

Your Spa Experience

The Shinta Mani Spa is a haven of refuge where the body is restored to exuberant well-being, good health and wholeness. The mind is opened to creativity and the spirit uplifted.

Our therapeutic treatments, based on traditional and modern healing rituals, boost concentration and awareness while reducing stress - helping you attain ultimate balance.

Whether it be a relaxing massage, soothing body treatment or one of our nourishing facials you are sure to appreciate what Shinta Mani Spa has to offer.

Immerse yourself in a sanctuary of serenity at Shinta Mani Spa an indulgent retreat that promises revitalization for your inner and outer self.

Spa Experiences

Our spa experiences are designed to make your visit one to remember - uniquely yours and customized to suit and soothe you. Please feel free to speak to our therapists about your choice of treatments to achieve your perfect spa experience. Each of the treatments here will leave you enlivened and relaxed.

Shinta Mani Signature Experience (3 hrs 10 mins) Floral Foot Scrub Clay & Salt Scrub (60 mins) Shinta Mani Spa Signature Massage (60 mins) Balancing Facial (70 mins)	\$135	Sra Srang Experience (4 hrs 45 mins) Tropical Floral Bath (30 mins) Sros Saat 3 in 1 Body Delight (2 hrs 30 mins) Regenerative Facial (60 mins) Manicure or Pedicure (45 mins)	\$205
Invigorate Experience (2 hrs 30 mins) Floral Foot Scrub Clay & Salt Scrub (60 mins) Stone Body Healing (90 mins)	\$100	Rejuvenate Experience (3 hrs 40 mins) Floral Foot Scrub Saat 3 in 1 Body Detox (2 hrs 30 mins) Nurturing Facial (70 mins)	\$175
Revitalize Experience (2 hrs 10 mins) Floral Foot Scrub Relaxing Aromatherapy (60 mins) Balancing Facial (70 mins)	\$95	Renew Experience (2 hrs) Floral Foot Scrub Renewing Body Scrub (60 mins) Khmer Herbal Wraps (60 mins)	\$80

Full Day Spa

Indulge yourself with a combination of therapeutic massage, facial and body treatments. Our full day spa treatments are individually designed to suit and soothe you. Each includes use of all spa facilities, robe and slippers together with a complimentary healthy set-menu lunch at the restaurant.

Exclusively His 10:00 am - 10:30 am - Aromatic Milk Bath 10:30 am - 11:30 am - Renewing Body Scrub 11:30 am - 12:30 pm - Healthy Set Lunch at the restaurant 12:30 pm - 13:30 pm - Rest 13:30 pm - 15:00 pm - Herbal Heat Compress 15:00 pm - 16:00 pm - Healing Stones Facial	\$188	Exclusively Hers 10:00 am - 10:30 am - Tropical Floral Bath 10:30 am - 11:30 pm - Tanaka Body Cleanser 11:30 pm - 12:30 pm - Healthy Set Lunch at the Restaurant 12:30 pm - 13:30 pm - Rest 13:30 pm - 15:00 pm - Shinta Mani Signature Massage 15:00 pm - 16:00 pm - Quenching Facial 16:00 pm - 17:00 pm - Manicure or Pedicure	\$192
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All price are subject to 10% service charge and 10% of government taxes. Price are subject to change without prior notice.

How To Relax At Shinta Mani Spa

The following information is provided to assist you during your spa experience:

ARRIVAL TIME

We recommend that you arrive at the spa reception at least 15 minutes prior to your scheduled time. This will allow you ample time to slip into a robe and slippers, as well as time to enjoy our welcome drink. We require showering prior to beginning so that you receive the full benefits of your treatment.

ADMISSION

Spa services are open to in-house and outside guests.

HOURS OF OPERATION

Appointments are necessary for all spa treatments and are available daily from 09:00am to 10:00pm. Last treatment is 09:30pm.

SPA RESERVATION

Advanced booking for the spa services is highly recommended to ensure availability. Please book the exact time you have available. For in-house guests, a room number is required to secure spa appointments.

VALUABLES

Please place all your valuables in the safety deposit boxes, that are provided in your rooms. We do not advise you to bring valuables to the spa. The management accepts no responsibility for loss of valuables of any kind brought into the spa premises.

SPA ATTIRE

Please wear whatever feels comfortable for you. Shinta Mani Spa will provide you a robe, slippers and disposable underwear for your treatment.

