



WELLNESS
SANCTUARY

MENU



WELLNESS
SANCTUARY

4 Elements 5 Senses

Samanea Wellness Journey

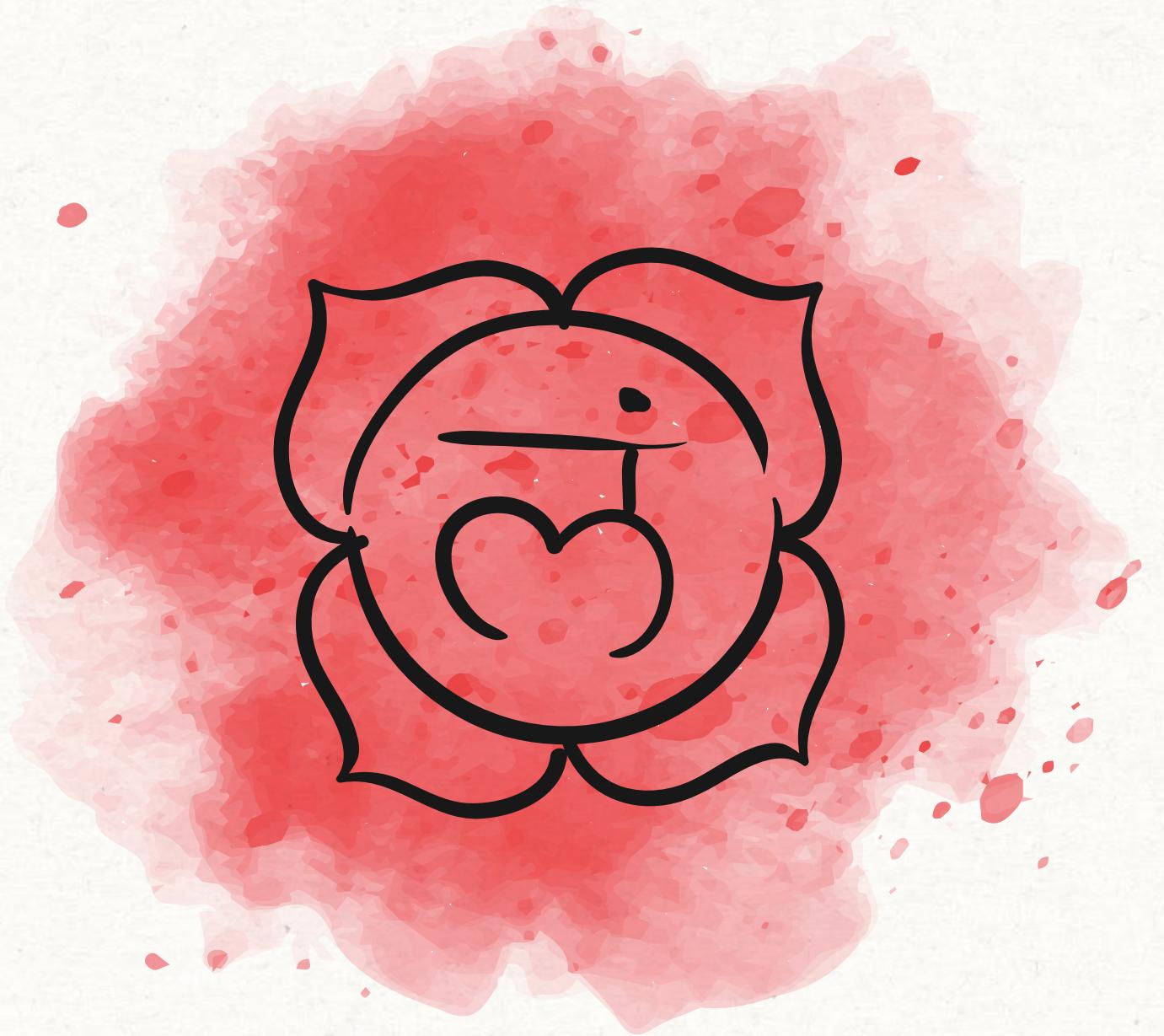
Where Nature Heals and Balance Begins

Discover a transformative escape at Samanea Wellness Sanctuary, where the wisdom of the elements and the power of the senses come together in perfect harmony.

Inspired by the majestic Samanea tree, a symbol of protection, growth, and renewal, our wellness journey draws on the elemental energies that govern the natural world, our sanctuary invites you to reconnect—with nature, with stillness, and with yourself.

Rooted in the four elements—Earth, Water, Air, and Fire—and awakened through the five senses, every experience is designed to restore balance and ignite inner healing. From ancient Khmer therapies to modern wellness rituals, you'll be immersed in a journey of renewal guided by nature's rhythm.

Nestled between the Tatai River and the untouched Cardamom Mountains, Samanea offers more than relaxation—it's a regenerative wellness journey. This is not just a wellness. It's your return to wholeness. Experience more than relaxation. Rediscover your natural state of harmony and wholeness.



PERSONALIZED WELLNESS DIAGNOSTICS

Tailored insights to guide your healing journey

Wellness Assessment and Consultation

Available exclusively for wellness retreat guests, the wellness assessment & consultation offers a personalized approach to your well-being. For regular wellness and spa guests, wellness assessment and consultations are available by appointment only.

This comprehensive evaluation provides a deeper understanding of your body's unique needs and allows us to recommend treatments specifically suited to your wellness goals.

Skin Analysis

Evaluates your skin's moisture, texture, and tone to identify any signs of aging, dehydration, or other concerns. We will recommend treatments that enhance your skin's health and appearance.

Element Analysis

Examines your unique elemental balance (Earth, Water, Fire, and Air) based on traditional oriental medicine. This analysis helps us recommend therapies to restore harmony and address physical or emotional imbalances.

3D Body Scanner

A cutting-edge wellness and fitness assessment tool that provides accurate 3D body scanning, detailed body composition analysis (BIA), comprehensive posture and skeletal evaluation, and precise circumference and body measurements — helping us create a personalized wellness plan tailored to your body's unique needs.

Chakra Analysis

Assesses the energy flow in your chakras to identify blockages that could affect your emotional or physical health. We offer therapies to restore balance and promote healing.

The SAMANEA Wellness Assessment

Offers a holistic approach to understanding your body, mind, and energy. By identifying imbalances and tailoring treatments to your needs, we can help you achieve lasting health and wellness. Start your journey today and experience transformative results with a personalized wellness plan.



SAMANEA SIGNATURE JOURNEYS

Nature-based rituals rooted in Khmer and Samanea wisdom

Office Syndrome Remedy

Duration : 60 minutes

Designed to counter the physical strain of desk-bound lifestyles, this targeted therapy focuses on relieving tension in the head, neck, shoulders, and back—areas most affected by prolonged sitting and poor posture. Using a blend of soothing palm strokes and precise thumb pressure along key meridian lines, this treatment helps ease muscle stiffness, improve circulation, and restore energy flow.

Perfect for relieving office-related fatigue, mental fog, and physical discomfort.

Foot Reflexology

Duration : 60 minutes

Reflex zones on the feet correspond to parts of the body, and applying pressure to tight areas stimulates and helps the body heal itself. Reflexology is great for general health, relieving tension, and improving blood circulation.

