


RAFFLES SPA



WE ARE COMMITTED
TO PROVIDING DEDICATED
PERSONAL SERVICE IN
AN OASIS OF REFINED LUXURY

The magnificence and beauty of the lotus is admired by cultures across the world. Elegantly delicate at first glance, the flower's daily transformation is an inspiring symbol of revitalization and raw natural strength. It begins as a bud of pure vitality beneath the water's surface. At sunrise, it breaks through into the fresh air, radiant in full bloom, and then retires once more to the calm stillness of the water when night falls. It is this regenerative rise and retreat following the natural rhythm of the day that influences our vision for a Raffles Spa.

We believe that a balance between exertion and relaxation is the key to achieving a feeling of inner tranquility and rejuvenation. Raffles Spa Journeys are a considered mix between traditional and local methods, each ready to be expertly personalized to ensure that your sensory escape is everything you hoped for and more. Our thoughtful and knowledgeable therapists will guide you on a journey to rediscover mental, physical and spiritual harmony, leaving you feeling enlivened and transformed.

Escape. Indulge. Transform.

This is Raffles Spa.

OUR SPA

Imagine a revitalizing oasis, right in the heart of Phnom Penh. Where every element is carefully considered and authentic treatments are offered with charming and graceful finishing touches. Connected to Cambodia and the world, we offer a range of traditional Khmer and modern treatments.

Our Spa features male and female wet areas with saunas, steam rooms, and Jacuzzi as well as 5 comfortably appointed treatment rooms. While spending time at the spa take time to renew your energy with a swim in our outdoor swimming pool or work out in our fitness centre.





OUR PRODUCT PHILOSOPHY

When choosing products for each of the Raffles Spas around the world, we place careful emphasis on many aspects. With luxury in mind, each chosen brand is proven in delivering results-driven treatments which are tailor-made to suit the needs of our valued travelers. Environmental sustainability is considered whenever and wherever possible, reflecting our social responsibilities as a brand. Our relationships with the product houses are important in ensuring we have the finest spa products and training available for each and every encounter with our guests.

DERMALOGICA

Dermalogica is a pioneer in standards for product performance. Dermalogica's laboratories use only the finest ingredients available. Its products are non-comedogenic, containing no occlusive mineral oil or lanolin, no irritating artificial colors or fragrance, and no S.D alcohol or formaldehyde.



RAFFLES WELLNESS

We know that exercise is a vital component to daily life, especially for travelers on the go, and we appreciate the desire for high-quality, well-equipped fitness facilities. We provide spacious, customized, wellness areas and supplies fitness facilities to meet all your needs.

Raffles Spa is the perfect environment for living well, with access available exclusively to hotel guests and private members, offering the following facilities and services:

- Private Fitness and yoga classes (additional cost) available on request
- Complimentary Group Fitness and private Yoga classes
- 20 metre Lap Pool
- 1.5 metre Fun Pool
- Wet areas, complete with sauna, steam room and Jacuzzi
- Shower and locker area
- Fitness centre

PERSONAL TRAINING, NUTRITION & LIFESTYLE

Attain peak performances whilst achieving your desired fitness results. Combine workouts with one-to-one strength training, fitness coaching and lifestyle sessions. We would be delighted to help you create a customized program, aimed at balancing physical activity with relaxation.

YOGA

The word "yoga" translates as the "union" or "discipline" of breath control, simple meditation, and the adoption of specific body postures, widely performed for a greater sense of well-being. The practice of yoga has been known to increase flexibility, decrease stress levels and energies and restore the mind. Our certified instructors at Raffles Spa offer a variety of different yoga techniques, available in personal or group classes.

MEMBERSHIP

Raffles Spa offers exclusive 1 year membership, giving you access to our comprehensive spa and wellness facilities at Raffles Hotel Le Royal and Raffles Grand Hotel d'Angkor.

