

MASSAGES

Our exceptional massage therapy is elevated by premium blended massage oils. These natural formulations hydrate, soothe and rejuvenate mind and body.

Available in unscented or mildly scented options. Complimentary foot baths are available for all massages when requested.

Please be aware that the foot cleansing of the feet will be part of your total treatment duration.

M1. CHAKRA-REBALANCING MASSAGE

60 | 90 minutes USD 88 | USD 98

Experience a blend of Asian healing arts, carefully integrated to nurture mind, body and spirit. Combining Thai pressure points, Balinese, Malaysian and Chinese massage techniques.

M2. DEEP RESTORATIVE MASSAGE

60 | 90 minutes USD 88 | USD 98

This therapeutic treatment targets the deeper layers of various muscle groups to release chronic tension, promote flexibility and enhance overall wellbeing. Ideal for active individuals and for those who frequently receive massages.

M3. TRANQUILITY MASSAGE

60 | 90 minutes USD 88 | USD 98

This light to medium pressure Swedish massage is designed with all your needs in mind. Choose from a selection of natural aromatherapy oils to enhance your spa experience. An excellent choice for first-time spa-goers.

M4. RESTORATIVE FOOT THERAPY

60 | 90 minutes USD 68 | USD 78

Nurture your feet with a combination of deep exfoliation and stimulation of foot reflex points utilizing hot stones to improve circulation.

SPA ETIQUETTE AND ESSENTIALS
RESERVATIONS

Advance booking is recommended. Please send an email, call, visit the Wellness Club should you wish to book, or discuss a reservation.

MINIMUM AGE

The Wellness Club is an adult-orientated sanctuary, catering to individuals seeking serenity and relaxation. To preserve a tranquil atmosphere, we have established a minimum age requirement of 16 years for access to the spa. Guests 12 years and older may book a spa treatment with signed parental consent. Please speak with our spa associates for further information.

CANCELLATIONS AND LATE ARRIVALS

In consideration of other spa and wellness guests, we request that notice be given at least 4 hours in advance if you are unable to keep your appointment. Please call our spa associates, who will be happy to help you reschedule your appointment. No-show or appointments cancelled within 4 hours of the scheduled treatment time will incur a cancellation fee equal to 50% of the scheduled treatment price. For late arrivals, please note that should there be another booking immediately after yours, your treatment may need to be shortened with no reduction in price.

WHAT TO WEAR

There is no need to bring or wear any special clothing. For your comfort, disposable underwear is available for all body treatments and massages. Please do not bring valuables to the spa. The hotel and spa are not responsible for lost or missing items.

CELL PHONES AND DEVICES

For the comfort of other spa and wellness guests, please ensure your electronic devices are switched off upon entering Wellness Club.

ARRIVAL TIME

To get the most from your spa and wellness experience, please arrive at least 10 minutes before your appointment.

PREPARING FOR YOUR TREATMENT

For ladies, no preparation is necessary. For men, we recommend shaving no less than two hours prior to having a facial for maximum comfort and benefit to the skin. Other treatments require no preparation.

YOUR PRIVACY

Your personal privacy will be assured at all times during your treatment. Your therapist will ensure that you are professionally draped, covering all parts of the body not being treated. Ladies will be given the option of including the bust and abdomen area in all body treatments.