Traditional Khmer Massage with Herbal Compress

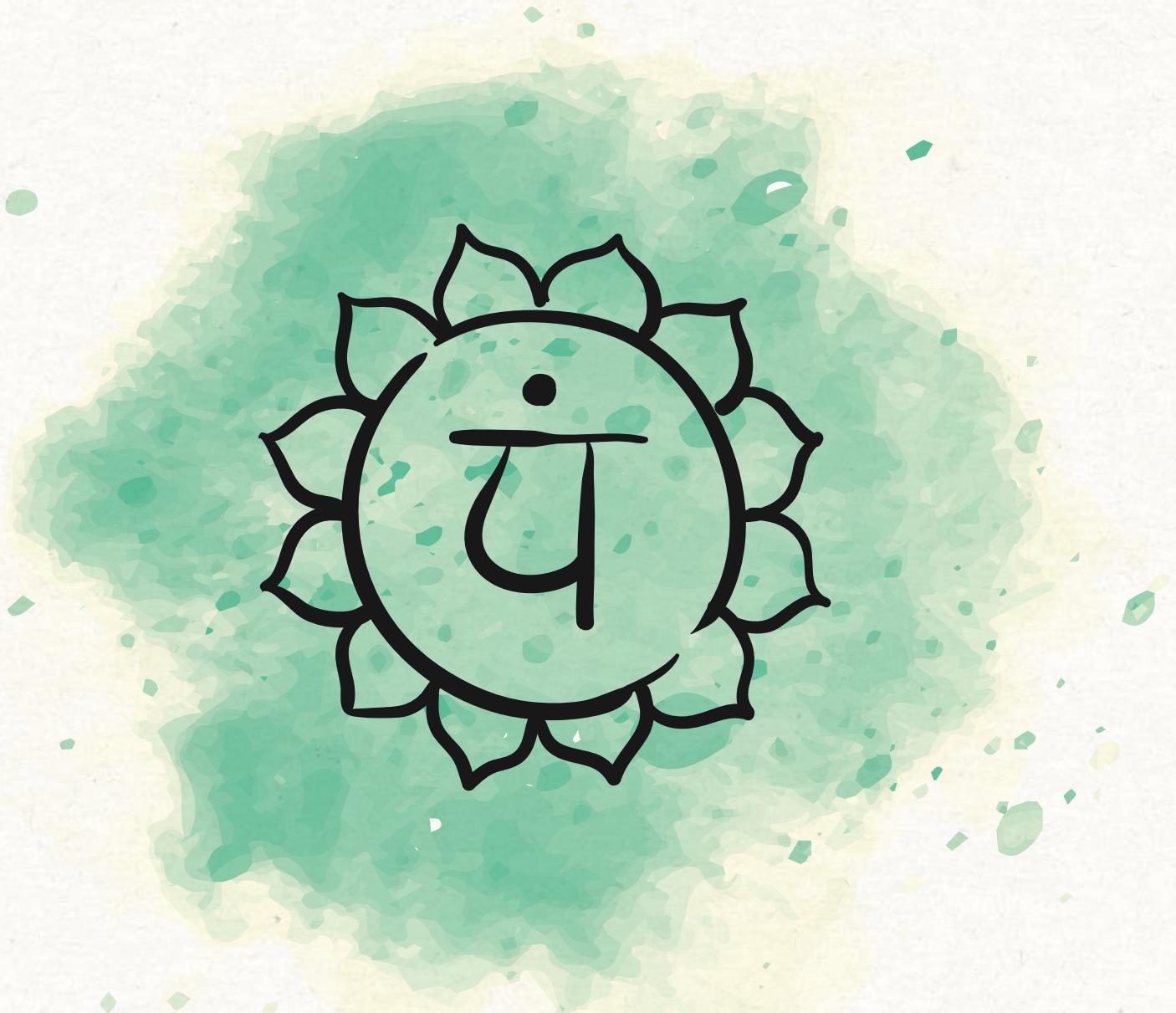
Duration : 90/120 minutes

A revitalizing Cambodian therapy that blends deep palm and thumb pressure with the healing warmth of steamed herbal compresses. Performed with herbal balm applied to areas of stiffness and without oil, while wearing a comfortable two-piece outfit, this treatment eases muscle tension, enhances flexibility, and promotes total body relaxation.

The Apsara Signature Massage

Duration : 60 minutes

Exclusively created for Samanea the Apsara Signature Massage a unique and graceful fusion inspired by traditional Khmer dance, this signature treatment combines the flowing elegance of classical movement with the therapeutic benefits of aromatherapy, Swedish massage, and pressure point techniques. Designed to restore balance, release tension, and awaken the senses, it offers a deeply cultural and holistic healing experience.



HOLISTIC BIOACTIVE BODY RITUALS

Farm to body treatments using active botanicals

Khmer Beauty Secret - Body Polish

Duration : 45 minutes

A natural, plant-based blend fresh from turmeric, ginger, and plai—an ancient Khmer beauty secret. This revitalizing scrub promotes deep cleansing and firming while restoring the skin's natural radiance. Rich in anti-inflammatory and analgesic properties, it's perfect for boosting circulation and soothing tired muscles after exercise or physical fatigue.

Khmer Beauty Secret Body Wrap

Duration : 45 minutes

A luxurious blend of phlai, orange peel, and traditional Khmer beauty ingredients—this ancient Khmer formula detoxifies, softens, and brightens the skin. Unveil a smoother, radiant glow with every wrap.

Detoxifying Body Mask

Duration : 45 minutes

A warming blend of ginger and black pepper stimulates and purifies, while honey and rice flour soothe and smooth. This natural mask detoxifies and revitalizes for fresh, radiant skin.

Cardamom Mt. Coffee & Honey Scrub Coffee & Honey Scrub

Duration : 45 minutes

Origin crafted from rich coffee and pure honey harvested in the heart of Cardamom Mountain. This natural blend gently exfoliates, deeply nourishes, and leaves skin soft, smooth, and radiant—straight from nature's untouched bounty.



ADVANCED TOUCH THERAPIES

When traditional meets science, energetic and element healing

Vital Flow Smoke Therapy

Duration : 60 minutes

A sacred wellness ritual rooted in traditional healing practices, this therapy harnesses the natural power of warm, aromatic herbal smoke to harmonize the body's internal energies. Gently applied around the abdomen and lower back, the herbal smoke promotes healthy digestion, eases bloating and stagnation, and soothes deep-seated muscle tension—especially in the lumbar region. This ritual is ideal for those seeking gentle detoxification, relief from digestive discomfort, or grounding after prolonged stress and fatigue.

Precaution: Not suitable during pregnancy or for individuals with heart conditions or high blood pressure.

Chakra Balancing Energy Alignment Therapy

Duration : 90 minutes

A synthesis of eastern and western energy therapies: will clear and release blockages in the body via an intuitive reading that identifies energy imbalances. Choosing appropriate aromatherapy oils to facilitate the alignment and detox blocked energy fields of the body with gentle tapping along meridian lines. Successfully treats stress / anxiety / depression / fatigue, injury or trauma, pain or inflammation, addictions, insomnia, head-aches/ migraine, jet-lag, female pelvic issues, and digestive disturbances.

Four Elements Therapy (Earth, Water, Fire, Air)

Duration : 90 minutes

A healing and personalized massage designed to balance and revitalize the four key elements Earth, Water, Wind and Fire within the body. This therapy aims to restore harmony, ease tension, and promote overall well-being by aligning the body's natural energies.

