

ÄMÄN
SPA

AMANSARA

Aman Spa

'Be gentle first with yourself if you wish to be gentle to others'

- Lama Yeshe

The holistic approach of the spa at Amansara aims to promote wellbeing through the integration of treatments, relaxation, movement and nutrition. Four treatment rooms, each with an attached relaxation area and private steam bath and shower, are available to provide guests with a range of massage and beauty treatments using Cambodian techniques and Aman's own natural spa product range. All the treatment and relaxation rooms look out onto a reflection pond that is set against a 43-metre sandstone relief. The reception area overlooks a garden featuring an ancient rain tree.

Spa Facilities

Treatment Rooms

The Aman Spa provides four treatment rooms, each with changing areas, and private steam and shower facilities.

Movement Studio

The movement studio is flooded with light with unobstructed views of the surrounding spa garden, with its canopy of mature indigenous trees and serene courtyards. The studio offers a range of activities inspired by Khmer culture, designed to relax and stretch muscles after a day spent exploring the complex temples of Angkor.

Pre-treatments

Herbal Scrub

30 min

Our custom blend of fresh Khmer herbs hydrates energises and nourishes the skin with a gentle exfoliation to improve skin texture and stimulate lymph production. This scrub will help eliminate toxins and leaves the skin with a healthy glow.

Salt Scrub

30 min

Incorporating 84 powerful minerals, our Himalayan crystal salt scrub exfoliates hydrates and rebalances the skin's ph. 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 min

Our adaptation of a traditional Khmer therapy taken to calm stress and release tension in muscles with a warm sandalwood, jasmine and lotus milk bath. We recommend this as a natural way to unwind before a massage.

Amansara Signatures

Apsara - Scrub, Wrap & Facial

120 min

This guest favourite commences with a steam, followed by a full body scrub with an aromatic blend of Khmer herbs known to exfoliate, stimulate and hydrate. A natural clay wrap to soothe and energise follows. A traditional Khmer mask tones the chest while a warm rice compress relaxes the stomach. The treatment is completed with a nourishing mini facial.

Temple Walk - Foot Scrub, Cooler & Massage

60 min

Created especially for post exploration of the temples at Angkor, the crystal salt soak and foot scrub cleans and refreshes tired feet, followed by a 100% natural Aman cooling foot & leg lotion to stimulate and revive. This effective treatment culminates in a soothing foot and leg oil massage.

Massa Ort Preng - Dry Massage

60 min / 90 min

Traditional Khmer techniques are incorporated to unblock the body's natural energy flow in this massage performed without oil. Palm pressure, light stretching movements and pressure points 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 min / 120 min

This Khmer herbal compress massage is renowned for its invigorating, purifying and tension relieving effects. It stimulates whilst 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 min / 90 min

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

Additional time (scalp/foot/body massage)

30 min

Grounding

For those seeking reconnection, stillness and perspective

Developed to promote inner peace and return body and mind to a state of harmony, this formation works as a balm for restlessness brought on by the frenetic pace of modern life. It imbues a sense of reassurance and reconnection, while hydrating, healing, refining and strengthening on a physical level.

The use of amber oil relaxes brainwaves, helping to ease anxiety and stress. Sandalwood calms the nervous system - its earthy aroma inducing a meditative frame of mind. Other key ingredients include rose quartz crystals, jasmine, rare black Peruvian and purple muds, wild harvested butters, and silver. Techniques include a Tibetan *Ku Nye* massage, meridian and acupressure work, cupping, and kneading.

Recommended for treating stress, exhaustion, anxiety, jet lag, dry skin and hair, insomnia, tension in the lower spine and adrenal fatigue, as well as feelings of insecurity, rootlessness and the inability to switch off.

Grounding Body Polish & Wrap Ritual

90 min / 120 min

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening tone and improving texture, while a cocooning wrap initiates a period of stillness, leaving skin radiant. The 120-minute option includes a bathing ritual. The final touch is the application of silky-smooth Smoked Body Butter.

Benefits

- * Restores the nervous system, stimulates circulation and regenerates skin cells
- * Boosts the lymphatic system and strengthens the immune system
- * Reduces stress levels and promotes mental clarity

Grounding Massage Ritual

90 min

A *Ku Nye* full-body massage honours ancient Tibetan healing traditions to stimulate muscles, while a subtler massage energizes the meridian system. This treatment incorporates cupping along meridian lines, acupressure, kneading, and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of stillness.