HEALTH CONSIDERATIONS

Your personal needs are important to us. We kindly request that at the time of your booking appointment, please inform our Spa Receptionist if you have any health concerns, such as high blood pressure, heart conditions, allergies, skin conditions, or if you are pregnant. If you have any concerns at all, please let us know.

Consumption of alcohol before or directly after treatment(s) is not recommended.

Our therapists are here to make this a memorable and pleasurable experience for you. This is best achieved by letting us know if our touch is just right. Please do not hesitate to communicate with us on this matter so we can best serve you.

LATE ARRIVAL

Late arrivals will be subject to time deduction so as not to inconvenience other guests.

CANCELLATION POLICY

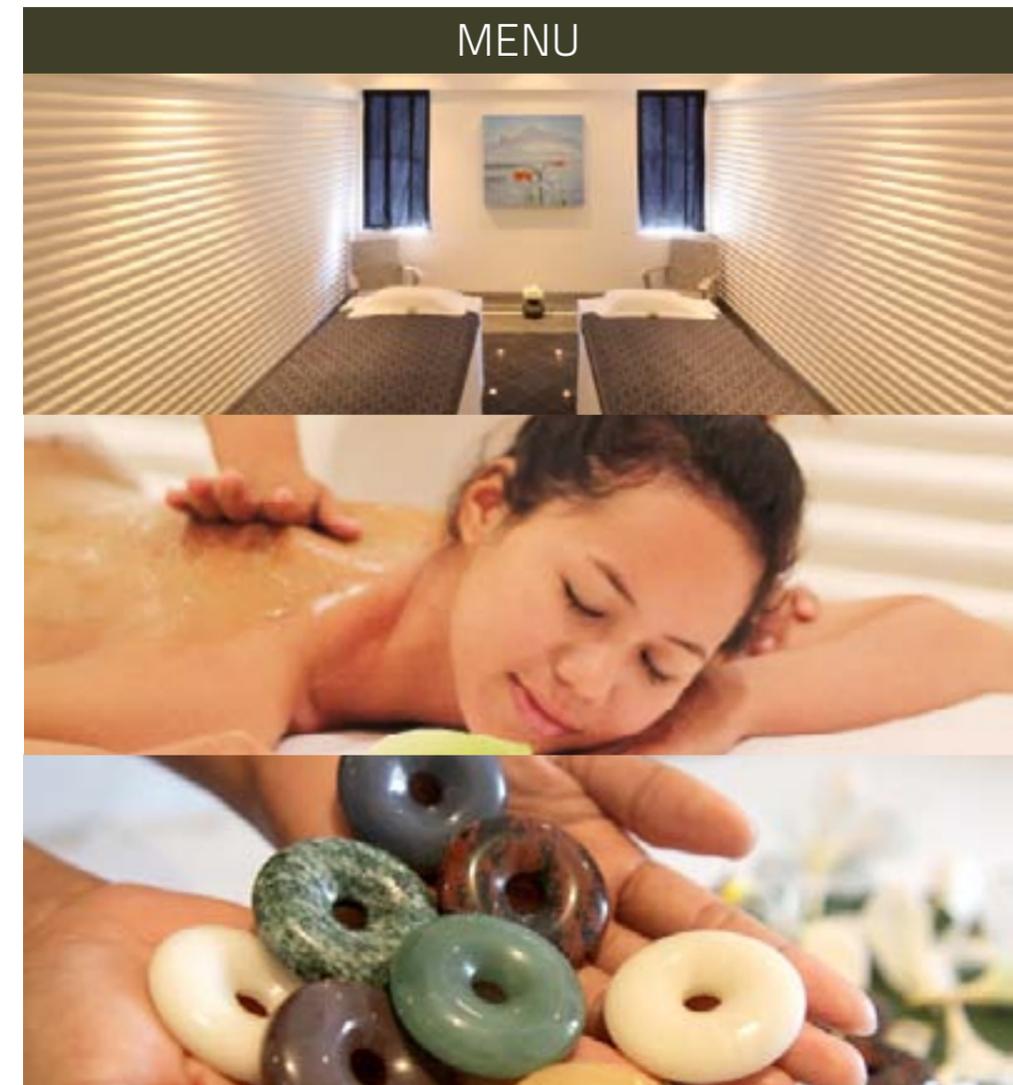
Should you need to cancel a treatment reservation or change an appointment, we ask you to give us at least two (2) hours notice before the scheduled treatment time to avoid incurring a cancellation fee.

We will charge 50% of the treatment price for notifications within a two hour period of the scheduled service. Full charge(s) will be applied for a no-show.

