



## THE ART OF WELLBEING



In Southeast Asia there is a long held and sacred belief that body and soul can be renewed through the healing power of human touch. Here at SURI SPA, we incorporate these ancient massage traditions with our natural, locally made products to nurture your senses and restore wellbeing.

SURI spa encourages you to consider this treatment menu as a guideline only, because we believe each treatment is as individual as you. All our treatments begin with a holistic consultation with your therapist covering all your requirements and medical conditions. Your comfort and enjoyment is of the utmost importance to us, so throughout your time with us, please let your therapist know if any aspect of your treatment could be improved.

SURI spa is very proud to use all natural and locally sourced ingredients from within the Siem Reap province. Cambodia has an abundant supply of fresh herbs, fruits and vegetables that possess incredible healing properties.

Many of our scrubs, wraps, masks and oils are made right here on site daily by our talented team of therapists. The essential oils we use are organic, grown and extracted right here in Siem Reap. Our specially crafted massage oils are then blended here on premise by our SURI spa team.

## BODY MESSAGES



*Massage has many health benefits. It provides relief from stress, aids relaxation, improves blood circulation, lymphatic drainage and other bodily functions, helps to eliminate toxins and improves immunity.*

### SIGNATURE FULL BODY AROMATHERAPY MASSAGE

*60 minutes \$45 / 90 minutes \$65*

Various massage techniques are incorporated into this signature treatment allowing your therapist to tailor the treatment to your specific needs. Essential oils are used to enhance your psychological and physical well-being. You can select your oil from our signature oil blend menu, each blend is specially created to relax, restore or refresh. Please see at the back of the spa menu for details of our blends and the benefits of each of our signature oils.



### DEEP TISSUE MASSAGE

*60 minutes \$50 / 90 minutes \$70*

A specific massage therapy that concentrates on the deeper layers of muscle in the body. Your therapist will use various kneading techniques as well as forearms, elbows and stretching techniques to focus on areas of deep tension. Great for those suffering from muscle tension or fatigue, chronic pain, scar tissue and very good for rehabilitation for injuries.



### HOT STONE MASSAGE

*90 minutes \$70*

The combination of warm stones which are rich in iron and retain heat are incorporated into this special massage, allowing muscles to deeply relax and therefore the therapist to work at a deeper level, leaving you in a state of absolute bliss.

*Prices above do not include government special tax of 10% and service charge of 10%*

### HOT HERBAL COMPRESS

*90 minutes \$70*

Fragrant Khmer herbs are mixed in accordance with a traditional recipe to create a compress, which is heated and applied onto your body. Combined with either a dry massage or with one of our signature oil blends. This massage is renowned for being deeply relaxing, yet invigorating. Great for purifying and detoxifying.

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### FOOT REFLEXOLOGY

*60 minutes \$40*

Pamper tired and aching feet with an intense reflexology massage. Reflexology is an alternative medicine based on the premise that the feet are connected energetically to specific organs and body parts through energy channels in the body. By applying pressure to these areas energy blockages can be released improving energy flow and promoting health in the related area of the body.

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### TRADITIONAL KHMER MASSAGE - DRY

*60 minutes \$40 / 90 minutes \$60*

The world renowned ancient Khmer art of healing involves applying pressure to the body energy meridians. Release build up tension, improve blood flow and free your body of toxins that gather in tired or overworked muscles.

## BODY SCRUBS



*Scrubs improve blood and lymphatic circulation, helping to rid the body of impurities aiding in detoxification. All while leaving you looking and feeling refreshed and your skin revitalized and glowing. All of our scrubs are made right here at Suri Spa by our talented team using only natural ingredients.*

### HIMALAYAN SALT SCRUB

*60 minutes \$40*

Himalayan salt is combined with one of our signature oil blends. An invigorating treatment that will leave the skin well exfoliated, thoroughly cleansed and beautifully soft. This treatment is suitable for normal to oily skin types but is not recommended for sensitive or sunburned skin.



### COFFEE SCRUB

*60 minutes \$40*

We combine freshly ground coffee with homemade yoghurt from our kitchen, tamarind and honey. This traditional Khmer treatment will invigorate your senses and smooth your skin. Enjoy the fantastic and powerful properties of caffeine, believed to help reduce the appearance of cellulite, eradicate free-radicals and detoxify your skin cells. This scrub is suitable for all skin types.



### KHMER HERBAL SCRUB

*60 minutes \$40*

This homemade traditional Khmer scrub is a special blend of local aromatic ingredients including yellow ginger, sesame seeds, honey, turmeric and black sticky rice, wonderfully hydrating and a great exfoliant, leaving the skin silky soft. Recommended before any massage treatment.

## BODY WRAPS



*Wraps improve the texture and appearance of the skin by helping the body draw excess fluids and toxins away. Wraps boost the lymphatic system, promote detoxification, body contouring and skin softening.*

### MUD WRAP

*60 minutes \$40*

This mud wrap is nourishing, hydrating and helps to re-mineralize the body while releasing harmful toxins that are embedded in the skin.



### CLAY WRAP

*60 minutes \$40*

Clay helps the body to purify and reduce inflammation, leaving skin revitalized. Ideal for all skin types and excellent for sensitive dry irritated skin. With your choice of turmeric or moringa powder added to the clay. The treatment is finished with an application of nourishing body lotion.

