



Spa Temple

Your body is a temple
where God dwells.
Treat it as sacred.



Zannier Hotels Wellness Philosophy & Concept

Our Concept

At Zannier Hotels, we explore the intricate energy imbalances within the human body that affect overall health. Each property serves as a sanctuary where therapies, activities, rituals, and nutrition converge, all rooted in a deep understanding of energy flow and restoration. Our Wellness Philosophy is built on four cornerstones: Wellbeing, Movement, Spa, and Nutrition.

The Essence of Energy Balance

Energy balance bridges various healing traditions, both ancient and modern, including Ayurveda, Traditional Chinese Medicine (TCM), preventive medicine, nature's elements, and bioresonance therapy. At its core, the human body is an intricate system of energy fields that must remain in harmony for optimal health.

Ayurveda regulates doshas (Vata, Pitta, Kapha) to maintain balance. TCM emphasizes Qi flow through meridians, using acupuncture and herbal medicine. Preventive medicine supports natural energy equilibrium through lifestyle choices. The elements—earth, water, fire, air, and ether—shape diet and routines. Bioresonance therapy detects and corrects energy imbalances via electromagnetic frequencies, aiding natural healing.

These diverse practices highlight the importance of energy harmony, recognizing that disruptions can lead to physical, emotional, and spiritual ailments. By restoring balance, they promote well-being and interconnectedness.

At Zannier Hotels, we invite you on a journey of holistic wellness, where ancient wisdom meets modern therapeutic innovations, creating a harmonious path to vitality and serenity.



Your Spa Temple Journey

In the Spa Temple, we embrace the traditional values, culture, and ancient art of relaxation. 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 Zannier Phum Baitang.

Cambodia, or Kampuchea in Khmer, derives from the Sanskrit word Kambuja or “Land of Peace and Prosperity” where God resides. The inspiration for our treatments is derived from the medieval splendor era of the Khmer Empire and deep-rooted culture. By creating their own natural remedies and treatments, Khmer people enhance their beauty and well-being, which is quite evident in all the carvings in the temples, carrying a certain grace and beauty to mesmerize anyone.

We – at the Spa Temple – value and embrace the deeply ingrained Cambodian culture and use all the ancient art of meditation that uplifts the spirit and relaxes all senses. Our Spa Temple treatments are specially designed to purify and rejuvenate your body, using ancient healing techniques, beauty recipes that replicate Cambodian beliefs, and cultural traditions with therapies designed to encompass mind, body, and spirit.

Our treatments are crafted to balance the body’s energy, promoting harmony and well-being. By integrating traditional Cambodian practices with modern energy healing techniques, we aim to restore the natural flow of energy within your body. This holistic approach ensures that every treatment not only relaxes and rejuvenates but also aligns your energy centers, fostering a deep sense of inner peace and vitality.

Experienced local 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. We use only the finest organic, indigenous ingredients, locally grown and made to deliver outstanding and long-lasting results.

There is only one truly sacred temple in this Universe: your body. It is the shell of our inner being, mind, and soul. Nurture and care for it.



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Spa Temple Treatments	<i>11:00 am - 08:00 pm</i>
Fitness Gym	<i>06:00 am - 10:00 pm</i>



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Visiting Spa Temple

Advance reservations for the Spa Temple are highly recommended.



Spa Temple Signature Rituals

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The Khmer Empire

— *Splendors Ritual*

Relive the divine Khmer Era with a rejuvenating herbs and spices scrub, a warm banana leaf cocoon, and a sweet almond oil massage enhanced by a traditional hot compress.

This ancient Khmer traditional ritual begins with a centuries-old village recipe of warm herbs and spices. The ritual starts with a refreshing rose water toner, which delicately cleanses and prepares the skin. An exotic aromatic blend of roots, herbs, and spices, meticulously ground in a mortar and pestle, is then gently applied to the body as a mask after exfoliation.

You will be cocooned in warm banana leaves, enveloping you in a deep, penetrating heat sensation that melts away tension, muscle aches, headaches, and arthritis. As the magical paste works its wonders, you will enjoy a comforting scalp massage, releasing all stress and promoting a sense of profound relaxation.