Benefits

- * Moisturises dry skin, breaks up scar tissue and eases muscular tension
- * Reduces chronic pain and improves athletic performance
- * Dispels anxiety and balances the energy body

Grounding Face Ritual

90 min \$ 220

This facial incorporates rose quartz crystals to promote healing, frankincense to aid rejuvenation, and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a Peruvian black mud and amethyst crystal mask and Tibetan head massage.

Benefits

- * Brightens, firms and intensely hydrates
- * Promotes cell renewal and improves uneven skin tone
- * Encourages emotional stability and peace of mind

Grounding Journey

180 min

As powerful as each Grounding treatment is in isolation, their effects are multiplied exponentially when experienced together. This journey is the ultimate Grounding experience, incorporating all three of the treatments above. It begins with the Scrub & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each builds on the treatment that came before, ensuring the guest feels connected and centred both internally and externally to reach a place of perfect contentment – grounded in every sense of the word.

Purifying

For those seeking lightness, breathing space and a fresh start

A powerful detoxifier and metaphysical cleanser, this formation holds the spiritual energy of vitality, stabilizing the heart and mind, easing restlessness and energizing the body. Negative thought patterns are purged, while physical benefits include cleansing and brightening, giving skin a new lease on life.

Key ingredients include palo santo, sandalwood, juniper berry, rose geranium, raw honey, pearl, quartz, and argan stem cells - chosen for their anti-ageing and purifying characteristics. Techniques include a lymphatic drainage, nerve point therapy, and nerve stimulation.

Recommended for treating bloating, low energy levels, dull skin, thyroid problems, post-illness exhaustion, headaches and migraines, as well as feelings of stagnation, heaviness and confusion.

Purifying Body Polish & Wrap Ritual

90 min / 120 min

Reviving spirits, toning the skin and inducing a state of peace, this ritual incorporates quartz - known as a master healer for its amplification of energy levels. Seaweed 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 sole, and sea lavender and seaweed for boosting collagen levels. The 120-minute option includes a bathing ritual. The treatment ends with the full-body application of Palo Santo Salve.

Benefits

- * Detoxifies the lymphatic system and boosts immunity
- * Reduces swelling and improves skin tone and texture
- * Increases energy levels and mental clarity

Purifying Massage Ritual

90 min

This deeply relaxing yet revitalizing treatment incorporates manual lymphatic drainage techniques and nerve point therapy on the back, to balance the nervous system and promote the flow of waste products away from the tissues. The pressure applied is significantly lower than in conventional massages - but powerful in its effects. The use of arnica, palo santo and seaweed oils stimulates circulation and encourages the release of negative energy and toxins.

Benefits

- * Removes toxins and regenerates tissue
- * Aids lymphatic drainage, reducing swelling and cellulite
- * Increases immunity and eases muscle spasms

Purifying Face Ritual

90 min

This tension-releasing treatment is extremely beneficial for those exposed to urban pollution, combining nerve point therapy and lymphatic drainage to provide a detoxifying release. Lymphatic massage stimulates the glands on the chest, neck and face, resulting in glowing, toned skin, while key ingredients include brightening pearl, regenerative homeopathic copper, and powerful marine extracts that strengthen collagen production.

Benefits

- * Hydrates, brightens and firms skin
- * Drains the lymph and releases tension
- * Detoxifies to reduce the effects of pollution

Purifying Journey

180 min

This Journey targets purification on every level, from clearing the skin and detoxifying the body's organs, to removing negative energy and focusing the mind. All three Purifying treatments are applied, beginning with the Body Polish & Wrap, followed by the Massage Ritual, and ending with the Face Ritual - leaving guests clear-headed and at peace.

Nourishing

For those seeking regeneration, recuperation and healing

Holding the spiritual energy of love, this powerful formation encourages reconnection with the self through the healing of emotional and mental wounds. It leads one towards self-acceptance, enabling individuals to be their most real and best selves, while simultaneously restoring and rejuvenating the body on a physical level. Key ingredients include Jasmine stem cells, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk and gold. They have all been chosen for their powerful regenerative abilities, fostering a meditative state and feelings of joy. The techniques used in this formation are geared towards healing. They include a chakra-balancing massage, mantra music, marma point therapy, and the Light Technique - based on the shamanistic principle that luminosity is generated from three points on the face.

Recommended for treating lacklustre skin, the signs of ageing, anxiety, chronic fatigue and emotional stress, as well as feelings of disconnection, grief and discontent.

