

**Relax within our jungle oasis.**

PLANTATION

**PLANTATION SPA ISN'T JUST A PLACE, IT'S A PHILOSOPHY.**

Relax and rejuvenate your mind, body and soul in Plantation Spa's tranquil surroundings. We are an authentic Cambodian encounter, combining the therapeutic properties of local ingredients with the healing practices of South East Asia.

PLANTATION *spa*

# *Oil* Massages

## **AROMATHERAPY**

Our signature full body treatment is designed to promote deep relaxation, detoxification, and rejuvenation. It is perfect for those looking to improve their sleep, strengthen their muscles and joints, and reduce the appearance of cellulite or alleviate symptoms of jet lag.

60 min. \$35 | 90 min. \$48 | 120 min. \$60

## **DEEP TISSUE**

A deep oil massage to relieve muscle tension, awaken the senses and improve blood flow, using an oil of your choice.

60 min. \$35 | 90 min. \$48 | 120 min. \$60

## **FOOT REFLEXOLOGY**

Massage with pressure on the reflex points to bring the body back into a healthy balance.

60 min. \$30

## **FULL LEGS RELAXATION**

An energising foot and leg treatment with an oil of your choice. Ideal for improving circulation and relieving stress after a journey.

60 min. \$ 35



## *Oil* Massages

### **KHMERHERBAL MASSAGE**

A warm herbal compress made with traditional Cambodian herbs is wrapped in a muslin cloth and applied to different areas of the body.

As the compress is rubbed over the skin, the heat from the herbs and oil helps to stimulate blood flow, promote relaxation, and ease muscle tension.

The massage is designed to soothe the senses and leave you feeling rejuvenated and refreshed.

90 min. \$55 | 120 min. \$70

# Dry Massages

## **HEAD, SHOULDERS & BACK**

or

## **BACK & LEGS**

Focuses on relaxing and releasing tension. Our massage therapist will use a variety of techniques, such as kneading, stroking, and compression, to target the muscles. Without, or with your choice of oil.

60 min. \$30 | 60 min., with oil \$35

## **KHMER TRADITIONAL MASSAGE**

Originated in Cambodia, it combines elements of Thai, Indian, and Chinese massage techniques, and is known for its focus on healing and restoring balance to the body.

Unwind with gentle stretching movements, working to bring harmony to your body. Improves flexibility and stimulates blood flow.

Without oil.

60 min. \$ 30 | 90 min. \$42 | 120 min. \$58

## **KHMER TRADITIONAL BACK & LEGS**

Traditional Khmer style massage without oil, with gentle stretching movements to release tension in your back and legs.

60 min. \$30

# Body Scrubs and Facials

## **GREEN TEA BODY SCRUB**

Kampot sea salt, combined with green tea for skin stimulation and rejuvenation. Ideal for mature or sensitive skin.

60 min. \$46

## **RICE & ROSE BODY SCRUB**

Purify, hydrate and nourish the skin with this gentle jasmine rice and rose scrub treatment. A sumptuous feast for the body.

60 mi. \$46

## **ORGANIC MORINGA FACIAL**

Cleanse your face for an hour with a delicate mooring honey infused with jasmine rice. Rejuvenate and give an instamt lift to the skin.

60 min. \$46

*Kampot*

SEA SALT

Unlike in other parts of the world, the production of Kampot sea salt is an entirely natural process, enhancing its healing,

anti-inflammatory & detoxifying qualities.

## *Spa* Packages

### **OASIS INDULGENCE**

Exfoliate with a rice and rose body scrub, followed by a 60-minute massage of your choice.

120 min. \$75

### **PLANTATION ROMANCE**

This is the perfect pampering programme for couples. Enjoy two 90-minute signature oil massages and indulge in a bottle of wine and chocolate truffles while you enjoy the private sanctuary of our steam and sauna rooms.

90 min. & 60 min. private use of the sauna \$ 179

Prices are inclusive of all taxes

PLANTATION *spa*



## *Spa* Packages

### **PURE RELAXATION**

A luxurious and rejuvenating experience that can help to promote relaxation, reduce stress, and improve overall health and wellbeing.

60 min. aromatherapy of your choice, followed by 30 min. private use of the sauna & jacuzzi \$45

Prices are inclusive of all taxes

### **STEAM, SAUNA & JACUZZI**

A great choice for anyone looking to promote relaxation, reduce stress, and improve overall health and wellbeing.

60 mins \$ 19

