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Open daily: 10AM - 11PM



## Welcome To The Spa By Khmer Tonics

An urban sanctuary in the heart of Phnom Penh offering the best in organic skin care and Khmer-inspired spa treatments. Our Khmer Tonics products carry the international COSMOS certification, meeting thorough regulations and standards set by five global authorities for the sustainable and humane production of natural, organic and chemical-free cosmetics. Our team of expertly trained and highly skilled spa therapists are committed to giving authentic spa experiences in an intentional, clean and professional environment. Every treatment and spa ritual has been thoughtfully designed to bring balance to modern day life, reduce stress and induce feelings of tranquility and well-being.

## Body Therapy

Retreat from the city into our urban sanctuary to enjoy a Khmer-inspired body therapy of your choosing. Every treatment is complimented with the Khmer Tonics Artisan Body Oil best suited to your needs.

### **The Signature**

60 minutes | \$ 45 90 minutes | \$ 65

An Oriental blend of Jasmine, Ylang Ylang and Bergamot enhances our signature union of therapeutic deep tissue massage, energy balancing and acupressure techniques to reduce stress and rejuvenate the body. A 'must-have' after a long flight, touring the city or a festive night out.

### **Meditation Aromatherapy**

60 minutes | \$ 45 90 minutes | \$ 65

A harmonic blend of four essential oils - Rosemary, Lavender, Bergamot and Geranium, known to re-balance, uplift and relax the body and mind - applied with a soft to medium pressure to relieve stress whilst promoting clarity, calm and contemplation.

### **Traditional Khmer Massage**

60 minutes | \$ 40 90 minutes | \$ 60

Enjoy the oil-free ancient art of Khmer healing where the application of gentle and firm finger pressure to the body melts away tension in aching and tired muscles. The perfect balance of invigorating and relaxing. Your therapist will provide a comfortable set of clothing to wear during your treatment.

### **Healing Hot Stone Therapy**

60 minutes | \$ 55 90 minutes | \$ 75

This rich and royal massage applies smooth, heated stones with soothing strokes to the body, to warm and soften aching and tired muscles. The gentle heat from the warmed stones will enhance the absorption and revitalizing properties of the Lemongrass, Ginger and Plai Root essential oils from our artisan Khmer Tonics Siam Roots Body Oil.

### **Herbal Heat Compress**

60 minutes | \$ 55 90 minutes | \$ 75

An unforgettable experience! The hand-crafted herbal compresses, when gently heated, harness the exceptional healing properties of locally sourced medicinal roots and herbs to relieve muscle stiffness, aches and fatigue. The effective rhythmic application of the heated compresses opens the pores and brings a deep medicinal heat to the tissues. Complimented with deep tissue massage techniques, this invigorating treatment helps to ground, restore and energise. Great to combat the effects of jet lag!



## Organic Khmer Tonics Facials

The Wild Roots of Zingiber provide the invigorating and essential basis to our luxurious range of COSMOS certified Organic Khmer Tonics skincare products. The formulations are hand blended with carefully chosen ingredients which harness the healing and nourishing properties of plants that have been used for centuries in effective skincare remedies. Our facial treatments use cold-pressed organic seed oils blended with distillations of Zingiber, Plai, Turmeric, Ginger Lily and Frankincense.

**Rejuvenating** 60 minutes | \$ 55

*For Dry or Naturally Aging Skin*

A deeply hydrating treatment which helps to smooth lines and visibly brighten tired or naturally aging skin. This nourishing treatment begins with a deep cleanse using healing Turmeric and rejuvenating Lime to clean and clear the skin. Organic Moringa Oil, which naturally contains 46 powerful antioxidants to boost the skin is gently massaged to rejuvenate tiredness and nourish dryness, after which a clarifying White Clay and Rosewater mask is applied to help the skin feel smooth and supple. The facial ends with a nourishing Ginger Lily & Frankincense hydrating formula leaving your skin with a lasting youthful glow.

