



SANCTUARY SPA

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SANCTUARY SPA

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RESET IN NATURE

Escape and rebalance.

Invigorate your mind and body at the tropical Sanctuary Spa, surrounded by endless lush greenery.

From the depths of nature's roots to the top of her trees, enjoy the full benefits of pristine natural ingredients.

Slow down, unwind and find lightness in everyday life with a choice of relaxing and invigorating treatments by expert therapists.

MASSAGES



TRADITIONAL KHMER MASSAGE

Oil-free Khmer massage, relieves tension from the deepest layers of your muscles and connective tissues. It uses stretches and compressions to release and remove blocked energy. Loose-fitting clothing provided.

60mins \$40

KHMER FUSION MASSAGE

Strong oil-free full body massage, combining Khmer and Thai techniques. Ideal for relieving aches, pains and strains. Loose-fitting clothing provided.

60mins \$40

90mins \$50

AROMATHERAPY MASSAGE

Full body massage using essential oils to relax the body and mind. Smooth and soothing movements will gently lull you into a realm of tranquil dreams, leaving you totally rejuvenated.

60mins \$45

90mins \$60

WARM COCONUT OIL MASSAGE

Full body massage with warm coconut oil to soothe and relax muscles, perfect if you are feeling tired or sore from physical activity. It keeps your skin rejuvenated, healthy and glowing.

60mins \$45

90mins \$60



DEEP TISSUE MASSAGE

Sports massage using different techniques that allow deeper penetration into and around the muscle areas. Please inform your therapist if any particular area needs more attention.

60mins \$45

90mins \$60

BACK NECK SHOULDER MASSAGE

Concentrating only on the back, neck and shoulders, this anti-stress massage will leave you feeling calm, revitalized and tension free. The 30 min option is perfect to combine with another treatment.

30mins \$35

60mins \$60

FOOT REFLEXOLOGY

This foot reflexology massage applies pressure to nerve endings in the feet that relate to all different organs of the body. This holistic healing technique helps restore balance and harmony to your body while aiding sleep and water retention. It also involves some calming lower leg and head massage.

60mins \$40

FACIALS *by Jurlique*



AROMATHERAPY FACIAL

A rejuvenating experience, including cleansing, hydrating, moisturizing, facial massage and mask designed to purify and promote beautiful, radiant skin. Tailored to your skin needs.

60mins \$60

DEEP CLEANSING FACIAL

Ideal for oily/combo skin. It leaves your skin looking and feeling thoroughly clean and glowing. A head massage will ensure you leave feeling totally refreshed.

60mins \$60

INTENSIVE FACIAL FOR MEN

An essential facial treatment to boost and detoxify men's skin. Precision cleansing, customized skin care, specifically for men, for more resilient skin and an impeccable complexion.

60mins \$60

RADIOFREQUENCY FACIAL

Radiofrequency treatment to tighten, firm, and lift the skin. It helps treating pigmentation, sun damage, scars, pores and wrinkles.

60mins \$60

DELUXE FACIAL

The ultimate in customized facial treatment. Warm thermal blankets will help you to relax your muscles while your face is deep cleansed using steam, hydrating compresses and extractions. The skin is then toned and refreshed with a herbal mist, while total relaxation is achieved through a shoulder, chest, neck, face and scalp massage. A face mask best suited for your skin type will then be applied, whilst further massage is performed on your arms and feet. To conclude this facial treatment, an aromatic moisturizer will make your skin look hydrated, youthful and radiant.

90mins \$70

Jurlique - environmentally conscious skin care. It embraces the life force of nature by growing potent botanicals in the unspoiled Australian Hills to create powerful & organic skin care from seed to skin.



BODY TREATMENTS



BODY SALT SCRUB

This superb body polishing treatment uses a combination of freshly ground salts with essential oils to moisturize and remineralize the skin. A lotion massage concludes the treatment, leaving your skin as soft as velvet.

60mins \$40

COFFEE DELIGHT SCRUB

A coffee scrub exfoliates the surface of your skin, lifting away dull, dead skin cells buildup and leaving you with a radiant complexion. Coffee is an excellent collagen booster that promotes healthy skin.

60mins \$40

TAMARIND SKIN EXFOLIATION

Using tamarind, honey and natural rice meal, this treatment uplifts, revives and exfoliates the skin. For centuries, honey has been used as a natural skin softener. Tamarind has cleansing and nourishing properties, giving your skin the most radiant glow.

