



Phum Baitang  
Spa Temple

your body  
is a temple,  
treat it  
as sacred.

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*Advance reservations for the Spa Temple are highly recommended*



# Your Spa Temple Journey

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The mantra defining our spa is that we respect every culture, we value all customs, we embrace traditions, and we are pleased to offer you a collection of the finest, traditionally inspired spa treatments in Cambodia.

Our aim is to enhance the life and well-being of everyone who enters the Spa Temple at Phum Baitang.

The inspiration for our treatments is derived from the medieval splendor of the Khmer Empire. This started with the rule of King Rudravarman in A.D.500 to A.D.550; through the reign of the founder of the Khmer empire, Jayavarman II and the reigns of subsequent kings during the eight to twelfth centuries. The empire was Southeast Asia's largest at that time.

King Suryavarman II, the builder of the best known and best preserved religious temple "Angkor Wat" and his successor Jayavarman VII, the greatest Khmer ruler of all, revitalized the empire and witnessed a shifting of wealth for the Khmer elite. Cambodia, or Kampuchea in Khmer, derives from the Sanskrit word Kambuja or "Land of Peace and Prosperity"

During the Khmer Empire various kings built complex water systems to harness the erratic monsoon rains, thus providing for a stable rice harvest. Water played a vital role in early Cambodian culture



just as it does today. It refreshed the body of the early Cambodian farmers and initiated the body's purification system to achieve the highest attainable state of wellbeing.

Our Spa Temple treatments always purify and rejuvenate your body. They embrace age-old healing techniques, beauty recipes that replicate ancient Cambodian beliefs, and cultural traditions with therapies designed to encompass mind, body and spirit. Experienced therapists, with well-honed skills in the modern day interpretation of treatments that have been handed down through the centuries, create a natural, relaxing and heartfelt spa encounter.

Upon arrival at the Spa Temple you will be welcomed with a selection of refreshing herbal beverages and fruits before commencing a personalized treatment that uses only the finest organic, indigenous ingredients to deliver outstanding and long lasting results.

There is only one truly sacred personal temple in this universe...  
Your body.

It houses your mind, spirit and intelligence and we must nurture and care for it on a daily basis. In visiting our Spa Temple our sole aim is to take care of your personal temple.



Spa Temple  
Signature Touch

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## The Khmer Empire

### — *Splendors Ritual*

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*This ancient Khmer traditional treatment utilizes a centuries-old village recipe of warmed herbs and spices to increase blood circulation and ease aches and pains.*

It consists of a refreshing and exotic aromatic blend of roots, herbs and spices ground in a mortar and pestle. Rose water, used as a skin toner, promotes healing and skin softening.

The crushed herb and spice mix is applied to the body as a mask, excluding the face and sensitive areas; then you are cocooned. You experience an all-over deep penetrating heat sensation that melts away your tension, muscle aches, headaches, arthritis and chills. This was a traditional treatment favoured by fishermen and farmers. The mask is left to work its magic while you enjoy a comforting scalp massage.

This treatment increases blood circulation and its exfoliating ingredients, cloves and rice, soften the skin.

A Khmer traditional “onkuin” seed oil massage concludes this signature ritual

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*Full Body Polishing Cocoon, Khmer Traditional “Onkuin”  
Seed Oil Massage with Warm Leaf Cocoon*

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80/110 MINUTES

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## The Khmer Empire

### — *Baray Ritual*

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*It's fun bathing in a green village! Inspired by the largest man-made lake of the ancient Khmer civilization.*

Baray is a water reservoir built by the ancient Khmer people, it is a common element in the architectural style of the Khmer Empire of Southeast Asia. West Baray in the Angkor area is an artificial lake, the largest example of such a reservoir, and today, the only one that still holds water.

Native Cambodians use the baray and its nourishing channels for irrigation and transportation. With clear, still waters, the baray today is a popular place for bathing, swimming and boat rides by local residents.

Temple ruins at the splendid Angkor Wat provide a clue to there being a bath dedicated to healing, not just to relaxation. Water festivals originated at this time and the Khmer people going for walks during the festival days often enjoyed healing baths to refresh their mood and relieve tensions and troubles.

