

# ViSAYA

S P A





# TONING CAMBODIAN NATURE FOR MODERN WELLNESS

Welcome to our sanctuary, where ancient wisdom and Cambodian apothecary bond for modern wellness– a cocooning spa world that is pure, tranquil and natural, conceived for the enhancement of body and spirit.

In Hinduism and Buddhism – Cambodia’s main spiritual influences – ‘Visaya’ refers to the realm of bliss and wisdom. Combining Khmer, Thai and Ayurvedic traditions and ingredients, our simplified and tailored therapies ensure that you benefit from centuries of accumulated knowledge.

Make time for well-deserved pampering and indulge in a balmy escape for the senses.

Opening hours: 10:00 am – 9:00 pm





# WELLNESS THERAPIES

By striking a balance between the physical and spiritual energies of the mind, body and soul, our holistic treatments draw on ancient philosophies to address modern-day concerns.

## SACRED GEOMETRY THERAPY (90 minutes)

Uplifting and rebalancing, this powerful energy healing therapy works on physical, mental, emotional and spiritual levels. Experience instant stress reduction and relaxation, immune system activation to promote the body's natural healing abilities, as well as improved sleep and overall wellbeing.

## RESTORATIVE YOGA (60 minutes)

From reducing stress to promoting better rest, yoga has a demonstrable and measurable impact on the quality of life. Learn simple yoga poses with our unique meditation guide that you can easily incorporate in your daily routine for better health, improved focus and to awaken your inner radiance.

## NOURISHING YIN YOGA (60 minutes)

The gentle and relaxed poses of yin yoga work on your ligaments, joints and bones, and have benefits that range from the physical to the subtle and energetic. Learn how to create a balanced yoga practice with our expert guide.

## YOGA WORKOUT (60 minutes—private or group)

Experience a private or group yoga session led by certified yoga practitioners. You will need to book your session at least 24 hours in advance and be aware of the cancellation policies.

## PAGODA MONK BLESSING (60 minutes—by appointment only)

This is a rare opportunity to interact directly with the monks and learn about their spiritual beliefs and practices. You can ask them any questions you may have about Buddhism and Dharma, and listen to their insights and wisdom. This session will include discussions on various aspects of Buddhism and its relevance to your life. This is a fascinating glimpse into a rich culture that will inspire you to explore more of the world and its diversity.

## MEDITATION (60 minutes)

By following simple meditation techniques based on Buddhist monk teachings, we can find ways to overcome our limitations and turn them into opportunities to realise the unlimited potential of our own minds.

## THE JOURNEY OF WELLNESS PROGRAMME (Two days)

Listen to your body's needs and enjoy a wellness journey that will restore your skin to its natural, healthy state and ease away all tension. Treat yourself to a luxurious full-body massage followed by a purifying, toning and revitalising facial.

### Day 1

- Meditation
- Sacred Geometry Therapy (90 minutes)
- Detox Body Wrap (60 minutes)
- Detox Drink

### Day 2

- Yoga Workout
- Bamboo Signature Massage (90 minutes)
- Aroma Jade Gua Sha Facial (60 minutes)
- Healthy Spa Meal



## VISAYA SPA PACKAGES

Indulge in a special compilation of treatments, combined to extract the best of different techniques in one session packed with health benefits and pleasure.

### VISAYA HEALTHY PACKAGE (150 minutes)

This treatment lets you enjoy a heavenly moment that suits your body's needs by combining the nourishing benefits of a scrub with a healing massage to release and soothe both emotional and physical tensions.

- Private Steam Room Session (30 minutes)
- Choice of Coconut Salt or Sugar Body Scrub (60 minutes)
- Full-Body Coconut Oil Massage (60 minutes)
- Healthy Spa Meal

### SPA BLISS (120 minutes)

Go beyond pampering and experience total body relaxation and serenity.

- 'A Khmer Way of Being' Seasonal Body Scrub (60 minutes)
- Full-Body Visaya Signature Massage (60 minutes)
- Rejuvenating Drink

### INNER GLOW PACKAGE (180 minutes)

Discover the miracle of beauty transformation and revitalise your skin and soul.