Nourishing Body Polish & Wrap Ritual

90 min / 120 min

Encouraging the body to enter a phase of deep rest, this nutrient-rich ritual includes Jade powder - known to hydrate, tone and rejuvenate - in both the polish and wrap. The polish 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 Italian clay, rose hydrolat and argan oil. The 120-minute option includes a bathing ritual. The treatment ends with the full-body application of Sacred Heart Balm.

Benefits

- * Boosts the lymphatic system and restores the nervous system
- * Feeds skin while improving tone and texture
- * Imparts a sense of being nurtured and held

Nourishing Massage Ritual

90 min

This blissful, nurturing treatment is ideal for physically or emotionally exhausted souls. The use of marma point therapy brings the body back to a state of heightened awareness and balance, while rhythmic massage techniques ease muscular tension, imbuing a sense of complete restoration. The use of sound healing activates the kundalini - dormant energy stored at the base of the spine.

Benefits

- * Relieves exhaustion, stress and chronic fatigue
- * Reduces anxiety and deeply relaxes
- * Balances the energy body and emotions

Nourishing Face Ritual

90 min

This brightening, moisturizing treatment calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine stem cells and silk. Combined, they work to soothe and brighten dull skin. This facial also invites relaxation by stimulating the flow of prana - described as the universal life force that enters the body via easy breathing. Skin is left looking radiant through the application of the Light Technique, focusing on the forehead, septum and throat.

Benefits

- * Hydrates, soothes and feeds the skin
- * Treats rosacea and dermatitis
- * Improves the look of scarring and pigmentation

Nourishing Journey

180 min

This Journey serves to combine the many forms of nourishment into an immersive experience that touches every aspect of the individual - beginning with the Body Polish & Wrap, followed by the Massage Ritual, and completed with the Face Ritual. Each treatment builds on the one before, leaving the guest feeling reconnected and rejuvenated.

Facials

Caring hands and Aman Spa products provide a totally natural way to deeply nourish and repair the skin. Using a unique blend of plant essences, treatments are suitable for both men and women, incorporating gentle facial massage for a rejuvenating experience.

Rejuvenate Oxygen Facial

90 min

Targeting the appearance of fine lines and wrinkles, this effective anti-ageing facial dramatically enhances the overall hydration of the skin and significantly improves skin tone and radiance. A high concentration of oxygen together with patented Hyaluronic Technology delivers the rejuvenating serum to deeply hydrate and nourish the skin. Free radicals are neutralised, the appearance of lines and wrinkles are reduced and the skin looks visibly lifted, younger and luminously radiant.

Massa Mok - Amansara Facial

60 min

Traditional Asian wisdom and caring hands are combined in this beneficial and pampering facial. Our facial incorporates traditional therapeutic techniques with high performance skin care formulas leaving the skin glowing and healthy.

A deep cleansing treatment rebalances the skin's health and clarifies the complexion while a hydrating and toning mask helps to minimise the look of dark spots, tighten the pores and brighten darker areas. Treatment also includes a head massage to relax the entire body.

Hand & Foot Care

Developed with the impact of daily wear and tear in mind, Aman's hand and foot treatments are suitable for both men and women.

Amansara Manicure	60 min
Amansara Pedicure	60 min
Polish Change	30 min

Spiritual & Cultural

Monk Led Forest Walking Meditation

Individual/Couple

In a forest inhabited by monks and novices, this highly spiritual hidden gem welcomes guests to a walking meditation session led by a Master Monk helping to implement the art of relaxation into daily life, hence reducing stress and improving the ability to make clear decisions. A valuable mental training on mindfulness, concentration and serenity.

***Shinrin-yoku* - Forest Bathing Experience**

Individual/Couple

An immersion in the beauty of ancient Angkorian forest, to connect intimately with oneself and the healing and restorative elements of the nature. The feelings of urgency dissipate inviting in the present moment in all of its fullness, beauty and simplicity rediscovering the calm, the intuition and joy that resides within us.

***Sroch Teuk* - Spiritual Cleansing**

Individual/Couple

Sound Healing

Individual/Couple

Cambodian people believe the spirit is cleansed and purified through a ritual water blessing. This healing takes place at a remote Buddhist Pagoda to engage with Cambodian Buddhism in a more personal way. As the monk gently pours flower infused water over each individual, he chants to cleanse the spirit, this humble Khmer Buddhist ritual will leave guests feeling remarkably at peace. The spiritual cleansing can be followed by a sound healing bath, held in the Pagoda offering a deep stage of relaxation using vibration to re-tune the body, mind and spirit.