Your spa temple exotic bathing experience will be the most memorable one ever with a traditional body polishing cocoon; sloughing off dead skin cells. A soothing lotion massage compliments this spa journey.

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*Spa Herbal Bathing Ritual, Full Body Polishing Cocoon  
with Soothing Massage*

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80/110 MINUTES

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## The Angkor

### – *Temples Ritual*

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*Walking on Clouds - A miraculous transformation for tired legs and feet.*

In the past hand-crushed spice would be applied on the legs of the rice farmers after a long day's work of standing in the water tending the rice paddies.

After your amazing Angkor temple explorations you will certainly be longing for just such a remedy. This is not just a foot and leg treatment but a special ritual that awakens your legs and body. Your treatment starts with an invigorating herbal foot soak with the gentle touch of flowers. Acupressure points and reflex zones of the feet are the main focus. Then a nurturing, warm herbal leg compress massage lulls you into a deep state of relaxation.

A mask of fresh crushed ginger, nutmeg and cloves is applied, cocoon-like, leaving the spices to warm and detoxify your skin. The delicious warmth of the spices heats the muscles and the joints, melting away tension. The spice mix acts as an exfoliator giving your skin a luminous appearance and silky feel.

A cooling application of fresh cucumber seals in moisture; you will be ready to walk that extra mile. Truly an ultimate foot and leg delight!

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*Herbal Foot Polishing Bath and Cocoon*  
*Leg Herbal Compress Massage with Feet Reflexology*

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80/110 MINUTES

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## The Heritage Borei

### — *Angkor Ritual*

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*It is not just a full body massage, but an ancient Khmer body care treatment you will love.*

Borei Angkor means the City of Angkor, Borei is a City and Angkor is also a City; the Great City of the ancient Khmer Empire. Khmer people concurred to preserve and spread the Khmer culture, customs and traditions within the villages they created.

Herbs and fruits are used in various spa treatments and are named after a territory of Angkor. “Sothh Borei”, is a paste made from seasonal fruits, plant leaves or raw honey.

This skin beautifying massage technique was originated and conceived by Khmer rice farmers to preserve inner beauty while traditional massages and other body treatments enhance outer beauty.

After the exfoliating massage, you are cocooned and then rested; your skin is extremely nurtured and regenerated

Mango — king of fruits, for your skin  
Chlorophyll — king of green, for skin detox  
Coconut — deliciously moisturizing your skin  
Aloe Vera — an after sun skin soother  
Organic raw honey — total skin nourishment

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*Dry Skin Brushing, Full Body Massage, Cocoon and Facial Touch*

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80/110 MINUTES

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Sole to Soul  
Signature Touch

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## The Miracle Tree Elixir

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*Nature's healing secret from the truly miracle Moringa tree, assists your body's natural healing power.*

Moringa is a potent antioxidant and the greatest single source of multivitamins, minerals and phytonutrients than any other gift from nature. A natural energy booster; "the most nutritious tree on the planet". Excellent in moisturizing, nourishing, soothing, healing skin concerns, alleviating pain and improving circulation throughout the body.

Moringa oil is the most stable oil in nature, it does not go rancid, is chock full of radiance boosting fatty-acids, vitamins and has antiseptic and anti-inflammatory properties.

It has the ability to filter out impurities deposited deep within the skin, displays amazing cleansing, detoxifying and its rejuvenating action helps prevent skin aging and wrinkles.

Non-allergenic Moringa, can protect you from the sun, improves health, vitality, beauty and wellness.

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*Full Body Polishing and Cocoon, Hair Treatment  
Nourishing Massage and Facial Touch*

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140/170 MINUTES

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## The Tree of Life Elixir

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*A secret from the coconut palm, the most useful tree on earth;  
providing all the necessities in life.*

The coconut is a tree of a thousand uses. It offers more than just sustenance as a highly nutritious food but also is an excellent skin conditioner, hydrator, moisturizer and is known for its antiviral, antibacterial and antifungal properties.

Coconut juice is naturally sterile, one of the highest sources of electrolytes known to man and assists in slowing down the normal sequence of aging to a certain extent. It treats dark circles and puffiness around the eyes, increases the lifespan of skin cells to help you remain more youthful and vibrant.

Coconut milk is an organic product that helps repair split ends, reduce hair fallout and induces hair growth. It gives bouncy, shiny and silky hair to the touch. It is similar to Mother's milk, being easily absorbed into the body.