**Detoxifying** 60 minutes | \$ 55

*For Oily or Blemish-Prone Skin*

A deep cleansing treatment suitable for oily, blemish prone and city-stressed skin. A clarifying cleanse with a light Aloe Vera lotion is followed by an invigorating soft polish with healing Plai Root extract and wax Jojoba beads. The treatment includes a detoxifying facial massage with Organic Rosehip Oil, a warm Lavender compress and skin-hydrating Ginger Lily & Frankincense lotion to finish.

**Soothing** 60 minutes | \$ 55

*For Sensitive Skin*

Our calming and relaxing facial treatment for sensitive skin begins with a light cleansing Aloe juice and a gentle exfoliating balm to restore strength to your skin. Enjoy a soothing and repairing Organic Moringa Oil facial massage which is followed with a clarifying White Clay and Rosewater mask. The treatment completes with deep moisturization from our Ginger Lily & Frankincense hydrating lotion blended with the pure healing Organic Moringa Oil.

**Enhance your Organic Khmer Tonics Facial with one of these “add on” treatments:**

**+ Hot/Cold Stone Face Therapy** 20 minutes | \$ 20

The fusion of thermotherapy (hot stones) and cryotherapy (cold stones) improves skin tone, supports cellular regeneration and deeply relaxes the muscles of the face and neck.

**+ Cupping Face Therapy** 20 minutes | \$ 20

The effective application of suction cups are used to gently lift and rejuvenate the skin, improving lymphatic drainage, promoting detoxification and restoring vitality to dull, dry or congested skin.

## Body Cleansing

Refresh and soften your skin and body with one of our full body polish treatments. Feel renewed as we exfoliate and brighten your skin using an invigorating base of fine, pure Sea Salt and naturally moisturizing Shea Butter. Each body scrub formulation is hand blended with rich organic oils, cold-pressed from tropical fruits and seeds.

**Organic Virgin Coconut Body Polish** 60 minutes | \$ 45

Stimulating and purifying, this skin reviving body scrub harnesses the naturally nourishing properties of coconut. It's an important crop for local farmers and the cold-pressed oil is packed with nutrients and antioxidants. It brilliantly conditions and moisturizes all skin types, especially dry or tired skin in need of replenishment.

**Passionfruit & Lime Body Polish** 60 minutes | \$ 45

The star ingredient of this luxurious body scrub is the extremely light Organic Cold-Pressed Passionfruit Seed Oil – bursting with a natural fruity scent, the seed oil is a rich source of skin-nourishing fatty acids which are easily absorbed into the skin. This reviving body polish has a refreshing splash of Lime essential oil to create the perfect cleansing, energizing and skin-brightening body treatment.

## Spa Essentials

### Foot Therapy

60 minutes | \$ 40

The sheer pleasure of a massage therapy for the feet and lower legs is an essential treatment after any travel. The energy meridians of the body are identified in the pressure points of the feet and by massaging these points, blocked energy is release, pain is soothed and the whole body becomes balanced and relaxed.

### Head & Scalp Therapy

60 minutes | \$ 40

This heavenly head and scalp treatment works on pressure points on the face and head to soothe the mind and ease tension or heaviness in the head. An excellent way to find relief from headaches, sinus congestion and stress. Your choice of oil-free or with a hair conditioning treatment to nourish your hair from root to tip.

## Khmer Tonics Spa Rituals

Hands are the sacred tool for our healing treatments and spa rituals. Traditionally the elegant hand gestures used in Khmer dance communicates the elements of the natural world and symbolize humanity in harmony with nature. Rituals are sacred acts of self-care to de-stress and decompress from modern life.



### Leaf Spa Rituals

Leaves beckon us to breathe in the life of nature. This invigorating spa ritual brings life and energy to your body by cleansing, softening and revitalizing your skin, soothing your muscles and melting tension from work or travel.



