



SALA

Lodges

SPA & WELLNESS

# TRADITIONAL MESSAGES

## REFLEXOLOGY FEET

Unwind with this foot massage that re-establishes the energy flow throughout your body through acupressure points to improve circulation, ease pain and relax your body.

60 min – 28 USD

90 min – 38 USD

## HEAD, BACK & SHOULDER

This natural oil massage works to stimulate blood circulation and improve energy flow. The therapist focuses on the head, face, back, neck, and shoulders to loosen muscles and ease tensions. The therapeutic touch helps to improve the central nervous system and relieve stress.

60 min – 32 USD

90 min – 43 USD

## BODIA TONIC

This traditional Asian massage is a combination of acupressure and light stretching movements. The massage is performed without oil and pays special attention to the back and legs. The treatment helps Recover a smooth energy flow and increases the flexibility of your body movement.

60 min – 35 USD

90 min – 46 USD

120 min – 57 USD

## SWEDISH

Of European origin, this massage is a combination of five classical technical movements with an application of oil and works perfectly to encourage relaxation, improve muscle flexibility, stimulate blood flow and help manage pain.

60 min – 39 USD

90 min – 50 USD

## PRE & POST PREGNANCY

Using safflower oil, this massage helps to increase body awareness before childbirth, reduce swelling in hands and feet, release muscle tension and improve the circulatory system.

60 min – 38 USD



# AROMATHERAPY MESSAGES

## BODIA CLASSIC

With the recognized virtue of essential oils, our therapist will enhance. The energy flows through your body. The treatment improves blood circulation, and muscle relaxation, and relieves tension by treating both The mind and soul.

60 min – 37 USD

90 min – 48 USD

## APSARA INDULGENCE 4 HANDS COCOON

The ultimate body experience. To discover the Bodia Signature technique, indulge in this 4-hands massage delivered by two therapists at the same time. The treatment provides you with a unique experience from head to toe.

60 min – 53 USD

90 min – 64 USD

## BALINESE

The traditional Balinese massage is designed to enhance immunity by stimulating lymphatic flow, increasing muscle flexibility, lessening. Depression and anxiety and relieving migraine pain. It is believed to relieve sleep disorders, muscle pains and sports injuries.

60 min – 38 USD

90 min – 49 USD

## HERBAL COMPRESS

The Sala Herbal Compress massage combines the healing effects of an aromatherapy massage with the application of heated herbal compress. This treatment purifies, relaxes, warms, relieves aches and pains and improves blood circulation whilst stimulating the senses.

60 min – 40 USD

90 min – 51 USD

120 min – 62 USD





# BODY TREATMENTS SCRUBS

## NATURAL JASMINE SCRUB

Cambodian's jasmine rice, turmeric, tamarind seed associated with jasmine oil, function as a gentle exfoliant to soothe, smoothen and soften your skin in a natural way. This is followed by a hydrating treatment to revitalize your skin and The addition of Ylang Ylang oil favors moisturisation through acupressure points to improve circulation, ease pain and relax your body.

60 min – 36 USD

## AROMATIC SALT SCRUB

This body polish treatment uses a combination of freshly ground sea salt, mixed with homemade ponlei (Khmer Herbal) powder, rice powder and tangerine essential oils to rejuvenate and renew your skin cells. A Bodia cream massage concludes the treatment, leaving your skin as soft as velvet.

60 min – 36 USD

## TRADITIONNAL SCRUB

Real traditional Khmer scrub used since the Angkorian era, this treatment combines a mixture of noni forest roots, yellow ginger (ponlei), and fresh orange juice to remove dead skin cells, giving the skin a shiny, soft, and smooth look. This treatment rich in vitamins A, e & C also contributes to increasing skin moisture through the additional ginger oil.

60 min – 36 USD

## FRUIT VITAMIN SCRUB

Offering a revitalizing moment, this treatment stimulates your senses with a unique exotic Bodia scrub using fresh passion fruits and pineapple, rich in Vitamin C and antioxidants to remove dead cells and refresh the skin.

60 min – 55 USD



# BODY TREATMENTS WRAPS

## BODIA TROPICAL WRAP

The healing property of papaya has been known to assist in repairing damaged skin by the sun. This relaxing wrap contains the anti-oxidant benefits of papaya, fresh coconut milk, and fresh peppermint to remove toxins, cool the body, and soften and moisturize the skin.

60 min – 36 USD

## AROMATIC SALT SCRUB

The healing benefits of the spicy ingredients such as moringa (marum) powder, clove powder, cinnamon powder, rice powder and fresh ginger are applied to relieve muscle aches and pains, to warm the body and improve blood circulation. It is also suited to relieve fever, headache, cold, help in preventing rheumatism and promote natural serum cholesterol.

60 min – 36 USD

*" Conceived as a sheltering cocoon and using organic products, Sala Spa is an absolute sensory experience dedicated to pampering both body and soul in the most natural way possible "*



# FACIAL TREATMENTS

## FRUITY VITAMIN

Offering a luminous look to your skin, this treatment stimulates your senses with a unique exotic Bodia scrub using fresh passion fruits and pineapple, rich in Vitamin C and antioxidants to remove dead cells and refresh the skin.

60 min – 36 USD

## RADIANCE AND PROTECTION

Suspending time, the treatment offers maximum protection against external factors. Adapted for sensitive skin and dry skin, it consists of a monkey tea and black sticky rice scrub to gently exfoliate the skin. A combination of two masks deeply nourishes the skin, papaya, and palm sugar moisturize the skin, and a fresh Bodia coconut mask hydrates and restores the skin radiant's glow.

60 min – 38 USD

## AGE PREVENTION

Adapted for all skins to prevent signs of aging, this treatment includes a gentle exfoliation with jasmine rice and rose Bodia facials and a natural peeling made with acid fruits to remove dead cells and rejuvenate the skin. Followed by a herbal compress massage, the treatment combines the relaxing benefits of warm compress application with the properties of the hibiscus plant.

60 min – 38 USD





# THE PRODUCTS

*ROOTS - (Ginger, Turmeric & Vetiver) - Warm & Invigorating*

*SPICE - (Black pepper & Ylang Ylang) -- Sensual & Hyptnotizing*

*FRESH - (Lemongrass)  
Herbal & Relaxing*

*COCONUT - (100% Copra  
premium pressed oil from  
Cambodia)  
Nourish & Protect*

*All the products are handcrafted  
using only The finest ingredients  
found in Cambodia's rich virgin  
landscape.*

*Thanks to Khmer remedies and  
beauty secrets, we offer our  
customers the opportunity to find  
relaxation, comfort and pleasure.*



Please note that our rates are subject to a 10% VAT and a 5% service charge.

SALA LODGES, SIEM REAP, CAMBODIA