

'MY DESTINATION IS NOT A NEW PLACE, BUT A NEW WAY OF BEING.'

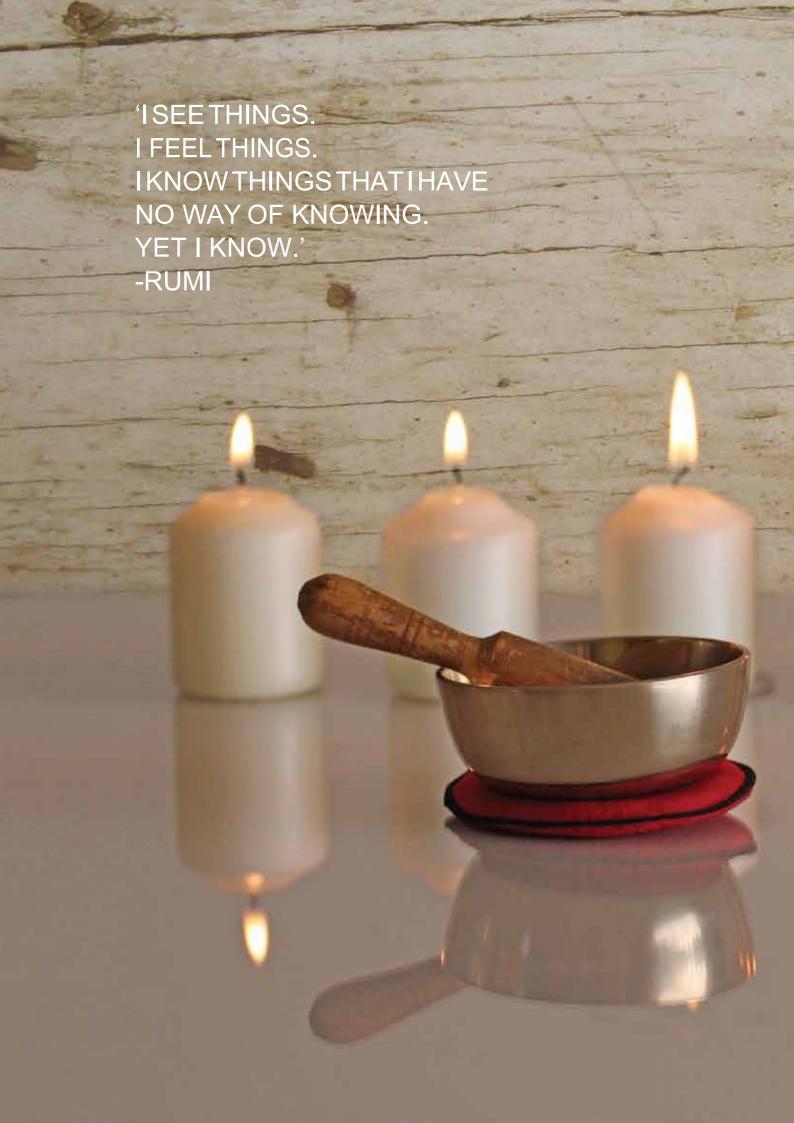
- THE GODDESS RETREATS

Cambodia's identity, its history and culture, are intrinsically linked to its belief systems – from the earlier years of Hinduism to the latter advent of Buddhism.

These influences can be traced through the bas-reliefs of Angkor Wat and seen in the stone faces of the Bayon. They are also reflected in its healing traditions. The Spa at Anantara Angkor pays homage to Cambodia's rich cultural heritage, blended with our own holistic wellness beliefs, and brought to life through a diverse collection of spa offers and wellness journeys inspired by the Seven Ways of Enlightenment. Each treatment by The Spa and each ritual devoted to well-being featured in this menu celebrates Khmer healing practices and traditions in a holistic approach to modern enlightenment. We believe wellness is personal. Thus, we have created this array of wellbeing sensations, governed by a Thematic Concept covering hand-picked spa experiences to wellness packages, to suit every mood, preference and fitness lifestyle.

We invite you on a personal path of discovery, joy and peace.

A bespoke spiritual journey that harmoniously interweaves with your experiences in Cambodia.





THE FIRST WAY OF ENLIGHTENMENT

Our first wellness journey centres on the first path to enlightenment: mindfulness or 'sati'(स्मृति)
To be mindful is to be fully connected with the present moment. To be keenly aware, with all senses attuned to your environment and what is happening around you. The mind must be still, the body relaxed, the breath naturally flowing.

At Anantara Angkor, sati may be pursued through carefully curated spa treatments or through a full wellness ritual. Every experience is designed to quieten the mind.

HIGHLIGHTS OF A SATI MOMENT

- · Soothing music will calm you body, mind and spirit
- Coconut oil for a massage to soothe and relax tight muscles in the body
- At the end of your treatment, we invite you to learn Khmer "Krigami," the tradition of artfully folding leaves into beautiful shapes

MINDFUL MASSAGES

BESPOKE MASSAGE (60/90 Minutes)

Indulge in an exclusive spa journey, designed to suit your needs and mood. Highlight the areas you wish to focus on or the benefits you would like to receive. Then, please let us tailor the perfect 90-minute treatment package, with a choice of luxurious spa products.

MINDFULNESS HEAD MASSAGE (30/60 Minutes)

Based on Ayurveda principles, this soothing yet energizing massage combines pressure point techniques and the use of 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.