### Tree Spa Rituals

The tree is the symbol of nature and its roots are the connection to the earth. The luxuriously grounding heated stones are expertly applied to the body and face to soothe tension and rejuvenate the skin. The ultimate spa journey to get grounded, uplifted and deeply relaxed.



### Blossom Spa Rituals

A blossoming flower represents abundance and beauty. This three hour journey draws on the healing power of locally grown roots & leaves and our signature range of Khmer Tonics cosmetics to allow your inner beauty and youthfulness to shine. A 'must-have' to balance modern day living with your self-care essentials.



### Bloom Spa Rituals

Nature's ultimate beauty gift to you. Soothe your tired feet, release tension from your head and scalp, and indulge in an Organic Khmer Tonics Facial and Face Therapy of your choice, enhancing your natural beauty, and targeting what your skin needs most.

150 minutes | \$ 100

**Passionfruit & Lime Body Polish  
Back Massage  
Foot Therapy  
Scalp Therapy**

170 minutes | \$ 120

**Cleansing Foot Ritual  
Healing Hot Stone Therapy  
Organic Khmer Tonics Facial  
Hot/Cold Stone Face Therapy**

180 minutes | \$ 125

**Cleansing Foot Ritual  
Khmer Tonics Body Scrub  
The Signature Massage  
Organic Khmer Tonics Facial**

140 minutes | \$ 100

**Organic Khmer Tonics Facial  
+ Face Therapy of choice  
Scalp Therapy  
Foot Therapy**



## What You Need To Know

### \*COSMOS certification

The COSMOS-standard of certification means that our Khmer Tonics products are genuine organic or natural cosmetics, meeting thorough criteria set by five global authorities, ensuring that every product is chemical-free and sustainably produced.

### Our Promise

We are intentional about offering quality with a conscience in both our products and spa experiences. We are 100% committed to you, to our people and our planet.

### Location & Facilities

We are located on the ground floor below the TRIBE hotel with six modern treatment rooms (five single and one couples room) and each treatment room has air-conditioning and shower facilities.

### Arrival Times

We recommend that you arrive at the spa reception at least 15 minutes prior to your scheduled treatment time.

We suggest showering prior to arrival so that you receive the full benefits of your treatment.



### Late Arrival

So as not to inconvenience other guests, late arrivals will be subject to a deduction of time from the scheduled treatments.

### Cancellation or Rescheduling

We understand the fluctuating nature of city life, business meetings, traffic and sight-seeing. Should you need to cancel a treatment reservation or change an appointment, we ask you to give us at least 2-3 hours notice to accommodate our scheduling accordingly.

### Reservation & Hours of Operation

Advanced booking for spa treatments is highly recommended to ensure your preferred time is available. Appointments can be made from 10am to 11pm. The last treatment time is 10pm. Should you wish to book an appointment earlier than 10am, please call our reception a day in advance so that we can do our best to accommodate your request.

### Valuables

We do not advise you to bring valuables to the spa. The management accepts no responsibility for the loss of valuables of any kind brought into the spa premises.

### Spa Attire

Please wear whatever feels comfortable for you. We will provide a robe, slippers and disposable underwear for your treatments.

### Health Conditions

Your personal needs are important to us. We kindly request that at the time of your booking you inform our Spa Receptionist if you have any health concerns, such as high blood pressure, heart conditions, allergies, skin conditions, or if you are pregnant. Please also advise us of any other health concerns. Consumption of alcohol before or directly after treatment(s) is not recommended.

### Treatment

Our therapists are here to make this a memorable and enjoyable experience for you. This is best achieved by letting us know if our pressure, technique, room temperature and music are just right. Please do not hesitate to communicate with us on this matter so we can best serve you.

### Payments

We kindly ask outside guests to finalize payment with our spa receptionist before leaving. We accept cash, ABA pay and Visa, Mastercard, and JCB credit cards. All prices include service charge and applicable taxes.