge and balance your body and mind. We start with SHIRODARA to calm the body, followed by a one-hour Energising Massage and finish with relaxing Foot Reflexology.

### BASIC HEALTHY YOGA & MEDITATION

60 MINUTES (MINIMUM)

Enjoy this session presented by our experienced practitioner to help with body alignment and the release of stiffness and pain from muscles. Please note that bookings should be made 24 hours in advance and our cancellation policy may apply. Limited to 4 people per session.

### J’PONG REFRESHING & CLEARING STEAM

30 MINUTES

This is a traditional Khmer treatment for colds, congestion and coughs, with added benefits for tired muscles. The effectiveness of the steam is increased by adding herbs like turmeric, cinnamon, sweet plai, lemongrass, cloves and kaffir lime leaf mixed with essential oils. In Cambodia, it is believed to improve blood circulation and refresh the body. To be enjoyed in the steam room or sauna.

## 03 MASSAGES

### FOUR HANDS MASSAGE

70/100 MINUTES

We start with foot therapy and let you feel the benefit from the experience of two therapists working together to soothe muscle pain and reduce stress, providing double relaxation. This highly synchronised treatment performed in unison by two therapists offers the ultimate relaxation and is not to be forgotten.

### SHIRODHARA

55 MINUTES

Traditionally used to treat stress-related disorders and combined with foot therapy, SHIRODHARA is the pouring of warm medicated oil onto the forehead. On a physical level, it will leave you profoundly relaxed and aid the treatment of headaches, migraines, insomnia and sinusitis. We recommend a period of rest after the treatment, allowing your mind and body to unwind.

### AROMATHERAPY MASSAGE

70/100 MINUTES

Long strokes soothe and improve lymphatic drainage and circulation, while relaxing techniques work into muscles to relieve tension and ease stiffness. The fragrance of essential oils enhances the experience. Pressure can vary from soft to medium and we start with foot therapy to release tension in your body and let your stress go.

### ENERGISING MASSAGE

70/100 MINUTES

This energising massage uses long, strong strokes to induce relief from stress and tension, while stimulating blood circulation. Pressure can vary from medium to deep. You will feel great when we put your feet in warm water with medicinal herbs and continue to treat your entire body.

### BACK PAIN RELEASE

70 MINUTES

Tension in muscles of the shoulders, neck and back is often associated with long travel. This therapy is specially designed to address tension areas in the back muscles and is combined with foot therapy to leave you feeling relaxed for the rest of your journey.

### COUPLES MASSAGE

80/110 MINUTES

Share the comfort of our luxurious double spa suite with a loved one or friend. Experience your choice of massage followed by a steam or sauna for 20 minutes. Any of our individual treatments such as the Aromatherapy, Energising, Foot Reflexology or Back Pain Release massages can be arranged for a couple's session.

### ANCIENT KHMER MASSAGE

70/100 MINUTES

Experience an old-fashioned Khmer massage called "Chab Ta Shai". A vigorous, oil-free and firm massage for effective pain relief. The touch techniques are deep and reasonably forceful in continuous, elastic and rhythmic strokes. We treat your feet first and let you experience our healing technique to release your stress.

## 03 **MASSAGES**

### INDOCHINA SIGNATURE MASSAGE

70/100 MINUTES

This unique massage has been used for centuries throughout the region to bring balance to body, mind and energy. Given clothed and without oil, this experience involves pressure point massage using thumbs, hands, arms, knees and feet, as well as stretching movements. It is an invigorating therapy starting with foot therapy that relieves muscular tension, loosens joints and opens energy channels.

### FOOT REFLEXOLOGY & MASSAGE

70 MINUTES

Reflexology is based on the principle that the human body has energy that flows freely through it when in a state of optimum health. In this treatment, we start with foot treatment and continue with gentle pressure applied to specific points on and around the feet to free energy that has become blocked due to stress, poor diet and lack of exercise, allowing the body to return to a state of natural balance. We combine this with a foot massage to relax and release.

### FULL LEG MASSAGE

80 MINUTES

Our therapeutic full leg massage is specially designed to help release pain and relax tight muscles in runners and athletes. The treatment begins with back stretches followed by a full leg massage.



## 04 **BODY RITUALS**

### TRADITIONAL TURMERIC & ORANGE SCRUB

55 MINUTES

Natural ingredients of turmeric and orange exfoliate, nourish and tone the skin while stimulating circulation. Combined with foot therapy, your body absorbs all the benefits of turmeric, which makes your skin brighter, and orange to help your skin become softer and look younger.

### TRADITIONAL RATTANAKIRI COFFEE SCRUB

55 MINUTES

Rattanakiri is one of the most beautiful provinces in Cambodia, and is famous for its coffee plantations. The coffee is a powerful antioxidant and firms the skin. It leaves the skin soft, glowing and aromatic. Our treatment is always combined with foot therapy.