The experience culminates in a luxurious Khmer traditional sweet almond oil massage with a warm herbs and spices compress applied on top to deeply relax the muscles. This helps to soothe your muscles and leaves your skin nourished and radiant. This signature ritual not only rejuvenates the body but also revitalizes the spirit, offering a holistic escape into the timeless beauty of Khmer wellness traditions

Benefits:

- Deep cleansing, healing and skin softening.
- Calms your mind and body, enhances sleep.
- Stimulates blood circulation and relaxes from aches and pains.
- Boosts the lymphatic system & strengthens the immune system

Cambodian herb body polishing, banana leaf cocoon, hot herbal compress, and Khmer traditional sweet almond oil massage.

120 MINUTES

\$198



The Khmer

— *Heritage Ritual*

Experience the timeless essence of Khmer healing with a luxurious scrub of homegrown rice, galangal, and kaffir lime, rejuvenating both skin and spirit.

Begin with gentle dry brushing to exfoliate and boost circulation, a Cambodian wellness tradition that detoxifies and preps the skin. Follow with a scrub of rice, galangal, and kaffir lime—cherished Khmer ingredients—gently buffing away dead skin cells while invigorating with aromatic properties.

Next, a soothing mango and aloe vera mask hydrates and calms the skin. Wrapped warmly, your body absorbs its rejuvenating benefits while a Cambodian-inspired pressure point head massage eases stress.

Finish with a full-body massage using essential oils tailored to your needs. Rooted in Khmer practices, it relieves tension, improves circulation, and enhances well-being. A foot reflexology session completes the ritual, promoting deep relaxation and holistic balance.

Benefits:

- Exfoliates, detoxifies, nourishes, and hydrates the skin with natural ingredients.
- Calms and relaxes the mind and body.
- Stimulates circulation and enhances lymphatic drainage.
- Relieves muscle tension and promotes overall well-being.

A full-body ritual with a homemade scrub, mask, warm wrap, and soothing head massage and foot reflexology using sweet almond oil for deep relaxation.

180 MINUTES

\$268



The Angkor

— *Apsara & Devata Couple Ritual*

Divine feel of love, God and Goddesses of Cambodia.

Cambodia, land of God and Goddesses, land of ancient traditions of eternal beauty, wellness and devotion to love. The deep endearment of sentiments, realistic life, connection with nature and cultural values beautifully bonds you to it in an extremely attractive way. This sacred two-way worshipping experience takes place in a private couple's room. The pampering ritual begins with a thorough body cleansing with gently scented milk, to harmonize you with Life and Nature, using the secrets of the bygone Khmer era, a mix medical herbs and Mondulkiri coffee body scrub is infused, followed by a cocoon wrapping to allow a warming sensation, gently awakening the senses and regenerating the emotional connection between body and soul. Following a sensual aromatic massage using selective essential oil, that will transport you in an heavenly dimension, creating a feeling of euphoria and ecstasy throughout your whole body. A private plunge whirlpool decorated with lotus flowers and candles with soothing music is ending this couple's ritual with Champagne and sweet and savory delights, for a peaceful time to connect with each other, leaving you and your loved one pampered and rejuvenated.

Benefits:

- Creates a bond to re-connect with more feelings of affection.
- Relieves aches and pains together after a long day.
- Relieves stress and helps to open emotionally with your partner.
- Revitalize the body with the feeling of calmness and happiness.

A luxurious full body traditional Khmer treatment for couples with cleansing, scrubbing, cocoon, and massage with authentic herbs.

Please note that this ritual requires 24-hour advance notice.

120 MINUTES

\$588 PER COUPLE



Traditionally Inspired Massages of the World

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Divine Touch of Cambodia

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 focusing on energy lines by making passive stretching with gentle pressure, which helps 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 thumbs, hands, arms, knees, and feet to stimulate and ease the pressure points parts to really work deep on the muscles. Followed by 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. The blend of herbs has a relaxing and invigorating effect on the body and mind.