# FACIALS



*Our facials are based on the knowledge and wisdom of ancient philosophies and natural healing traditions. Your Ayurvedic dosha will be determined during a holistic consultation to choose Suri Spa's products best suited to your skin. Made using the highest quality natural ingredients, plant essences and extracts carefully sourced for their purity, potency and therapeutic qualities.*

## SURI ZONE THERAPY FACIAL

*70 minutes \$50*

This traditional facial massage improves circulation and tones the facial muscles whilst our organic serum restores vitality and radiance to the skin. The reflex zones on your face correspond to the reflex zones in your body. This facial is designed to support the elimination of toxins from the internal organs. Best for combination skin.



## SURI ANTI – AGING FACIAL

*70 minutes \$50*

This therapeutic skin treatment helps to erase the signs of aging with an antioxidant-rich formulated firming skin treatment for mature skin which uses carefully selected organic ingredients. Incorporating targeted massage to strengthen these muscles and encourage circulation, which in turn can help improve skin tone and texture, combat wrinkles and stimulate collagen production.



## SURI NATURAL FACIAL

*70 minutes \$50*

This pampering facial includes a relaxing massage of the face, shoulders and neck. Local ingredients such as brown sticky rice, honey, yoghurt and various fruits are used to gently exfoliate and enliven your skin, while the powerful essential oils in our chemical free range will deeply nourish and hydrate. Best for normal skin.



## SURI MEN'S FACIAL

*70 minutes \$50*

A deep-cleansing facial designed specifically to address men's skincare needs. Skin is cleansed, exfoliated and hydrated using ingredients that are rich in antioxidants helping to repair and revitalize areas damaged by lifestyle or environment.

*Prices above do not include government special tax of 10% and service charge of 10%*

## SPA PACKAGES



### SURI SPA EXPERIENCE

*\$110 (3hrs 10mins)*

- Foot bath (10 mins)
  - Himalayan salt scrub (60 mins)
  - Suri signature massage (60 mins)
  - Zone therapy facial (60 mins)
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### MEN'S PACKAGE

*\$95 (2hrs 40mins)*

- Foot bath (10 mins)
  - Deep tissue massage (90 mins)
  - Men's facial (60 mins)
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### CAMBODIAN EXPERIENCE

*\$128 (3hrs 40 mins Minutes)*

- Foot bath (10 mins)
- Khmer herbal scrub or clay wrap (60 mins)
- Khmer herbal compress massage (90 mins)
- Natural facial (60 mins)

## SALON TREATMENTS



- Foot Beauty Treatment / \$35
- Manicure or Pedicure / \$20

*Prices above do not include government special tax of 10% and service charge of 10%*



# SURI SPA SIGNATURE MESSAGE BLEND



## RELAX

*(Calming / Balancing / Nourishing)*

Good for Vata Dosha

Bergamot, lavender, frankincense, ylang ylang

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## RESTORE & REPLENISH

*(Strengthening / Grounding / Soothing)*

Good for Pita Dosha

Basil, lotus, chamomile, sandalwood

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## REFRESH & REJUVENATE

*(Uplifting / Detoxifying / Purifying)*

Good for Kapha Dosha

Lemongrass, tangerine, turmeric, ginger

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## MUSCLE TENSION

Basil, lemongrass, ginger

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## BALANCING BLEND

Bergamot, neroli, jasmine, ylang ylang

# FOR YOUR COMPLETE SPA EXPERIENCE



*To ensure that your SURI spa is completely satisfying, we invite you to familiarize yourself with the following:*

## RESERVATIONS

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Please dial 5 on your phone to make an appointment or visit SURI spa reception. Appointments are necessary for all spa treatments and are available from 10:00am until 10:00pm.

## SPA ATTIRE

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Wear whatever feels comfortable. SURI spa will provide you with a spa robe. Our therapists are trained in professional draping to maintain your privacy and cover you appropriately during the treatment. We do not advise that you bring valuables to the spa. You are welcome to wear make-up, but it will be removed before certain treatments.

## ARRIVAL TIME

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For your first appointment at SURI spa, arrive a minimum of 10 minutes prior to your schedule time. This allows you to change and familiarize yourself with the facility as well as speak with your therapist about any specific requirements you may have. It is recommended that guests avoid heavy meals within 60 min your schedule treatment.

## CHOOSING YOUR TREATMENT

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Our Spa staff will help you plan the perfect SURI spa experience. They will help you decide on specific treatments dependent of your requirements. Five hours of treatment is usually the maximum recommend in one day.

## HEALTH CONSIDERATIONS

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Most treatments can be adapted to accommodate allergies, pregnancy, or injury. Please contact us with any queries and let us know of any medical conditions or health concerns you may have.

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## SPA TREATMENTS

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Children under the age of 13 are not permitted to be alone, so a parent or guardian must accompany the child in the treatment room for the entire treatment and a waiver must be signed.

## MEN'S FACIAL

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We do recommend that men shave a few hours before any facial treatment.

## AFTER THE TREATMENT

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It is very important to drink plenty of water before and after your treatment. Take time to relax immediately afterwards, as this will help ensure you experience the full benefits of your treatment.

## CANCELLATION CHARGES

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Should you need to cancel a treatment reservation, we ask you to give us at least 2 hours' notice before the scheduled treatment time, to avoid incurring a cancellations fee. The cancellation Charge if SURI spa is not notified 2 hours prior is 50% of the treatment price. Full charges will be applied for a "no show".