### TRADITIONAL ALOE VERA & BANANA LEAF BODY WRAP

55 MINUTES

The cooling effect and properties of aloe vera work to soothe and rejuvenate the skin. It also works for sunburn and minor wounds. After massaging the body softly with aloe vera, you are covered with banana leaves to leave the body moisturised and hydrated.

## 05 FINISHING TOUCHES

MANICURE 60 MINUTES

This indulgent spa manicure includes a stimulating hand scrub, soothing hand bath, relaxing massage and essential nail maintenance, grooming and varnish.

PEDICURE 60 MINUTES

Treat your feet to the attention they deserve. This pampering spa pedicure includes an invigorating foot scrub, relaxing foot bath, foot massage and essential nail care.

EXPRESS MANICURE & PEDICURE 60 MINUTES

Save your valuable time with our express manicure and pedicure, including nail care, foot scrub and foot bath in just 60 minutes.

HAIR WASH 60 MINUTES

Begin your hair wash with a head massage while shampooing to release stress and headaches, followed by hair moisturising. Ends with light massage on your neck and shoulder for ultimate relaxation.

## 06 SPA STYLE

We're delighted you will be joining us. Our spa is an oasis of calm, and we therefore ask that you help us maintain the peaceful ambience by speaking in a soft voice and turning off your cell phone.

### APPOINTMENTS

As treatments are subject to availability, we strongly recommend scheduling your appointments before your arrival. Your credit card will be requested when you book.

For reservations please contact:

Tel: +855 63 963 390

Email: sokhon.hun@belmond.com

Extension: 282

### CANCELLATIONS

We ask that you make any cancellation or change to treatments at least two hours before your appointment to avoid being charged a 50% cancellation fee.

### ARRIVAL

We invite you to arrive at least 15 minutes before your appointment to allow sufficient time to register. For your comfort, we provide a robe, sandals, towel and disposable underwear. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

### WELLBEING

Guests with high blood pressure, heart conditions, pregnancy or any other medical condition are advised to consult a doctor prior to their treatment. Please do not smoke or consume alcohol in the spa. We recommend you remove all jewellery before your treatment and leave items of value in your room safe. Spa facilities and services are reserved for those 18 years and older. Should you prefer a male therapist, please inform us in advance to avoid disappointment.

### COMMUNICATION

Prior to the start of your treatment, kindly advise your therapist of the areas you would like to focus on and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is key to obtaining the full benefit of your spa experience.

### GRATUITIES

Our treatment prices do not include gratuities. If you have enjoyed your treatment, please feel free to leave a gratuity at your discretion.

### GIFT CARDS

Our gift certificates make perfect presents for spa lovers. Choose an individual treatment, a special package or a voucher for a specific denomination.

## 07 PRICE LIST

Prices are in USD and inclusive of 7.5% service charge, 10% specific tax and 10% government tax.

### SIGNATURE INDULGENCES

KHMER HERBAL HEALER	(70 MIN) (100 MIN)	110.00 160.00
ANGKHUN WARM OIL TREATMENT	(70 MIN) (100 MIN)	100.00 130.00
BAMBOO MASSAGE	(70 MIN) (100 MIN)	100.00 130.00
KONG KEA SPA ENERGY RECHARGE	(180 MIN)	190.00
BASIC HEALTHY YOGA & MEDITATION	(60 MIN)	60.00*
J'PONG REFRESHING & CLEARING STEAM	(30 MIN)	40.00

### MASSAGES

FOUR HANDS MASSAGE	(70 MIN) (100 MIN)	150.00 210.00
SHIRODHAR	(55 MIN)	65.00
AROMATHERAPY MASSAGE	(70 MIN) (100 MIN)	90.00 130.00
ENERGISING MASSAGE	(70 MIN) (100 MIN)	90.00 130.00
TRAVELLER'S BLISS	(70 MIN)	80.00
COUPLE'S MASSAGE	(80 MIN) (110 MIN)	160.00 210.00
ANCIENT KHMER MASSAGE	(70 MIN) (100 MIN)	80.00 100.00
INDOCHINA SIGNATURE MASSAGE	(70 MIN) (100 MIN)	80.00 100.00
FOOT REFLEXOLOGY & MASSAGE	(70 MIN)	75.00
FULL LEG MASSAGE	(80 MIN)	90.00

\*60 per person; 45 per person for groups of 3 or more; maximum 4 people per session

## 07 PRICE LIST

### **BODY RITUALS**

TRADITIONAL TURMERIC & ORANGE SCRUB	(55 MIN)	70.00
TRADITIONAL RATANAKIRI COFFEE SCRUB	(55 MIN)	70.00
TRADITIONAL ALOE VERA & BANANA LEAF BODY WRAP	(55 MIN)	60.00

### **FINISHING TOUCHES**

MANICURE	(60 MIN)	50.00
PEDICURE	(60 MIN)	60.00
EXPRESS MANICURE & PEDICURE	(60 MIN)	90.00
HAIR WASH	(60 MIN)	40.00

INCOMPARABLE GENUINE TRAVEL

[BELMOND.COM](http://BELMOND.COM)