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Wellness at Amansara

Wellness is more than being healthy in body and mind. It is a dynamic process of change and growth, a state of complete physical and mental wellbeing. Aman's spa concept has been carefully curated with four pillars of wellness in mind – nutrition, movement, psychological health and bodywork – with the goal of achieving Integrated Holistic Wellness for every guest. Treating the whole – mind, body and spirit – by integrating ancient healing practices with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that we hope extends far beyond the physical boundaries of Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey at home, and the resilience and focus to put them into action.

A New Spa Language

Healing has fascinated humankind since ancient times. Today, we have access to time-tested healing systems, as well as cutting-edge modern medicine. Some ancient practices are now proven. Others have evolved over millennia and simply offer benefits beyond explanation.

Ancient healing systems, such as Ayurveda and Traditional Chinese Medicine (TCM), are based on complex theories of the human body and mind. They incorporate aspects of health otherwise unexplored in complimentary medicine.

Delve into this world, however, and an intriguing new language begins to explain how our bodies work. Understanding the philosophy behind traditional healing is not a prerequisite for enjoying its benefits. Aman Spa aims to demystify this language for those wishing to explore more.

Our spa menus draw inspiration from traditional healing systems the world over. Simply ask our expert therapists to understand more about any of our ingredients or treatments.

Understanding energy

The idea of a life force, or life energy, is shared among many traditional healing systems. In Traditional Chinese Medicine this is known as Qi, while in Ayurveda and Yoga – prana is the Sanskrit word used to describe this potent vital energy. A principle in many healing modalities is that any blockage to the flow of life force within a body can cause imbalances. Blockages can be physical, mental or emotional, and their removal to restore balance and energy flow is the main goal of many traditional healing practices.



Aman Signature Treatments



Aman's line of all-natural skincare products draws on the wisdom of ancient wellness traditions while harnessing the power of nature. Rare and precious ingredients include pearls, healing tree oils, amethyst, jade, frankincense and palo santo, as well as oxygen-rich spring water and wild-harvested Amazon butters.

The range - made up of smoked body balms, fragrant dew mists, spoiling body oils, invigorating polishes and anti-ageing serums - is made from organic ingredients sourced from around the world for their purity and potency, and their close connection to Aman destinations.

Each product works holistically to nurture and enhance overall wellbeing, soaking deep into the skin to nourish and rejuvenate, meeting emotional as well as physical needs.

Grouped into three healing pathways - Grounding, Purifying and Nourishing - the products contain ingredients that work in sequence with the human body to promote change and restore balance. Bringing the physical and emotional into harmony, they aim to holistically fine-tune the body and mind, with tangible, long-lasting results.

Grounding

Drawing on the peace of the mountains and deserts, the Grounding Rituals focus on ingredients with the ability to restore and rebuild: amber oil, rose-quartz crystals, sandalwood, Peruvian black and purple mud, wild-harvested butter and delicate tuberose. The treatments are designed to act as a balm for the pace of modern life, creating a feeling of sanctuary, reassurance and reconnection. Techniques include Tibetan Ku Nye massage, meridian and acupressure work, cupping and kneading.

Grounding Massage

90 minutes

Informed by Tibetan healing traditions, this Ku Nye full-body massage grounds both body and mind. Traditional techniques stimulate the muscular system, while a subtler massage energizes the meridian system. The massage incorporates cupping along meridian lines, acupressure, kneading, deep-tissue techniques, warmed rose-quartz crystals and hot Himalayan salt poultices. The experience finishes with an invigorating Tibetan head massage that induces a deep level of relaxation.

Grounding Facial

90 minutes

This therapeutic facial incorporates Tibetan massage techniques to encourage a gentle release of tension from the face. Rose-quartz crystals promote healing, frankincense aids rejuvenation, hyaluronic acid boosts hydration, and liquorice extract evens skin tone. Lymphatic and muscular massage techniques ease all-natural products into the skin and stimulate circulation. Acupressure with heated Himalayan salt poultices and meridian stimulation with warm rose-quartz crystals restore a glowing radiance. Finally, a Peruvian black mud and amethyst crystal mask, followed by a Tibetan head massage, completes the treatment.