MINDFUL TREATMENT RITUAL

THE ULTIMATE ANANTARA EXPERIENCE (270 Minutes)

Give yourself the space and time you need to truly unwind and recharge with this two session revitalising treatment. Emerge feeling purified and nourished, relaxed yet wonderfully energized, as we lavish you with exotic and rejuvenating 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

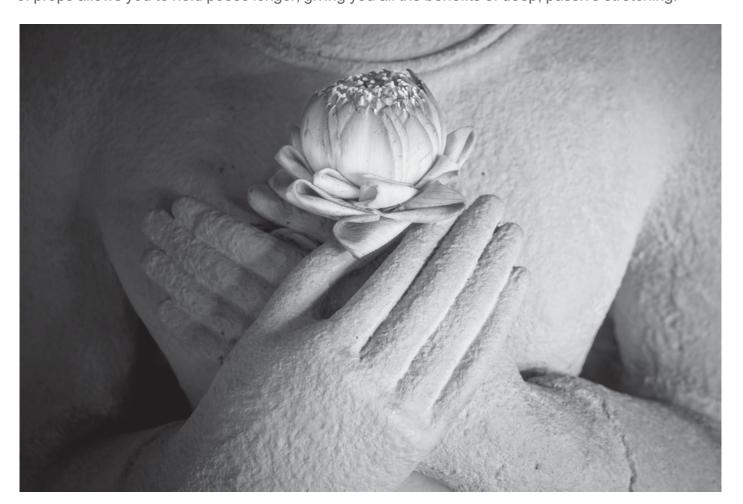
MINDFUL LESSONS FOR WELLNESS

MAKE YOUR OWN BAMBOO ASH SCRUB (60 Minutes)

Learn to make your own bamboo ash scrub, ideal for the teeth and mouth or the skin. Bamboo ash is known to remove harmful substances, toxins and impurities.

RESTORATIVE YOGA (60 Minutes)

Restorative yoga helps provide that physical and mental balance to prevent stress and anxiety. The use of props allows you to hold poses longer, giving you all the benefits of deep, passive stretching.



'DECIDE WHAT YOU WANT.
BELIEVE THAT YOU WILL GET IT.
LIVE AS YOU ALREADY HAVE IT.'

- JACK CANFIELD, AUTHOR AND ENTREPRENEUR





THE SECOND WAY OF ENLIGHTENMENT

Our second journey to enlightenment is concerned with unveiling the manifestations of natural reality through keen, sensual investigation. It is rediscovering the nature of existence, investigating the truth and understanding one's true self. This is called dhamma vijaya or dharma (धर्म).

At Anantara Angkor, we see self-realisation as a process of reconnecting with nature and our journey helps you establish that connection. Imagine bathing in the sounds of nature. Gentle rainfall, gushing streams or birdsong on a summer's evening, all while luxuriating in the earthy scent of forest wood. Relish the primeval sensation of clay which is nature's natural detoxifier. It is time to reconnect with the very essence of who you are, a child of nature.

HIGHLIGHTS OF DHAMMA VIJAYA MOMENT:

- The sounds of nature are the key to a pleasant detachment from the stresses of life
- Choose from a range of earthy, woody aromas from the exotic Angkunh Seed Oil, to earthy
 Cedar or Sandalwood to lightly refreshing Rosewood
- The distinctively Cambodian "Forehead Angkunh Click" Pre-treatment Custom
- An equally traditional post retreatment activity of crafting your very own spa souvenir, an Angkunh Seed Sen nit Keyring

DHAMMA VIJAYA MASSAGES

AROMA ANGKUNH TREE SEED MASSAGE (60/90 Minutes)

This indulgent, healing massage harnesses the penetrating warmth of pure essential oils, smoothed over the body using the magical Angkunh tree seed (a natural tree seed only can be found around Angkor Wat, Cambodia) to release stored tension.

FOOTMASSAGE (30/60 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.

DHAMMA VIJAYA TREATMENT

DETOX CLAY BODY WRAP (60 Minutes)

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms.

LESSONS IN WELLNESS, THE DHAMMA VIJAYA WAY

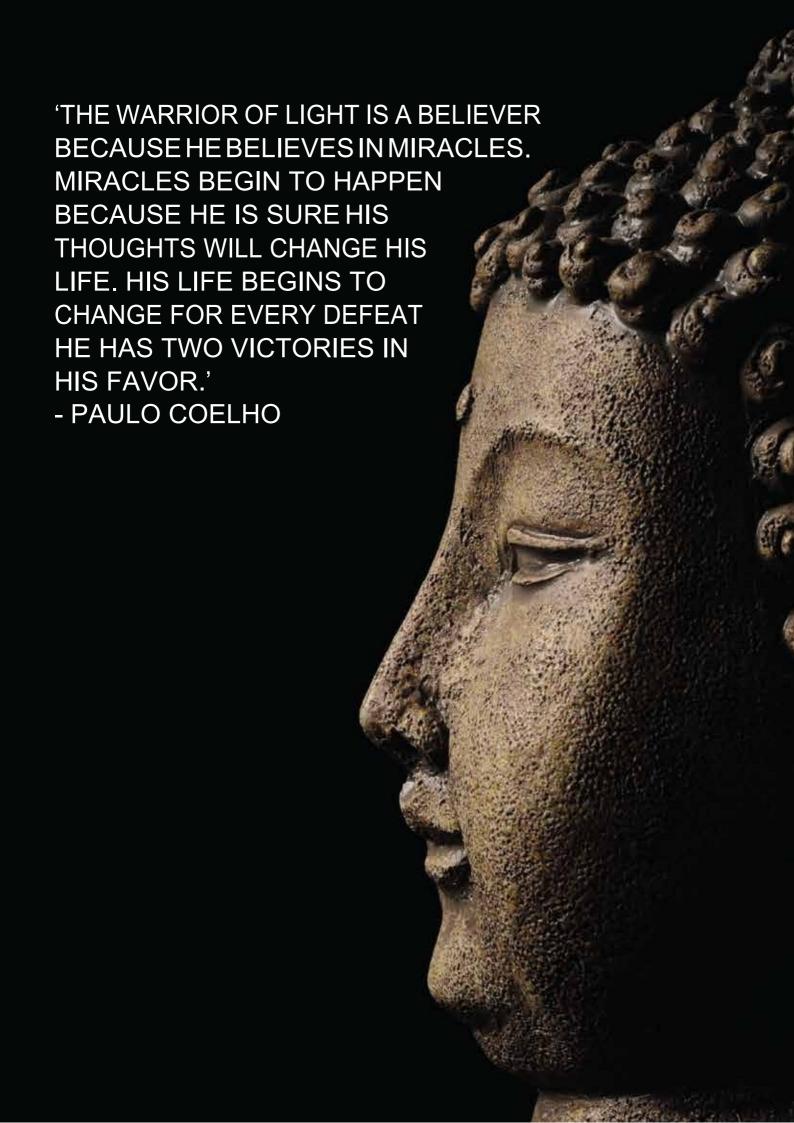
HAND REFLEXOLOGY (60 Minutes)