PAYMENT

All payments will be finalized by our spa receptionist. We accept cash and all major credit cards. All prices are subject to 10% service charge and 10% government taxes.

All prices are quoted in US Dollars and are subject to change without prior notice.



Open Doors, Open Hearts

Massage Therapies

Traditional Khmer Massage - (60 mins) \$40

The ancient Khmer art of healing that involves applying gentle finger pressure to the body, to reduce tension in tired muscles and promotes general well-being.

Traditional Thai Massage - (60 mins) \$40

A classic massage that combines passive stretching and gentle rocking, using a range of motions and acupressure techniques, to reduce stress and relieve muscle soreness. Recommended for those who prefer a firm massage.

Shiatsu Therapy - (60 mins) \$40

A Japanese healing art technique that literally means, “finger pressure” treatment. Using acupressure, shiatsu stimulates along the meridians of the body to increase and release vital energy and relieve pain.

Head & Shoulder Massage - (60 mins) \$45

Enjoy the outstanding treatment that begins with the application of our hot herbal poultice over your upper body. This medicinal treatment relieves stress, soothes tensions and re-energizes. A complete head and shoulder massage of rosewood and orange oil then complements the treatment, in order to revitalize the skin and to promote total recovery.

Back Massage - (60 mins) \$45

The palm pressure is applied in long firm strokes that work deep into your back, neck and shoulder muscles, to loosen tightness and ease away any tension. This massage is extremely beneficial to those who suffer from head-aches and back-aches.

Aromatherapies Massage

Shinta Mani Spa Signature Massage - (60 mins) \$45

Our most popular massage that combines a selection of four aromatic body oils: relaxing, detoxification, contouring, and energizing oil. Our therapists blend various modalities and special techniques to alleviate pain, reduce discomfort, and promote relaxation.

Anti-Stress Massage - (60 mins) \$45

This delightful experience unites shiatsu, reflexology, stretching, and Swedish techniques. It increases circulation, soothes tired muscles, reduces stress, and promotes well-being. This deep tissue massage is recommended for those who prefer a firm massage.

Relaxing Aromatherapy - (60 mins) \$45

Ease into the healing effects of Asian aromatherapy in a relaxing and restorative massage. We combine the tropical smells of lemongrass and sweet orange essential oils to create an experience that will transport your body and mind on a journey of ultimate wellness. This massage is recommended for those who prefer a soft tissue massage.

Stones Body Healing - (90 mins) \$60

Our natural stones have an amazing healing energy. Using different kinds of heated stones, we massage the whole body with aromatherapy fragrant oil, which will not only release your tension, but improve blood circulation and meridian energy flow for complete therapy.

Herbal Heat Compress - (90 mins) \$60

Release your tensions while enjoying this unforgettable treatment. Our hot herbal compresses bring together ginger, lemongrass, sea salt, and turmeric to relieve your muscle aches and bruises. These balancing ingredients open the pores and bring a deep medicinal heat to the muscles to release discomfort and revitalize your mind. Then, an invigorating massage with sweet almond essential oil will take your body on a journey of total renewal.

Body Treatments

Renewing Body Scrub - (60 mins) \$40

A treatment specifically designed to cleanse deeply and purify the body through a total skin exfoliation using natural fruit acid. This treatment incorporates a replenishing body scrub to hydrate and thus leaves the skin soft and supple.

Khmer Honey & Sesame Scrub - (60 mins) \$40

This treatment is best for those seeking an invigorating path to softer skin. The moisturizing properties of honey and sesame nourish your skin and refresh your senses.

Khmer Coffee Scrub - (60 mins) \$40

Enjoy the transcendent smell of the most fragrant blends of coffee as it enriches your entire body. This beauty treatment combines white clay and Cambodian coffee beans from the hill tribes of Rattanakiri Province to create a stimulating and aromatic experience.

Tanaka Body Cleanser - (60 mins) \$40

This recipe of Tanaka tree powder mollifies the skin. Indulge yourself with this ultimate exfoliation ritual, followed by a quenching application of aloe vera, bergamot and mint body gel that will boost your metabolism and rejuvenate your spirit.

Clay & Salt Scrub - (60 mins) \$40

Renew your skin with this invigorating exfoliation treatment using our special blend of mineral-rich sea salts and white clay. After the energizing scrub, a soothing lotion application replenishes your skin to leave it lithe and radiant.

Body Wraps

Khmer Herbal Wrap - (60 mins) \$40

This herbal wrap will pamper and moisturize your skin. The turmeric is a natural antioxidant, the ginger warms your skin to relieve muscles, and the rough texture of the rice acts as an effective exfoliant. It is an especially relaxing treat after strenuous activity.