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*Full Body Polishing and Cocoon, Hair Treatment,  
Moisturizing Massage and Facial Touch*

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140/170 MINUTES

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## The Elixir of Life

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When we know ourselves and when we are in touch with the true needs of our body and spirit, then we know what is the right action to take in our lives to find the perfect balance.

In instances where you are undecided about which spa treatments to take, our dedicated therapists will be glad to help you decide the right ones for you.

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*To make your Spa Temple journey truly special. Select a combination of at least three Spa Temple treatments per person in a single spa journey and receive a 30% saving.*

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# Traditionally Inspired Massages of the World

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Massage is a very ancient form of treatment, so ancient that its history is said to be as old as that of mankind.

It is a sacred belief that body and soul can be renewed through the healing power of human touch. Massage is far more than just a treatment that makes us feel good, it enhances our immune systems function and lowers the level of our stress hormones. Used for healing throughout history, cultures from all over the world have built upon this to develop varied styles of massage.

The Spa Temple incorporates those ancient massage traditions in a variety of treatments to nurture all your senses back to wellbeing. Treatments invigorate and relax, enrich your life, restoring health with an abundance of energy and joy for your body, mind and spirit.

The following treatments were selected and created with only one thing in mind – you. The emphasis is on balancing energy in the body.

You are almost certain to find a popular style that suits your body perfectly!





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## Touch of Cambodia

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Khmer massage has its own unique history and tradition which has been practiced for hundreds of years.

The main technique of Khmer massage is a firm and strong kneading style and it focuses on energy lines. It makes use of passive stretching with gentle pressure along energy lines to relax the body, ease muscular and joint tension and balance the body's energy system. The therapist manipulates your body into different positions to help loosen it up, adjust skeletal structure and improve flexibility using different parts of their body to really work deep on those muscles. This leaves you feeling wonderfully relaxed, sleepy and blissed out.

A warm herbal compress filled with a selection of herbs and spices is then gently applied to specific points of the body and is combined with a massage to specifically work on knots. This induces deep relaxation while soothing aching muscle and stiff joints as well as relieving stress and fatigue. The massage boosts both emotional and physical well-being by assisting alignment and postural integrity of the body.

The blend of herbs has a relaxing and invigorating effect on the body and mind, soothing sore and overworked muscles while giving the body's energy reserves a huge boost.

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*A No Oil Full Body Khmer Massage  
with Warm Herbal Compress*

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80/110 MINUTES

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## Touch of China

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Tui Na “push grasp” is an acupressure, oriental bodywork therapy that has been used in Chinese culture for over 2,000 years. It is one of the oldest forms of healing in the world.

A task-focused technique targeted towards healing and reducing pain, it seeks to establish a more harmonious energy flow throughout the body, allowing the body to heal itself naturally. Hand massage techniques promoting the revival of the soul and body with alternating kneading and pressure, releases tension, rebalances the body and harmonizes internal energies.

Acupressure is useful in relieving anxiety and improving sleep, thanks to the release of endorphins. It aids in balancing the body and improving the resistance to illness by promoting good health.

Chinese foot reflexology involves massaging and applying pressure to the reflex areas of the foot. It induces a regulating action on the corresponding body organ and results in the release of energy. It is very relaxing, especially for those who stand on their feet all day or just have tired, achy feet. It is an effective way of relieving tension and contributes to a feeling of well-being.

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*A No Oil Tui Na Acupressure Massage  
and Feet Reflexology*

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80/110 MINUTES

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## Touch of Japan

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Shiatsu “finger pressure” massage is a method of healing where rhythmic finger, thumb, palm, elbow, knee and hand pressure is used on the meridian points of the body to improve energy flow, restore the natural powers of the body and regain balance for both preventative and improved health.

“Ki” represents the essence of life in Japanese culture. This energy flows to organs through specific pathways or meridians providing nourishment for the body mind and spirit.

The massage is relaxing yet with firm pressure application, gentle body manipulation and assisted stretching.

Shiatsu eliminates energy imbalances within the organ systems, clearing the path for energy flow. Massage focuses on pressure points, or “tsubos” that relate to different organs throughout the body. The pressure techniques stimulate and increase the potential of the healing powers of the body and these powers by themselves “choose” the right way to heal the body.

