



ANANTARA

SPA



The greatest journeys  
are felt, not told

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# Welcome to Anantara Spa

Rooted in Thailand, the essence of Anantara's 'without end' philosophy stems from ancient Sanskrit origins and is richly expressed at our hedonistic sanctuary where healing therapies and indulgent rituals are performed amid indigenous lotuses and heavenly apsaras whose exquisite beauty and alluring charm are much written about in Hindu and Khmer mythology.

After exploring the Eighth Wonder of the World that is Angkor Wat, step into our temple of serenity to unwind with rebalancing Anantara Spa journeys combining the warmth of traditional Cambodian culture and the intuitive touch of our therapists to offer precious moments of revelation and soothing beauty.

Leave behind the stresses of everyday life and begin to synchronise the subtle energies of your being with spa programmes designed for your supreme wellbeing, each experience gently coaxing your body, mind and soul into a blissful state of peace.

**At anantara spa, the greatest journeys are felt, not told.**

**OPENING HOURS:  
10:00 AM – 9:00 PM**

# Signature Anantara experiences

Found around the world, Anantara Spas tap the deep wells of local knowledge to present the best of healing techniques perfected by our therapists and beloved by our guests.



## ANANTARA SIGNATURE MASSAGE

Combining Eastern and Western techniques with our signature oil blend, this multitasking massage stimulates the circulation and deeply relaxes the muscles. Reflexology, meanwhile, clears blockages of energy and promotes overall wellbeing.

60/90  
MINUTES

## BAMBOO SIGNATURE MASSAGE

Using aromatic oil and a set of warmed bamboo sticks in various sizes, this distinctive massage incorporates stroking and rolling techniques to release muscular knots and tension, reduce toxin accumulation and fluid retention, and encourage healthy circulation.

90  
MINUTES

## HIMALAYAN THERMAL THERAPY MASSAGE

This full body ritual harnesses the ancient energy of the Himalayan Mountains by using ethically-sourced, hand-carved Himalayan salt stones to dissolve all your mental and physical tension. The stones reintroduce 84 minerals and trace elements to the body to induce the ultimate state of equilibrium while encouraging the body's natural detoxification.

As you transcend into a state of total relaxation, your therapist will proceed with a facial massage using iced Rose Quartz Gua Sha crystals to promote muscle relaxation and improve circulation for glowing skin. This luxuriant ritual is crowned with a deeply rejuvenating Indian Head Massage with a signature Anantara twist.

## CHAKRA BALANCE THERAPY MASSAGE

To lull you into a deep state of meditative relaxation, singing bowls are used to begin and conclude this rebalancing ritual. In addition to promoting physical and emotional tension release, the experience harmonises energy flow, stimulates blood circulation and aids in the body's natural detoxification.

90  
MINUTES

60  
MINUTES



# Indigenous Khmer therapies

At Anantara Spa, we draw on the healing traditions of each locale to fully immerse guests in the destination. Here, in Siem Reap, where centuries-old Khmer wellness traditions are still part of people's lives, we were inspired by ancient techniques and indigenous herbs to design treatments that deliver proven therapeutic benefits.



## TRADITIONAL KHMER MASSAGE

At the root of Khmer traditional therapy lie the rigorous stretching and body alignment techniques originally created to revitalise local monks after long periods of meditation. This unique massage style is performed without the use of oil and its benefits include enhanced flexibility, improved circulation and renewed equilibrium of the body and soul.

**60/90  
MINUTES**

## KHMER HERBAL COMPRESS MASSAGE

This age-old Khmer treatment removes negative energy and sluggishness, soothes muscle tension and eases out stiffness. The healing session begins with the application of a warm poultice containing therapeutic Khmer herbs and spices, followed by a full-body massage with aromatic medicinal oil.

**90  
MINUTES**

## PUNLEI KHMER AROMATHERAPY

Draws inspiration from Cambodian postpartum rituals. This treatment utilizes local ingredients such as rice wine, Punlei (zingiber), and salt, along with essential oils like citronella, lemongrass, and coconut. It is believed to remove impurities, enhance skin quality, and rejuvenate the body, with spices that warm the body and strengthen tendons.

**90  
MINUTES**

# Anantara Spa journeys

Carefully crafted to offer you a choice of extended wellness experiences, our 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.