Grounding Body Polish & Wrap Ritual

90 / 120 minutes

A key ingredient in this ritual is amethyst powder, known for its sleep-inducing energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening overall tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving the skin radiant. The 120-minute option includes a bathing ritual and the added benefit of a silky-smooth smoked body butter.

Grounding Journey

180 minutes

Each Grounding treatment is powerful in isolation, but their effects are magnified when experienced together. This journey is the ultimate Grounding experience, incorporating elements of all three of the treatments above. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each one ensures guests feel connected, centred and ready to reach a place of perfect contentment – grounded in every sense of the word.

Purifying

Designed for those seeking lightness, breathing space and a fresh start... This healing pathway detoxifies, cleanses and strengthens the skin while also clarifying the mind. The products are created to deeply cleanse and tone complexions, including congested, dull, stressed and blemished skin. Active ingredients include antioxidant-rich lilac stem cells, moisture-giving hyaluronic acid and elasticity-improving Kalpariane™ seaweed extract.

Purifying Massage

90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic-drainage techniques, it manipulates lymph nodes and vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

Purifying Facial

90 minutes

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

Purifying Body Polish & Wrap Ritual

90 / 120 minutes

This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz, known as a master healer for its ability to attune energy levels. Seaweed-packed fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine-flora mud wrap includes deep cleansing kaolin, mineral-rich sea lavender and seaweed for boosting collagen levels. The treatment ends with a Palo Santo Salve, applied over the whole body.

Purifying Journey

180 minutes

This in-depth journey approaches purification on every level, from clearing the skin and detoxifying the body, to clearing negative energy and focusing the mind. Incorporating elements of all three of the above treatments, this journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace.

Nourishing

Our Nourishing pathway is all about rejuvenation and renewal. Treatments repair and regenerate, revitalising within and without to encourage a reconnection between body and mind. The result is a feeling of joy. Active ingredients include anti-aging argan stem cells and plumping hyaluronic acid. Other ingredients, including jasmine, sandalwood, vitamin B12 and jade crystals, are known for their powerful regenerative properties.

Nourishing Massage

90 minutes

This nurturing treatment is ideal for emotionally or physically exhausted souls. The use of marma-point therapy releases energy and brings the body back into balance. Rhythmic massage techniques also ease muscular tension and the use of sound healing stimulates the kundalini – dormant energy stored at the base of the spine.

Nourishing Facial

90 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, cactus oil, jasmine and silk. Together they work to soothe and brighten dull or irritated skin. This facial invites relaxation by stimulating the flow of prana – universal life-force energy – that enters the body via breath. Skin is left radiant through the application of the Light Technique – a method inspired by the teachings of the Shaman healers in South America on the deeply rejuvenating and healing energy of light stored in the third eye – which focusses on the forehead, nose and throat.

Nourishing Body Polish & Wrap Ritual

90 / 120 minutes

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone and rejuvenate – in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich clay, toning rose hydrolat and anti-inflammatory argan oil. The treatment ends with a Sacred Heart Balm, applied to the whole body.

Nourishing Journey

180 minutes

This journey aims to combine elements of these Nourishing treatments in an immersive experience. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Body and mind are restored and a deep sense of renewal endures.



Amansara Signature Treatments

Apsara - Scrub, Wrap & Facial

120 minutes

This treatment starts with a full-body steam to open the pores,, followed by a scrub using an aromatic blend of Khmer herbs known to exfoliate, stimulate and hydrate. A natural clay wrap follows to help soothe and enegerise. A traditional Khmer mask tones your chest while a warm rice compress relaxes your stomach. A nourishing mini facial completes the treatment.

Massa Ort Preng - Dry Massage

60 / 90 minutes

Traditional Khmer techniques are incorporated to unblock your body's natural energy flow in this oil-free massage. Palm pressure, light stretching movements and pressure-point release techniques are incorporated to relieve tension, improve blood flow and increase flexibility. Special attention is focused on the back and legs, making this treatment particularly effective after travel or temple tours.

Sor Om Massa - Hot Herbal Compress Massage

90 / 120 minutes

This Khmer herbal compress massage is renowned for its invigorating, purifying and tension-relieving effects. It stimulates, while the deep-penetrating heat soothes muscle tension and triggers a powerful all-over detoxification process. A choice of oil or dry massage is available with this treatment.