Reiki is a subtle and effective form of energy healing using life force energy for body, mind and spirit. It is ideal for clarity, peace of mind, boosting the immune system and in aiding better sleep.

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*A No Oil Full Body Shiatsu Massage with Reiki*

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80/110 MINUTES

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## Touch of Sweden

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A “classic massage”, the leading and best known form of therapeutic massage developed in the 18th century in Sweden. One of the first truly global fusion styles of massage that uses gentle but firm pressure. The strokes are based on massage techniques from around the world. It can be light, slow and gentle or more vigorous depending on what is preferred. A full body massage that works on all major muscle groups in the body increasing one’s flexibility, stretching the ligaments and tendons, giving pain and tension relief and relaxing the muscles. It helps flush the body tissues of uric and lactic acid and other metabolic waste, improving overall health and wellness.

A dynamic therapy of long flowing effleurage strokes, kneading, rhythmic tapping, friction, compression and vibration. The movement increases lymph flow and is designed to invigorate stimulating blood flow to the heart and all throughout the body. Vibrational techniques encourage relaxation and improve muscle and nerve functions.

The deep tissue massage uses medium to strong vigorous kneading and cross fiber mobilization to work on trigger points. Deep thumb pushing techniques predominate, stimulating soft tissue and working deeply to ease muscle and joint pain by breaking down tensely knotted tissue.

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*A Choice of Full Body Aromatherapy,  
Relaxing, Deep Tissue or Energizing Massage*

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80/110 MINUTES

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## Touch of Tibet

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Tibetan massage has been practiced for thousands of years in Tibet and the Himalayan region of Asia. It is one of the oldest forms of massage found on earth.

The Tibetan KuNye “apply oil and pressure” massage creates harmony between the body and mind, promoting health and well-being by stimulating the energy points and channels within our body, using the hand. Sweet, soft scented Zathi-Dukpa herbal bags bathed in warm herbal infused oil are placed on different parts of the trunk, arms, legs and feet while the therapist’s hands work consistently, rubbing, kneading and stroking with deep circular motions to acupuncture points. This technique reduces stress, balances energy flow to tissues and organs and enhances inner and outer well-being and quality of life.

Hot stone is an ancient and authentic system of healing, more than just a simple massage. It is a meditative experience that enhances spiritual growth and balances the physical, mental and emotional dimensions of life. The comforting heated smooth, flat stones are placed on key points on the body while heat relaxes the muscles and promotes temperature balance making this an excellent healing method.

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*A Choice of Full Body Tibetan “KuNye” Massage or Ancient Hot Stone Healing*

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80/110 MINUTES

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## Touch of India

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Ayurveda, an ancient system of life “ayur” and knowledge “veda” believes that life is a combination of body, mind, senses, and spirit working on your supreme consciousness. An elemental, all powerful, all pervading, spiritual energy. A medical system and a philosophy originated around five thousand years ago focusing on balancing the body’s three main constitutional forces: the energy of movement “vata”, the energy of digestion “pitta” and the energy of structure “kapha”, to improve health and create harmony in life.

Ayurveda helps in general detoxification, relaxation, rejuvenation and enhances spiritual awareness. It uses vigorous massage on the specific energy points “chakras” with large quantities of warm oils and spices to remove toxins from the system, restoring balance to the body, soothing tense and strained muscles.

Abhyanga means “anointing”, based on balancing the doshas and is performed with herbs, spices and warm aromatic oils. The technique strengthens muscles, firms the skin, induces a great feeling of calm and encourages the body’s innate healing ability.

Shirodhara works on the head and promotes tremendous relaxation, a deep sense of inner peace and stress relief, as well as having powerful effects on the mind and nervous system.

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*Ayurveda Abhyanga Full Body Oil Massage and Shirodhara Treatment*

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80/110 MINUTES

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Touch for Face

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## The Miracle Tree Divine Facial

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Moringa is the new anti-aging alternative, high in vitamins A, C, and E as well as phytonutrients. These vitamins and nutrients are very potent antioxidants, rich in Zeatin which protects and alters the human skin cycle and focuses on building new collagen. New cells grow faster than the older cells die, a key component to more youthful looking skin and in preventing and reducing wrinkles.