Benefits:

- Deep relaxation while soothes aching muscle and stiff joints.
- Relieves from stress and fatigue.
- Boosts emotional and physical wellbeing.
- Helps get rid of toxins from the body.

A "no-oil" full body Khmer massage with warm herbal compress of dry ginger root, lemongrass, turmeric, kaffir lime, cinnamon stick and herbs.

60/90 MINUTES

\$108/138



Divine Touch of Indonesia

Immerse yourself in the profound healing of an Indonesian deep tissue massage, a therapeutic ritual that can be customized to be light and gentle or vigorous and intense, depending on your preference. This full-body treatment targets all major muscle groups, enhancing flexibility, stretching ligaments and tendons, and providing significant relief from pain and tension. By flushing out uric and lactic acid and other metabolic waste, it promotes overall health and wellness. The dynamic therapy involves long, flowing effleurage strokes, petrissage kneading, rhythmic tapotement tapping, and soothing vibration. Additionally, deep tissue techniques with medium to strong kneading and cross-fiber mobilization work on trigger points, using deep thumb pushing to stimulate soft tissue and alleviate muscle and joint pain by breaking down tense knots. This holistic approach not only rejuvenates the body but also revitalizes the mind, leaving you feeling balanced and deeply relaxed.

Benefits:

- Improves posture and increases blood flow.
- Decreases stress and increases relaxation.
- Increases lymph flow and nutrient supply to muscles.
- Releases endorphin which improves mood and supports healthy immunity.

A Full Body Aromatherapy with Deep Tissue and Energizing Massage.

60/90 MINUTES

\$108/138



Divine Touch of Tibet

Tibetan massage has been practiced for thousands of years in Tibet and the Himalayan region. It is one of the oldest forms of massage found on earth. The Tibetan “Ku Nye” translates “applying oil on the body” (Ku) and “massaging the body” (Nye). It creates harmony between the body and mind, promoting health and wellbeing by stimulating the energy points and channels within the body. Starting with drenching the body in butter or oil, massaging slow and gentle, working up to more vigorous action and deeper work on key muscles and specific points. Sweet scented Zathi-Dukpa herbal bags prepared from nutmeg, caraway and sesame 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 acupressure points. While the magic of herbal infused bags is working, comforting smooth flat hot stones are placed on key points on the body, heat relaxes the muscles and promotes temperature balance making this an excellent healing method. In the end, scrub of dry chickpea flour used to open the pores absorbs excess oil, leaving just the right amount in the skin. Your skin feels hydrated, nourished and radiant.

Benefits:

- Cures menstrual disorders, headaches, constipation and lumbar pain.
- Improves sleep, metabolism, mood, and appetite.
- Boosts vitality and immune system.
- Relieves tension and helps to fluidify the energy, lymphatic, and energetic circulation.

A Full Body Tibetan “Ku Nye” Massage with Ancient Healing Hot Stones

60/90 MINUTES

\$128/158



Divine Touch of India

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. Ayurveda focuses 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. In Ayurveda, Abhyanga means “anointing”, based on balancing the doshas and the technique starts with 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 tensed and strained muscles. Shirodhara works on the head and promotes tremendous relaxation by pouring a warm herbal ayurvedic oil on the forehead from a specific height, for a specific time period in a continuous stream, allowing the oil to run through the scalp and down into the hair, finishing it with combining a scalp and head massage to give a deep sense of inner peace.

Benefits:

- Reduces stress and lower the blood pressure.
- Reduces hyperpigmentation, wrinkle, cellulite, and scars.
- Helps in detoxification, relaxation, and rejuvenation of body.
- Relieves from anxiety and nervousness.

Ayurvedic, Abhyanga Full Body Oil Massage and Shirodhara Treatment with coconut oil.

