

ViSAYA

S P A





THE SPA WORLD REFRESHED

Welcome to a refreshingly different spa world—one that is pure and relaxed. Visaya Spa offers a contemporary sanctuary of wellness for body and spirit.

VISAYA refers to a realm of bliss and wisdom in Hinduism and Buddhism, Cambodia's main influences throughout history. Drawing on Khmer, Thai and Ayurvedic traditions and ingredients, we simplify and tailor to you.

Make time for well-deserved pampering and leave life's worries behind.

Opening hours: 9:00 am - 6:00 pm



SIGNATURE EXPERIENCES

Drawing on world-class spa expertise, indigenous wellness traditions and unique holistic therapies, our specialist rituals offer a collection of personalised treatments tailor-made to suit your individual needs.

TRADITIONAL KHMER MASSAGE (90 minutes)

The ancestor of the traditional Thai massage, the rigorous stretching and body alignment of Khmer Massage was created to revitalise monks after long periods of meditation. This unique massage draws on the body's ability to moisturise itself and uses no oil. The Khmer massage offers a wealth of holistic benefits, including enhanced flexibility, a freer flow of energy and circulation for a relaxing balance between body, mind and spirit.

MASSAGES

Massage, when applied with skill and care, can precipitate many beneficial changes within the body, mind and spirit. A powerful treatment, massage techniques work on both physical and psychological levels to invigorate and relax, while various techniques and strokes can ease pain or relieve tension from stiff aching muscles, boost circulation and alleviate mental stress.

AROMATIC MASSAGE (60/90 minutes)

Based on the principles of Aromatherapy and Swedish massage, stress and anxiety are relieved as essential oils extracted from plants, flowers and fruits are generously applied to your body using a variety of techniques. Each ingredient works to ground, balance and calm the body and mind while their powerful effects are also known to alleviate muscular pains and digestive disorders.

SPORT MASSAGE (60/90 minutes)

Combining three of five classic Swedish massage strokes, this therapy works deeply into the muscles, stretching muscle fibres and releasing tension in the fascia that may otherwise cause restricted movement and pain. By stimulating increased blood

flow and thus improving circulation, you will discover a wealth of flexibility and relaxation benefits.

HOT COMPRESS MASSAGE (60/90 minutes)

Tensions drift away during this traditional heated Thai massage, which has been around for many centuries in Thailand and used to relief pain and inflammation. Following a sport massage, a selection of therapeutic herbs including plai, ginger, turmeric and lemongrass are wrapped in a muslin compress, steamed and then applied to the body in gentle circular and rolling movements. As the pores open and allow the herbs to take effect, ailments such as stiff, sore or pulled muscles and ligaments, back pain, migraines, stress and anxiety are almost instantly relieved.

FOOT MASSAGE (60 minutes)

Enjoy a foot soak and foot scrub to soften and smooth your feet before a relaxing massage releases pressure, stress and tension. This treatment provides renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to effectively stimulate corresponding organs in your upper body.



BEAUTY SALON

Our salon offers a wide range of nail services to suit your needs.

MANICURE

Relax as an expert therapist treats your hands and nails to a sequence of soaking, filing and buffing, followed by a nourishing mask and gentle massage, before applying an immaculate paint finish.

PEDICURE

Feet are first soaked to soothe and soften, nails then clipped, filed and buffed to perfection. A foot mask replenishes vital moisture, and a massage deeply relaxes. An immaculate paint finish concludes this lavish beauty ritual.

Paint Change - Hands or feet.

HEMOCARE & GIFTS

Luxury skin and body care products, along with beautiful gifts, are available to purchase at Visaya Spa. Please contact our Spa Receptionist for more information.

YOUR SPA JOURNEY

Assisting you in the selection of treatments that best suit your needs and desires is of great importance to us. At Visaya Spa, from the moment your journey begins until it ends, we consider it paramount that your every comfort and expectation are exceeded.

- To maximise the benefits of your spa experience, please arrive at least 15 minutes before your treatment time.
- Our Spa team will gladly advise you on which treatments best suit your needs. We will ask that you complete our spa consultation form so that we can make appropriate recommendations.
- For valuable belongings, a locked drawer is provided in your spa treatment room.
- While every effort will be taken to provide you with your full treatment time reserved, should you arrive late for your appointment, the treatment time may be reduced or rescheduled depending on availability. We appreciate your understanding.
- If you would like to cancel your appointment, please kindly do so at least four hours prior to your treatment time to avoid a 50% penalty charge.

- The spa environment is one of tranquillity and relaxation for all of our guests. It is our mission to ensure that you, as well as our other customers, reap the benefits of this peacefulness.
- For the courtesy of our guests, mobile phone use is prohibited within the spa premises. We kindly request that the use of mobile phones is avoided and devices are switched off when in THE SPA.

Thank you - and enjoy your journey to wellbeing with Visaya Spa.

Advance booking for spa services is highly recommended to ensure availability.

All prices are in USD, subject to 7% service charge, 10% government tax and 10% VAT.

Prices are subject to change without prior notice.

Treatments available from
9:00 am - 6:00 pm

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