

JOURNEYS INTO
WELLBEING AND SERENITY.





ANANTARA SPA

Rooted in the beautiful country of Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins and extends seamlessly to our global reach of spas, located in some of the world's most exotic places.

Our extraordinary destination is home to the Eighth Wonder of the World, Angkor Wat, and while the resort resembles this magnificent temple from the sky, within our tranquil spa we draw on the celestial Apsaras maidens, whose exquisite beauty and alluring charm is much written about in Hindu and Khmer mythology.

Experience how our personalized service is steeped in the warmth of traditional Cambodian culture. Let expert therapists pamper you with their skilled, intuitive touch. Choose from a treatment menu which takes inspiration from Cambodia's precious lotuses, to offer you beautiful journeys.

Leave behind the stresses of everyday life and begin to synchronize the subtle energies of your being. Let us create experiences that will coax your body, mind and soul into a blissful state of peace, with journeys designed for your supreme wellbeing.

Step into the world of Anantara and experience exceptional luxury in breathtaking surrounds.

Let your cares slip away and your sensual journey begin...

Anantara Spa Facilities

- 4 luxurious treatment rooms
- Beauty salon
- Steam room
- Sauna
- Private al-fresco soaking tubs
- Full range of spa and aromatherapy products

Opening hours: 10.00 am - 10.00 pm

SIGNATURE EXPERIENCES

Drawing on Anantara Spa's world class expertise, the finest indigenous wellness traditions and unique holistic therapies, our collection of highly specialist rituals blend luxurious pampering with powerful, long lasting benefits for body, mind and soul.

ANANTARA SIGNATURE MASSAGE (60/90 Minutes)

Combining revered eastern and western techniques in purpose designed movements with our unique oil blend, this massage stimulates circulation and deeply relaxes muscles. Signature techniques of skilled therapists ensure to clear blockages of energy and promote overall wellbeing.

TRADITIONAL KHMER MASSAGE (60/90 Minutes)

The ancestor of Traditional Thai Massage, the rigorous stretching and body alignment of Khmer Massage was originally created to revitalize monks after long periods of meditation. By harnessing the body's ability to moisturize itself, this unique massage style uses no oil and offers a wealth of holistic benefits, including enhanced flexibility, a freer flow of energy and circulation, to a relaxing balance between body, mind and spirit.



SPA JOURNEYS

Carefully crafted to bring you a luxurious choice of extended experiences, these special journeys are designed to help you escape the limits of space and time. Indulge in unique destination inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

ULTIMATE ANANTARA EXPERIENCE

(270 Minutes)

Give yourself the space and time you need to truly unwind and recharge, emerge feeling purified and nourished, relaxed yet wonderfully energized, as we lavish you with exotic and pampering therapies for a beautiful transformation.

Day 1

Floral Foot Ritual • Purifying “Cambodian Kompot Salt Scrub • Shower • Back, Neck, shoulder & Foot Massage • Refreshment

Day 2

Floral Foot Ritual • Aloe Vera Body Wrap • Anantara Signature • Choice of Facial • Refreshment

HERITAGE RITUAL

(140 Minutes)

Experience therapeutic pampering inspired by the ancient wellness traditions of the glorious Khmer Empire. Polish, nourish and soften skin with an exotic scrub blend of tamarind, rice, watermelon juice and honey. Feel revitalized by a massage of rigorous stretching and body alignment that offers a wealth of holistic benefits, from enhanced flexibility and circulation, to a freer flow of energy that balances body, mind and spirit.

Floral Foot Ritual • Traditional Khmer Massage • Choice of Facial • Refreshment

DAWN RENEWAL

(120 Minutes)

Rise to a refreshing ritual of replenishing therapies. Polish and detoxify skin with a natural rice Scrub, and experience an invigorating sport massage.

Floral Foot Ritual • Natural Jasmine Rice Herbal Scrub • Shower • Sport Massage • Refreshment





MASSAGES

HERBAL COMPRESS MASSAGE

(90 Minutes)

This age old Thai treatment removes negative energy and sluggishness, soothes muscle tension and eases out stiffness. The healing session begins with the application of a warm herbal poultice containing therapeutic Thai herbs and spices, followed by a full body massage with carefully selected herbal oils.

SWEDISH MASSAGE

(60/90 Minutes)

Five variations of massage strokes manipulate each part of the body to stimulate the nervous system, improve circulation, flexibility, and enhance physical and mental wellbeing.

SPORTS MASSAGE

(60 Minutes)

This technique is a vigorous yet relaxing remedy that uses classic Swedish massage stroke and works deeply into the muscles to stretch the fibers and release tension that may otherwise cause restricted movement and pain. Encouraging blood flow, this treatment improves flexibility and relieves sore or pulled muscles.

BACK, NECK & SHOULDER MASSAGE

(60 Minutes)

Using the palm and deep, long, firm strokes, this specialist massage concentrates on your back, neck and shoulders to loosen tight muscles and ease tension.

INDIAN HEAD MASSAGE

(60 Minutes)

Based on Ayurvedic principles, this soothing yet energizing massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. While restoring tranquility, this massage can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

FOOT MASSAGE

(60 Minutes)

Experience holistic balance and deep relaxation. This fascinating treatment provides physical renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to effectively stimulate the corresponding organ group in the upper body.



