



menu

**bodia** spa

CAMBODIAN COCOON

# the harmony room

Our packages, in the private Bodia Harmony room with a thousand petals of flower, Jacuzzi and Steam, offer total and luxurious pampering for both couples or individuals alike. Advise to make reservation two hours in advance.

## • the full harmony pass

for 1 or 2 persons

Up to 180 min – 90 USD/pers.

Aromatherapy or traditional massage:

Bodia Classic – 60 min

Body Scrub – 30 min

Facial Treatment – 45 min

Floral bath and steam with essential oils

Mango fruit platter

Addition for Caudalie Brand: 20 USD/ pers

## • floral bath, jacuzzi & steam

for 1 or 2 persons

60 min – 25 USD / pers

A thousand jasmine and frangipani petals for perfect relaxation. Recom - mended at night surrounded with candles in our lush gardens.

## • in the mood for love

for 2 persons

Up to 220 min – 125 USD / pers

Offering you and your partner a unique, customized program : Including : body massage, body treatment and facial treatment (Caudalie Option +20USD), steam in the Bodia harmony room filled with a hundred scented candles and the play list of your choice. Enjoy a complementary half bottle of champagne and a fruit basket to make sure this a moment to be remembered for ever.

# beauty treatments

## • royal manicure and pedicure

Traditional Manicure with polish 10 USD

Traditional Beauty foot care with Polish 12 USD

## • waxing

Underarm wax 12 USD - Bikini wax 15 USD

Haft Leg wax 15 USD - Full Leg wax 26 USD

Upper lip wax 10 USD

## • for gentlemen

Chest 15 USD - Back and shoulder 18 USD

## • our treatments

Our philosophy is to treat you with the Ultimate products that nature gives us

## Caudalie –France

The grape-seed extracts have a high concentration of polyphenols, which help fight free radicals, and reduce aging. Furthermore, grape-seed extracts strengthen blood vessels and enhance micro-circulation.

Scrub: Caudalie crushed grape-seeds (Cabernet, Merlot, Sauvignon) mixed with brown sugar, pure Gironde honey, and organic essential oils

## Bodia nature Silk

Sericin from top-quality silk or raw silk yarn, obtained exclusively from the domesticated mulberry silkworm is a high molecular weight, water soluble glycoprotein isolated from silk. Sericin binds very effectively to the keratin from the skin and hair, to form a multifunctional protective film.

Bodia products protect your skin against harmful environmental influences.

The film leaves your skin with a smooth, silky feeling and substantiates several appropriate cosmetic effects.

Scrub: natural earth salt and mulberry Hydrating and nourishing: Sericin (Silk) Mulberry and Aloe Vera extracts

# bodia traditional massages

## • reflexology feet massage

60 min – 20 USD

Re-establish the energy flows throughout your body through acupressure point to improve circulation, ease pain and relax your body.

## • head back and shoulder massage

60 min – 24 USD

This Natural oil massages work to stimulate blood circulation and improves energy flow. The therapist focuses on the head, face, back, neck and shoulders to loosen muscles and ease tensions.

The therapeutic touch helps to improve the central nervous system and release stress.

## • bodia tonic

60 min – 26 USD/ 90 min - 36 / 120 min – 46 USD

This traditional Asian massage is a combination of acupressure and light stretching movements.

The massage is performed without oil and pay special attention to the back and legs. The treatment helps recover a smooth energy flow, increases flexibility of your body movement.

## • bodia slimming massage

60 min – 36 USD / 90 min – 48 USD

Cellulite - mostly on the hips, buttocks, and upper arms—usually results from sluggish circulation and poor elimination of toxins from the body. Bodia Slimming Massage, therapist will use correct sequences of basic massage strokes to soothe, tone and stimulate the whole area, boosting the blood supply to the tissues and increase the lymphatic drainage.

# aromatherapy massages

For the following massage, select your dedicated essential oil among 100% Natural Organic Bodia Nature Oils according to your needs.

## - eucalyptus

Cool the body and soothes emotions.

## - rosemary

Helps combat nervous, exhaustion and fatigue.

## - ginger

Reduces muscles and joint ache.

## - ylang ylang

Melts away anxiety, tension and stress

## • the bodia classic

60 min - 28 USD / 90 min – 38 USD

With the recognized virtue of essential oils, our therapist will deliver the energy flow through body. The treatment improves blood circulation, muscle relaxation, tension, mind and soul.

## • apsara indulgence

the ultimate body experience

60 min – 45 USD / 90 min – 55 USD

To discover Bodia Signature techniques, a 4 hands massage delivered by two therapists at same time. The treatment provides you a unique experience from top-toe.

## • bodia herbal compress massage

60 min – 30 USD/ 90 min – 44 USD/ 120 min – 55 USD

The Bodia Herbal Compress Massage combines the healing effects of an aromatherapy massage with the application of heated herbal Compress, the treatment purifies, relaxes, warms, relieves aches and pains and improves the blood circulation condition whilst stimulating the senses.

## body treatments

### • kampuchea body wrap

Fresh Mango, Plant Yogurt, Egg Yolk, and Honey  
60 min – 28 USD

A seasonal fresh mango body wrap, drains toxins and impurities from your body while relaxing and smoothing you from within. Plant Yogurt and Honey from the mountain are used to purify and hydrate while saturating your senses.

