



Spa Temple

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



Zannier Hotels Wellness Philosophy

Adventurous in spirit, the guests of Zannier Hotels are discerning and active travellers seeking rare experiences that stimulate all their senses. In this regards, Zannier Hotels is committed to encourage a healthy lifestyle and the quest of a wellness routine away from home. This is why we have developed an overarching mind-body wellness strategy within all our properties, dedicated to offer experiences driven by the uniqueness of each destination. This approach aims at inspiring our guests to discover and fulfil their deepest and most important passions, turning these moments into life's greatest stories.

Each of our wellness areas offer an impressive collection of world class spa rituals, traditional beauty treatments, spa body therapies and exciting wellbeing packages. Focusing on ancient traditions and cultural beliefs, our wellbeing offer is a thoughtful combination of regenerative spaces, active and athletic adventures, fulfilling retreats and health restoration programmes.

Concretely, Zannier Hotels Wellness Philosophy is based on four cornerstones:

- Wellbeing: Our immersive “wellbeing” approach includes spiritual settings, inspiring design, a proximity with nature, meditative retreats and powerful encounters with communities to nurture both your mind and body.
- Movement: Combining flow, fitness, and active pursuits, our “movement” offer contributes to enhance general wellness and lower stress levels through the practice of sports and activities.
- Spa: Our “spa” cornerstone aims at keeping the mind and body in optimal health through indigenous rituals, traditional treatments and techniques, healing practices and rejuvenating experiences.
- Nutrition: Associating simple gastronomic pleasures with healthy ‘vitality’ options, our approach to “nutrition” goes beyond current trends. It includes original menus, energizing recipes, local sourcing, home-grown ingredients, renewable producing methods, cooking classes and more.



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 Hotels 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 enhances their beauty and wellbeing, which is quite evident in all the carvings in the temples, it carries a certain grace and beauty to mesmerize anyone. We – at the Spa Temple – value and embrace the deeply ingrained Cambodian culture and uses all the ancient art of meditation that uplift 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. 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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Advance reservations for the Spa Temple are highly recommended.



Spa Temple Signature Rituals

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The Khmer Empire

— *Splendors Ritual*

A magnificent resuscitating feeling of Khmer Era of Gods and Goddesses- A Full Body Polishing with herbs and spices scrub with warm Leaf Cocoon, empowered by Khmer Traditional Sweet almond Oil Massage.

This ancient Khmer traditional treatment utilizes a centuries-old village recipe of warmed herbs and spices. It consists of a refreshing Rose water, used as a skin toner and exotic aromatic blend of roots, herbs and spices ground in a mortar and pestle. Gently applied to the body as a mask, you will be cocooned in a warm banana leaves wrap, experiencing an all-over deep penetrating heat sensation that melts away tension, muscle aches, headaches, and arthritis. The mask is left to work its magic while enjoying a comforting scalp massage to release all stress. A Khmer traditional Sweet almond oil massage concludes this signature ritual.

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.

Full Body Polishing

Cocoon Wrap

Khmer Traditional Sweet Almond Oil Massage

120 MINUTES

\$180



The Angkor

— *Temples Ritual*

Walking on clouds.

A miraculous transformation for tired legs and feet.

In the Khmer tradition, hand-crushed spices would be applied on the legs of rice farmers after a long day work, standing in water tending rice paddies. After spending the day exploring the amazing Angkor temples, you will certainly be longing for just such a treat. This is not simply a foot and leg treatment but a special ritual that awakens your lower extremities. This ritual starts with an invigorating herbal foot soak with a gentle touch of flowers, following by a nurturing warm herbal leg compress massage, then a mask of freshly crushed ginger, turmeric, nutmeg and cloves is applied with a warm leaf cocoon wrapping, leaving the spices to detoxify your skin. Acupressure and Reflexology points will be the focus for your tired feet, with 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.

Benefits:

- Exfoliate, moisturizes, and improves skin texture.
- Improves posture alignment and range of motion.
- Eases muscles spasm, improves athletic performance.
- Promotes deep relaxation for legs muscles and joints, encourages lymphatic drainage and reduces pain.

Herbal Foot Polishing

Cocoon with Herbal Compress

Massage with Foot Reflexology.

90 MINUTES

\$140



The Angkor

— *Apsara and Tevta 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 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.

120 MINUTES

\$528



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, galangal, kefir lime and cinnamon stick.