90 MINUTES

\$238



Eternal Devoted Therapies

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Dynamic Muscle Relief

— *Sports Massage*

Indulge yourself in the invigorating experience of a full-body sports massage designed to enhance athletic performance and overall well-being. This therapeutic massage targets all major muscle groups, providing a comprehensive treatment that can be tailored to your specific needs, whether you prefer a gentle touch or a more vigorous approach. It incorporates a variety of techniques to address muscle tension, improve flexibility, and promote recovery. The massage begins with long, flowing effleurage strokes to warm up the muscles, followed by petrissage kneading to work deeper into the tissue. Rhythmic tapotement tapping and soothing vibrations are used to stimulate circulation and relax the muscles. Deep tissue techniques, including medium to strong kneading and cross-fiber mobilization, focus on trigger points to break down tense knots and alleviate pain. This holistic approach not only rejuvenates the body but also revitalizes the mind, leaving you feeling balanced and deeply relaxed.

Benefits:

- Improves posture and increases blood flow.
 - Decreases stress and increases relaxation.
 - Increases lymph flow and nutrient supply to muscles.
 - Releases endorphins which improve mood and support healthy immunity.
-

A Full Body Aromatherapy with Deep Tissue and Energizing Massage.

Note: This massage may cause some discomfort as it works deeply into the muscles to relieve tension.

90 MINUTES

\$148



Nurturing Touch: — *Spiritual Massage for Expectant Mothers*

Experience the soothing comfort of Nurturing Touch, a spiritual massage designed specifically for expectant mothers. This therapeutic ritual focuses on providing relaxation and relief during pregnancy, targeting key areas such as the back, shoulders, head, hands, and gently on the legs. The massage can be tailored to your specific needs, ensuring a gentle and nurturing touch that promotes overall well-being. The session begins with a gentle full-body oil massage to warm up the muscles and relieve tension. This holistic approach not only rejuvenates the body but also calms the mind, leaving you feeling balanced and deeply relaxed. The massage incorporates long, flowing strokes to enhance circulation, reduce swelling, and alleviate discomfort. By focusing on areas prone to tension during pregnancy, it helps to ease muscle aches and improve overall comfort. The nurturing touch of this massage not only supports physical well-being but also provides emotional comfort, creating a serene and peaceful experience for both mother and baby.

Benefits:

- Reduces swelling in hands and feet
 - Eases muscle and joint pain
 - Enhance circulation and oxygen flow
 - Promotes relaxation and reduces stress
 - Improves sleep quality
 - Supports overall prenatal wellness.
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A gentle oil massage for expectant mothers, providing relaxation and relief.

Note: We recommend this massage only from the 4th month to the 6th month of pregnancy.

60 MINUTES

\$108



Celestial Instant Bliss

—

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Divine Hair Therapy - Head Massage 21



Walking on Clouds

— *Foot Massage*

After a long day of exploring, let your feet loosen up with our traditional foot massage. It starts with a warm essential salt mix soak, followed by a soothing foot massage, with homemade Shea butter and Neem leaf lotion, focusing on the pressure points. This practice will hydrate your skin and relax your calf and feet, sore muscles, making you feel like walking on the clouds.

30 MINUTES

\$58

Divine Hair Therapy

— *Head Massage*

Indulge in a 30-minute head massage with our Divine Hair Elixir, crafted from the finest natural and organic ingredients. This luxurious treatment is designed to combat hair fall and address a variety of hair issues, providing deep hydration and taming frizz. The elixir works wonders on your scalp and hair, leaving it smooth, nourished, and revitalized.

The head massage not only enhances scalp circulation but also activates energy flow, promoting overall hair health and relaxation. As the elixir penetrates your hair and scalp, you'll feel the stress melt away, replaced by a sense of calm and well-being. This treatment is perfect for anyone looking to rejuvenate their hair and scalp, while also enjoying a moment of tranquility and self-care.

Experience the magic of our Divine Hair Elixir Head Massage and let your hair shine with health and vitality. This treatment is more than just a massage; it's a holistic experience that connects your mind, body, and soul, leaving you feeling refreshed and renewed.