### • aloe vera body wrap

60 min – 28 USD

The healing property Aloe Vera has been known to assist in the damage skin by the sun. this relaxing wrap contains the anti-oxidant benefits from cucumber and Aloe Vera which makes the perfect accompaniment to any sun lover wanting a lasting tan and soft, smooth radiant skin, followed by hydrating care to revitalize your skin and moisturizing.

### • natural jasmine rice scrub

45 min – 26 USD

Cambodian's Jasmine rice, Black sticky rice to associated with Jasmine oil, Plain Yogurt, Honey, fresh Orange Juice function as gentle exfoliation to sooth, smooth and softening your skins in its natural way, followed by hydrating treatment to revitalize your skin.

### • aromatic salt scrub

Cambodian Sea Salt, Homemade Prolei powder, Rosemary and Eucalyptus, Essential Oil.

45 min – 26 USD

This body polish treatment use a combination of freshly ground sea salt mixed with homemade prolei ( Khmer Herbal ) powder, Rosemary and Eucalyptus Essential oils to rejuvenate and renew you skins cell.. Bodia cream massage concludes the treatments, leaving your skin as soft as velvet.

### • caudalie body scrub

45 min – 40 USD

Carefully researched to deep cleanse your skin with a sauvignon Blanc grape seed scrub with a unique defoliant, this fantastic treatment also utilizes a hydrating treatment to revitalize your skin.

## facial treatments

### • caudalie anti-aging & firming or whitening

Caudalie Products from France

60 min – 42 USD

Using Caudalie cosmetics, this one-of-a-kind treatment gives an instant lift and newfound glow. Advanced manual pro-lifting massage techniques optimize the products effectiveness and specialized micro-masques for the eye and lip contours provide additional benefits. Designed for mature skin to fight the effects of time and restore beauty.

### • radiance and protection

45 min – 28 USD

Suspending time, the treatment offers maximum protection against external factors and free radicals. Adapted for all skin types, it includes facial and neck massage to enhance relaxation. Leave skin looking balanced and refreshed.

### • rescue facial (for men)

45 min – 28 USD

A relaxing and cleansing facial treatment to rejuvenate your skin as well as counteracting skin irritation from shaving and sport related activities. Includes facial and neck massage.

### • fruity vitamin facial

the Bodia signature Cucumber toner, Black Sticky Rice Scrub and Mango Mask

45 min – 28 USD

Natural plain yoghurt with black sticky rice gently exfoliate your skin, Removing dead skin cells helps promoting cell glow Mango mask is associated with longevity and preserving youthfulness, It works as a natural moisturizer and encourages the growth of new skin.

# bodia package

## • bodia relaxation

180 min – 62 USD

The wonderfully calming experience is perfect for anyone suffering from a long journey or a hard day's activity. First a body massage will relax your mind, then an aromatic salt scrub will revitalize your skin and finally a vitamin facial treatment will ensure you are looking and feeling good.

Bodia Classic – 75 min

Aromatic Scrub – 30 min

Vitamin Facial – 60 min

Hydrating and nourishing body treatment – 15 min

## • the grapes evasion

180 min – 90 USD

For those who want the ultimate in spa experiences, let us take your body and mind and refresh you from the inside out with divine combination of Bodia classic and Caudalie treatment.

Bodia Classic – 75 min

Caudalie Scrub – 30 min

Anti-Aging and Firming Facial with Caudalie – 60 min

Hydrating and nourishing body treatment – 15 min

## • bodia refresh

120 min – 48 USD

The perfect combination for the sun kissed adventurer. Restore lost moisture in your skin while maintaining a long lasting and healthy glow, after a day of adventure in the sun.

Bodia Classic – 60 min

Aloe Vera Wrap – 45 min

Hydrating and nourishing body treatment – 15 min

## • silk and cocoon

120 min – 48 USD

A Gentle exfoliating treatment ; reflecting Cambodian's love for nature (Jasmine rice, Black sticky rice to associated with Jasmine oil, Plain Yogurt, Honey, fresh Orange Juice) followed by a hydrating treatment to revitalize your skin.

Bodia Classic – 75 min

Mulberry Scrub – 30 min

Hydrating and nourishing body treatment – 15 min

## • natural exotic wrap

120 min – 48 USD

An exotic mango body wrap (Fresh Mango, Plant Yogurt, Egg Yolk, and Cambodian's Honey) that is deep-cleansing, draws out oils and toxins as well as tightens tones and re-mineralizes the skin. It leaves the skin radiant and healthy. A gentle shower comes next followed by an essential oil massage and moisturizers.

Bodia classic – 75 min

Mango wrap (fresh mango, yougurt, honey)- 30 min

Hydrating and nourishing treatment – 15 min

## • tropical moisturizing

180 min – 64 USD

To customise a truly experience what Cambodia has to offer, this is a must for all travelers. The package combine of an exotic Aloe Vera / fresh Mango Body Wrap followed by an Aromatherapy massage and a radiant protection facial for women or rescue facial for gentlemen. While you relax and rejuvenate in traditional Khmer style, herbal tea and mango will be served to complete this very unique experience.

We only use for our treatments  
home made spa products  
& Caudalie products