- Anti-Ageing Facial
- Manicure and Pedicure
- Beauty Elixir Drink





## SIGNATURE EXPERIENCES

With our world-class spa expertise, indigenous wellness traditions and holistic approach to wellbeing, we offer a collection of personalised rituals that are tailor-made to suit your individual needs.

### VISAYA SIGNATURE MASSAGE (60/90 minutes)

Revered eastern and western massage techniques, combined with a signature oil blend stimulate the circulation, promote deep relaxation and restore energy flow for supreme wellbeing.

### BAMBOO SIGNATURE MASSAGE (90 minutes)

Using aromatic oil and a set of warmed bamboo sticks in various sizes, this distinctive massage incorporates stroking and rolling techniques to release muscular knots and tension, reduce toxin accumulation and fluid retention, and encourage healthy circulation.

### CHAKRA BALANCE THERAPY MASSAGE (60 minutes)

To lull you into a deep state of meditative relaxation, singing bowls are used to begin and conclude this rebalancing ritual. In addition to promoting physical and emotional tension release, the experience harmonises energy flow, stimulates blood circulation and aids in the body's natural detoxification.



## INDIGENOUS KHMER THERAPIES

At VISAYA Spa, we selected the most popular healing traditions from each locale to fully immerse you in the destination. Incorporating indigenous herbs that have proven therapeutic benefits, our signature Khmer therapies are inspired by ancient techniques that are still widely practised in the area.

### TRADITIONAL KHMER MASSAGE (60/90 minutes)

The ancestor of the traditional Thai massage, the therapy was originally created to revitalise monks after long periods of meditation. A unique massage that uses no oil and involves rigorous stretching and body alignment, the Khmer massage has many holistic benefits, such as enhanced flexibility, improved energy and circulation, and a relaxing balance between body, mind and spirit.

### KHMER HOT COMPRESS MASSAGE (90 minutes)

This traditional heated massage has been used for centuries in Thailand to relieve pain and inflammation. After a deep tissue massage, you will enjoy a warm herbal compress with plai, ginger, turmeric and lemongrass. The herbs will soothe stiff, sore or pulled muscles and ligaments, back pain, migraines, stress and anxiety, helping you drift away from your tensions and feel more relaxed.

### KHMER SEASONAL BODY SCRUB (60 minutes)

Let our spa expert choose a gentle body scrub that will effectively cleanse and smooth your skin while keeping it hydrated.

### KAFFIR LIME, LEMONGRASS AND HONEY BODY SCRUB (60 minutes)

This is a wonderful combination of aromatic ingredients to reveal radiant skin, reduce toxins and deep-clean. Honey has long been known to promote new skin cells and moisturise.



# MASSAGES

Massage is a powerful treatment that can create many beneficial changes in your body, mind and spirit. With skill and care, massage techniques can invigorate and relax you, while easing pain and relieving tension from stiff aching muscles, boosting circulation and reducing mental stress.

## STRESS RELEASE MASSAGE

(60/90 minutes)

This therapy combines three of the five classic Swedish massage strokes to work deeply into your muscles, stretching them and releasing tension. It also improves your blood flow and circulation, which helps you feel more flexible and relaxed.

## DETOX MASSAGE

(60/90 minutes)

Our Detox Massage is designed to beat fatigue and sluggishness caused by harmful toxins. It uses a variety of movements to stimulate and invigorate you, while focusing on relieving fluid retention and muscle ache caused by sedentary lifestyle. With our signature oil blend and most effective sequence of basic massage strokes, you will feel revived and refreshed.

## COCONUT OIL PREGNANCY MASSAGE

(60/90 minutes)

This gentle revitalising massage for expectant mothers uses kneading techniques to help you unwind and relax. Antioxidant-rich coconut oil reduces inflammation as well as helping to balance hormones such as oestrogen, naturally.

## INDIAN HEAD MASSAGE

(60/90 minutes)

A soothing yet energising massage based on Ayurvedic principles, Indian head massage uses pressure point techniques and coconut oil to ease the tension of your head and neck. It can also help you with insomnia, chronic headaches, migraines and sinusitis, while restoring your tranquillity.