This is a lesson in hand reflexology. Massaging the key points in the hands will stimulate the nerves to relieve tension stress and imbalances of various parts or organs in the body.

WALKING MEDITATION (60 Minutes)

In walking meditation, practitioners focus on every sensation associated with the experience of walking instead of allowing their minds to drift, wander, obsess about the past, or worry about the future. The goal of walking meditation is to focus on the timeless present moment. Walking meditation settles the mind as the practitioner "watches" the sensation of each foot as it touches the ground, the movement of their muscles and limbs as they walk, and the Sensation of each breathe flowing in and out.







THE THIRD WAY OF ENLIGHTENMENT

This path is dedicated to energy or 'virya' (वीर्य). It seeks to enhance strength and courage which is much-needed in our life's journey. This assembly of spa practices and well-being lifestyle interests are for those motivated by a thirst for the uncommon, by the thrill of adventure and those who are motivated by challenges. The Spa at Anantara Angkor's interpretation of virya is a journey back in the time when the Khmer kings were revered for their might and power. It is a full sensory reminiscence of the lore and tales of the glory of this ancient kingdom. Retrace the ancient footsteps of this lands kings and queens.

HIGHLIGHTS OF A VIRYA MOMENT:

- Listen to the energising strains of traditional Khmer music
- Be stimulated by the scents and feel of ginger, cinnamon and carefully selected local herbs which make up the Anantara Spice Oil
- Before your treatment, stretch in the tradition of the Apsara Dance
- After your treatment, learn a relaxing chant encapsulated in a beautiful, hand-made scroll

ENERGISING MASSAGES

TRADITIONAL KHMER MASSAGE (60/90 Minutes)

The ancestor of Traditional Thai Massage, this rigorous stretching and body alignment of Khmer Massage was originally created to revitalize monks after long periods of meditation. This unique massage style is performed without the use of oil. Benefits include enhanced flexibility, improved circulation and a renewed equilibrium of body, mind and soul.

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.

ENERGISING TREATMENTS

HERITAGE RITUAL (140 Minutes)

Experience therapeutic rejuvenation inspired by the ancient healing traditions of the glorious Khmer empire. Soften, polish and nourish the skin with an exotic blended scrub of tamarind, rice, watermelon juice and honey. Follow with a massage using rigorous stretching and body alignment for total mind, body and spirit relaxation.

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

KHMER HERBAL STEAM/BATH (30 Minutes)

Inhale the healing properties of Khmer herbs, enjoying an exotic ritual that stimulates the circulatory system and opens pores. A refreshing prelude to any of our spa treatments