Chi Nei Tsang

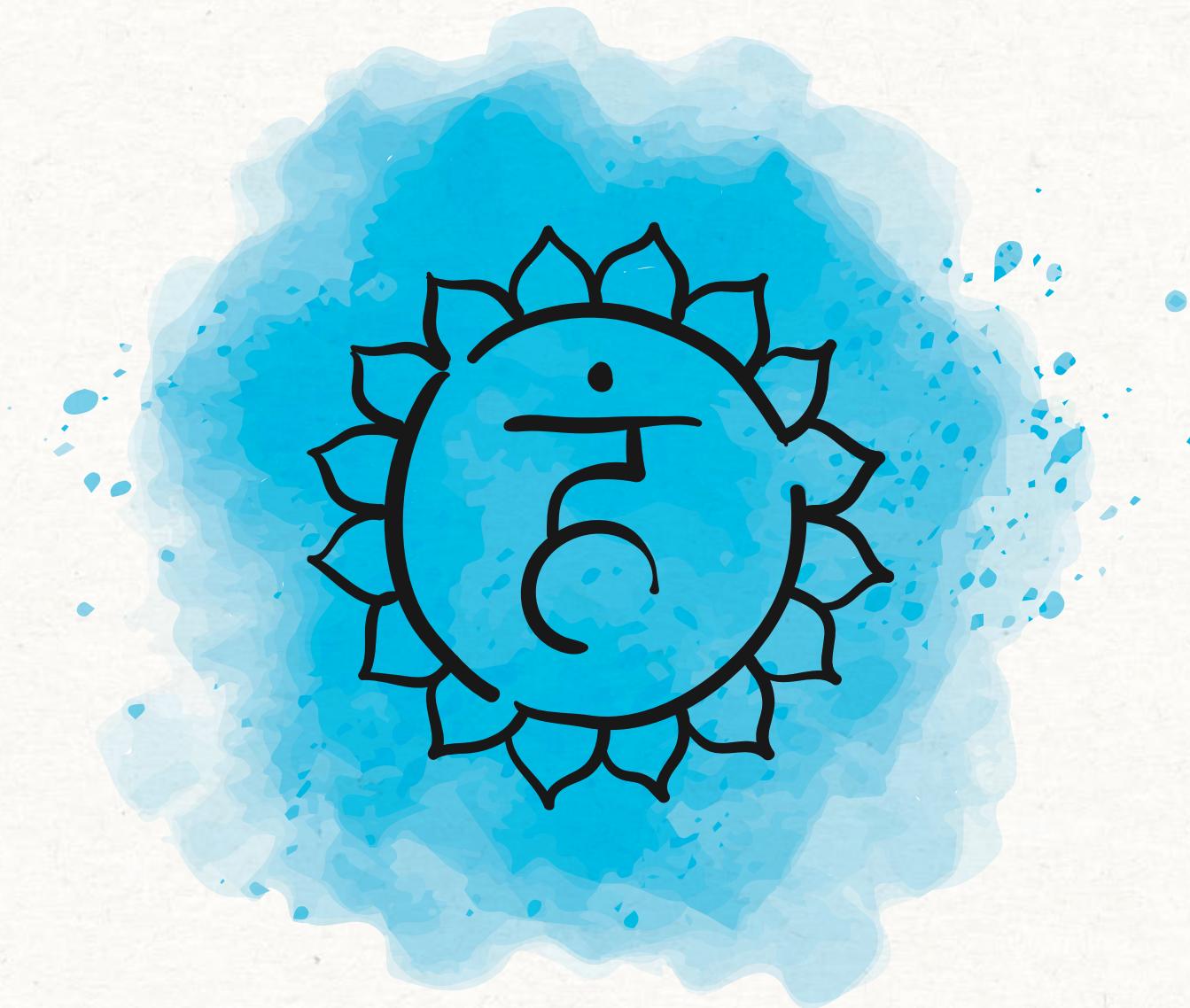
Duration : 90 minutes

A deep abdominal massage from traditional Chinese medicine to decongest the belly area and direct vital energy to your organs. This releases emotional tension as well as digestive issues.

Lymphatic Drainage

Duration : 60 minutes

Promote detoxification, reduce water retention, and smooth cellulite, leaving you with a more refined, toned silhouette.



REGENERATIVE SKIN RITUALS

Facials designed for urban detox, hydration, lift

Detoxifying Facial Treatment

(Deep Cleansing / All Skin Types)

Duration: 60 minutes

Detoxifying Facial purifying treatment designed to deeply cleanse and rebalance the skin. This facial targets clogged pores and environmental build-up using gentle exfoliation, steam, and a detoxifying mask.

Enriched with natural botanicals and antioxidants, it draws out impurities, refines skin texture, and restores a healthy, radiant glow. Perfect for dull, congested, or oily skin types.

Lift & Glow

(Anti-aging, Lift, Dullness, Wrinkles, Result-oriented)

Duration: 60 minutes

Achieve visible radiance with this powerful treatment. Designed to deliver fast results, it infuses the skin with anti-free radicals, advanced repairing peptides, and brightening agents.

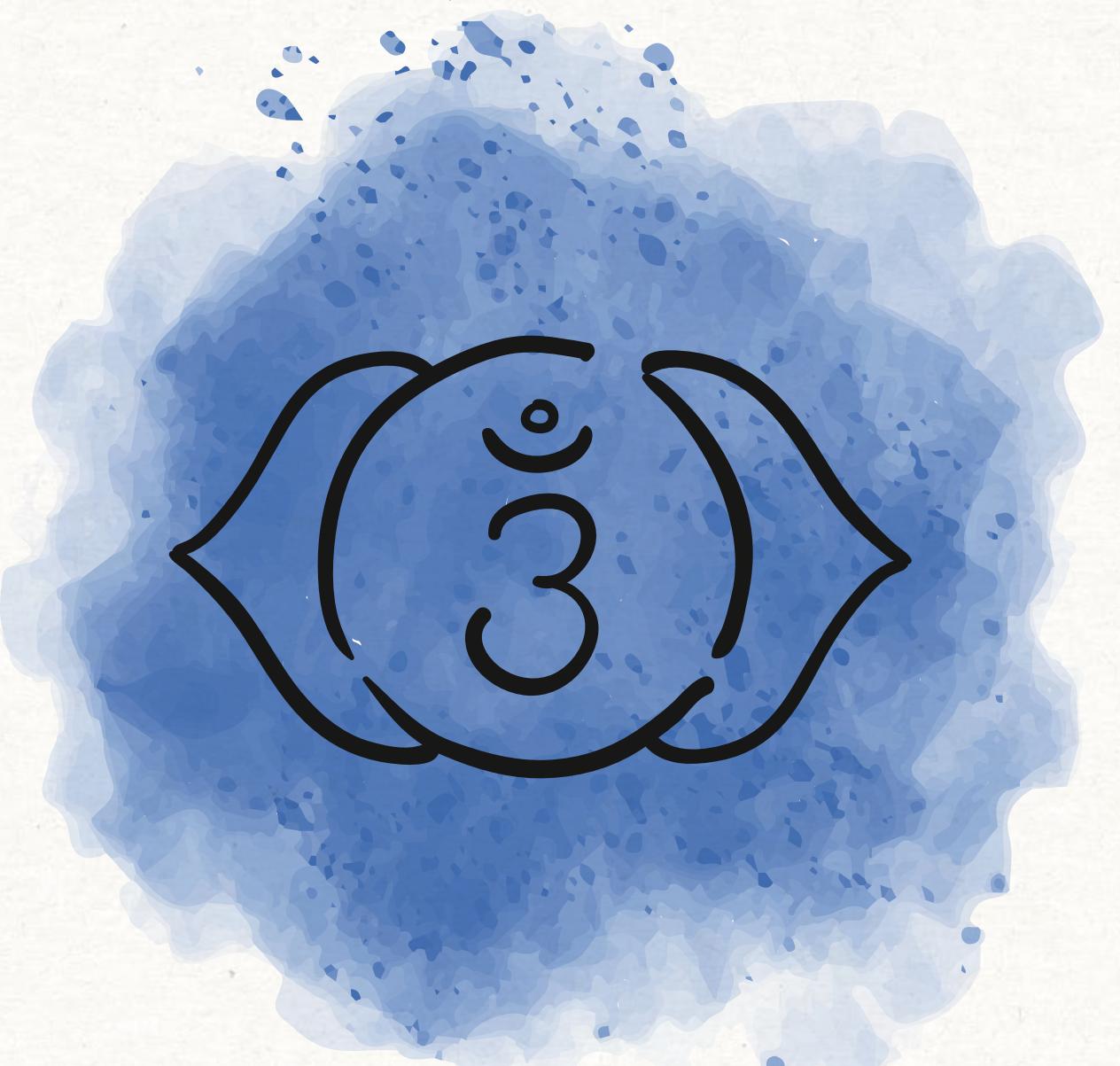
Hydrating Facial Treatment

(Recommended for Sensitive and Dehydrated Skin)

Duration: 60 minutes

Replenish moisture and restore your skin's natural glow with this deeply nourishing facial. Ideal for dry, dehydrated, or sensitive skin, this treatment uses gentle cleansing, exfoliation, and a rich hydrating mask infused with soothing botanical extracts. Skin is left feeling soft, supple, and refreshed with a healthy, dewy radiance.