Massa Preng - Oil Massage

60 / 90 minutes

This flowing, graceful massage uses deep pressure to relieve with a choice of aromatic oils. Choose to release tension, improve circulation, ease stress or encourage harmony of body and mind.

Temple Walk - Foot Scrub, Cooler & Massage

60 minutes

This after-temple treatment is designed to complement experiences at Angkor. The crystal salt soak and foot scrub cleans and refreshes feet, followed by an all-natural Aman cooling foot and leg lotion to stimulate and revive. The treatment ends with a soothing oil-based foot and leg massage.

Additional time (scalp/foot/body massage)

30 minutes

Pre – Treatments



Herbal Scrub

30 minutes

Our custom blend of fresh Khmer herbs hydrates, energises and nourishes your skin with a gentle exfoliation to improve skin texture and stimulate the lymphatic system. This scrub helps to eliminate toxins and leave your skin with an overall healthy glow.

Salt Scrub

30 minutes

Blending 84 powerful minerals, our Himalayan crystal salt scrub exfoliates, hydrates and rebalances the skin's natural PH levels. A light application of our Aman body lotion seals in these nourishing minerals and leaves your skin noticeably smoother. This effective and relaxing scrub provides an ideal preparation for any massage.

Sras Bath

30 minutes

This adaptation of a traditional Khmer therapy aims to calm stress and release muscle tension with a warm sandalwood, jasmine and lotus milk bath. A natural way to unwind before a massage.

Beauty Services

Aman Advanced Facial

60 minutes

A wholly rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin, the exclusive Aman Advanced Facial combines effective formulas made in Japan, with exfoliation and manual lifting techniques to stimulate facial muscles, welcoming tighter, brighter skin.

The treatment begins with ultrasonic scrubbing to cleanse pores, supported by the use of microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness. The use of red and blue light therapy follows – a natural way to provide multiple benefits to the skin – before the treatment concludes with the application of the Aman Nourishing Gold Algae Face Mask to achieve an exceptional glow.

Massa Mok

60 minutes

Traditional Asian wisdom and caring hands are combined in this beneficial and pampering facial. The treatment incorporates traditional therapeutic techniques with high-performance skincare formulas to leave skin glowing and healthy. The treatment also includes a head massage to relax the entire body.

Eye Treatment

30 minutes

The delicate eye area requires special sensitive care. This treatment encompasses 111SKIN's advanced products with a hydrogel formula to hydrate the under-eye area and radiance-boosting ingredients for a glowing and refreshed complexion.



Finishing Touches

Hand & Foot Care

The foundation to everything, our feet absorb stress that can result in poor circulation and swelling. Similarly, our hands are exposed to the elements and used in almost every action we undertake. Our hand and foot treatments have been developed with this in mind and are suitable for both men and women.

Manicure	60 minutes
Pedicure	60 minutes
Gel Manicure	60 minutes
Gel Pedicure	60 minutes
Nail Polish	20 minutes

Nature & Immersive Experiences



Monk-Led Forest Walking Meditation

For two person

Meditation is a great way to find deep sense of relaxation and reduce the feeling of stress, in turn cultivating mindfulness, peacefulness, and compassion. It is also an excellent way to integrate with the rich cultural fabric of Cambodia after visiting many ancient temples of wonder.

This spiritual experience involves a walking meditation in the nearby Wat Visothi Meak temple forest, led by a Master Monk. It's designed to help all guests implement the art of relaxation into their daily lives, reducing stress and improving the ability to make clear decisions. A valuable mental immersion into the world of mindfulness, concentration and serenity.

60 / 90 minutes

Teap Bourn - Blind Therapist

Throughout Asia, therapists without sight are considered gifted with a heightened sense of touch. An oil-free massage by one of our blind therapists, trained by Amansara's spa directors, is a uniquely restorative experience.

Kru Teay - Fortune Teller

45 minutes

Consider your past and look into your future with age-old Khmer techniques passed down through generations to our favourite fortune teller.



Movement & Body Work

Amansara's Spa is complemented by a Movement Studio overlooking the calming Spa Garden, where personal fitness and healthy goals can be achieved with the help of our movement specialists and a wide range of immersive classes.