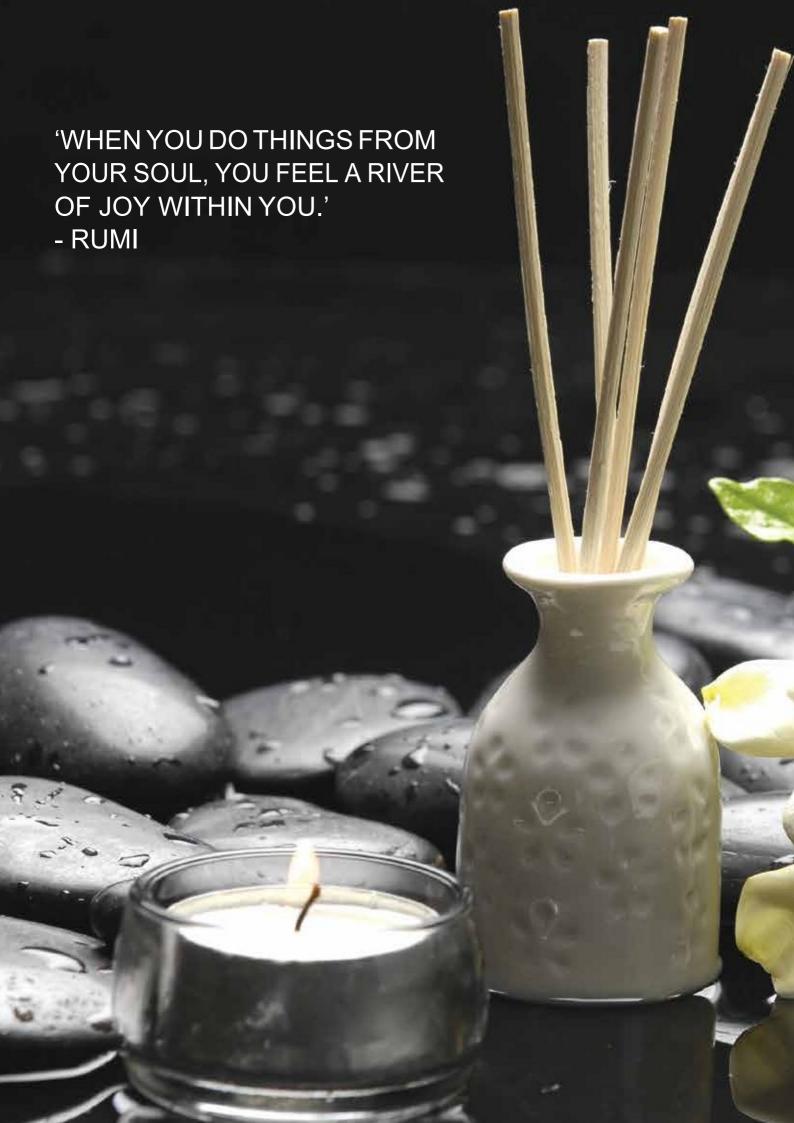
LESSONS IN WELLNESS, THE VIRYA WAY

LEARNTOMAKE AN HERBAL COMPRESS (45 Minutes)

These healthy properties help stimulate and relax the body, improve blood circulation, reduce swelling, relieve pain, stress and tension, and heal various conditions. The Thai herbal compress includes an interesting variety of herbs and ingredients including Aromatic Salisb known in the Western world as Wild Turmeric.

CYCLING TO THE LOTUS FIELD (120 Minutes)

Discover the refreshing beauty of the Cambodian countryside with a bicycle ride to the lotus field. It is an exhilarating fitness activity.





THE FOURTH WAY OF ENLIGHTENMENT

Rapture, joy or 'piti' is the fourth way of enlightenment. It emphasises detachment from cravings and earthly materialism. It is a return to simplicity, to kindness towards others and to embracing life's every moment. The Spa at Anantara Angkor manifests piti with a collection of spa offerings and wellness activities which indulge the body with subtle delights. Rapture is intrinsic and is encouraged in its purist form. It is an invitation to detox the mind and the heart from the modern dictates of consumerism. Anantara Angkor is the perfect retreat, a welcoming respite away from the complexities and demands of a hectic lifestyle.

HIGHLIGHTS OF A PITI MOMENT:

- Breathe in and rejoice in the fragrance of some of Asia's tropical flowers from the sweet smelling jasmine, the delicately scented frangipani to the exotic Ylang-ylang
- A body brush will make your body supple and ready for your choice of well-being experience
- Post treatment, you will receive a lesson in the ritual of making Cambodian Incense.

MASSAGE OF RAPTURE

LYMPHATIC DETOX MASSAGE (30/60/90 Minutes)

Gentle pressure applied in long, rhythmic stroke techniques is used to move the waste fluids away from areas in need of restoration. Deep cleansing the entire lymphatic system of the body increases the flow of lymph and reduces toxins in your body.

JASMINERICE HERBAL SCRUB (30/60 Minutes)

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

MANGO DRAGON FRUIT BODY WRAP (60 Minutes)

An ideal treatment for sun-kissed skin, this remedial peeling wrap nurtures a long lasting, even tan. Dragon Fruit is one Vietnam's most therapeutic tropical fruits, renowned for its anti-ageing qualities. Mango and yoghurt replenishes moisture. Skin is left velvety soft, supple and full of vitality.

MORINGA RADIANT FACIAL (60 Minutes)

A revelation for oily, congested or hormonal skin. This therapeutic facial helps combat oil and shine. Its matching intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for a clearer, brighter skin.

LESSON IN WELLNESS, THE PITI WAY

LOTUS ORIGAMI (30 Minutes)

Cambodia's art of folding lotus flower petals is an art form which continues to enthrall children of all ages. We invite you to learn this relaxing and joyous art with our team.

NIA (90 Minutes)

Nia is a sensory-based movement practice that draws from martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Classes are taken barefoot to soul-stirring music.







THE FIFTH WAY OF ENLIGHTENMENT

This journey is one of calmness and tranquillity of body and mind: 'passaddhi'. It addresses the human need for contentment. It is that sense of accomplishment which leads to true serenity. The Spa at Anantara Angkor's journey to passaddhi is meant to facilitate an innate sense of calm. An acceptance which equals the feel of tranquillity of the body and consciousness. Unlike 'Piti,' Passadhi is equated to the sensation being at rest after having accomplished an important task. Indulge your every sense. This is your deserved reward. Embrace the moment and enjoy your vacation.

HIGHLIGHTS OF A PASSADHI MOMENT

- Rest and Relax, Anantara's signature Meridian Oil will evoke calm.
- Aromatic Light Breath work will ease you into your chosen spa or well-being ritual.
- Guided Meditation at the end of your treatment will keep holistically tranquil.

MASSAGES OF TRANQUILITY

ANANTARA SIGNATURE MASSAGE (30/60/90 Minutes)

Combining revered eastern and western techniques to create purposely designed movements enhanced by our unique oil blend, to create a massage which stimulates circulation and deeply relaxes muscles. Our skilled therapists will use signature techniques to clear blockages and promote overall wellbeing.