## BACK, HEAD AND SHOULDER MASSAGE

(60/90 minutes)

This anti-stress massage focuses on your back, shoulders and head to help you relax, revitalise and release tension.

## REFLEXOLOGY FOOT SCRUB

(60/90 minutes)

This deeply resetting treatment starts with a foot soak and scrub to make your feet soft and smooth. Then, you will enjoy a relaxing foot massage that releases pressure, stress and tension as the therapist stimulates various reflex points on your feet that correspond to different organs in your upper body, providing you with a sense of renewal and restored balance.



## FACIAL TREATMENTS

### AROMA FACIAL (60 minutes)

This signature facial uses a healing blend of nourishing plant extracts and traditional Cambodian ingredients to renew and oxygenate your skin. You will relax with a gentle massage, and then enjoy a natural mask that will restore your skin's radiance.

### PURIFYING FACIAL (60 minutes)

This natural detox treatment adapted for oily and acne-prone skin uses a fine detox powder made from green tea or chocolate. Following a facial scrub and a purifying mask, the skin is deeply cleansed and nourished thanks to the use of anti-inflammatory coconut oil.

### ANTI-AGEING FACIAL (60 minutes)

This advanced triple-action treatment uses powerful plant botanicals and a high-performance formula to firm, lift and strengthen the skin as well as reducing the appearance of fine lines and wrinkles, leaving your skin hydrated, moisturised and tightened.

### AROMA JADE GUA SHA FACIAL (75 minutes)

Achieve firmer skin and enter a state of bliss with a facial combining nourishing plant extracts, traditional Thai ingredients and the ancient Gua Sha technique that uses a rounded tool made of jade to relax the muscles, get the energy and blood moving and shift any puffiness. By boosting the circulation, Gua Sha removes toxins and brings in oxygen and nutrients for supple, radiant skin.







## BODY TREATMENTS

### SEASONAL BODY WRAP (60 minutes)

Neutralise the harmful effects of air pollutants with a treatment that helps to detoxify and nourish your skin from inside-out. You will be wrapped in a natural mixture that draws out the harmful toxins from your pores, stimulates your circulation and soothes your muscles. This will also help you to firm, tone, reduce cellulite, and create smoothness and radiance. Your skin will feel soft, healthy and refreshed.

### GREEN TEA DETOX BODY WRAP (60 minutes)

This refreshing treatment uses green tea, which is full of antioxidants and health benefits, to detoxify and nourish your skin. Green tea mixture in the fragrant body wrap will penetrate deep into your skin to help with weight management, improve skin texture, and eliminate toxins, leaving you feeling refreshed and rejuvenated.

### THE AFTER-SUN GLOW (60 minutes)

Soothe, nourish and repair your skin with cooling and hydrating ingredients specially selected for dry, sun-exposed or damaged skin for their ability to reduce redness and fight free radical damage. This calming body therapy includes a hydration mask with aloe vera, and a lotion and butter with antioxidants from Subtle Energies, an Ayurvedic skincare line.



## MANICURE AND PEDICURE

### MANICURE (60 minutes)

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

### PEDICURE (60 minutes)

Your feet will enjoy a soothing and softening soak, followed by a nail care session that includes clipping, filing and buffing. A foot scrub will nourish your skin, and a massage will ease any tension. A flawless paint job will complete this luxurious beauty treatment.

### HAND SPA (80 minutes)

Treat yourself to a luxurious spa experience that goes beyond the ordinary manicure – an anti-ageing spa manicure that will make your nails and hands look younger and more polished.

### FOOT SPA (80 minutes)

Experience an intensive and luxurious foot treatment that will restore the youthfulness of your skin and reveal softer, smoother and younger-looking feet.



## JUNIOR WELLNESS

Our collection of treatments for children is a great way to teach your little ones the importance and joy of self-care. You and your child will enjoy a relaxing and pampering spa session together, creating precious memories and bonding over wellness.

### TOTAL CHILL (30 minutes)

Gentle and pampering massage focusing on the back, neck, shoulders and scalp.

