

ANANTARA CORE WELLNESS PACKAGES

Developed for guest on quest for health and wellness holiday, Anantara Angkor has curated these guided programs.



REFOCUS

USD 320 (3 Days)

Our goal is to help you achieve a Physical balance while providing you with healing practice that will aid in. Eradicating energy blockage and toxins that build up through the course of everyday life.

HIGHLIGHTS

- Preprogram Consultation
- Smoothie Making Class
- Meditation Session
- Yoga Session
- Spa Tranquility Treatment

Day 1 - Modern Yoga, Body salt scrub, Swedish massage, Detox drink Class

Day 2 - Meditation, Detox Body Wrap, Coconut oil Relaxing Massage, Nutrition drink

Day 3 - Nourishing Yin, Indian Head massage, Anantara Facial, Rejuvenate drink.



REBALANCE

USD 590 (5 Days)

Reinvigorate body and mind to deal with the hectic demands of life, Anantara Spa's rebalance is 5 days invitation to rediscover serenity and to unravel wisdom for a blissful holiday.

HIGHLIGHTS

- Preprogram Consultation
- Smoothie Making Class
- Meditation Session
- Yoga Session
- NIA (Classic Work Out Combined with simple Yet Powerful Movement Sequence Inspired by Dance)
- Spa Holistic Treatment

Day 1 - Meditation, Refreshing Steam, Reiki Energy Balance, Lunch Smoothie

Day 2 - Yoga Work Out, Foot Massage, Choice of Body Scrub, Nutrition Making Class

Day 3 - Nourishing Yin, Sound bath with Himalaya sound bowl, Choice of Body Wrap, Refresh

Day 4 - NIA, Signature Massage, Facial Massage, Mood Boosts Drink

Day 5 - Yoga Work Out, Hot compress Massage, Sunset Ashtanga, Refresh



All prices are inclusive of 22.50% Government tax and 7% service charge.

Prices are subject to change without prior notice.

The prices are quoted for one person

Advance booking is highly recommended to ensure availability

Treatment are available from 10:00am – 10:00Pm