30 MINUTES

\$58



Divine Beautification

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The Miracle Tree

— *Divine Facial*

The Moringa, referred as the miracle tree, is the new anti-aging alternative, high in vitamins A, C, and E as well as in phytonutrients. These vitamins and nutrients are very potent antioxidants, rich in zeatin which protects and alters the skin cycle and focuses on building new collagen. They give a more youthful looking skin and help in preventing and reducing wrinkles. 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 the skin type. It helps tighten pores and keeps the skin healthy, glowing and looking younger.

Supreme Full Facial (Cleansing, Exfoliating, Mask, Treatment, Moisturizing and Massage).

30/60 MINUTES

\$58/108

The Tree of Life

— *Divine Facial*

The coconut palm, referred as the Tree of Life contains organic plant- growth hormone compounds that help to regulate cell growth and to fight the aging process. It contains linoleic acid and lauric acid that help soothe the skin texture. This facial involves step by step process with different massage techniques. Its active ingredients like coconut water and coconut milk are easily absorbed and are excellent skin conditioners and moisturizers with antibacterial properties. Coconut husk is a gentle skin exfoliator while coconut pulp helps to treat dark circles and puffiness around the eyes.

Absolute Full Facial (Cleansing, Exfoliating, Mask, Treatment, Moisturizing and Massage).

30/60 MINUTES

\$58/108



The Serenity Divine Facial

— *by mēditatif*

Crafted by the visionary minds of Mrs. Alicia Zannier and Mr. Max Leykind, the Serenity Facial Ritual by mēditatif is a unique blend of mindful, sustainable, and natural products that delve into the soul. This luxurious facial experience begins with a session of face yoga, designed to activate and awaken the facial muscles, preparing your skin for the divine treatment that follows. The ritual continues with the application of Serenity Oil, massaged in gentle circular motions to stimulate the senses and promote a deep sense of relaxation.

Next, the Soul Cleanser is applied as both a scrub and mask, exfoliating and cooling the skin while you enjoy a soothing head massage. This step not only purifies the skin but also calms the mind, creating a harmonious balance between body and soul. The facial then incorporates a powerful massage using Serenity Oil, enhanced with crystal gua sha, a face roller, and cold face stones. These tools work together to activate the facial muscles, improve circulation, and reduce tension, leaving your skin looking radiant and rejuvenated.

The face ritual concludes with a facial pressure point massage, where the transformative Serenity Oil transformed into a cream and gently applied & absorbed into the skin, transitioning into a nourishing cream. This final step ensures that your skin is deeply hydrated and revitalized, while the pressure point massage promotes relaxation and a sense of inner peace.

Mindful Facial (Cleansing, Exfoliating, Mask, Treatment, Moisturizing and Massage with Crystal Gua Sha, face roller and cold stones).

60 MINUTES

\$158



Sacred Art of Beauty

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Sreysart – Ladies

Alluring Hands

Indulge in the luxurious Alluring Hands treatment, designed to repair and rejuvenate dry, chapped hands. Begin with a nail-strengthening soak, followed by a thorough exfoliation of the hands and meticulous nail and cuticle maintenance. A gentle, moisturizing hand mask and soothing massage, including reflexology, will leave your hands feeling soft and revitalized. The treatment concludes with nail reshaping, buffing, or nail polish application, ensuring your hands look and feel their best.

Exclusive care for Hands & Nails Makeover

60 MINUTES

\$68

Alluring Feet

Experience the ultimate sensory delight with Alluring Feet. Start with an invigorating soak to soften hardworking heels and strengthen soft, brittle nails. Follow with exfoliation and comprehensive nail and cuticle repair. Your feet are then nourished with a cool, rich moisturizing mask and massaged, including reflexology, to leave them feeling rested and refreshed.