ENERGY & SOUND HEALING

For stress resilience, trauma release & mindfulness

Tibetan Sound Therapy

Duration : 60 minutes

These ancient sound frequencies help clear energetic blockages, restore balance, and promote deep relaxation. Each bowl is carefully placed around the body to resonate with different chakras, creating a meditative experience that calms the nervous system, enhances emotional well-being, and encourages a deep sense of peace.

Crystal Bowl Therapy

Duration : 60 minutes

In an individual crystal bowl therapy session, the pure, harmonic sounds of crystal singing bowls are tuned to specific chakras, promoting healing and energy flow. Each note is designed to work with your body's energy field, helping to align and balance your chakras.

Forest Bathing & Meditation Session

Duration : 60 minutes

This personalized meditation session guides you to a place of inner calm, helping you focus and ground yourself. Whether you're new to meditation or a seasoned practitioner, this session provides tailored guidance to help you release stress, clear your mind, and reconnect with your inner self. It's a chance to gain clarity, improve mindfulness, and achieve a deep state of relaxation.





MOVEMENT & FUNCTIONAL WELLNESS

Restore vitality and flexibility in nature aligned-ways

Personal Training

Duration : 60 minutes

You'll learn techniques for staying motivated and inspired, and your personal trainer will work with you, cheering you on, keeping you up when you're feeling down and giving loads of advice on nutrition, diet and more.

Yoga, Pranayama & Breath Rituals

Duration : 60 minutes

Awaken body and mind in this guided practice combining gentle stretching, mindful movement, and breath control. Led by our expert yoga masters, each session is tailored to your ability—promoting inner calm, flexibility, and energy flow through conscious awareness.

Cardio & Fit Ball Mobility Class

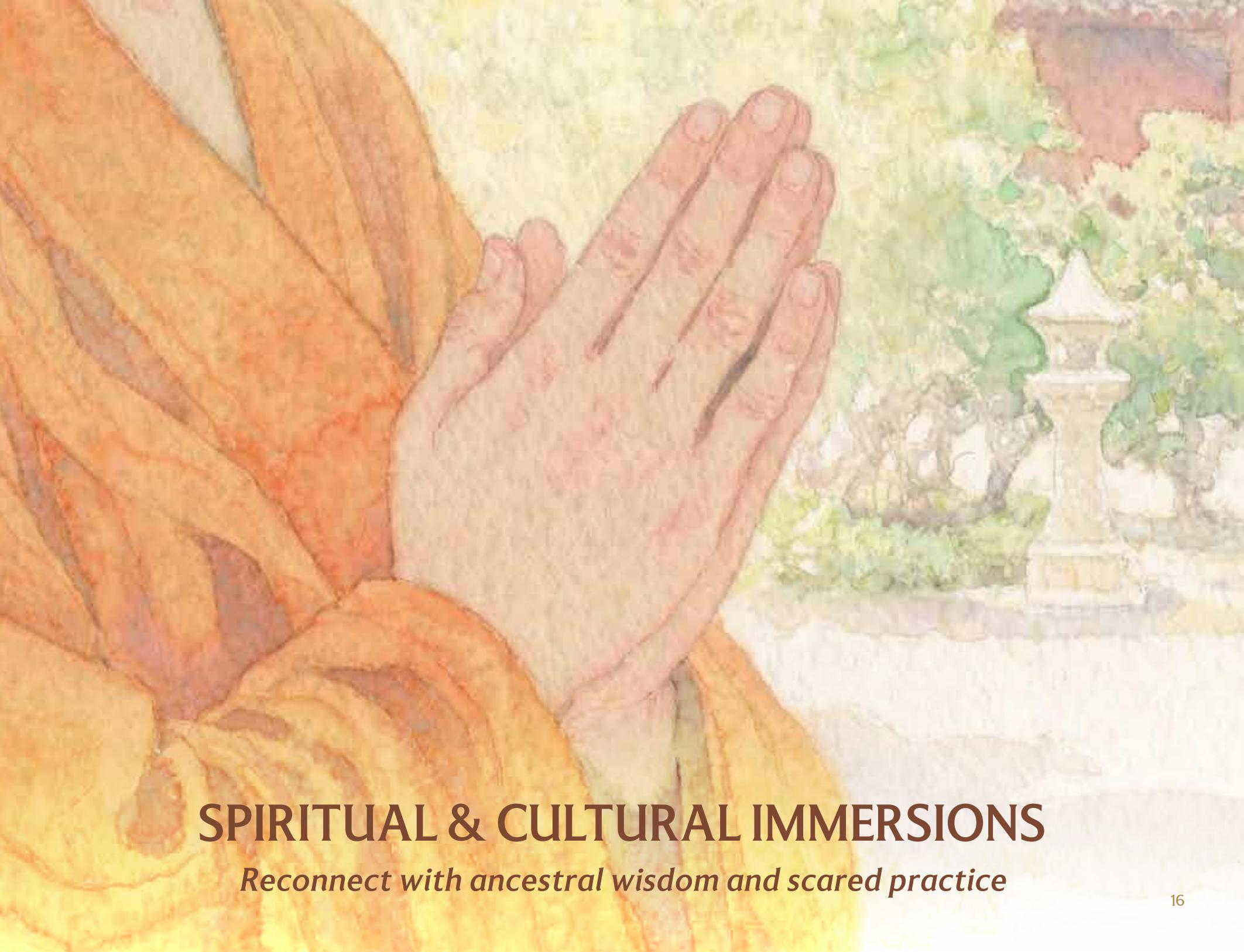
Duration : 90/120 minutes

Boost your heart health and core strength with a dynamic blend of cardio training and fit ball exercises. Ideal for all levels to improve endurance, posture, and total-body tone.

Pilates-Transformer & Stretching

Duration : 60 minutes

A mindful session combining pilates core control with deep stretching to enhance flexibility, relieve tension, and align mind and body through breath and movement. This helps in the development of personality, relieves pain, and reduces stress.



SPIRITUAL & CULTURAL IMMERSIONS

Reconnect with ancestral wisdom and sacred practice

Almsgiving to Monks

Day & Time: Every morning of the half-moon and full moon according to the Khmer calendar

Time : 7:00 AM – 7:30 AM

Location: Samanea Wellness Resort Entrance Gate

This sacred ritual, deeply rooted in Buddhist tradition, embodies gratitude, humility, and spiritual devotion. Participants offer alms—typically food or daily essentials—to the monks as an act of respect and reverence. In return, they receive blessings, creating a meaningful exchange that nurtures mindfulness, compassion, and inner peace. This timeless practice honors the spiritual cycle of giving and reflects the pursuit of merit in Khmer culture.

Temple Blessing

Duration : 60 -90 minutes

Step into a serene and sacred space where ancient traditions offer spiritual renewal. A temple blessing is a meaningful ceremony conducted by Buddhist monks, invoking protection, good fortune, and inner peace. Through sacred chants, holy water, and symbolic rituals, you are invited to release negativity and receive spiritual guidance. Whether seeking a fresh beginning, healing, or simply a moment of reflection, this experience.