Khmer Mud Wrap - (60 mins) \$40

White mud and its alkaline properties cool down the skin and replenish moisture to prevent sun damage and subsequent skin problems. The entire treatment helps to retains the skin’s healthy, natural glow, as well as acting as an all-over cooler.

Detox Body Wrap - (60 mins) \$40

This treatment detoxifies through a wrap of natural papaya and aloe vera extracts. While your body is covered with fresh banana leaves, enjoy the active fresh ingredients that will eliminate toxic wastes and decongest your body through activating perspiration. This treatment is ideally suited to refine your skin and boost your metabolism, leaving your body cleansed and your mind with renewed vitality.

Contouring Wrap - (60 mins) \$40

This fresh wrap starts with ginger and lemongrass extract, protected by fresh banana leaves. These natural ingredients will improve blood circulation and help remove toxic wastes by breaking down fatty deposits in small amounts and moisturize your skin.

Rejuvenating Wrap - (60 mins) \$40

This treatment gently rejuvenates your skin with the natural synergy of pineapple and tamarind acting to rebalance your skin’s moisture and restore your vital energies. Then a moisturizing lotion is applied to soften and repair skin for a luxurious healing experience.

Hand & Foot Care

Smooth Hands Treatment - (60 mins) \$35

Pamper your hands with the botanical healers of papaya and tamarind, which exfoliates and diminish dark spots. A relaxing massage is then applied to your hands and forearms to release all the tensions. This luxurious treatment will leave your hands softened, supple and moisturized.

Foot Beauty Treatment - (60 mins) \$35

Experience this heavenly foot treatment that will transport you to new levels of relaxation. This treatment starts With a gentle exfoliation to prepare your feet to soak in a warm bath with lemongrass essential oil that will relieve stiffness and heaviness. A foot massage to release all the stress, tensions and restore the natural flow of energy in the body.

Foot Massage - (60 mins) \$35

The sheer pleasure of a specific massage for the feet and lower leg is a very enticing option. All the energy meridians of the body are identified in the pressure points of the foot. Massaging the feet provides relaxation, soothes pain and releases blocked energy. An ideal treatment after a day at the temples.

Manicure Care - (45 mins) \$18

This treatment beautifies the hands and fingernails. Hands are soaked and exfoliated with a scrub to remove dead skin cells, cuticles are groomed, and nails are trimmed and shaped. A selection of polishes can be applied at your discretion.

Pedicure Care - (45 mins) \$18

This treatment beauties the feet and toenails. Feet are soaked and exfoliated with a scrub to remove dead skin cells, cuticles are groomed, and nails are trimmed and shaped. A selection of polishes can be applied at your discretion.

Therapeutic Facials

Healing Stone Facial - (70 mins) \$50

Experienced the wonders of our healing stones facial treatment. Base on Japanese techniques, each stone helps to release tension and improve blood circulation across the entire face. The innovative component of this treatment is that it stimulates the pressure points and meridian energy points in order to heal the skin and balance your energy.

Facial For Him - (70 mins) \$50

Enjoy a deep exfoliation to remove impurities. This advanced treatment incorporates a vital energy point massage through the application of an herbal poultice over the back, neck shoulders and head, which eases away stress and tensions. Finally, our therapists restore health and vitality to the face with a floral elixir and a hydrating gel, which enhances muscle tone and leaves the skin fresh and supple.

Balancing Facial - (70 mins) \$50

For people with normal to oily skin, an exotic synergy of wild orchid extract and jasmine essential oil will purify and decongest oily epidermis. This facial will leave you feeling cleansed, brightened, and refreshed.

Quenching Facial - (70 mins) \$50

For normal to dry skin, an innovative blend of green tea and bamboo shoot extract will heal dull and congested complexion and hydrate thirsty skin. This facial treatment will leave your skin deeply cleansed, revitalized and lifted for a brighter complexion and a relaxed mind.

Regenerative Facial - (70 mins) \$50

For sensitive and aging skin, a stimulating blend of pandan leaf and pink lotus extract will alleviate fine lines wrinkles and assist cell renewal and oxygenation. Perfect for improving skin and relieving stress.

Nurturing Facial - (70 mins) \$50

This facial treatment for dehydrated skin applies a rejuvenating blend of lotus flower and neroli extract that will reduce dryness and improve circulation. This facial will leave your skin purified, revitalized and mollified.