BACK, NECK & SHOULDER MASSAGE (30/60 Minutes)

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

TRANQUILITY RITUALS

ANANTARA SIGNATURE 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.

LESSONS IN WELLNESS, THE PASSADHI WAY

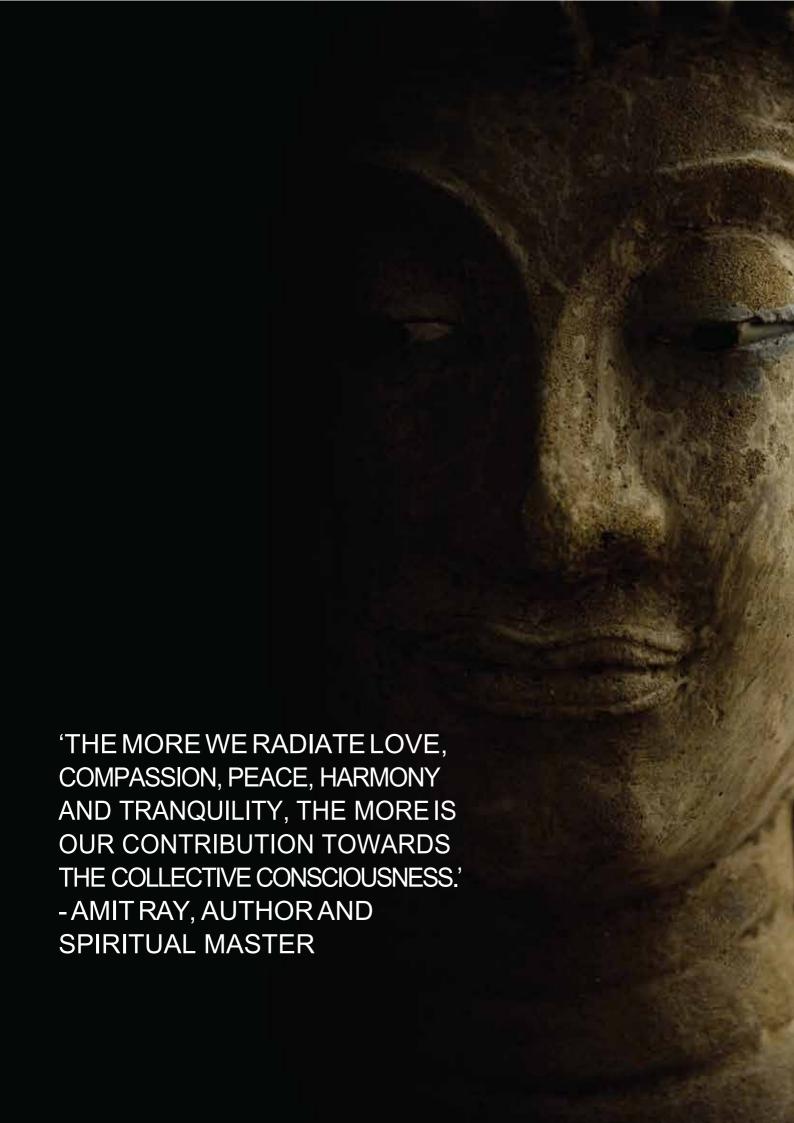
LESSONS IN HERBAL TEA MIXOLOGY (60 Minutes)

Through this workshop, we'll be exploring two unique trades: herbalism & mixology. Inspired by ancient and ancestral plant medicine, Herbal teas consist of beautiful herbs that offer both complex healing profiles and healing benefits

SUNRISE MEDITATION (60 Minutes)

Wake up to a more mindful, positive day with sunrise meditation. Benefits include reduced stress, pain, inflammation and increased immunity and mental clarity.







THE SIXTH WAY OF ENLIGHTENMENT

'Samadhi' or 'concentration' is the sixth way of enlightenment. Samadhi is a state of consciousness that lies beyond waking, dreaming or even deep sleep. It is the act of meditative focus to achieve a state of Zen. Anantara Angkor's approach to samadhi is to present you with a selection of holistic wellness experiences from spa treatments to wellbeing practices which will help you focus your mind. Thereby, harnessing your energies, allowing you to emerge refreshed and purified. This is a journey of reinvigorating one's self. A choice you make to enliven body and consciousness for the path ahead.

HIGHLIGHTS OF A A SAMADHI MOMENT

- Embrace new beginnings and listen to the sound of chanting during your treatment.
- Tai-chi lessons to start your spa or wellness treatment will harmonize your inner and outer self.
- Post-treatment, Tibetan Wheel Meditation will keep your mind at "Zen".

MASSAGES INSPIRED BY SAMADHI

CHINEITSANGMASSAGE (60 Minutes)

A detoxifying abdominal massage which stimulates the digestive system using Taoist massage traditions of balancing the inner and outer forces, whilst balancing the Chi energy of the body.

SAMADHI INSPIRED RITUALS

HIMALAYAN PINK SALT SCRUB (60 Minutes)

This body polish treatment incorporates a combination of blissfully ground Himalayan pink salt mixed with homemade Prolei (Khmer Herbal) powder, rosemary and eucalyptus essential oil to rejuvenate and smooth the skin. An application of traditional Khmer cream which is massaged into the body shall leave you feeling rejuvenated both in body and mind.

ANTI-AGING GOLDEN SILK COCOON FACIAL (60 Minutes)

This unique treatment combines ancient therapeutic golden silk cocoon with new age massage techniques for a revolutionary experience. The skin shall feel toned, rehydrated and plumped for a youthful and glowing appearance.