BODY TREATMENTS

BODY SCRUBS

NATURAL JASMINE RICE HERBAL SCRUB (60 Minutes)

A blend of Cambodia's jasmine rice, black sticky rice, jasmine oil, plain yogurt, honey and fresh orange juice function as a gentle exfoliation to soothe and soften your skin the natural way, followed by a hydrating treatment to revitalize your skin.

KOMPOT SALT SCRUB (60 Minutes)

This body polish treatment incorporates a combination of freshly ground sea salt mixed with homemade Prolei (Khmer Herbal) powder, rosemary and eucalyptus essential oil to rejuvenate and smooth the skin. Khmer cream massage concludes treatments, leaving your skin as soft as velvet.

BODY WRAPS

KAMPUCHEA BODY WRAP (60 Minutes)

A seasonal fresh mango body wrap drains toxins and impurities from your body while providing deep relaxation. Plain yoghurt and honey from the mountain are used to purify and hydrate while indulging your senses.

ALOE VERA BODY WRAP (60 Minutes)

Wonderfully soothing, cooling aloe vera is applied to sunburned skin to aid the healing process. The body is cocooned allowing the aloe vera to infuse into the skin, providing relief and comfort. This treatment can be applied daily until redness has reduced.

DRAGON FRUIT BODY WRAP (60minutes)

Locally grown Dragon Fruit, which is naturally rich in vitamins and mineral, allows for deeper penetration of ingredients into your body, soothes your skin's texture and delivers vial nourishment.



FACIAL

NATURAL FACIAL

(60 Minutes)

Deep cleansing and nourishing, our Natural Facial encourages sensitive skin to appear healthier, whiter and softer. Natural spa products lavish the complexion with the healing, regeneration, moisturizing and refreshing properties of coconut oil, seaweed powder, honey, yogurt and cucumber.

ANANTARA FACIAL

(60 Minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to encourage cell renewal and oxygenation. Lapse into a state of pure relaxation with a gentle massage, and then let our herbal mask restore the natural balance of your skin.

ANANTARA FACIAL FOR MEN

(75 Minutes)

An anti-ageing booster for tired and stressed skin. This treatment combats the harsh, ageing effects of frequent shaving, environmental pollution, a hectic lifestyle and constant travel for the ultimate skin overhaul.

HAND & FOOT CARE

Feel beautifully pampered with the ultimate in manicure and pedicure luxury. Enjoy treatments that offer a ritual of cleansing, exfoliating scrub, nourishing mask cuticle care, massage and perfect paint finish.

Spa Manicure

Spa Pedicure

Nail Painting

Gel Polish Removal Only



ETIQUETTE

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings before and after your treatment.
- Please note that the spa is unsuitable for small children and babies, unless receiving treatment. We try to ensure that all our guests benefit from the tranquil surroundings
- We recommend that you leave all jewelry in your room before coming to the spa.
- All treatments are charged to your room and will appear on your account at check-out.
- Please give four hours' cancellation notice on individual treatments and 24 hours' notice on packages. Otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after an aromatherapy treatment.
- Men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant, or have other medical complications, are advised to consult a doctor before signing up for any treatments.
- Please notify spa receptionists of any existing medical conditions.

*All prices are in USD, subject to 7% service charge and 10% government tax.
Prices are subject to change without prior notice
Advanced booking is highly recommended to ensure availability.*



TREATMENT PRICE LIST

	Minutes	USD
SIGNATURE EXPERIENCES		
Anantara Signature Massage	30/60/90	40/75/105
Traditional Khmer Massage	30/60/90	35/60/80
SPA JOURNEYS		
Ultimate Anantara Experience	270	250
Heritage Ritual	140	135
Dawn Renewal	120	130
MASSAGE		
Herbal Compress Massage	90	105
Swedish Massage	60/90	75/105
Sports Massage	30/60	45/85
Back, Neck & Shoulder Massage	60	55
Indian Head Massage	30/60	35/65
Foot Massage	30/60	30/55
BODY TREATMENTS		
Natural Jasmine Rice Herbal Scrub	60	55
Kompot Salt Scrub	60	55
Kampuchea Body Wrap	60	55
Aloe Vera Body Wrap	60	55
Dragon Fruit Body Wrap	60	55
FACIALS		
Natural Facial	60	60
Anantara Facial	60	60
Anantara Facial for Men	60	60
HAND & FOOT CARE		
Spa Manicure	60	30
Spa Pedicure	60	30
Nail Painting		10
Gel Polish Removal Only		15

All prices are in USD, subject to 7% service charge, 10% government tax and 10% VAT.

Prices are subject to change without prior notice.

Advanced booking is highly recommended to ensure availability.

Treatments are available from 10.00 am - 10.00 pm

For reservations, please contact our Guest Service Ext 0



Anantara Angkor Resort
National Road No. 6, Khum Svaydangkum, Siem Reap 17252 Cambodia
T +855 63 966 788 F +855 63 966 789
E angkor@anantara.com
anantara.com