Exclusive care for Hands & Nails Makeover

Note:

- We use only normal nail polish.
- Removal of gel polish requires an additional 30 minutes and incurs an extra charge of \$30

60 MINUTES

\$68



Bros Sart – Gentlemen

Impeccable Nails — *for Hands or Feet*

Our exclusive men's nail care experience is designed to cater to the modern man's grooming needs. This treatment begins with a soothing conditioning session to soften the skin and nails. Next, we provide meticulous cuticle care to ensure your nails look neat and healthy. Our expert technicians will then reshape your nails to your preferred style, whether you prefer a classic or contemporary look. The treatment concludes with a choice of buffing for a natural shine or a polish application in a subtle, masculine shade. Perfect for maintaining well-groomed hands and feet, this service is ideal for men who value both style and hygiene.

Basic Nail Care for Hands or Feet

30 MINUTES

\$38



Path to Health & Wellness

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Sacred Art of Yoga

Yoga embraces and cultivates a lifestyle of holistic living. Yoga practices becomes a tool of self-empowerment and healing in every aspect of 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 helps to heal the spirit through a greater sense of awareness and self-discovery. Explore the wide variety of ancient and modern yoga styles and experience the foundational aspects and practices of yoga as a path of healing and wellbeing.

60 MINUTES	\$88
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PER ADDITIONAL PERSON	\$22
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Sunrise Yoga – available for private customized class at 5:30 am to 6:30 am by the main pool, require a day in advance booking

SUNRISE SUPPLEMENT	\$30
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Sacred Art of Aerial Yoga

Aerial yoga is a unique fitness practice that combines traditional yoga poses, Pilates, and dance with the use of a suspended hammock. This method allows practitioners to perform a variety of exercises while being partially or fully supported by the hammock, promoting strength, flexibility, and balance. The hammock helps to decompress the spine, enhance joint mobility, and deepen stretches. Aerial yoga emphasizes core strength, controlled movements, and breath awareness, creating a harmonious connection between mind and body. This practice cultivates a sense of freedom and playfulness, making it an enjoyable way to improve overall physical and mental well-being.

60 MINUTES	\$98
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PER ADDITIONAL PERSON	\$22
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Healing Art of Mat-Pilates

A mindful, mat-based movement practice focused on core strength, alignment, stability, and flexibility. Slow, precise movements paired with rhythmic breath cultivate body awareness, coordination, and graceful, efficient movement, encouraging balance, ease, and a calm mind-body connection.

60 MINUTES	\$88
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PER ADDITIONAL PERSON	\$22
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Healing Art of Flying-Pilates

A dynamic Pilates practice using a hammock to enhance strength, flexibility, and balance. It decompresses the spine, improves joint mobility, and supports deeper stretches for a light, restorative mind and body experience.

60 MINUTES	\$98
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PER ADDITIONAL PERSON	\$22
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Balanced Art of Reformer Pilates

A focused Reformer session emphasizing controlled core activation, leg strength, and full-body coordination through precise, flowing movements. Guided by alignment and breath, the practice enhances strength, stability, and refined body awareness in a calm, mindful setting.

60 MINUTES	\$108
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PER ADDITIONAL PERSON	\$32
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Divine Holistic Healing

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Chakra Balancing

Chakra, the Sanskrit word for “wheel,” represents the energy centers within our bodies. Chakra balancing is an ancient and sacred practice that aims to restore the harmonious flow of energy throughout the chakra system, promoting overall well-being. This spiritual healing process channels energy into the seven chakras, which are aligned from the base of the spine to the crown of the head. Each chakra is intricately connected to specific organs, ailments, colors, elements, and emotions.

During the session, we begin with a mindful body scan using healing crystals to identify energy blockages. This is followed by a detailed consultation on each chakra, allowing for a deeper understanding of your energetic state. The healing journey continues with Reiki energy healing, sound therapy, and other spiritual techniques to cleanse and activate the chakra points. These practices help to release negative emotions, enhance self-worth, self-esteem, and self-confidence, and bring about a profound sense of inner peace and balance.

Chakra Healing is a transformative experience that aligns the human energetic system, fostering a state of wholeness and harmony both physically and emotionally.

90 MINUTES

\$128

Only available as a one-to-one private session.