***Teap Bourn* - Blind Therapist**

60 min / 90 min

Throughout Asia, therapists without sight are considered gifted with a heightened sense of touch. A dry massage by the blind therapists, who have been trained by our Amansara spa directors, offers a very special and restorative experience.

***Kru Teay* - Fortune Teller**

45 min

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

Integrated Movements

Amansara's Spa is complemented by a Movement Studio offering rejuvenation for the body where personal fitness and healthy life goals can be achieved with the help of our movement specialists. Overlooking the zen spa garden, a wide range of immersive classes enriching the hotel's existing Khmer holistic traditions are available.

Yoga

Yoga is a physical, mental and spiritual discipline originating in ancient India. Through the practice of asana, pranayama and meditation, the flow of vital energy, body flexibility and mind control are increased, changing patterns of awareness and bringing the entire being into a healthier and more balanced state. Yoga helps to revive dormant energy, rejuvenate the tissues and aid new cell formation, strengthening the various physiological processes and making the body healthy and active. Private instruction is available for all levels, from complete beginners to experienced practitioners.

Aerial Yoga

Much like traditional yoga, aerial yoga promotes stretch relief, better focus, greater flexibility and strengthened muscles. Suspended from a sling to support the body, offers a more relaxing and creative approach to yoga, letting gravity do its work. Designed to elongate muscles and decompress the spine using traditional yoga poses, some exercises include acrobatic elements.

Moving to Heal

Healing Movement is a fitness program developed to incorporate gentle, flowing, low-impact forms of exercise to maintain and improve health and reverse the effects of illness, injury or loss. The exercises offered in the Healing Movement class are grounded in the ancient healing systems of Tai Chi (Grand Ultimate) and Qigong (Vitality Cultivation) and have been translated into a joyful program ideally suited to modern needs.

Individual/Couple 60 min / 90 min

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 judge for the new generation of Cambodian fighters. This class offers the opportunity to work out with a former Khmer fighter, learn about the traditional boxing and focus on cardio fitness and striking techniques such as proper mechanics of pinches, elbow and knee strikes. Ideal for teenagers looking for an active session or keen on perfecting their skills.

Apsara Dance Class

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

NIA

Nia class (non-impact Aerobics) A mind and body condition technique and sensory-based movement practice that combines martial arts, modern dance and yoga, empowers each guest to take control of their own holistic fitness by connecting the body, mind, emotions and spirit. Step, sway, reach, bend, shift, centre, glide, fly, spin, jump, punch, kick, strike, pulse, shake, shimmy, stand, undulate, curl, follow, look, sweat, shout. Nia encompasses everything it takes to transform body and life! A wonderful experience for family and friend's filled with joy.

Individual/Couple 60 min / 90 min

Amansara Boutique

All Aman Spa products used at Amansara are available to purchase at the resort's boutique, along with lifestyle accessories, Aman-branded items and local handmade crafts. Open from 8.30am to 10pm daily.

Spa Reminders

Appointment

Guests are encouraged to book treatments in advance to ensure their preferred time and service is available.

Special Considerations

Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any queries and inform staff of any medical or health concerns.

Treatment Preparation

Guests are kindly requested to arrive at least 10 minutes before their treatment is due to begin, allowing time to complete a holistic health assessment. It is recommended that guests avoid heavy meals within 90 minutes of their scheduled treatment.

Spa Environment

Smoking and use of mobile phones are prohibited in and around the Aman Spa. The minimum age for a spa treatment is 16 years. Guests under the age of 18 years are required to have parental consent prior to the booking being accepted. Should children between the ages of 10-16 (particularly girls) wish to have their nails done, an express treatment may be given. A parent or guardian must be present for the entire treatment and the waiver must be signed.

Package

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

Cancellation Policy

Although staff will do their utmost to accommodate any booking changes, guests are kindly requested to give at least six hours' notice of cancellation so that someone else may enjoy that time. Cancellations made within six hours will be subject to the full charge of the treatment booked.

Refunds

Unopened retail products are exchangeable within seven days of purchase with presentation of original receipt.

Valuables

Please do not bring valuables into the spa. Safes are provided in every guest room.

Operating hours

The spa operates from 10am to 9pm daily. After-hours spa appointments are subject to availability.

Pricing

All prices are subject to a 10% service charge, 10% specific tax and 10% government tax.