River, Moon & Mountain Blessing

Duration : 60 -90 minutes

Full Moon Ritual / 8:00 PM / Riverside Terrace

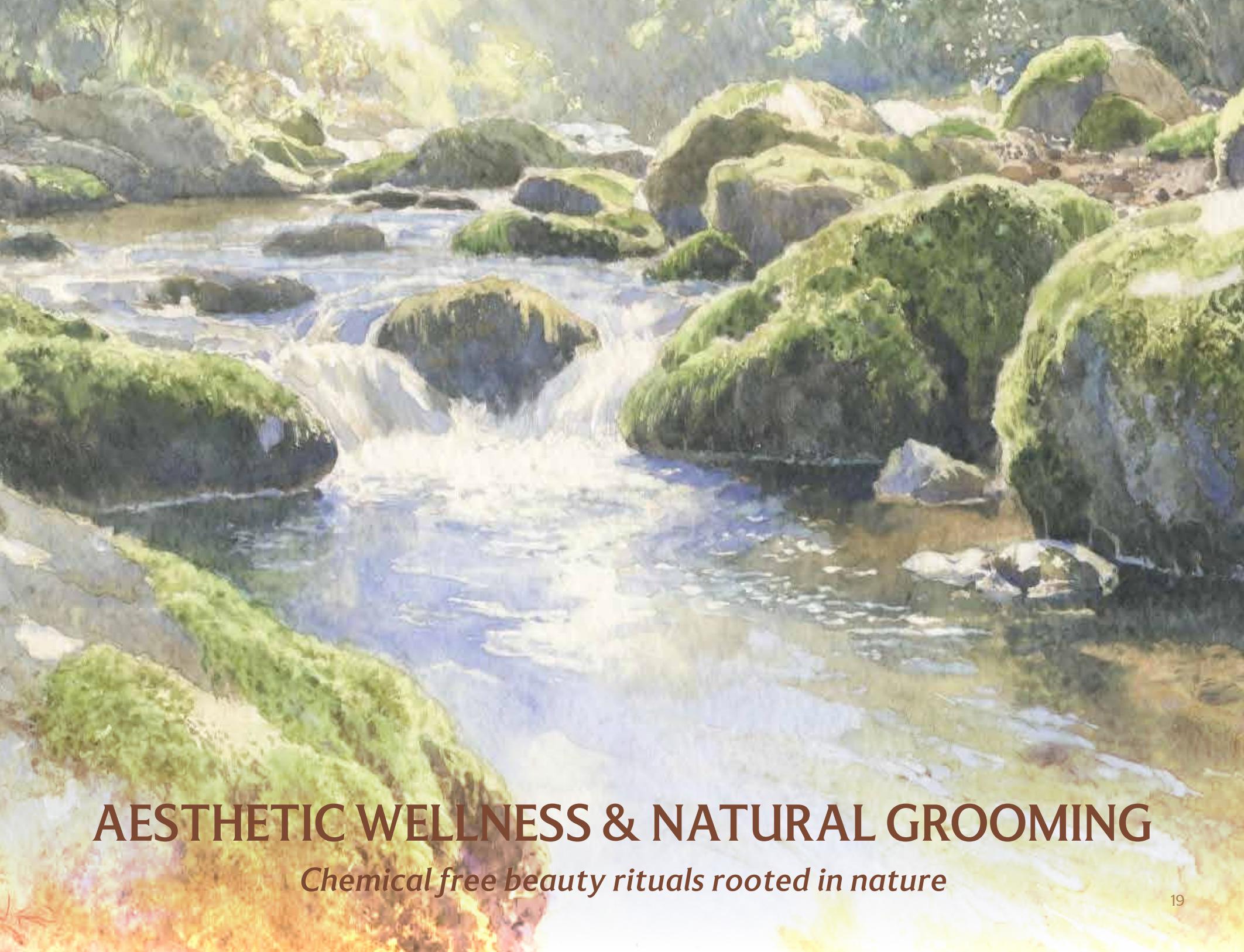
A serene and sacred ceremony held under the full moon, where the healing elements of river, moonlight, and mountain energy guide you through a journey of release, renewal, and inner alignment. Featuring water offerings, sound healing, guided meditation, and a closing ritual with warm cardamom tea—this experience is a return to nature, to stillness, and to your true self.

Spiritual Healing (Sombok Bonk)

Duration : 60 -90 minutes

Experience a deeply restorative Khmer healing ritual guided by a kru khmer (spiritual healer). Through sacred chants, prayers, and ritual offerings, this ceremony helps clear negative energy, restore inner harmony, and connect you to ancestral wisdom. Perfect for emotional release, spiritual alignment, and energetic renewal.





AESTHETIC WELLNESS & NATURAL GROOMING

Chemical free beauty rituals rooted in nature

Aloe Vera & Avocado – Dry Hair Mask

Duration : 90 minutes

Made with aloe vera gel, ripe avocado, coconut oil, and honey, this deeply hydrating mask is ideal for dull, dry hair, restoring moisture and softness.

Aloe Vera & Apple Cider Vinegar – Dandruff Control Mask

Duration : 90 minutes

Combining aloe vera gel, apple cider vinegar, and honey, this formula effectively reduces and prevents dandruff while soothing the scalp.

Waxing

- Lips
- Under Arm
- Eyebrow
- Bikini Line
- Half Leg
- Full Leg
- Brazilian Bikini