Aura Cleansing

The aura is a subtle energy field that encases your entire physical being, emanating, collecting, and exchanging energies both inside and outside the body. It is deeply influenced by the situations and people we interact with, constantly exchanging energies with them. Over time, the auric field can become weakened due to accumulated psychic debris or absorbing negative emotions and energies from others. This can lead to feelings of stress, anxiety, irritation, lethargy, impatience, and even a negative outlook on life.

Aura Cleansing is a healing process that begins with scanning the aura to assess its vibes and colors. This is followed by a customized, step-by-step method that includes guided meditation, Reiki, chanting, sound therapy, and sage smoke smudging to cleanse and protect the aura. These practices help to remove blockages, restore balance, and strengthen the auric field.

The benefits of Aura Cleansing include a more vibrant and attractive presence, a positive approach to life, mental clarity, and an openness to new channels of prosperity, wealth, and good luck. This holistic practice fosters a sense of wholeness and harmony, both physically and emotionally.

60 MINUTES

\$98

Only available as a one-to-one private session.



Sacred Art of Meditation

A beautiful blend of Kriya, meditation and Pranayama's – a series of yogic exercises, meditation techniques and poses along with a unique, world renowned rhythmic breathing technique: the "Sudarshan Kriya" which is a powerful breathing exercise and wisdom that can change your life. This incredible combination brings the body, mind, and spirit into a state of harmony to connect, heal and detoxify, resulting in a calm, happy and healthy you.

60 MINUTES	\$88
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PER ADDITIONAL PERSON	\$22
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Sacred Art of Sound Healing

Sound healing is a beautiful way to relax while experiencing the low to high hertz of sound, music and specialist instruments played in therapeutic ways, combined with deep self-reflection techniques to improve health and wellbeing. It synchronizes brain waves to achieve profound states of relaxation, helping to restore the normal vibratory frequencies of the cells in body. The rhythmic sound facilitates and entrain brainwaves from normal beta state (normal waking consciousness) to alpha (relaxed consciousness), and even reach theta (meditative state) and delta (sleep, where internal healing can occur). Sound healing is a sacred art used for deep relaxation and to release energetic blockages inducing a state of ease and harmony in the body, mind, and spirit.

60 MINUTES	\$108
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PER ADDITIONAL PERSON	\$22
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Zenful Experiences

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Sacred Lotus Flower Folding

— *A Journey into Khmer Tradition*

Discover the delicate artistry of Khmer culture in our Lotus Flower Folding experience. This immersive session introduces guests to the intricate techniques of shaping lotus petals into six distinct styles, each carrying deep cultural meaning.

Beyond mastering this traditional Cambodian craft, participants will explore the symbolism behind each fold. The lotus flower, revered in Khmer heritage, represents purity, enlightenment, and renewal. Guided by skilled instructors, you will learn the meticulous process while gaining insight into its spiritual significance.

This meditative practice fosters mindfulness and tranquillity, allowing you to engage with Cambodia's rich traditions in a serene and meaningful way. To enhance the experience, the session includes delightful surprises featuring lotus flowers, ensuring a memorable and enriching activity.

60 MINUTES

\$38

PER ADDITIONAL PERSON

\$12



Sacred Garden-Fresh Tea Ritual

— *A Khmer Tradition*

Step into the tranquil world of Khmer tea ceremony with our Sacred Garden-Fresh Tea Ritual. This immersive gathering invites you to savour the delicate flavours of locally cultivated tea, grown in the sacred landscapes surrounding ancient temples.

Led by knowledgeable hosts, you will learn the refined techniques of tea preparation, honouring centuries-old Cambodian customs. Each step of the ritual carries profound meaning, fostering a sense of peace and reflection. As you partake in this ceremony, you will embrace the harmony and reverence that define Khmer tea traditions.

More than just a tasting experience, this ritual encourages connection—with oneself, loved ones, and the cultural heritage of Cambodia. It is a moment to release the past and welcome new beginnings, all while enjoying the soothing essence of homegrown tea.