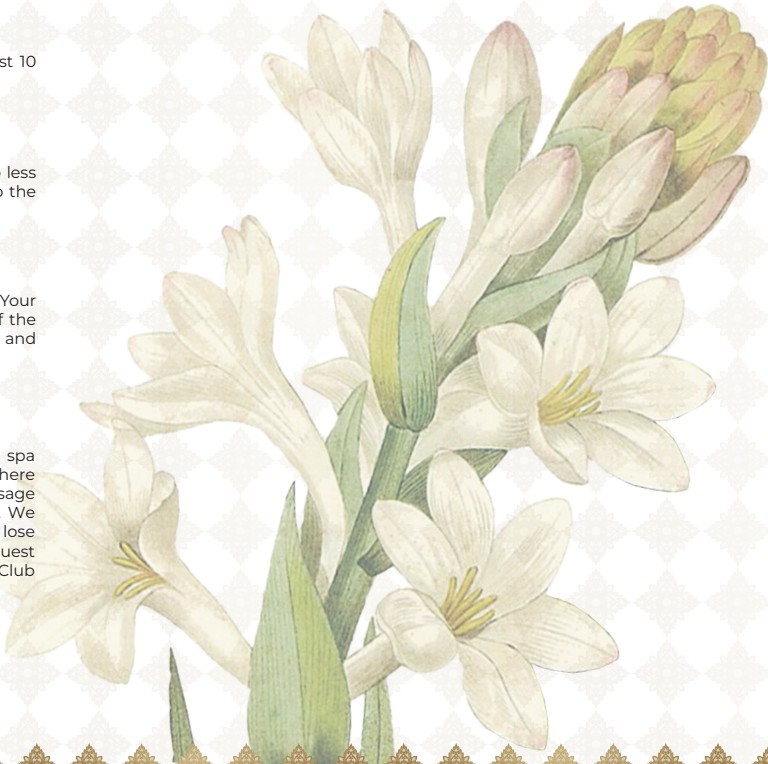
YOUR TOTAL COMFORT IS OUR GOAL

Although we do our best to anticipate your needs, we appreciate that spa treatments are an individual experience. Please let your therapist know if there are ways to enhance your comfort – for example, heavier or lighter massage pressure, an extra towel or adjusting temperature, sound or lighting levels. We recommend a shower before commencing your treatment so as not to lose treatment time. We appreciate your feedback and encourage you to fill in a guest questionnaire following your treatment. Enjoy your experience at Wellness Club at Shangri-La.



SHANGRI-LA
PHNOM PENH

THE SPA
AT SHANGRI-LA



FACIALS BY KERSTIN FLORIAN

Kerstin Florian's natural skin care solutions moisturize, repair, and revitalize for a more youthful-looking appearance and luminous glow to inspire self-love. Vegan, and pregnancy friendly options are coveted by celebrities, beauty and wellness influence globally.

F1. DEEP HYDRATION BOOSTER

60 minutes USD 98

This is the perfect facial to combat dehydration and environmental factors whilst helping detoxify your skin at the same time. This highly effective and soothing treatment soothes redness and reduces irritated or sensitive skin.

F2. MANSCAPING FACIAL TREATMENT

60 minutes USD 98

Designed for the well-groomed man, this deep cleansing facial treatment balance, tone, stimulate skin and help maintain a blemish free complexion. Using the finest ingredients, this effective facial leaves a clean look and silky-smooth feeling.

F3. AGE-REPAIR FACIAL TREATMENT

90 minutes USD 118

An outstanding facial treatment incorporates both connective awareness and advanced anti-ageing techniques to naturally strengthen your skin. By performing a manual facelift massage and applying essential oils and lymphatic drainage techniques, we offer both immediate and long-term benefits.

F4. BE-SPOKE AFTER SUN TREATMENT

90 minutes USD 118

Soothe and relieve skin after-sun exposure with this Be-Spoke After Sun Treatment. This facial is perfect to banish sun damage, minimize inflammation, soothe, restore, and hydrate your skin.

F5. ULTIMATE OXYGEN FACIAL

90 minutes USD 138

Revitalize your complexion with this oxygenating facial a cutting-edge treatment that delivers highly concentrated oxygen molecules deep into the epidermis, infusing the skin with vitamins and minerals and essential nutrients for optimal hydration.

WELLNESS JOURNEY

Choose from two different packages, each covering the therapies and treatments of individual ethnic holistic spa and wellness found in the region. This is a perfect urban escape to embark on a wellbeing journey for mind, body, and spirit.

W1. REVITALIZING JOURNEY

| | |
|--|------------|
| 2-hour 45 minutes | USD 228 |
| This customized wellness journey balances and boosts the immune system and encourages muscle tone. The treatment includes: | |
| Soothing Salt & Sugar Polish | 45 minutes |
| Deep Restorative Massage | 60 minutes |
| Deep Hydration Booster | 60 minutes |

W2. REMINERALIZING JOURNEY

| | |
|--|------------|
| 2-hour 45 minutes | USD 168 |
| Surrender to a deeply relaxing journey that combines the power of water and minerals to activate the mind, body, and soul. This experience features: | |
| Relaxing Foot Bath | 15 minutes |
| Khmer Body Glow | 45 minutes |
| Baray Nourishing Cocoon | 45 minutes |
| Tranquility Massage | 60 minutes |

QUICK ESCAPES TO SERENITY

Escape to a tranquil haven and indulge in a quick relaxing break. Our skilled therapists will soothe your senses, ease tension and leave you feeling expressly refreshed and revitalized.