## THE ULTIMATE ANANTARA EXPERIENCE

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

### Day 1

- Floral Foot Ritual
- Purifying Sugar Scrub
- Shower
- Back, Neck, Shoulder and Foot Massage
- Refreshment

### Day 2

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

270  
MINUTES

## HERITAGE RITUAL

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

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

140  
MINUTES

## DAWN RENEWAL

Rise to a refreshing ritual of replenishing therapies. Cleanse and exfoliate with a natural rice scrub and experience an invigorating stress release massage.

- Floral Foot Ritual
- Natural Jasmine Rice Herbal Scrub
- Shower
- Stress Release Massage
- Refreshment

140  
MINUTES



# Wellness programmes

Depending on your individual needs, Anantara journeys of wellness can be balancing, invigorating or therapeutic. With our experienced therapists, personal trainers, resident nutritionist and doctor on hand to craft bespoke programmes, each journey is carefully designed to help you meet your health and lifestyle goals.



## MINDFUL RITUAL (A two-day programme)

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

## THE ULTIMATE NATURE WELLNESS

(A three-day programme)

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





## REFOCUS

(A three-day programme)

Our goal is to help you achieve a physical balance through a combination of carefully selected healing practices designed to eradicate energy blockage and toxin build-up that occurs through the course of everyday life.

## HIGHLIGHTS

- Pre-Programme Consultation
- Smoothie-Making Class
- Meditation Session
- Yoga Session
- Spa Tranquillity Treatment

### Day 1

- Modern Yoga
- Body Salt Scrub
- Stress Release Massage
- Detox Drink-Making Class

### Day 2

- Meditation
- Detox Body Wrap
- Coconut Oil Relaxing Massage
- Nutritious Drink

### Day 3

- Nourishing Yin Ritual
- Indian Head Massage
- Anantara Facial
- Rejuvenating Drink

## REBALANCE

(A five-day programme)

Reinvigorate your body and mind to better deal with daily stresses and demands of life with this comprehensive five-day programme that invites you to rediscover serenity and to unravel natural wisdom while enjoying a blissful holiday.

### HIGHLIGHTS

- Pre-Programme Consultation
- Smoothie-Making Class
- Meditation Session
- Yoga Session
- NIA Session (a classic workout combined with dance-inspired movements)
- Holistic Spa Treatment