As a valued member, you will enjoy the following benefits:

- One night complimentary stay at Raffles Hotel Le Royal inclusive of breakfast for couple and family membership
- 20% Off best available rate for members accommodation at Raffle Hotel Le Royal (Maximum 2 rooms per booking)*
- 20% discount at restaurants and bars*
- 40% discount on Spa Treatments*
- 30% discount on laundry services*
- Membership can be put on hold up to twice during the period of membership for a maximum of 15 days in total
- Use of facilities including fitness locker areas, and outdoor pools
- Upon presentation of membership card, enjoy full use of the spa facilities and (*) benefits when staying at Raffles Grand Hotel d'Angkor, Siem Reap (subject to availability)

The pool is open daily from **6.00am – 8.00pm**

The fitness centre is open daily from **6.00am – 10.00pm**

HYDROTHERAPY WELLNESS EXPERIENCES

Steam Room

Maintained at 42-45°C, the humid aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last 10-15 minutes and that you keep your body well hydrated afterwards. Humid heats are especially beneficial before or after a massage treatment to increase circulation.

Sauna

Maintained between 85-110°C, this dry heat soothes and warms the muscles, relieving tension from your body and minimizing joint pain. This is especially beneficial for those who suffer from illnesses such as arthritis, painful migraines, and headaches, or as a way of warming the body after an intense workout or treating the common cold. Dry heat is recommended for 10-15 minutes daily and it is important to ensure that your body is kept well hydrated afterwards.

Jacuzzi

Maintained at 38-39°C, Warm water, or "hydro" therapy can promote relaxation, pain relief and improved sleep habits as the heat, buoyancy and massage work together to clear your mind, reduce stress and soothe overworked muscles. Heat improves circulation and warms muscles and joints. Buoyancy lifts the pressure of weight from joints and muscles. Hydromassage stimulates muscles, healing and soothing soreness, which also helps to ease pain surrounding joints.

Outdoor Pools

Our pools provide a peaceful environment in which to revitalize you with an energizing swim or to simply relax with a refreshing drink.

SPA ETIQUETTE

SPA EXPERIENCE

Raffles Spa offers a variety of luxury experiences using only the very best in spa products. Choose from a variety of massages, body treatments, facials and Spa day packages.

SPA ENVIRONMENT

Raffles Spa is a quiet sanctuary. For your peace and privacy, phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our staff know. Members and guests must be a minimum of 18 years of age. Children of members or guests may use the Facilities if accompanied by a parent or guardian over 18 years of age.

MAKING SPA APPOINTMENTS

T: +855 (0)23 981 888 or ext 1331

Email: spa.phnompenh@raffles.com

The Spa is located on the second floor above Café Monivong

Advanced reservations are recommended to ensure availability. Our Spa Hosts will be delighted to guide you to select your spa experience.

FEES AND SERVICE CHARGE

All prices are in USD and exclusive of 10% specific tax. For your convenience a 7% service charge and 10% government tax will be added to your final bill for each service. Additional gratuities are at your discretion.

SPA CANCELLATION POLICY

If you must reschedule or cancel any spa appointments or packages, please notify the Spa 4 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services. The same applies for no shows.

SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

To make any changes to your booking, please contact Spa reception at
T + 855 (0)23 981 888 or ext 1331

PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customize your experience to your needs.

SPA ATTIRE

You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. We request that you please leave jewelry and valuables in your hotel room or the safe provided for you.

GIFT CARDS

Gift cards for all spa services and packages are available for purchase. Please contact our Spa Reception Hosts for further information.

TO BOOK YOUR SPA JOURNEY

T +855 (0)23 981 888 or ext 1331

OPENING HOURS

Pool: 6.00am - 8.00pm

Spa Treatments: 8.00am - 10.00pm

Spa Facilities & Fitness Centre: 6.00am - 10.00pm

RAFFLES SPA

Raffles Hotel Le Royal

92 Rukhak Vithei Daun Penh,

Sangkat Wat Phnom, Phnom Penh

Kingdom of Cambodia

T +855 (0)23 981 888

F +855 (0)23 981 168

E spa.phnompenh@raffles.com

raffles.com/phnom-penh



RAFFLES
HOTEL LE ROYAL
PHNOM PENH CAMBODIA

EXTRA TIME

For those of you who wish to upgrade any of our present treatment listings with additional time and services, or for those who don't have the time to stay and indulge, we have created mini treatments to suit all your skin care needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 30 minutes mini treatments including:

REVIVING FOOT MASSAGE.....	USD39
BACK, NECK AND SHOULDER MASSAGE.....	USD39
BODY SCRUB.....	USD39
EXPRESS FACIAL.....	USD39
EXPRESS MANICURE.....	USD39
EXPRESS PEDICURE.....	USD39