Q1. DIGITAL ESCAPE

| | |
|---|--------|
| 20 minutes | USD 38 |
| Unplug and unwind with our tech relief treatment combining a face massage with cryo globes to calm device-weary eyes. | |

Q2. FACIAL WELLBEING

| | |
|---|--------|
| 45 minutes | USD 48 |
| Revitalize your skin with this express facial incorporating sculting techniques to promote lymphatic drainage and reduce puffiness, revealing a radiant glow. | |

Q3. NECK & BACK REVIVER

| | |
|---|-----------------|
| 30 45 minutes | USD 48 USD 58 |
| Release tension, rejuvenate your spirit and breathe easier with our neck, back and shoulders treatment. Techniques applied leave you feeling lighter and more balanced. | |

Q4. SOLE SERENITY

| | |
|---|-----------------|
| 30 45 minutes | USD 48 USD 58 |
| A natural healing art dating back thousands of years, foot reflexology promotes blood circulation and energy flow. Reflex points of the feet may help with digestive balance, boost immunity or simply for overall wellbeing. | |

BOOK YOUR SPOT



ENHANCEMENTS

Enhance the quality of any one of your journeys or treatments. Select one or as many as you like. No extra time is required, and results are effective and immediate.

E1. HOT OIL HAIR AND SCALP TREATMENT

| |
|---|
| USD 12 |
| Premium sunflower, soya bean and coconut refined oil soothes the scalp while coconut oil leaves your hair hydrated, soft and brilliant. Leave on overnight for extra hydration. |

E2. ORGANIC MOISTURIZING MASSAGE BOOSTER

| |
|---|
| USD 12 |
| Enhance your massage with premium organic hydrators like aloe vera, apricot oil, cocoa butter, and shea butter for hydrated, healthy, and glowing skin from head to toe. *Not available for facials. |

E3. FIRMING COLLAGEN FACIAL SHEET MASK

| |
|--|
| USD 23 |
| Reduce the appearance of wrinkles, tighten loose skin, and replenish moisture with this mask rich in collagen and vitamin E. |

E4. HYDRATING HAND OR FOOT TREATMENT

| |
|---|
| USD 12 |
| Soften, hydrate, and return youth to your hands or feet with premium moisturizing cream with actives Aloe vera and Glycerin. Price per pair of hands or feet. |

E5. RECOVER TOUCH FACIAL

| |
|--|
| USD 20 |
| Utilizing a series of delicate but intense techniques to relaxfacial muscles and instill radiance. |

BODY TREATMENTS

SCRUBS

| | |
|------------|--------|
| 45 minutes | USD 88 |
|------------|--------|

B1. KHMER BODY GLOW

Indulge in a gentle, luxurious exfoliation infused with calming Chamomile. Finely ground pumice and jojoba beads smooth away dry, dull skin, revealing a radiant glow. This treatment boosts micro-circulation and ends with deep hydration for long-lasting luminosity.

B2. SOOTHING SALT AND SUGAR POLISH

Experience true rejuvenation with our invigorating salt and sugar polish. This revitalizing treatment blends mineral-rich salts and energizing essential oils. This natural exfoliation improves skin texture, revealing a healthy glow.

WRAPS

| | |
|------------|--------|
| 60 minutes | USD 98 |
|------------|--------|

B3. BARAY NOURISHING COCOON

The healing, moisturizing properties of the Organic Aloe Vera plant are combined with the remineralizing and nourishing elements of algae and soothing properties of allantoin and cucumber in this deluxe hydrating body wrap. This wrap will plump, firm, and hydrate the skin in the most natural way.

B4. SEA WELLNESS REVITALIZING WRAP

Revitalize your body with live Spirulina algae, rich in vitamins, minerals, and proteins. This detoxifying wrap nourishes, firms, and replenishes the skin. The treatment concludes with a soothing application of mineral-rich body cream blended with lavender oil, leaving your skin purified and refreshed.

SCRUB AND WRAP COMBINATION

| | |
|------------|---------|
| 90 minutes | USD 138 |
|------------|---------|

Choose any scrub and combine it with a wrap of your choice for an enhance skin detoxifying experience.