60mins \$40

ALOE VERA WRAP

This unique wrap uses extracts of naturally healing Aloe Vera from our organic farm. Aloe vera is calming and normalizing to the skin, while it deeply replenishes and restores the skin's natural balance and vitality.

60mins \$40

LYMPHATIC DRAINAGE

A gentle massage stimulating circulation, removing excess fluid and metabolic wastes. It helps reduce cellulite and water retention, soothes tension and stimulates your immune system's defences.

60mins \$60

RADIOFREQUENCY THERAPY

Radiofrequency body contouring tightens the skin, removes fat and improves skin tone. It reduces cellulite, boosts collagen production and gets rid of fatty deposits. The treatment ends using an infrared sauna blanket, to improve sleep, release toxins, boost immunity, reduce stress, and more.

90mins \$70



SIGNATURE TREATMENTS



SANCTUARY SIGNATURE MASSAGE 90mins \$60

Designed exclusively for Sanctuary Spa, this transformative oil-based massage relieves tension from the deepest layers of your muscles, calms the mind and induces a feeling of general well-being. It blends fluid aromatherapy movements and toning stretches of a Khmer massage with herbal compress ball techniques.

SWEET DREAMS MASSAGE

The tranquil 90-minute treatment incorporates sleep-inducing massage and Tibetan singing bowls, combined with a special blend of essential oils designed to induce relaxation and sleep. The soothing sounds of the singing bowls help to decrease anxiety and tension and are therefore helpful for improving sleep.

90mins \$60

POWER OF MORINGA WRAP

This treatment uses nutrient-rich Moringa from our organic farm, with tamarind and honey. It clears your skin, prevents wrinkles and reduces the effects of free radicals on your skin.

60mins \$45

HONEY GINGER HOT CLAY WRAP

Ginger and honey boost your body's immune system. This wrap stimulates blood circulation, helps heal scars, clears acne-prone skin and tightens the skin.

60mins \$45



DELUXE PACKAGES

WELLNESS BLISS

For a completely relaxing experience, start with a sauna and natural pool, then choose your preferred oil-based Massage and any of our 60mins Facials.

SUPER SMOOTH

Sweep away dull, dry skin with a sauna and an invigorating Body Salt Scrub as it exfoliates and purifies leaving your skin smooth and soft. Then make your choice between a Deep Tissue or Aromatherapy Massage.

SOOTHE THE SPIRIT

This wonderfully calming experience is perfect for anyone suffering from a long journey or a hard day's activity. Start with a sauna and natural pool, followed by a Foot Reflexology and end with a Warm Coconut Oil Massage.

*For package commence with Sauna kindly bring your own swimwear.

2.5hr \$95

IMMUNITY BOOST

Start with Contrast Therapy, alternating sauna and natural pool. A honey ginger Clay Wrap will further improve your overall immune response, followed by a Lymphatic Drainage Massage to stimulate circulation. A homemade honey ginger tea will end this treatment, loaded with powerful anti-inflammatory properties

2.5hr \$85

SANCTUARY COUPLES RETREAT

To truly experience what our farm has to offer, this is a couple's perfect pampering package. A Coffee Delight Scrub is followed by a Warm Coconut Oil Massage and any of our 60mins Facials. Relax in the private outdoor jacuzzi, amidst a lush tropical setting. Homemade herbal tea and fresh fruit from our organic farm will complete this delightful experience.

2.5hr \$85

*Couple price only

2.5hr \$100

**3.5hr
\$130/person**





ADD-ONS

SAUNA AND NATURAL POOL

If you choose to follow your massage with heat therapy in our sauna, you'll enjoy the detoxifying benefits as your sweat and circulation whisks accumulated toxins and waste out of your system.

*Kindly bring your own swimwear

YOGA CLASS

Our Yoga shala offer the perfect environment for focusing on yourself and body and mind.

The Farmhouse Resort is regularly booked for group retreat and newcomers to enjoy this form of meditation and concentration. Available Monday to Saturday.

\$10 / Person 3.30PM

\$50 / Private class

\$15

TROPICAL JACUZZI

This outdoor hot tub with powerful whirlpools is a soothing addition to any treatment. Surrounded by tropical gardens, you will experience the calming energy of nature.

\$25