### BIG LITTLE LOVE (30 minutes)

All-natural, deliciously-smelling hand and foot scrub coupled with our gentle reflexology massage.

### PAMPER & GLAM (60 minutes)

- Mini-facial using an all-natural products
- Rich, nourishing treatment for little hands and feet



# FOOD THAT FEELS GOOD

## WELLNESS MENU

### DRINKS

#### **Detox**

Cucumber, Green Apple, Basil, Infused Water

#### **Nutrition**

Almond Milk, Cashews, Banana

#### **Refreshing**

Ginger, Watermelon

#### **Rejuvenation**

Apple, Celery, Beetroot

#### **Beauty Elixir**

Goji Berry, Papaya, Orange, Strawberry

### FOOD

#### **FCC Waldorf Salad | Vegetarian | Gluten & Dairy free**

Apple, Grapes, Raisin, Sliced Celery, Walnut, Cashew Nut Dressing.  
Calories 364

#### **Pumpkin Chickpea Chicken**

Grilled Cumin Chicken, Pumpkin, Chickpeas Salsa.  
Calories 739

#### **Lime & Coconut Salmon Rice**

Grilled Lime Salmon, Avocado-Mango Salsa, Coconut Rice.  
Calories 339

## 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.
- The spa environment is one of tranquility 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 peaceful-ness.

## SPA POLICY

- 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 tranquility 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 you avoid using mobile phones and switch off your devices when inside the spa.

## SPA FACILITIES

- 4 luxurious treatment rooms
- Steam room
- Full range of spa and aromatherapy products

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 inclusive of government tax and service charges.

Prices are subject to change without prior notice.

Treatments available from 10:00 am – 9:00 pm

Visaya Spa at FCC Angkor by Avani  
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[www.avanihotels.com/en/angkor-siem-reap/visaya-spa](http://www.avanihotels.com/en/angkor-siem-reap/visaya-spa)



## TREATMENT PRICE LIST

TREATMENT	MINUTES	PRICE
<b>WELLNESS THERAPIES</b>		
Sacred Geometry Therapy	90	110
Restorative Yoga	60	65
Nourishing Yin Yoga	60	65
Yoga Workout	60	65
Pagoda Monk Blessing	60	55
Meditation	60	55
The Journey of Wellness Programme (2Days)		220
<b>VISAYA SPA PASSAGES</b>		
Visaya Healthy Package	150	125
Spa Bliss	120	115
Inner Glow Package	180	145
<b>SIGNATURE EXPERIENCES</b>		
Visaya Signature Massage	60/90	75/100
Bamboo Signature Massage	90	105
Chakra Balance Therapy Massage	60	75
<b>INDIGENOUS KHMER THERAPIES</b>		
Traditional Khmer Massage	60/90	55/75
Khmer Hot Compress Massage	90	105
Khmer Seasonal Body Scrub	60	65
Kaffirlime, Lemongrass & Honey Body Scrub	60	65
<b>MASSAGES</b>		
Stress Release Massage	60/90	65/90
Detox Massage	60/90	65/90
Coconut Oil Pregnancy Massage	60/90	65/90
Indian Head Massage	60/90	65/90
Back, Head and Shoulders Massage	60/90	65/90
Reflexology Foot Scrub	60/90	65/90

TREATMENT	MINUTES	PRICE
<b>FACIALS TREATMENT</b>		
Aroma Facial	60	85
Purifying Facial	60	85
Anti-Ageing Facial	60	100
Aroma Jade Gua Sha Facial	75	100
<b>BODY TREATMENTS</b>		
Seasonal Body Wrap	60	65
Green Tea Detox Body Wrap	60	65
The After-Sun Glow	60	65
<b>JUNIOR WELLNESS</b>		
Total Chill	30	40
Big Little Love	30	40
Pamper & Glam	60	65
<b>HAND AND FOOT CARE</b>		
Manicure	60	45
Pedicure	60	45
Hand Spa	80	55
Foot Spa	80	55
Polish (Hand or Foot)	30	20

All prices are inclusive of 22.79% Government tax and 8.5% service charge.

Prices are subject to change without prior notice.

Treatments available from 10:00 am – 9:00 pm.



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