



ANANTARA

SPA



Wellness Programs at Angkor

Our carefully curated wellness journeys are designed to support you through all pillars of health and wellbeing, enabling you escape and recoup from the stresses and pressures of our modern day to day.

Mindful Ritual

Celebrates healing practice and tradition in a holistic approach to modern enlightenment, we believe that wellness is personal thus, we have created this array of well-being sensations to suit every mood, preference, and fitness lifestyle.

HIGHLIGHTS

- Preprogram Consultation
- Meditation Session
- Yoga Session
- Spa Rejuvenate Treatment

Day 1

- Monk Meditation
- Chakra Balance Therapy
- Refreshing Drink

Day 2

- Yoga Class
- Himalayan Thermal Therapy
- Beauty Elixir drink

(2 DAYS)
USD 300

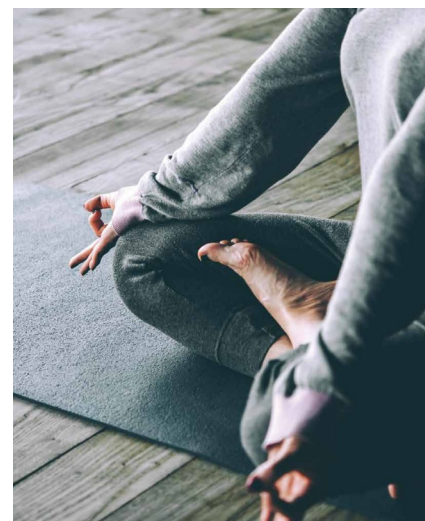
*All prices are in USD, Inclusive of service charges and government tax.
Prices are subject to change without prior notice.
Advance booking is highly recommended to ensure availability
Treatment is available from 10:00 am – 9:00 pm*



The Ultimate Nature Wellness

(3 DAYS)
USD 400

Experience the wonder of the Moringa to celebrate nature's bounty, bringing you the holistic benefits of the moringa, revered for its nutrient-rich profile and potent health properties.



HIGHLIGHTS

- Preprogram Consultation
- Meditation Session
- Yoga Session
- Spa Wellness Treatment

Day 1

- Nourishing Yin yoga
- Moringa Seed Body scrub
- Bath with Moringa + Lemongrass Refreshing Soap
- Detox Moringa synergy oil Massage
- Moringa Mood-boosting drink

Day 2

- Relaxing Moringa Foot Soak Reflexology
- Aloe vera Moringa Body Wrap
- Bath with Nourishing Moringa + Aloe Vera Soap
- Reiki Energy Balance Therapy
- Moringa Elixir drink

Day 3

- Meditation
- Himalayan Thermal Therapy
- Moringa Gua sha/Roller Facial
- Healthy Lunch

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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

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Refocus

(3 DAYS)
USD 350

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.

Rebalance

(5 DAYS)
USD 650

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

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Treatment is available from 10:00 am – 9:00 pm

Anantara Angkor Resort

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