Hands & Feet

- Regular/ Gel color
- Spa Manicure
- Spa Pedicure
- Spa Manicure & Pedicure

Aloe Vera & Butterfly Pea Flower – Hair Fall Treatment

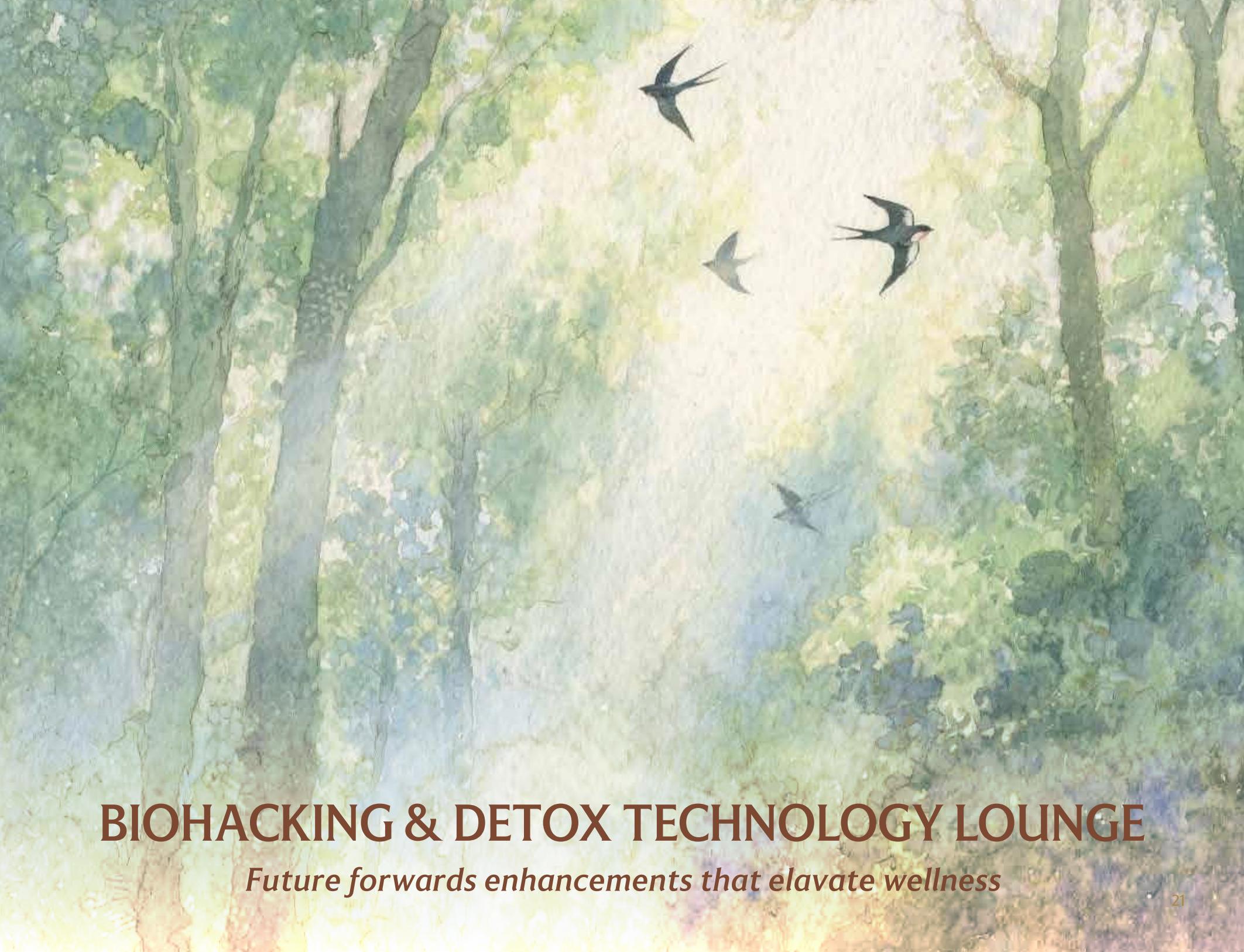
Duration : 90 minutes

A revitalizing blend of Aloe Vera and butterfly pea flower, this mask strengthens hair, prevents split ends, and repairs damage—promoting thicker, healthier growth.

Paraffin Treatment

Duration : 90 minutes

Paraffin Treatment for hands and feet Indulge in a deeply moisturizing and soothing paraffin treatment designed to nourish and soften the skin. Warm paraffin wax is gently applied to the hands and/or feet, helping to improve circulation, relieve joint stiffness, and lock in hydration.

A painting of a forest scene with four birds flying in the center.

BIOHACKING & DETOX TECHNOLOGY LOUNGE

Future forwards enhancements that elavate wellness

Himalayan Salt Cave Session

Inhale the healing properties of Himalayan salt, and let the soothing atmosphere promote relaxation and wellness.

- Single Session – 30 minutes
- Package of 5 Sessions – 30 minutes each
- Package of 10 Sessions – 30 minutes each

Hot and Cold Jacuzzi

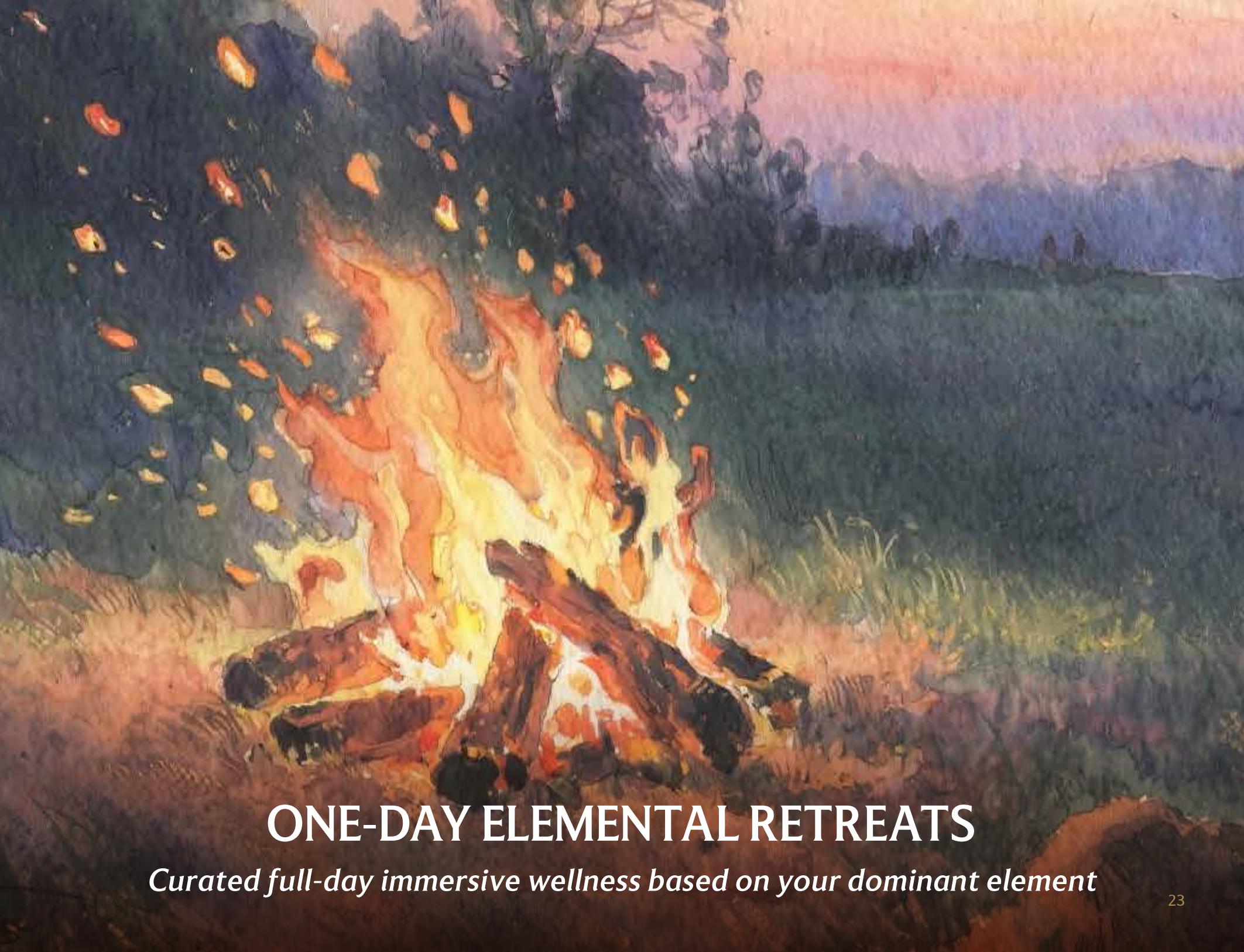
Alternating hot and cold jacuzzis stimulate circulation and invigorate the body—soothing heat melts away tension while icy plunges awaken the senses for total rejuvenation.

- Single Session – 30 minutes
- Package of 5 Sessions – 30 minutes each
- Package of 10 Sessions – 30 minutes each

Sauna

A warm, glowing sauna radiates soothing heat, inviting deep relaxation and full-body rejuvenation.

- Single Session – 30 minutes
- Package of 5 Sessions – 30 minutes each
- Package of 10 Sessions – 30 minutes each



ONE-DAY ELEMENTAL RETREATS

Curated full-day immersive wellness based on your dominant element



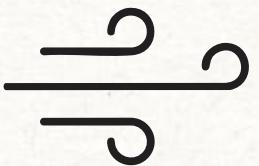
EARTH – Detox & Grounding

Reconnect with nature's stabilizing energy to release toxins and restore balance. Includes: Grounding Yin yoga, wellness drink- detox, detox wrap, lymphatic massage, earth harmony herbal tea and detox bite.



WATER – Rhythmic Renewal

Flow gently into emotional and physical cleansing through water-inspired therapies. Includes: Water aquatic movement, wellness drink-anti-oxidant, hydrotherapy, element massage, water flow herbal tea and dehydrate bite.