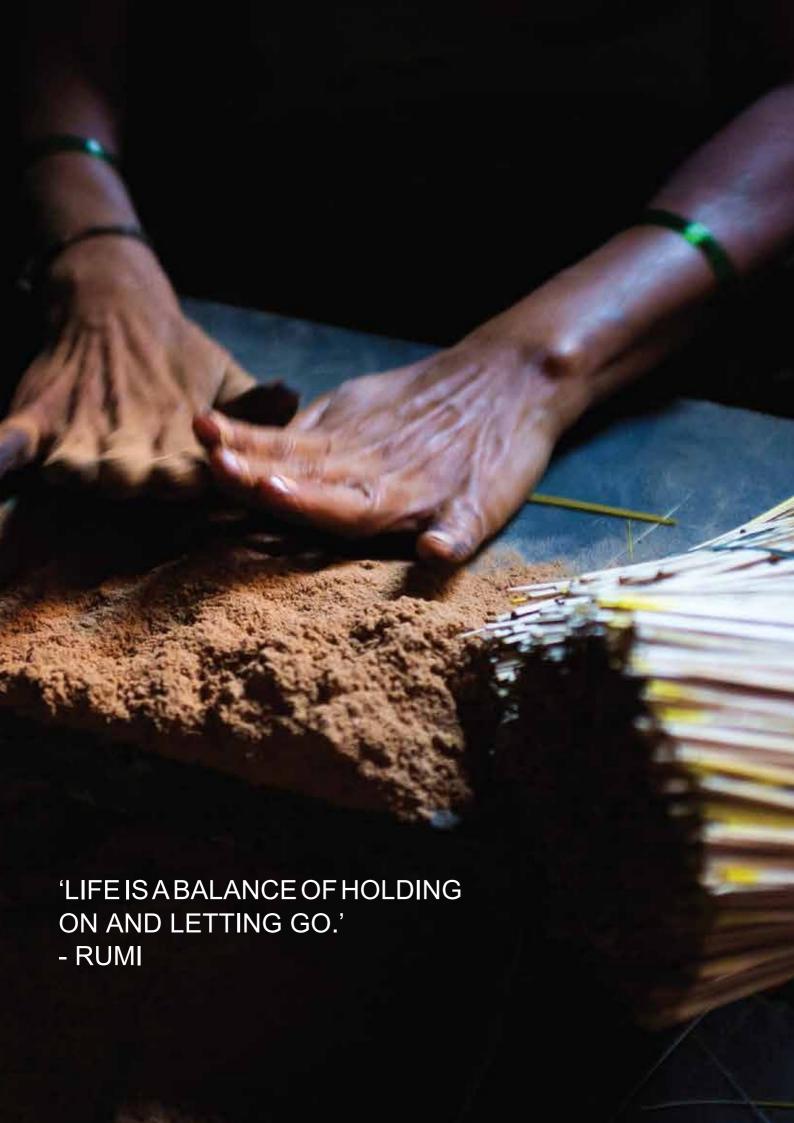
LESSONS IN WELLNESS, THE SAMADHI WAY

INCENSE STICK MAKING (60 Minutes)

An age old tradition which faces extinction with the advent of manufactured substitutes, this is a delightful, mind-stress detoxifying exercise.

MONK BLESSING CEREMONY (60 Minutes)

Experience the height of Cambodian spirituality with a sacred monk blessing ceremony in a Pagoda.





THE SEVENTH WAY OF ENLIGHTENMENT

Our final journey seeks equanimity or 'upekkha'. This is the sense of balance between desire and aversion. Balance in mind. Balance in emotions. Balance in life.

The Spa at Anantara Angkor's well-being journey towards upekkha is centred on the practise of letting go and venturing onto the road to acceptance. Meditation is the solidifying key to finding the harmony of body and consciousness. To pursue the way of equanimity is to embrace an open-minded approach to living. To recover and/or rediscover contentment in several facets of life.

HIGHLIGHTS OF A UPEKKHA MOMENT

- The prayers enclosed in chants aids in creating a balance within. Chants will greet you at the start of your Upekkha experience.
- Meditation at the start of your treatment is meant to prepare you towards the path of equanimity or balance.
- •At the end of your Upekkha spa or wellness journey, we will invite you to write your own wish on a silken Bodhi tree leaf and we will offer your wish at the Pagoda on your behalf.

SPA MASSAGES FOR EQUANIMITY

CHAKRA CRYSTAL BALANCING MASSAGE (60 Minutes)

Select the crystal-infused oil blend that resonates with you. Relax as we surround your body with precious stones, from harmonising Tiger's Eye to balance the Solar Plexus Chakra, Emerald's radiance that energizes the Navel Chakra, Amethyst's flowing energy that opens your Throat Chakra and the unconditional love of Ruby for your Heart Chakra, to the intuitive qualities of Clear Quartz that enhance creativity when placed on your Third Eye.

Unwind into a purifying massage that promotes holistic wellbeing by releasing stress and tension; both physically and emotionally, harmonising energy flow, stimulating blood circulation and the body's natural detoxification. While to coax you into a deep state of meditative relaxation, singing bowls are used to begin and conclude this ritual, with the soothing sounds beautifully enhancing the benefits of chakra balancing.

WELLNESS RITUALS FOR EQUANIMITY

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 • Skin Solution Facial • Refreshment

LESSONS FOR EQUANIMITY

LEARN TO MAKE YOUR ROOM DIFFUSER OIL (45 Minutes)

DIY essential oil diffusers are easy to make, look adorable and smell amazing. They are also the perfect holiday souvenirs.