#### Day 1

- Meditation
- Refreshing Steam Room
- Reiki Energy Balance
- Healthy Lunch

#### Day 2

- Yoga Workout
- Foot Massage
- Choice of Body Scrub
- Nutrition Class

#### Day 3

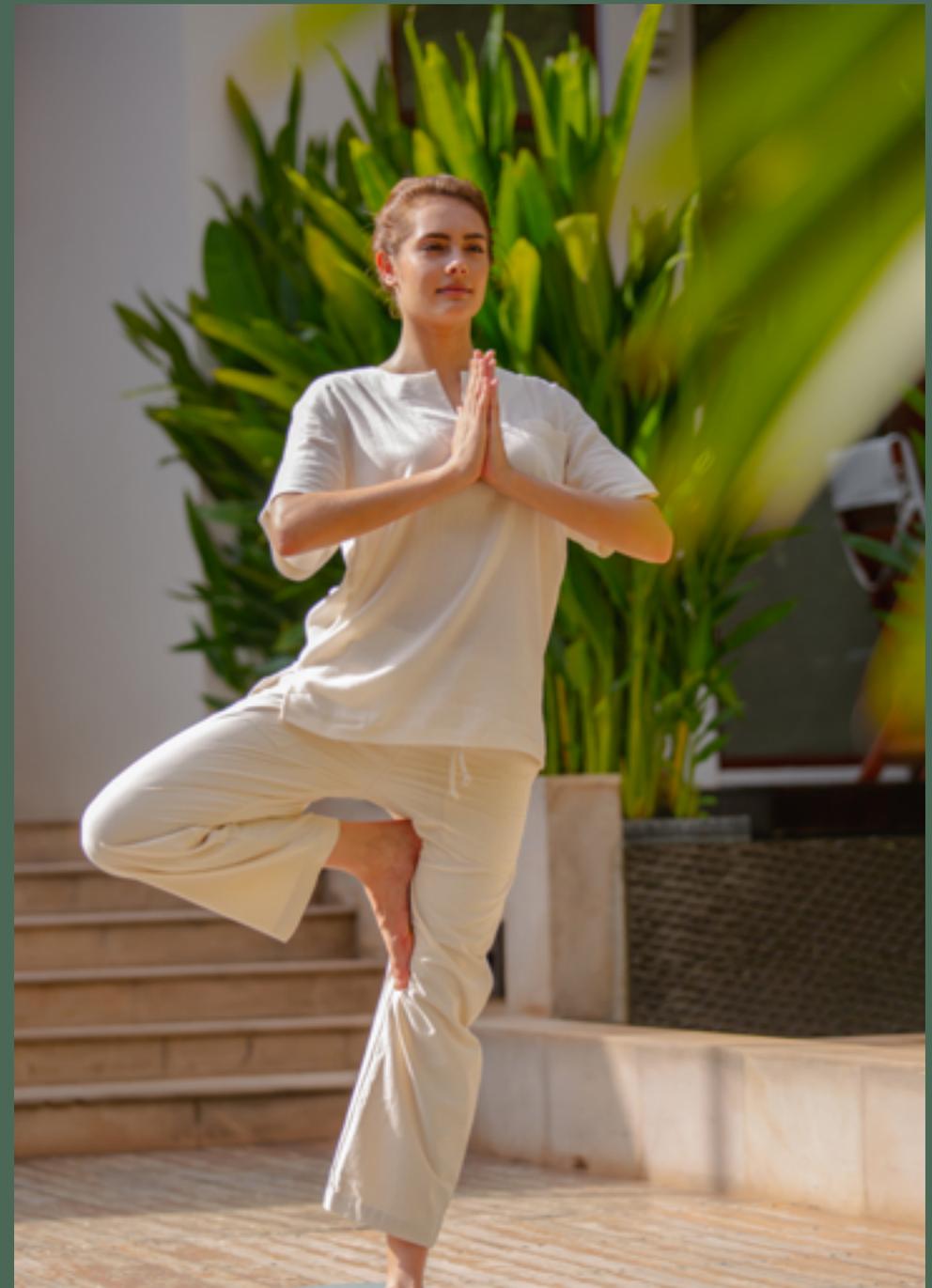
- Nourishing Yin
- Sound Bath with Himalayan Sound Bowls
- Choice of Body Wrap
- Refreshment

#### Day 4

- NIA Session
- Signature Massage
- Facial Massage
- Mood-Boosting Drink

#### Day 5

- Monk Blessing
- Hot Compress Massage
- Sunset Ashtanga
- Refreshment



# Massages

Anantara's therapeutic and stress-relieving massages use authentic Asian-inspired techniques combined with infusions of exotic, rare ingredients to lead you on a path to relaxation and eliminate the tensions of everyday life.



## STRESS RELEASE MASSAGE

Using a combination of strokes and acupressure techniques, along with the signature aromatherapy oil blend of your choice, this gentle massage delivers waves of deep relaxation and pure bliss.

**60/90  
MINUTES**

## DEEP TISSUE MASSAGE

Select an aromatic oil for a customised, flowing massage that works deeply into tension and encourages optimum circulation according to your needs, be it muscle pain or stress relief, relaxation or balance.

**60/90  
MINUTES**

### DETOX MASSAGE

Beat fatigue and sluggishness associated with toxin build-up through hand movements designed to stimulate and invigorate. We put emphasis on relieving fluid retention and muscle ache caused by sedentary lifestyle and bad posture. A precise sequence of basic massage strokes used in combination with our signature oil blend is what makes this reviving therapy so effective.

**60/90  
MINUTES**

### BACK, HEAD AND SHOULDER MASSAGE

Designed to relieve stress and tension by concentrating on specific areas of the back, neck and shoulders, this massage can also be tailored to your specific requirements.

**30/60  
MINUTES**

### INDIAN HEAD MASSAGE

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

**30/60  
MINUTES**

### FOOT REFLEXOLOGY

Experiences holistic balance and deep relaxation with a resetting therapy that delivers complete physical renewal. Your therapist will use 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.