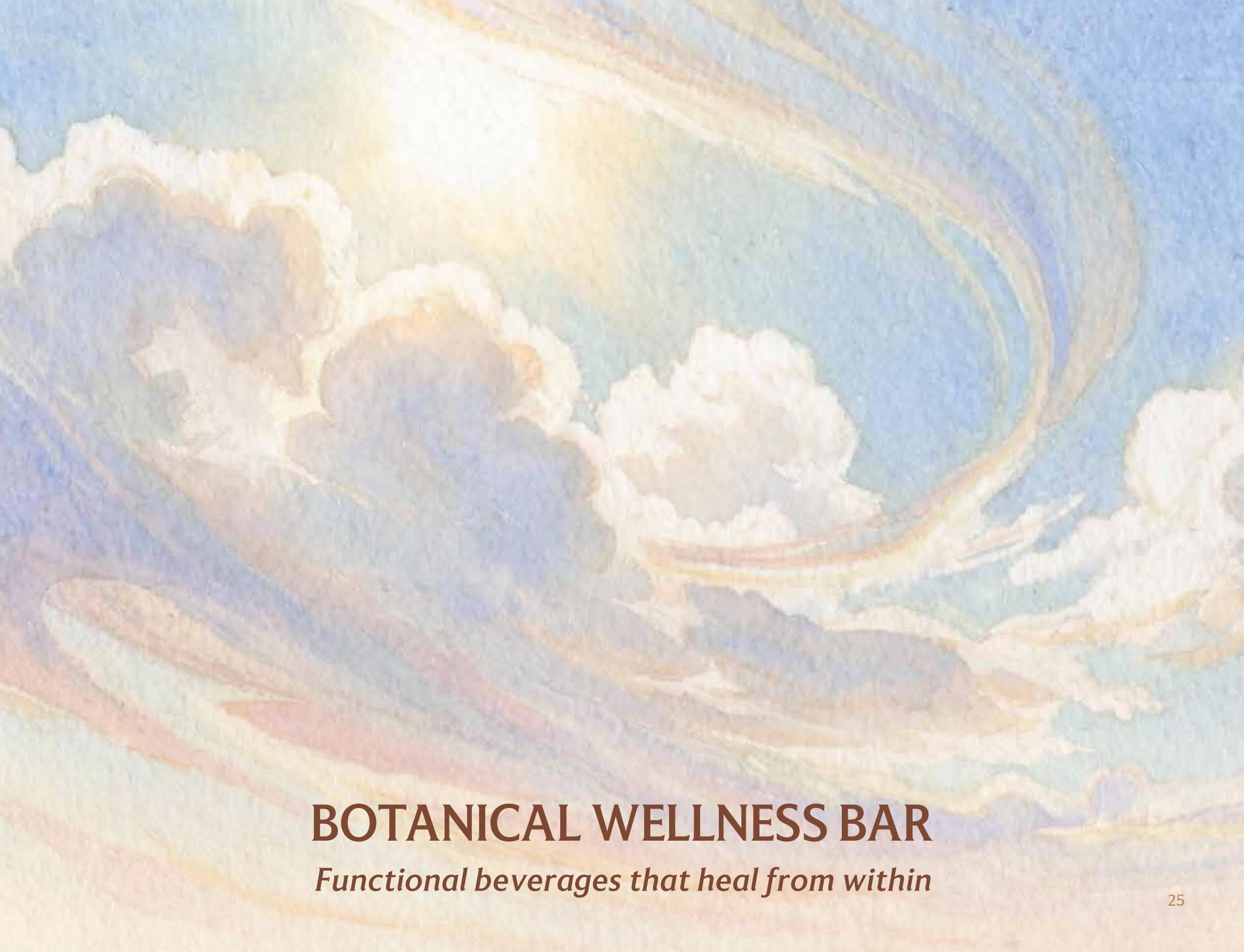
AIR – Breath & Flow

Lighten your mind and energy through breathrituals and mindful stillness. Includes: Air breathwork, wellness drink- refreshing, vital smoke therapy, salt cave, air. Calm herbal tea and refreshing bite.



FIRE – Vitality & Passion

Ignite inner drive with dynamic movement, warmth, and creative energy. Includes: Fire power yoga, wellness drink- revitalizing, Chakra balance therapy, sauna, fire cool herbal tea and energy bite.



BOTANICAL WELLNESS BAR

Functional beverages that heal from within

COLD AND SMOOTHY

(15 USD per selection)

ANTIOXIDANT: Papaya, pineapple & basil

REVITALIZING: Watermelon & pineapple

BRAIN POWER: Carrot, passion fruit, pineapple, lime

SKIN CARE: Dragon fruit, pineapple, guava

DETOX: Green apple, pineapple, cucumber, lime

REFRESHING: Passion fruit, lime & mint

ENERGY BOOSTER: Beetroot, apple, passion fruit

STRONG BONES: Green apple, beetroot, pineapple

POST WORKOUT: Coconut, kale, beetroot, turmeric, ginger, lime

WELLNESS TEA AND INFUSION

(15 USD per selection)

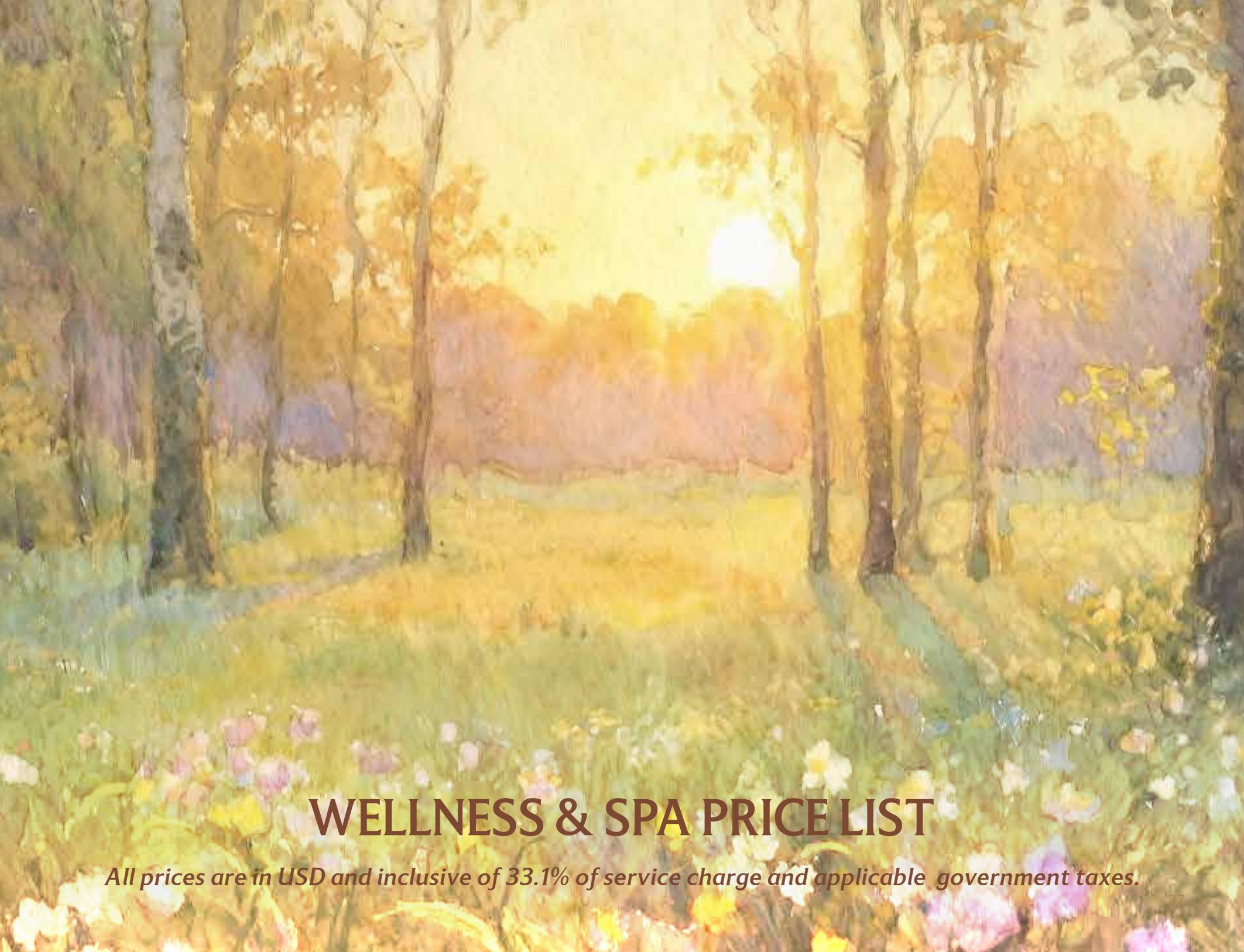
“Spice” INFUSION: Lemongrass, galangal, ginger, kaffir lime, Anti-inflammatory, antibacterial, antiviral