Aqua Yoga

Aqua Yoga offers a full-body workout in water, inspired by Yoga philosophy. It is especially beneficial for beginners and individuals managing joint pain or arthritis, as it enhances strength, balance, and flexibility. The pressure and buoyancy of water can alleviate discomfort during exercise, making Aqua Yoga a wholesome and nourishing, yet low-impact practice, particularly for joints like knees, hips, and ankles. During the session, Yoga postures and rhythmic movements are combined with mindful breathing, concluding with the healing sound vibrations of Sound Bowls.

Yoga

Yoga is a tradition that originated in India more than three thousand years ago. Its purpose is to help us achieve our highest potential and to experience enduring health, happiness and wellness. With regular practice, quality of life, physical health and mental wellbeing are improved.

Sound Bath

During this meditative journey, healing instruments and music are used to immerse guests in relaxing new soundscapes. The goal is to bring about a regenerated state of rest, rebalance energy pathways and create an instant feeling of wellbeing.

Reiki

Reiki is a Japanese energy practice designed to rebalance and reset. It aims to transfer universal energy through the practitioner's palms, placed on the body or without contact, to promote healing, reduce stress and encourage relaxation.

Mat Pilates

Pilates is a low-impact movement system that aims to improve core strength, flexibility, and posture. While similar to yoga, Pilates differs in that it involves assuming a position and then engaging the core muscles by adding movement with the arms, legs, or spine. The Pilates Mat movement programme is considered one of the most challenging parts of the method, as it relies solely on the body without any support from the Pilates apparatus.

Personal Training

Enjoy a 60-minute session with the hotel's personal trainer who will tailor every workout to suit individual goals – whether simply seeking to uphold an existing exercise routine or looking for a new challenge.

Khmer Boxing – Pradal Serey

Pradal Serey is a Cambodian martial art and national sport. Our trainer is a former Khmer boxing professional, now a teacher and a guide for the new generation of Cambodian fighters. Learn about traditional boxing techniques, such as punches, elbow and knee strikes. Ideal for anyone looking for an active session to improve cardio fitness and master new skills.

Apsara Dance Class

Apsara Dance is a form of classical Cambodian ballet, inspired by the Apsara carvings and sculptures of Angkor Wat. Lessons are led by Sophea-Kagna, an Apsara dancer, who has been performing and teaching this elegant dance form for over 15 years. She will guide you through the traditional dance elements, sharing the meaning behind each movement, designed to improve posture, tone and balance the body.

Private Sessions

60 / 90 minutes

All sessions based on instructor's availability, it is advised to book the sessions no less than three days in advance to ensure availability. For all cancellations, a minimum of 24-hours notice is required.

Wellness

Acupuncture

60 minutes

Traditional Chinese Medicine is an energetic medicine. The main goal of TCM is to make your energy flow well in your body. Acupuncture is a component of traditional Chinese medicine in which thin needles are inserted into the body. Acupuncture points stimulate the central nervous system which, in turn, releases chemicals into the muscles, spinal cord, and brain. These biochemical changes stimulate the body's natural healing abilities and promote physical and emotional wellbeing

Craniosacral Therapy

60 minutes

Craniosacral therapy is manual methods of gentle manipulation of your body. This manipulation is intended to release any tension or misalignment that might be impeding the natural flow of your muscles, joints, organs... The goal is to stimulate your natural body defense mechanism. It means to restore nervous flow, blood flow, energetic flow to make each cell of your body work efficiently

Spa Reminders

Operating hours

Spa

Daily from 10am to 9pm (last treatment 9pm)

Fitness Centre

Daily from 5.30am to 9pm

Appointments

Advance booking is recommended to ensure a wide availability of time and services are available. Please dial extension 0 for spa or +855 63 760 333 directly.

Treatment Preparation

We recommend guests arrive 10 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and relax in the spa's environment.

Spa Environment

The minimum age for spa treatments or use of the gym is 13. Guests under the age of 16 are required to have parental consent prior to their booking being accepted.

Guest Attire

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for Spa treatments.

Valuables

Please leave valuables in the safe in your suite.

Cancellation Policy

We understand that schedules change and we will do our best to accommodate. Once spa time is reserved, we kindly ask for a minimum of six hours cancellation notice. Cancellations made within six hours will be subject to the full charge of the booked treatment.

Special Considerations

Our holistic consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any medical or health concerns.

Pricing

All prices are subject to local tax and service charge.

Package

Treatments included in the package can be extended for longer periods and will be charged at full menu price for the additional service.



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