**30/60  
MINUTES**



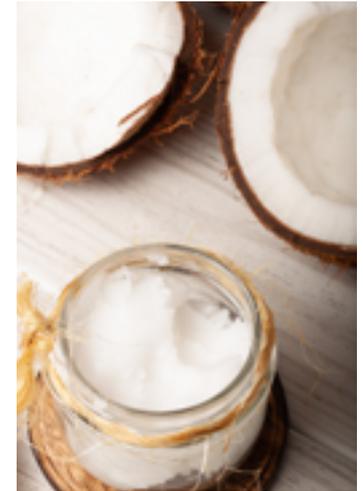


## Facial treatments

### NATURAL FACIAL

Deeply cleansing and nourishing, our Natural Facial encourages sensitive skin to appear and feel healthier, clearer and softer. Natural products infuse the complexion with luminous radiance through a combination of healing, moisturising and refreshing ingredients such as coconut oil, seaweed powder, honey, yogurt and cucumber.

60  
MINUTES



### ANANTARA SIGNATURE FACIAL

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

60  
MINUTES

### GRACEFUL FACIAL

This advanced treatment uses a powerful triple-action formula derived from botanicals to firm, lift and strengthen the skin as well as reducing the appearance of fine lines and wrinkles, leaving your skin deeply hydrated and uplifted.

75  
MINUTES

### ANANTARA FACIAL FOR MEN

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.

75  
MINUTES

# Body treatments

Cell renewal occurs naturally, yet slows down as we age leading to dull, lifeless and dry skin. Exfoliation accelerates the process by stimulating the circulation of blood through the lymphatic system to bring oxygen and nutrients to the surface of the skin, at the same time assisting the body to flush away toxins.



## Body scrubs

### NATURAL JASMINE RICE HERBAL SCRUB

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 revitalise your complexion.

60  
MINUTES

### KAMPOT SALT SCRUB

This pampering body polish incorporates a combination of freshly ground sea salt mixed with homemade prolei powder made from a native herb, with an addition of rosemary and eucalyptus essential oil to rejuvenate and resurface the skin. An indulgent Khmer cream massage concludes the treatment, leaving your skin as soft as velvet.

60  
MINUTES

### HIMALAYAN PINK SALT SCRUB

Incorporating ground Himalayan pink salt, kaffir lime and eucalyptus essential oil, the luxuriant body polish gently rejuvenates and smoothes the skin. The application of traditional Khmer cream locks in the moisture and rejuvenates the body and mind.

60  
MINUTES

# Body wraps

## KAMPUCHEA BODY WRAP

A seasonal body wrap using fresh local ingredients drains toxins and impurities from your body while providing deep relaxation. Natural yoghurt and highlands honey are used to purify and hydrate while indulging your senses.

60  
MINUTES

## ALOE VERA BODY WRAP

Wonderfully soothing and cooling, aloe vera is applied to sunburned skin to aid the healing process. Wrapped in a body mask, unwind while the tincture penetrates deep into the skin, providing relief and comfort. This treatment can be applied daily until redness has reduced.

60  
MINUTES

## DETOX CLAY BODY WRAP

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

60  
MINUTES



# Hand and foot care

Bringing you the latest in manicure and pedicure science, our pampering treatments offer soothing rituals based on cleansing, exfoliation, massage and nourishment, as well as advanced cuticle care and precise nail polish application.



## MANICURE

Take a moment to yourself as an expert therapist treats your hands and nails to a sequence of soaking, filing and buffing, followed by a nourishing scrub and gentle massage, before applying an immaculate paint finish.

**60  
MINUTES**

## PEDICURE

Feet are first soaked to soothe and soften, nails then clipped, filed and buffed to perfection. A foot scrub replenishes, and a massage deeply relaxes. An immaculate paint finish concludes this lavish beauty ritual.

**60  
MINUTES**

## HAND SPA

Taking a classic manicure one step further, this anti-ageing hand treatment ensures that you emerge with younger-looking hands and pristine, pampered nails.

**90  
MINUTES**

## FEET SPA

Our intensive foot treatment focuses on the aesthetics to instantly bring back your feet's youthfulness for a softer, smoother and healthier look. The experience is also deeply relaxing and will leave you with a spring in your step.

**90  
MINUTES**

## Spa 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 jewellery 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 any 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 inclusive of Government tax and service charge
- Prices are subject to change without prior notice.
- Advanced booking is highly recommended to ensure availability.





RESERVE YOUR TREATMENT

ANANTARA ANGKOR RESORT

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