60/90 MINUTES

\$98/128



Divine Touch of China

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. With relaxing hand massage techniques, it promotes the revival of the soul and body with alternating kneading, chopping, and stretching motion. It is finished with a Chinese foot reflexology involving massage 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 wellbeing.

Benefits:

- Relieves anxiety, tension and improves sleep.
- Improves metabolism and relaxes muscles.
- Stimulates the body’s circulatory, lymphatic & hormonal systems
- Regulates digestive issues, minimizes headaches and migraines.

A No Oil Tui Na Acupressure Massage and Foot Reflexology

60/90 MINUTES

\$98/128



Divine Touch of Sweden

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 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, petrissage kneading, rhythmic tapotement tapping and vibration is involved. On top, the deep tissue massage using medium to strong vigorous kneading and cross fiber mobilization work on trigger points. Deep thumb pushing techniques predominate, stimulating soft tissue and work deeply to ease muscle and joint pain by breaking down tensely knotted tissue.

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

\$98/128



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 acupuncture 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

\$118/148



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

\$218



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, Removing, 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 Skin Specific

— *Divine Facial*

This customized facial using fruits and plants is designed to treat specific needs and condition of the 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.

A customized full facial using fruits & plants according to skin type.

30 MINUTES

\$58



Sacred Art of Beauty

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Alluring Hands

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 is proposed, including reflexology. Nail reshaping, buffing or polish application concludes this hand beautification.

A complete Hands & Nails Makeover

45 MINUTES

\$58

Alluring Feet

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.

A complete Feet & Nails Makeover

45 MINUTES

\$58



Impeccable Nails

— *for Hands or Feet*

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

Basic Nail Care for Hands or Feet

30 MINUTES

\$38

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



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

\$68

SUNRISE SUPPLEMENT

\$30

Healing Art of Pilates

Pilates is a functional movement method with repetitive exercises, performed on a mat or other equipment to promote strength, stability, and balance. It is a combination of low to high impact exercises that aims to strengthen muscles while improving postural alignment and flexibility. A set of rhythmic moves that emphasizes on core strength, also involves slow, precise movements and breath control that creates a physical coordination and balance with mind and body. The technique cultivates awareness of the body to support everyday movements that are efficient and graceful.

60 MINUTES

\$68



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

\$68

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

\$68



Divine Holistic Healing

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Chakra Balancing

Chakra is the Sanskrit word for wheel and chakra balancing is an ancient healing method of bringing back the harmonious flow of energy across the entire chakra system of the body. It is a form of energy healing process that improves overall health by focusing on channelizing energy into the 7 chakras located at specific points between the base of the spine and the top of the skull. Each chakra is believed to relate to a particular organ of the body, ailments, colors, elements, and emotions. The process of healing involves body scanning and analyzation with 5 healing methods to improve the sense of self-worth, self-esteem, and self-confidence. Chakra Healing balances the human energetic system and heals negative emotions, remove blockages, leaving into a state of wholeness both physically and emotionally.

90 MINUTES

\$118

Aura Cleansing

Aura is a net, encasing your entire physical being, emanating, collecting, and exchanging energies inside and outside the body. The aura is heavily impacted by the situations and people we interact with, constantly exchanging energies with them. With time, it is common for auric field to get weak due to cluttered psychic debris or even picking on other people's negative emotions and energy. As a result, people get stressed, anxious, irritated, lethargic, impatient, and some even develop a negative outlook towards the world. In the process of healing, the scanning of aura vibes and its color is checked, then through an assessment, a customized step by step method of meditation, chanting and breathing is performed to protect the aura's vibes. Aura cleansing creates eye catching persona, positive approach towards life, clarity of mind and opening to more prosperity channels, wealth, and good luck.

60 MINUTES

\$98



Yoga Dance

Yoga dance is a combination of yogic poses in rhythm motion connecting with the soul and spirit. It helps to build stamina, flexibility, concentration, and overall energy. It is a coordinated set of choreographed movements with intense breathing and gentle flow from one pose to the next in tune to music. As music relaxes the mind and enlivens all five senses; it also lifts spiritually and helps in reducing stress and anxiety. It is a powerful way to enhance the quality of life with incredible fat burning moves that brings a natural glow from inside and boosts the immunity system.

60 MINUTES

\$70



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 HOTELS
PhumBairang