60 MINUTES

\$38

PER ADDITIONAL PERSON

\$12



Sacred Skin Alchemy

— *Khmer Beauty Rituals*

Reconnect with nature and ancient wisdom in our Sacred Skin Alchemy session. This hands-on experience unveils the secrets of Khmer beauty traditions, using locally sourced organic ingredients to craft personalized skincare treatments.

Under expert guidance, you will blend aromatic herbs and oils with a traditional pestle and mortar, creating custom scrubs and masks tailored to your skin's needs. As you work with these natural elements, you will gain insight into their therapeutic properties and cultural significance, deepening your appreciation for holistic self-care.

This experience is more than a skincare session—it is a journey into mindfulness and well-being. You will leave with handcrafted beauty products and a renewed connection to Cambodia's time-honoured wellness practices. The Sacred Skin Alchemy session is a perfect way to connect with yourself, nature, and the rich heritage of Khmer beauty practices.

60 MINUTES

\$48

PER ADDITIONAL PERSON

\$22



Sacred Khmer Leaf Weaving

— *A Timeless Craft*

Immerse yourself in Cambodia's rich cultural heritage with our Sacred Khmer Leaf Weaving activity. This hands-on experience introduces you to the traditional art of leaf weaving, a skill passed down through generations and deeply rooted in Khmer traditions.

Guided by expert artisans, you will master the intricate techniques of weaving leaves into elegant and functional creations. This craft reflects the ingenuity and deep connection of the Khmer people to nature, transforming simple materials into meaningful works of art.

As you engage in this meditative practice, you will uncover the symbolic meanings behind various weaving patterns and their significance in Cambodian daily life and ceremonies. This activity offers a peaceful and enriching experience, fostering mindfulness while connecting you to the spiritual essence of Khmer culture.

60 MINUTES

\$38

PER ADDITIONAL PERSON

\$22



Wellness Journeys

—

Kbal Spean Wellness Excursion

41



Kbal Spean Wellness Excursion

Embark on a serene journey with our Kbal Spean Wellness Tour, a half-day excursion designed to rejuvenate your mind, body, and spirit while connecting deeply with the rich cultural heritage of Cambodia. The tour begins at 5:30 am from the hotel, offering a peaceful start to your day. You will begin with a 30-minute trek through lush forests to the top of Kbal Spean, where you will discover a stunning waterfall adorned with ancient stone carvings. Here, you can immerse yourself in the tranquility of nature with a session of yoga or meditation in front of the cascading waters, allowing the serene environment to enhance your mindfulness practice.

Next, we visit the exquisite Banteay Srei Temple, renowned for being the only temple in Siem Reap made entirely of red sandstone. Its intricate carvings and serene atmosphere provide a perfect backdrop for reflection and admiration, offering a glimpse into the artistic and spiritual legacy of the Khmer civilization. Following the temple visit, we journey to a popular local lake featuring charming floating huts. Here, you can savor a healthy snack thoughtfully prepared by Zannier Phum Baitang, while enjoying the serene surroundings. This peaceful setting allows for a moment of relaxation and connection with the natural beauty of Cambodia.

On our way back to the hotel, we may have the opportunity to witness the traditional process of palm sugar making, if it is in season. This cultural experience adds a delightful touch to our wellness journey, providing insight into the local traditions and craftsmanship that have been passed down through generations. Join us for the Kbal Spean Wellness Tour and experience the harmonious blend of nature, culture, and mindfulness. This excursion offers a unique opportunity to rejuvenate your senses while embracing the timeless beauty and traditions of Cambodia.

Please note that this excursion requires a 24-hour advance notice.

HALF DAY

PER PERSON	\$358
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FOR TWO PEOPLE	\$518
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PER ADDITIONAL PERSON	\$100
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MAXIMUM FOUR PEOPLE ONLY



Visiting the Spa Temple

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

For Spa Temple appointments or to discuss suitable experiences, please dial 4 from your room phone. 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. 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 15 minutes prior to your reserved appointment for a relaxing and nourishing treatment time. Please have a light meal an hour before a scheduled session.

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.

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 with lush greens surroundings.

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.

All prices are in US Dollars and includes all taxes.





ZANNIER
PhumBaitang