

KHMER TONICS

SPA

Shinta Mani Wild

Prey Praseth Village, Ou Bak Rothed Commune,
Kampong Seila District, Preah Sihanouk Province, Cambodia

Open hours: 9AM - 10PM



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WELCOME TO THE KHMER TONICS SPA

Cradled in the lush jungle hillside amid dramatic boulders, our signature Khmer Tonics Spa offers an all-natural selection of spa treatments and wellness experiences. Our Khmer Tonics products carry the international COSMOS-standard of certification, meeting thorough regulations and criteria set by five global authorities for the sustainable and humane production of natural, organic and chemical-free cosmetics. Immerse in the wild surroundings and indulge in pampering treatments in our forest spa, alongside to the pool, amongst the river-stones and natural plunge pools or on the balcony of your tent. Please know that all spa treatments are on us!

Shinta Mani Wild Signature Massage

60 minutes | 90 minutes

A deep tissue therapeutic body massage and easily our most popular massage! Everything about this experience is bespoke. Depending on your mood, your therapist will help you to choose from a selection of aromatic body oils specially formulated for our Khmer Tonics Spa:

- Oriental Artisan Body Oil (Jasmine & Ylang Ylang)
- Siam Roots Artisan Body Oil (Lemongrass & Ginger)
- Meditation Artisan Body Oil (Rosemary & Lavender)

Relaxing Aromatherapy Massage

60 minutes | 90 minutes

A relaxing and restorative aromatherapy massage recommended for those who prefer a soft tissue massage. A gentle blend of Rosemary & Lavender essential oils makes our Artisan Meditation Oil the perfect remedy to soothe your senses and relieve stress whilst promoting clarity, calm and contemplation. A nurturing experience inspired by nature.

Traditional Khmer Massage

60 minutes | 90 minutes

Experience the traditional Khmer art of healing. An oil-free or “dry” full body massage that applies a range of acupressure techniques and passive stretching to soothe tired muscles, reduce stress and ease away tension. This invigorating treatment promotes general wellbeing and will stand you in great stead for the adventures ahead. (Your therapist will provide a comfortable set of clothing to wear during your treatment)





Hot Stone Body Healing

90 minutes

Our natural and gently heated stones have a deeply healing effect on the muscles and tissues of the body. The warmed stones enhance the reviving properties and absorption of our Artisan Khmer Tonics Body Oils which your therapist will help you select to suit your needs. The gentle heat improves blood circulation and boost energy flow to stand you in good stead for the adventures ahead.

Khmer Herbal Heated Compress

90 minutes

An unforgettable experience! The hand-crafted herbal compresses, when gently heated, harness the exceptional healing properties of locally sourced medicinal plants, roots and herbs to relieve muscle stiffness, aches and fatigue. The effective rhythmic application of the heated compresses opens the pores and brings a deep medicinal heat to the tissues. Complimented with deep tissue techniques, this invigorating treatment helps to ground, restore and energise after a day of hiking, patrolling and foraging!

Khmer Tonics Body Scrub

60 minutes

Invigorate and moisturize your skin. Specifically designed to deeply cleanse and purify the body through a head-to-toe exfoliation. Our therapist can tailor this treatment to your skin type, choosing from our special Khmer Tonics Scrub selection.

Organic Khmer Tonics Facial

60 minutes

Enjoy a nourishing and detoxifying nature-inspired facial using certified organic ingredients. The Khmer Tonics facial combines a treatment tailored to your skin type with a facial cleanse, exfoliation, massage and clay masque to soothe the mind and balance the skin. This treatment will leave your skin looking cleansed and rejuvenated - just the way Mother Nature intended!





Foot Massage

30 minutes | 60 minutes

A 'must-have' after a day of foraging, patrolling and zip-lining! Put up your feet and allow your therapists skilful hands to identify pressure points and unblock energy channels on your feet. Your whole body will feel refreshed and renewed.

Scalp Massage

30 minutes | 60 minutes

The best way to relieve tension, headaches, sinus congestion and aching shoulders. This heavenly head and scalp massage works on the face, neck, head and shoulders and can be enjoyed either with or without oil.