Skin cells nourished with Zeatin retain their functions longer and are more resistant to environmental stresses. Moringa has potent flavonoids which help to maintain the body's collagen, keeping skin firm and healthy.

The Moringa “purifying tree”, cleanses the skin, balances the secretion of oils, reduces skin fatigue, clears pimples and diminishes the formation of blackheads, no matter what skin type. It helps tighten pores and keeps the skin healthy, glowing and younger looking.

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*Supreme Full Facial*

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80 MINUTES

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## The Tree of Life Divine Facial

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The coconut palm contains organic plant- growth hormone compounds that help regulate cell growth development, fighting the aging process. Exposure to this hormone increases the lifespan of skin cells, resulting in a more youthful and vibrant appearance.

Facial active ingredients like coconut water and coconut milk absorb easily and are excellent skin conditioners and moisturizers with antibacterial properties. They help to treat dark circles and puffiness around the eyes. Coconut husk is a gentle skin exfoliator.

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*Absolute Full Facial*

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80 MINUTES

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## Skin Specific Divine Facial

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A customized facial using fruits and plants that is designed to treat specific needs and condition your skin. It primarily boosts skin's elasticity, tone and texture by opening and cleansing pores, shedding dead skin cells and stimulating the growth of smooth new skin, making it appear younger and healthier.

We use a moisturizing blend of ingredients that assists with anti-aging of the skin by helping to restore collagen and elastin. It also aids in restoring your skin after exposure to the sun

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*A Customized Full Facial*

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50 MINUTES

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Touch for Body

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## The Miracle Tree Polishing Cocoon

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The supreme anti-oxidant and powerful anti-aging properties of Moringa microscopically work wonders in purifying your skin. It cleanses and has the ability to filter out impurities deposited deep within skin tissue with an amazing detoxifying and rejuvenating action.

Powerful anti-oxidants counter act the damage caused by free radicals during cell aging and protects healthy cells from the stress of daily life, minimizing the visible signs of aging skin.

This treatment provides proper skin nourishment, improves the function of capillaries, promotes healthy veins and boosts collagen production to keep skin firm and healthy looking.

Our treatment is a natural way to support skin health by regenerating new cells without microdermabrasion or chemical peels. A most effective therapeutic skin treatment enhancing skin fairness and bringing back a balance to the skin's natural color and tone.

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*A Chlorophyll Anti-Oxidant Power Detox Polishing Cocoon*

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80 MINUTES

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## The Tree of Life Polishing Cocoon

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Reveal softer glowing skin by having it gently exfoliated with coconut husks and ground coconut shell.

It is then cocooned using organic cold pressed coconut milk which has deep moisturizing properties that rapidly condition, hydrate, replenish lost vitamins and shield your skin from moisture loss and cell degenerating free radicals. It transforms dull dry skin into a youthful radiant glow.

Your skin is left smelling deliciously fragrant with the tropical scent of coconut.

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*A Nourishing, Moisturizing Milk Polishing Cocoon*

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80 MINUTES

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## Skin Specific Polishing Cocoon

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Created to respond to individual skin conditions this treatment is rich in anti-oxidants to defend against free radical damage, brought about by stress and harsh environmental factors such as sun damage.

This beauty treatment utilizing fruits and plants acts against aging and improves the skin's health. It is rich in fatty acids and has the ability to replenish skin moisture and nutrients thus extending the life of skin cells and aiding in the skin's ability to heal faster.

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*A Customized Full Body Polishing Cocoon*

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80 MINUTES

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Touch for Beauty

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## Absolute Touch for Hands

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This treatment focuses on repairing dry and chapped hands. It starts with a nail strengthening soak followed by overall exfoliation of the hands and nail and cuticle maintenance. Then a gentle, soft moisturizing hand mask and massage, including reflexology. Nail reshaping, buffing or polish application concludes this hand beautification.

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*A Supreme Hands & Nails Makeover*

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80 MINUTES

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## Absolute Touch for Feet

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A total sensory experience for the feet. Dip into an invigorating soak to soften hard working heels whilst strengthening soft brittle nails. Follow up with exfoliation then overall nail and cuticle repair. Your feet are nourished with a cool, rich moisturizing mask and then massaged, including reflexology. Your feet will feel rested and refreshed – like brand new.