CHRYSANTHEMUM TEA: Used for hundreds of years in Chinese medicine, used to treat respiratory issues, high blood pressure, hyperthyroidism

TURMERIC HONEY ALMOND LATTE: Curcumin is known for its antioxidant & anti-inflammatory properties which benefit for digestion, detoxification and pain relief

ORGANIC MATCHA ALMOND LATTE: Plenty of antioxidants, helps to prevent heart disease, type 2 diabetes and cancer, encourages weight loss

PREBIOTIC KOMBUCHA: Prebiotics promote a healthy balance of gut bacteria and have been linked to a wide range of health benefits: weight loss, digestive health, immune function



WELLNESS & SPA PRICE LIST

All prices are in USD and inclusive of 33.1% of service charge and applicable government taxes.

WELLNESS SANCTUARY SERVICE PRICE LIST

Name of Treatment	Session Time /Mins	Price
Samanea Signature Journeys		
Office Syndrome Remedy	60 minutes	\$ 120
Foot Reflexology	60 minutes	\$ 120
Traditional Khmer Massage with Herbal Compress	90/120 minutes	\$ 120/\$ 160
The Apsara Signature Massage	60/90 minutes	\$ 120/\$ 160
Advanced Touch Therapies		
(Available by appointment only)		
Vital Flow Smoke Therapy	60 minutes	\$ 140
Chi Nei Tsang	60 minutes	\$ 140
Lymphatic Drainage Massage	60 minutes	\$ 140
Chakra Balancing Energy Alignment Massage Therapy	90 minutes	\$ 180
Four Elements Massage Therapy	90 minutes	\$ 180

WELLNESS SANCTUARY SERVICE PRICE LIST

Name of Treatment	Session Time /Mins	Price
Holistic Bioactive Body Rituals		
Asian Beauty Secret - Body Polish	45 minutes	\$ 90
Cardamom Mt. Coffee & Honey Scrub	45 minutes	\$ 90
Asian Secret Body Wrap	45 minutes	\$ 90
Detoxifying Body Mask	45 minutes	\$ 90
Regenerative Skin Rituals		
Detoxifying Facial Treatment	60 minutes	\$ 110
Hydrating Facial Treatment	60 minutes	\$ 110
Lift & Glow	60 minutes	\$ 115
Energy & Sound Healing		
Tibetan Sound Therapy	60 minutes	\$ 190
Crystal Bowl Therapy	60 minutes	\$ 190
Forest Bathing & Meditation Session	60 minutes	\$ 100

WELLNESS SANCTUARY SERVICE PRICE LIST

Name of Treatment	Session Time /Mins	Price
Movement & Functional Wellness		
Personal Training	60 minutes	\$ 50
Cardio & Fit Ball Mobility Class	60 minutes	\$ 50
Yoga, Pranayama & Breath Rituals	60 minutes	\$ 80
Pilates-Transformer & Stretching	60 minutes	\$ 80
Spiritual & Cultural Immersions		
Almsgiving to Monks	30-60 minutes	Complimentary
Temple Blessing	60-90 minutes	\$ 60
Spiritual Healing (Sombok Bonk)	60-90 minutes	\$ 60
River, Moon & Mountain Blessing	60-90 minutes	\$ 30
Aesthetic Wellness & Natural Grooming		
Aloe Vera & Avocado – Dry Hair Mask	90 minutes	\$ 100
Aloe Vera & Apple Cider Vinegar – Dandruff Control Mask	90 minutes	\$ 100
Aloe Vera & Butterfly Pea Flower – Hair Fall Treatment	90 minutes	\$ 100

WELLNESS SANCTUARY SERVICE PRICE LIST

Name of Treatment	Session Time /Mins	Price
Waxing		
Lips	25 minutes	\$ 50
Under Arm	25 minutes	\$ 50
Eyebrows	25 minutes	\$ 80
Bikini Line	45 minutes	\$ 80
Half Leg	45 minutes	
Full Leg	70 minutes	
Brazilian Bikini	80 minutes	
Hands & Feet		
Spa Manicure	Regular	Gel Color
Spa Manicure	50 minutes	\$ 80
Spa Pedicure	50 minutes	\$ 80
Paraffin Treatment - Hand	90 minutes	\$150
Paraffin Treatment - Feet	40 minutes	
	40 minutes	

WELLNESS SANCTUARY SERVICE PRICE LIST

Name of Treatment	Session Time /Mins	Price
Biohacking & Detox Technology Lounge		
Himalayan Salt Cave Session	Single Session – 30 minutes	\$ 40
	Package of 5 Sessions – 30 minutes each	\$ 200
	Package of 10 Sessions – 30 minutes each	\$ 350
Sauna	Single Session – 30 minutes	\$ 40
	Package of 5 Sessions – 30 minutes each	\$ 200
	Package of 10 Sessions – 30 minutes each	\$ 350
Hot and Cold Jacuzzi	Single Session – 30 minutes	\$ 40
	Package of 5 Sessions – 30 minutes each	\$ 200
	Package of 10 Sessions – 30 minutes each	\$ 350
One-Day Elemental Retreats		
Earth – Detox & Grounding	One Day Package	\$190
Water – Rhythmic Renewal	One Day Package	\$190
Air – Breath & Flow	One Day Package	\$190
Fire – Inner Warmth & Vitality	One Day Package	\$190
Personalized Wellness Diagnostics		
Samanea Wellness Assessment And Consultation	30-90 minutes depending on customers assessment result	\$ 150

ADDITIONAL INFORMATION

Wellness Sanctuary service hours available daily from
09:00 am - 07:00 pm

RESERVATIONS

Advanced booking is recommended to secure your preferred date and time of treatment. A credit card or room number is required at the time of booking to confirm your appointment.

CANCELLATION AND REFUND POLICY

12-hours' notice is required to re- schedule your appointment. Any cancellation with less than 12hours notice will incur a 50% cancellation fee. Full fee will be imposed for no-show.

SPECIAL CONSIDERATIONS

Guests who are pregnant or suffering with high blood pressure, heart conditions, allergies or any other medical conditions, are advised to consult their physician before signing up for any Spa and Wellness Services. Please highlight your medical condition to the Spa receptionist/ Wellness host.

VALUABLES

We recommend that you leave all jewelry and valuables in your villa before coming to the spa/ wellness center.

ETIQUETTE

Please keep noise to a minimum. Mobile phones and electronic devices should be switched to silent or vibrate mode. Smoking and consumption of alcohol during treatments is prohibited.

All prices are in USD and inclusive of 33.1% of service charge and applicable government taxes.



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