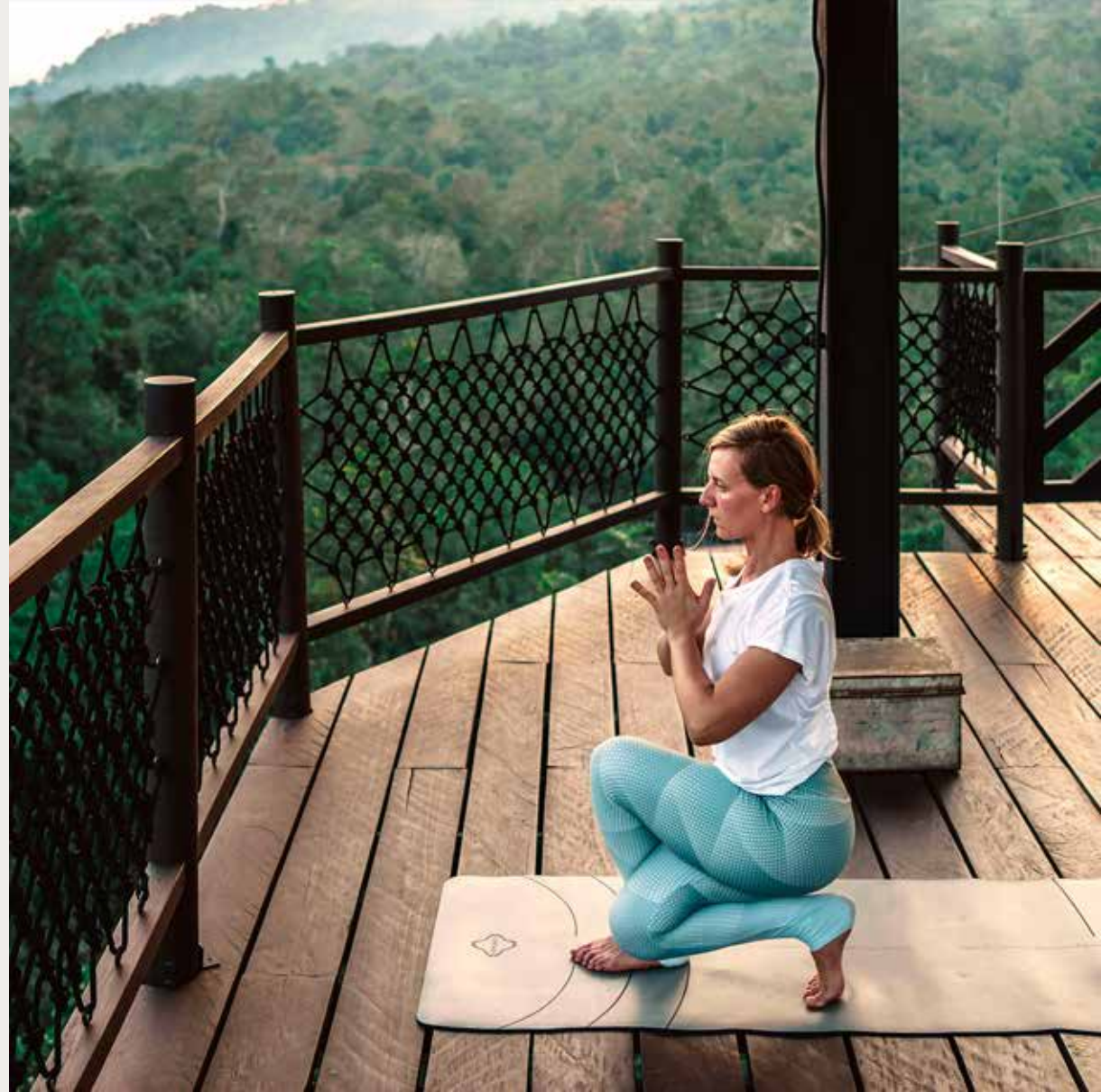


WELLNESS ACTIVITIES

Immersed in nature's playground and guided by the wild wonders of the jungle, our wellness activities are designed to naturally inspire health, vitality and well-being at every level. Each experience is tailored to your needs. Speak to your Bensley Adventure Butler to add any wellness activities to your stay.

Yoga

Cultivate strength, mobility, balance and a focused mind through the ancient practice of yoga. Every class is expertly lead by our Wellness Practitioner who will guide you through a series of asana (postures), pranayama (breath work) and meditation practices. Begin your adventures with yoga atop the far east tower at sunrise after which you can zip-line to breakfast! Not an early bird? That's ok, yoga can be enjoyed alfresco on a wooden platform alongside the river or on the balcony of your tent. Our naturally WILD surroundings will elevate your connection with yourself and with nature. Our yoga classes are for everyone, from beginners to advanced, all are welcome! Styles of practice include Hatha, Vinyasa, Yin and Kundalini Yoga. Speak to our Yoga and Wellness guide to help you choose the best practice for you.





Meditation, Sound Meditation and Breath Work

A practice of focused attention and mindfulness, aimed at calming the mind and achieving a heightened state of awareness. The addition of singing bowls can help individuals enter a meditative state more easily and help promote physical, emotional and spiritual wellbeing.



Sound Bath, 60 minutes

Using sound to provide an immersive sonic experience that promises to soothe the mind, restore balance and transport you to a realm of profound serenity. Vibrations create a sensory journey, facilitating relaxation, reducing stress and anxiety, and can help stimulate energy flow within the body.

Sound Healing, 90 minutes

Specific bowl compositions aligned to the 7 chakras are placed around, and at times, directly on the body. An ancient holistic practice that employs the vibrations and tones of singing bowls to restore balance and promote well-being, by resonating with the body at a cellular level, stimulating energy meridians, blood vessels, lymphs and nerves.