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*A Supreme Feet & Nails Makeover*

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80 MINUTES

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## Impeccable Nails for Hands or Feet

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Our more youthful hands or feet experience includes conditioning, cuticle care, nail reshaping and finishes with buffing, or polish application of your choice.

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*Basic Nail Care for Hands or Feet*

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50 MINUTES

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## In Villa Spa Service

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Quite simply, our philosophy is pampering you. Enjoy a Spa Temple experience in the tranquility of your private villa where a host of selected therapies can be provided.

Share the experience with family, a friend or loved one. Enjoy herbal teas and fruits presented in a Khmer Tea ceremony, a beautiful ritual of the traditional world.

Please inquire at the Spa Temple reception should you wish to book in-villa treatments.

A surcharge is applicable in addition to the standard treatment charge for In-Villa Service.

## Visiting the Spa Temple

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We encourage advance spa appointments to ensure your desired treatments and preferences are available.

For Spa Temple appointments or to discuss suitable experiences, please call +855 (0) 63 963 111 ext. 4. We will be happy to assist with and plan your treatments in person. Reservations constitute a confirmed appointment and are guaranteed with your villa number confirmation.

Our spa treatments use homemade products and fresh ingredients hence, cancellation is discouraged. Contact Spa reception 3 hours prior to your appointment for rearrangement within the day, subject to availability. Full treatment charges will be levied for no shows and late re-scheduling notice.

The time durations given are the actual essential treatment times including rituals and after care. Late arrivals will result in customizing your service to fit the remaining reserved time as courtesy to our next guest. The Spa Temple reserves the right to modify, cancel or postpone programs due to unforeseen circumstances.



Please arrive at least 30 minutes prior to your reserved appointment on an empty stomach or eat a light meal before a scheduled session. In this way you will have time for check in procedures, enjoy the facilities and allow yourself enough time for preparation.



A locker with a robe, towels, slippers, disposable underwear and shower amenities will be made available. Please leave all jewelry and valuables in your villa's safety drawer. While we endeavor to look after your belongings, we accept no responsibility for any misplaced, damaged or lost valuables of any kind brought into the premises.

We appreciate your respect for every valued guests and kindly request that all calls are concluded and that all electronic devices are on silent mode. They are not permitted in the treatment rooms and spa heat facilities. Your cooperation for a tranquil spa environment is greatly appreciated. If you wish to receive messages during your time with us, we will be happy to assist you.

We welcome guests from 16 years of age for treatments, spa and fitness facilities and below 16 years old we provide in villa treatments with guardian's consent. An in-villa surcharge applies.

Spa guests will have a personalized consultation that will be private and confidential. Spa treatments and wellness facility usage is at your personal risk.

The Spa Temple is a smoke-free environment and consumption of alcohol or caffeinated drinks before, during or directly after a treatment, is discouraged.

We treat every guest with utmost respect, spa services are strictly professional.

Proper fitness and bathing attire is required to enjoy full and unlimited access to our fitness center, locker room facilities, steam rooms and saunas.

Gift certificates are available to create your own Spa Temple experience. These are valid within 3 months from date purchased.

All prices are in US Dollars excluding 10% service charge and 10% government tax, subject to changes without prior notification. Purchased items are final, no refunds for services or sold items at all times.



⌚ MIN

USD

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## Your Spa Temple Journey

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### Spa Temple Signature Touch

|  |          |             |
|--|----------|-------------|
| <i>The Khmer Empire Splendors Ritual</i> | 80 / 110 | 80 / 110 \$ |
| <i>The Khmer Empire Baray Ritual</i>     | 80 / 110 | 80 / 110 \$ |
| <i>The Angkor Temples Ritual</i>         | 80 / 110 | 80 / 110 \$ |
| <i>The Heritage Borei Angkor Ritual</i>  | 80 / 110 | 80 / 110 \$ |

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### Sole to Soul Signature Touch

|                                |  |            |
|--------------------------------|--|------------|
| <i>The Miracle Tree Elixir</i> | 140/170  | 180/210 \$ |
| <i>The Tree of Life Elixir</i> | 140/170  | 160/190 \$ |
| <i>The Elixir of Life</i>      | <i>Select 3 treatments per person &amp; get 30% saving</i> |            |

