



## **WELCOME TO THE BLISS SPA**

### **Opening Times**

9AM to 11PM Daily

## *Relaxation, Rejuvenation, Rebirth*

### **SHAVING**

Shaving is not recommended before a Body Treatment or Men's Facial. If you choose to share, please share at least four hours prior to your service.

### **HEALTH PROBLEMS AND COMFORT LEVEL**

Please notify our Receptionist before booking treatments if you are pregnant, have allergies, high blood pressure, any physical ailments, or disabilities. This will prepare our staff far in advance to provide the best possible spa treatment or therapy for you. When receiving your treatment, the therapist will address your needs based on your personal assessment. They will speak to you about the temperature, pressure, music, product, and sequence of service they are providing. You may also communicate to us how you are feeling during your service, and if there is anything specific you would like us to address, please inform the therapist.

### **WHAT TO WEAR DURING A TREATMENT**

It is recommended during a Body Treatment or Massage that those treatments are enjoyed without clothing although undergarments may be worn if preferred. Professional draping is performed throughout the duration of the service for privacy. We request that all guest take a shower prior to arrival. We will provide robes and slippers for your convenience.

### **GUEST TIMELINESS**

We ask that you arrive 15 minutes prior to your scheduled appointment time. Arriving late will possibly interfere with your treatment, making it not as effective or therapeutic for you. All appointments will end at their scheduled time so that the next guest will not be delayed. Treatment times are not extended based on late arrivals

### **Reservations**

Please contact our customer care and reserve at least 1 hour before your desired treatment time

### **Cancellations and No-shows**

If you wish to cancel a scheduled treatment, please contact reception at least 1 hour in advance, otherwise full costs will apply

# Spa Menu

## FOOT REFLEXOLOGY

Traditional foot massage, your treatment begins with a gentle floral foot wash, followed by an invigorating exfoliation, using finest regional ingredients, such as our iconic, cool peppermint scrub. Our therapist then focuses on pampering your feet with herbal oils and aromatic, soothing creams. By the end, you will feel like you are walking on clouds

|      |         |
|------|---------|
| 60mn | \$12.00 |
| 90mn | \$17.00 |

## Angkor Explorer's Relief

Exploring Angkor and Siem Reap city can be an exhausting experience. Our therapist concentrates on easing muscle tension in your weary feet and legs. You begin your experience with a soothing floral foot soak, followed by a precise, revitalizing massage, leaving you feeling energetically charged and ready for another temple exploring adventure; perfect for a quick battery recharge during the ***lunch break***

|      |         |
|------|---------|
| 60mn | \$13.00 |
|------|---------|

## Soothing Foot Scrub

Be kind to your feet and treat yourself to a cleansing, revitalizing and refreshing foot scrub. Following a floral soak, your feet are gently polished using our soothing, herbal exfoliating cream

|      |         |
|------|---------|
| 60mn | \$14.00 |
|------|---------|

## FROM HEAD TO TOE

### Traditional Khmer Body Massage

Experience the art of Cambodian massage, with an original treatment focusing on releasing muscular tension through precise acupressure harmonizing and re-balancing your energy. After being pampered from head to toe, you will feel reborn.

|      | Two Hands | Four Hands |
|------|-----------|------------|
| 60mn | \$12.00   | \$22.00    |
| 90mn | \$17.00   | \$27.00    |

## Swedish Massage

Enjoy a firm and invigorating or a gentle and soothing massage with relaxing strokes that remove tension and bring relief and a sense of wellbeing Nourishing pure blended oils are used for this treatment.

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| 60mn | \$18.00 |
| 90mn | \$23.00 |

## Aromatherapy Khmer Body Massage

Our Aromatherapy treatment combines the relief of our traditional body massage with invigorating aromatic oils, teasing and pleasing your senses while lifting your spirit. Choose from our range of sensual oils; lemongrass, ginger, jasmine, citronella, lavender and many more. Please ask our Spa Team or our customer care to introduce additional options

|       | Two Hands | Four Hands |
|-------|-----------|------------|
| 60mn  | \$17.00   | \$25.00    |
| 90mn  | \$22.00   | \$35.00    |
| 120mn | \$27.00   | \$40.00    |

## Hand Massage

This treatment is for anyone who uses repetitive motion throughout the day and knows that the wrists harbor an extreme amount of stress and tension our hand massage is a perfect way to make those persistent symptoms subside. The therapist pulls on each your finger to stretch the tendons in the hand, and will rotate each finger to improve the flexibility of each one.

|      |         |
|------|---------|
| 60mn | \$13.00 |
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## Head-Back-Shoulder Massage

Our Therapist concentrates on immediate, effective stress and pain relief. We focus on your head, back and shoulders, leaving you energized and revived.

### Traditional:

|      |         |
|------|---------|
| 60mn | \$13.00 |
| 90mn | \$18.00 |

### Aromatherapy:

|      |         |
|------|---------|
| 60mn | \$17.00 |
| 90mn | \$22.00 |

## FACIAL

### • Clarity

With deep cleaning, exfoliating and detoxifying, leaving your skin feeling soft and clean after the treatment.

|      |         |
|------|---------|
| 60mn | \$20.00 |
|------|---------|

## HAND & FEET

### Spa Manicure

This indulgent spa manicure includes a stimulating hand scrub, soothing hand bath, relaxing hand massage and nail grooming and varnish.

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|------|---------|
| 45mn | \$14.00 |
|------|---------|

### Spa Pedicure

This pampering spa pedicure includes an invigorating foot scrub, relaxing footbath, foot massage and nail care.

|      |         |
|------|---------|
| 45mn | \$14.00 |
|------|---------|