Price are exclusive of 10% specific tax.
For your convenience a 7% service charge and 10% government tax will be added to your final bill for each service

BODY MASSAGE

LE ROYAL SIGNATURE KHMER MASSAGE

90 mins.....USD 115
Inspired by Asian therapies, the traditional Khmer therapeutic massage also known as "Chab Sor Shai" is a vigorous, firm pressure point massage which incorporates kneading and twisting of the muscles to encourage internal energy flow, restore balance and convey a renewed feeling of vitality. A heated herbal compress using precious herbs such as, turmeric, ginger and lemongrass is gently applied to relieve stress, boost energy and improve blood circulation.

TRADITIONAL THAI MASSAGE

60 / 90 mins.....USD 75 / USD 105
This centuries-old therapy, known as passive yoga, is the perfect answer for anyone searching for optimal health, the release of tension and the restoration of vitality.

RESCUE AND RELEASE MASSAGE

60 / 90 mins.....USD 65 / USD 95
Whether you are in need of general stress relief or deep-seated tension this traditional style massage is designed to focus on overworked and tense muscles, bringing relief to common discomforts such as a stiff neck and lower back or sore and tight shoulders.

AROMATHERAPY RELAXATION MASSAGE

60 / 90 mins.....USD 55 / USD 85
Using the art of movement combined with aromatherapy oils, this full body massage uses gentle techniques to help restore harmony and relaxes the mind and body.

ORIENTAL FOOT REVIVER*

60 mins.....USD 55
Experience holistic revitalization and deep relaxation as your therapist applies specific thumb and finger techniques to various reflex points on the feet, which effectively stimulate corresponding organs in the upper body.

* This is not a reflexology treatment.

Price are exclusive of 10% specific tax.
For your convenience a 7% service charge and 10% government tax will be added to your final bill for each service

AGE SMART ANTI-AGING FACIAL

90 Mins.....USD 115

Are you looking for a firmer, smoother and revived skin? This is the most powerful multi vitamin customized skin treatment created for your premature-aging, dry or sun damage skin. This treatment gives a revitalizing power boost to nourish, regenerate and energize skin. This experience is completed with a soothing foot and head massage.

MEN'S FACIAL

60 Mins.....USD 65

This facial treatment focus on the skins concerns that is unique to men. This treatment takes factors such as congestion or skin irritation due to constant shaving and other skin problems unique to men. Tailored to suit your skins individual needs, you will receive a double cleanse, exfoliation, pressure point facial massage and treatment mask. End this treatment with relief shoulder and scalp massage.

JUST FOR YOU – CUSTOMIZED FACIAL

60 Mins.....USD 55

This customized facial works to hydrate and refresh the skin, complete with double cleansing, exfoliation, face massage and face mask. This facial impacts complete vitality and relaxation. This includes a neck, shoulder and scalp pressure point to ease the tension away.

EYE ENHANCEMENT

REGENERATING EYE TREATMENT.....USD 39

Hydrating botanicals and antioxidant vitamins protect the eye area against the effects of dehydration which is rich and firming. It provides four important benefits to the eye area: retexturing, sun protection, minimizing of dark circles and reduction of puffiness.

For your convenience a 7% service charge and 10% government tax will be added to your final bill for each service

Raffles Spa Journeys assure the act of inner and outer transformation by travelling from one place to another through sensory pleasures, unique surroundings and rejuvenating sensations. Leave feeling well-rested and on your journey to living well.

LE ROYAL SPA EXPERIENCE

150 Mins.....USD 169

Our face and body treatment combines all elements of the perfect spa experience. Begin with a mineral salt scrub to exfoliate and nourish dry skin and indulge in the authentic Khmer massage which helps to restore energy levels, relieve muscle tension and relax the mind and body with a heated herbal compress. End the treatment with an express facial.

RAFFLES FACE AND BODY REJUVENATION

120 Mins.....USD 139

This top to toe experience combines our popular Rescue and Release massage to relieve overworked and tense muscles and a customized facial complete with a multivitamin recovery eye mask to restore hydration, leaving you looking and feeling radiant.

For your convenience a 7% service charge and 10% government tax will be added to your final bill for each service