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### Traditionally Inspired Massages of the World

|                          |          |           |
|--------------------------|----------|-----------|
| <i>Touch of Cambodia</i> | 80 / 110 | 70/90 \$  |
| <i>Touch of China</i>    | 80 / 110 | 70/90 \$  |
| <i>Touch of Japan</i>    | 80 / 110 | 70/90 \$  |
| <i>Touch of Sweden</i>   | 80 / 110 | 70/90 \$  |
| <i>Touch of Tibet</i>    | 80 / 110 | 80/100 \$ |
| <i>Touch of India</i>    | 80 / 110 | 90/110 \$ |

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### Touch for Face

|                                       |    |       |
|---------------------------------------|----|-------|
| <i>The Miracle Tree Divine Facial</i> | 80 | 80 \$ |
| <i>The Tree of Life Divine Facial</i> | 80 | 70 \$ |
| <i>Skin Specific Divine Facial</i>    | 50 | 60 \$ |

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### Touch for Body

|  |    |       |
|--|----|-------|
| <i>The Miracle Tree Polishing Cocoon</i> | 80 | 90 \$ |
| <i>The Tree of Life Polishing Cocoon</i> | 80 | 70 \$ |
| <i>Skin Specific Polishing Cocoon</i>    | 80 | 70 \$ |

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### Touch for Beauty

|  |     |        |
|--|-----|--------|
| <i>Absolute Touch for Hands</i>              | 80  | 70 \$  |
| <i>Absolute Touch for Feet</i>               | 80  | 80 \$  |
| <i>Absolute Touch for Hands &amp; Feet</i>   | 160 | 120 \$ |
| <i>Impeccable Nails for Hands</i>            | 50  | 50 \$  |
| <i>Impeccable Nails for Feet</i>             | 50  | 60 \$  |
| <i>Impeccable Nails for Hands &amp; Feet</i> | 100 | 90 \$  |

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### In Villa Spa Service

*Surcharge per villa 20 \$*

Advance reservations for the Spa Temple are highly recommended.  
All prices are in US Dollars, subject to a 10% service charge and 10% government tax



# Healthy Beginnings Mind & Body

Happily ever after starts with healthy beginnings, beyond our hectic days is a better way of living. Wellness activities at Spa Temple, Phum Baitang are designed to be health giving and gentle with emphasis on balancing physical, mental and emotional states. Wellness sessions are arranged by special appointment throughout the day, at guest convenience. A perfect combination with other holistic treatments to cleanse and detoxify, as well as help the body to reach its full potential.

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## Yoga for Life

Come explore and experience the practices of this ancient tradition. Yoga embraces and cultivates a lifestyle of holistic living. Your yoga practice will become a tool of self-empowerment and healing in every aspect of your daily life - providing a lasting and powerful transformation. It is a prescription for a healthier and a more balanced lifestyle. Good yoga practice can rejuvenate the body, calm the mind, and help heal the spirit through a greater sense of awareness and self-discovery. Come and experience the foundational aspects and practices of yoga as a path of healing and well-being.

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## Tai Chi for Life

Tai Chi is conducted slowly, deliberately, and gracefully, with each movement flowing seamlessly into the next without hesitation. The slow, rhythmic, and meditative body movements designed to enhance relaxation, inner calm, and peace. It is believed to delay aging and prolong life, increase flexibility, strengthen muscles and tendons. Movements are low-impact and gentle on your muscles and joints. There are lots of movements to keep you interested, and as you become more accomplished you can add those to your routine.

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|  | 🕒 MIN | USD   |
|--|-------|-------|
| <b>Healthy Beginnings Mind &amp; Body</b>      |       |       |
| <i>Group Yoga or Tai Chi Session</i>           | 60    | 20 \$ |
| <i>(minimum 4 persons, price per person)</i>   |       |       |
| <i>Private Yoga or Tai Chi Session</i>         | 60    | 40 \$ |
| <i>(applicable in villa, price per person)</i> |       |       |

One day advance reservations required subject to weather permitting and availability. All prices are in US Dollars, subject to a 10% service charge and 10% government tax. Spa reception ext. 4



PhumBaitang  
ZANNIER