ENERGY BALANCING REIKI (90 Minutes)

This is a lesson in hand reflexology. Massaging the key points in the hands will stimulate the nerves to relieve tension stress and imbalances of various parts or organs in the body.



WE ARE PLEASED TO OFFER THE SEVEN WAYS OF ENLIGHTENMENT AS ANANTAR ANGKOR'S SIGNATURE WELLNESS JOURNEYS.

Select one and pursue your very own wellness path today.

SATI (MINDFULNESS) (4 hours)

Floral Foot Ritual • Bespoke Massage • Head Massage • Post Treatment – Leaves Krigami • Bamboo Mouth Scrub • Wellness Yoga • Refreshment

DHAMMA VICAYA (INVESTIGATION) (4.5 hours)

Floral Foot Ritual • Angkunh Seed Massage • Foot Massage • Mango Body Wrap

• Post Treatment - Angkunh Seed Key Ring Knot • Hand Reflexology Class • Walking Meditation • Refreshment

VIRYA (ENERGY) (5.5 hours)

Floral Foot Ritual • Herbal Compress Massage • Steam Treatment • Post Treatment – Guided Chanting

• Herbal Compress Making • Cycling to the Lotus Field • Herbal Bath • Refreshment

PITI (RAPTURE) (4.75 hours)

Floral Foot Ritual • Lymphatic Massage • Jasmine Rice Scrub • Moringa Facial • Post Treatment – Incense Stick Ritual • Lotus Origami • Nia Session • Refreshment

PASSADHI (TRANQUILITY) (4.5 hours)

Floral Foot Ritual • Anantara Signature Massage • Back, Neck & Shoulder Massage • Anantara Facial

• Post Treatment - Meditation • Herbal Tea Mixology Class • Sunrise or Sunset Meditation • Refreshment

SAMADHI (CONCENTRATION) (4.75 hours)

Floral Foot Ritual • Chi Nei Tsang Massage • Himalayan Pink Salt Scrub • Golden Cocoon Silk Facial

- Post Treatment Tibetan Praying Wheel Meditation Incense stick Making Monk Blessing Ceremony
- Refreshment

UPEKKHA (EQUANIMITY) (5 hours)

Floral Foot Ritual • Chakra Crystal Balancing Massage • Body Scrub • Skin Solution Facial

• Post Treatment - Bodhi Tree Leaves Pray• Room Diffuser Making • Reiki Treatment• Refreshment

CORF WELLNESS PACKAGES

Developed for guests on a quest for health and fitness holiday, ANANTARA ANGKOR has curated these guided programs.

RESHAPE

Every day is a new day, full of possibilities and new beginnings. Anantara Angkor's RESHAPE Wellness program re-calibrates your body healthily, through a series of steps under the guidance of Fitness Coach, Jay Sapphire. It appraises your routine, your customary diet, your fitness habits and provides you with insights on how to get these elements of your lifestyle symbiotically in balance. It presents you with the opportunity to learn wholesome, seasonal plant-based, vegan cooking, principles of integrative nutrition and of cultivating mindful eating habits which you can choose to live by. Complementary sessions have been crafted as part of this program to clear your mind and to revive and re-tone your body on your way of embracing a healthier, more balanced way of living.

HIGHLIGHTS

- Pre-program Consultation
- Health Coaching and 2 Nutrition Classes
- A Smoothie Cooking Class
- 3 Toning Body Work-outs
- A Mountain Biking
- A Traditional Khmer Massage Session

DAY 1

Consultation with Wellness Practitioner

DAY 2

- Morning Sorbet and Electrolyte Water
- Body Toning Class
- Nutrition Class
- Lunch Smoothie
- 60 minutes Traditional Khmer Massage

DAY 3

- Morning Sorbet and Electrolyte Water
- Sunrise Meditation
- Mountain Biking
- Lunch Smoothie

DAY 4

- Morning Sorbet and Electrolyte Water
- Toning Body Work Out
- Lunch Smoothie
- Smoothie Cooking Class
- 60 minutes Body Scrub

- A Stretch Class
- 2 Meditation Sessions
- A Body Scrub
- A Facial Treatment

DAY 5

- Morning Sorbet, Smoothie and Electrolyte Water
- Stretch Class and Sun Bathing
- Smoothie
- Meditation

DAY 6

- Morning Sorbet and Electrolyte Water
- Toning Body Work Out
- Lunch Smoothie
- Nutrition Class
- Dinner Smoothie
- 60 minutes Facial Treatment

DAY 7

- Post Consultation
- Free Day

Minimum 7 days required.

Subject to prevailing taxes and service charge. Suite accommodation is not part of the package.

REBOOT

Anantara Angkor invites you to let go of the mundane stresses of daily life with this rejuvenating 3-day retreat which is meant to ease you into better physical and mental health through the practice of yoga, energy healing and healthy eating. Our goal is to help you achieve a holistic balance while providing you with healing practices that will aid in. Eradicating energy blockages and toxins that build up through the course of everyday life. The sessions are meant to stimulate and support your body in regaining vitality and harmony.

HIGHLIGHTS

- Pre-program Consultation
- Health Coaching and 2 Nutrition Classes
- Smoothie and Natural Electrolyte Making Class
- A Reiki Session

DAY 1

Consultation with Wellness Practitioner

DAY 2

- Morning Sorbet and Electrolyte Water
- Reiki Session
- Nutrition Class
- Lunch Smoothie
- Electrolyte Water

DAY 3

- Morning Sorbet and Smoothie
- Natural Electrolyte Water
- Restorative Yoga
- Lunch Smoothie
- Nutrition Class
- 60 minutes Lymphatic Massage

- A Restorative Yoga Class
- A Lymphatic Massage
- A Hand Reflexology Class
- A Body Toning Working Out

DAY 4

- Morning Sorbet, Smoothie and Electrolyte Water
- Toning Body Work Out
- Smoothie Cooking Class
- Smoothie
- Hand Reflexology Class
- Post Consultation

Minimum 5 days required.

Subject to prevailing taxes and service charge.

Suite accommodation is not part of the package.



REFRESH

A healthy body is a one of the most important keys to living in joy, harmony and success. Anantara Angkor's REFRESH is a juice-based program meant to detoxify your body of toxins easily accumulated from common eating habits. Yoga, tai-chi and meditation will keep your body and mind in blissful harmony. While massages and scrubs will ensure thorough purification.

HIGHLIGHTS

- Pre-program Consultation
- A Lesson on How to Detox
- A Tai-chi Session
- A Body Scrub
- A Sleeping Class
- A Bamboo Ash Mouth Scrub and Cleansing

DAY 1

Consultation with Wellness Practitioner

DAY 2

- Morning Sorbet and Himalayan Salt Detox
- Tai-chi Session
- How to Detox Class
- Lunch Smoothie and Natural Electrolyte
- Dinner Smoothie
- 60 minutes Body Scrub

DAY 3

- Morning Sorbet and Smoothie
- Natural Electrolyte Water
- Sleeping Class
- Himalayan Salt Detox
- Bamboo Ash Mouth Scrub and Cleansing

DAY 4

- Morning Sorbet and Electrolyte Water
- Smoothie and Himalayan Salt Detox
- Meditation
- Anantara Signature Massage

- A Smoothie Making Class
- 2 Yoga Sessions
- A Meditation Session
- A Sun-fire Cooking Class
- A Signature Massage
- A Facial Treatment

DAY 5

- Morning Sorbet, Smoothie and Electrolyte Water
- Morning Yoga
- Lunch Smoothie and Himalayan Salt Detox
- Sun fire Cooking Class

DAY 6

- Morning Sorbet, Smoothie and Electrolyte Water
- Morning Yoga
- Lunch Smoothie and Himalayan Salt Detox
- Facial Treatment

DAY 7

- Post Consultation
- Free and Relaxing Day

Minimum 7 days required.

Subject to prevailing taxes and service charge. Suite accommodation is not part of the package.

RECHARGE

Amidst the hectic demands of life, Anantara Angkor's RECHARGE is a 5 night/ 4-day invitation to disconnect, to rediscover serenity and to unravel wisdom for blissful holidays.

HIGHLIGHTS

- Pre-program Consultation
- A Yoga Session
- A Lymphatic Massage
- Smoothie Sessions
- A 'Heal My Back' Class

DAY 1

• Consultation with Wellness Practitioner

DAY 2

- Warm Lime Drink
- Morning Smoothie and Natural Electrolyte
- Yoga Session
- Lunch Smoothie
- Lymphatic Massage
- Reiki

DAY 3

- Warm Lime Drink
- Morning Sorbet and Smoothie
- Natural Electrolyte Water
- Heal My Back Class
- Sun-fire Cooking Class
- Lunch Smoothie

- A Sun-fire Cooking
- A Reiki Session
- A Back Stretching Session
- A Lymphatic Brushing Class
- A Facial Treatment

DAY 4

- Warm Lime Drink
- Morning Smoothie and Electrolyte Water
- Back Stretching Class
- Lunch Smoothie
- Lymphatic Brushing Class
- 60 minutes Facial Treatment
- Post Consultation

Minimum 5 days required.

Subject to prevailing taxes and service charge. Suite accommodation is not part of the package.

TERMS AND CONDITIONS FOR WELLNESS ACTIVITIES

- Prior Reservations Required.
- Packages subject to practitioners' availability.
- Packages may be altered during consultation, with consideration to client's state of health and/or other unforeseen circumstances.
- Cancellations must be done at least 48-hour prior to the day of treatment. Late Cancellation and No Show will be subject to full payment regulation.



BEAUTY SALON SERVICES

EXPRESS MANICURE / PEDICURE (30 minutes)

NAIL PREPARATION • CUTICLE CARE • COLOR

DELUXE MANICURE / PEDICURE (60 minutes)

NAIL PREPARATION • CUTICLE CARE • SCRUB • HAND MASSAGE • COLOR

SPA FOR CHILDREN

MASSAGE FOR CHILDREN (30 minutes)

MANICURE / PEDICURE FOR THE YOUNG (45 minutes)

FRANGIPANI COURTYARD WORK OUT (60 minutes)

MINDFUL BOXING FOR CHILDREN & YOUNG ADULTS (60 MINUTES)

*ALL THE FOREGOING SERVICE OFFERS ARE AVAILABLE FOR AGES 12 AND BELOW



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 your treatment.
- Please note that the spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewelry in your villa before coming to the spa.
- Please give 4-hour cancellation notice on individual treatments and 48-hour notice on wellness session or packages.

 Otherwise 100% of the price may be charged to your account.
- We recommend that you do not sunbathe after any oil treatments.
- For men please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones are 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 any other medical complications are advised to consult a doctor before signing up for any treatments.
- Please notify our spa receptionists of any existing medical conditions.
- Spa opening time is between 10:00 a.m. to 11:00 p.m. In case any overtime massage requirement, 20% overtime fee will charge additionally on the treatment price.
- Wellness programs require at least 48-hour reservation in advance.
- Please note all prices aforementioned are quoted in US\$, per person and are subject to prevailing taxes and service charge.





