

# SPA MENU



KNAI BANG CHATT



Relaxation and tranquility are key elements at Knai Bang Chatt and whether you choose a rejuvenating body treatment in the SPA or a relaxing massage just metres from the sea, our SPA will pamper and enchant you. Using pure essential oils and natural ingredients, our products are not just indulgent, but wonderful nourishment for your skin and body. Our full trained and qualified therapists with superb skills and human tenderness will help you achieve a state of pure bliss. The SPA is your private time to relax, unwind, recharge, and rejuvenate.

## **GENERAL INFORMATION**

### **OPENING HOURS**

Daily 10:00 – 22:00

### **ARRIVAL TIME**

Arriving 10 minutes early before schedule will enable us to tailor your treatment to your specific needs.

### **LATE ARRIVALS**

Arriving late will decrease your treatment time. Arrivals later than 15 minutes will result in cancellation of session and attract full cancellation fees

### **CANCELLATION POLICY**

Please give the SPA or Reception at least 24 hours' notice to cancel an appointment or a 50% cancellation charge may apply. Cancellations received within one hour of appointment, late arrival of 15 minutes or longer and a no show will be charged 100%.

*Pricing is inclusive of all taxes, exclusive of 7.5% service charge and 2.5% eco fee*

## TRADITIONAL MESSAGES

### FOOT REFLEXOLOGY

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A steady pressure applied to specific points of your foot will free any blockages in your nervous system and improve your overall energy flow.

60 min. USD32

### STRESS RELEASE MASSAGE

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This traditional therapy focuses on your head and shoulders. A steady pressure applied to specific points of your head and shoulder will free any blockages in your nervous system -- an ideal beginning to your stay at Knai Bang Chatt.

60 min. USD35

### TRADITIONAL KHMER MASSAGE

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A healing therapy that gives your whole body a smooth flow of energy, improves flexibility and stimulates your inner organs.

60 min. USD35

90 min. USD45

120 min. USD55

## AROMATHERAPY MESSAGES

### AROMATHERAPY MASSAGE

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An aroma oil massage therapy will quickly lift up your tense muscles, relax and soften your heart. Your choice of naturally formulated oils: Eucalyptus, Rosemary, Ginger, Ylang Ylang.

60 min. USD39

90 min. USD55

### HEAD , BACK & SHOULDER MASSAGE

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This natural oil massages work to stimulate blood circulation and improves energy flows. The therapist focuses on the back, neck and shoulder to loosen muscles and to ease tension. This massage helps to improve the central nerve system and stress.

60 min. USD39

### HERBAL COMPRESS MASSAGE

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Hot herbal compresses used in conjunction with Aromatherapy. This treatment helps to relief back pain and tendinitis, increases energy flow, improves circulation, relaxes muscles and stimulates nerves.

60 min. USD41

90 min. USD54

### FOUR HAND MASSAGE

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Two massage therapists, four hands, in harmony & superbly skilled to soothe your entire body and aching bones.

60 min. USD59

90 min. USD78

## BODY TREATMENTS

### KEP SALT SCRUB

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This body polish treatment uses freshly ground "Kep Sea Salt" mixes with homemade prolei (Khmer Herbal) powder, rosemary and eucalypts essential oils to rejuvenate and smooth your skin. Finish off with the Knai Bang Chatt cream massage that will leave your skin silky and soft.

60 min. USD39

### KNAI ORGANIC RICE SCRUB

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Natural and gently body exfoliation with local organic rice followed by hydrating treatment to revitalize your skin. (Plain yogurt, honey, fresh orange juice & Ylang Ylang essentials)

60 min. USD 45

### KEP BODY WRAP

Fresh mango body wrap reliefs skin of toxins and impurities while relaxing and soothing you from within. (Plain yogurt and natural honey from Kampot used to purity and hydrate your body)

60 MIN. USD 45

### ALOE VERA BODY WRAP

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The healing property of Aloe Vera has been known to help repair skin damaged by the sun. A hydration and moisturising process with Aloe Vera and cucumber, which contain antioxidant, revitalizes and gives radiance to your skin.

60 min. USD45

## FACIAL TREATMENTS

### RADIANCE AND PROTECTION

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

60 min. USD49

### FRUITY VITAMIN FACIAL

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Cucumber toner and black sticky rice gently exfoliate your skin, removing dead skin cells. Mango mask is associated with longevity and preserving youthfulness. It works as a natural moisturizer and encourages healthy skin growth.

60 min. USD 49

### RESCUE FACIAL (FOR MEN)

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

60 min. USD49

## BEAUTY TREATMENTS

Groom hands and feet, exfoliation, filing and shaping of nails, cuticle treatment, relaxing hand or foot massage and nail buffing to shimmering shine. Finish with a hydrating cream that leaves hands and/or feet soft and silky.

### SIGNATURE MANICURE

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60 Min | USD\$20

Signature pedicure

60 Min | USD\$20

### SIGNATURE PEDICURE AND MANICURE PACKAGE

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120 Min | USD\$38

### PEDICURE AND FOOT MASSAGE PACKAGE

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120 Min | USD\$42

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## PACKAGES

### MORNING REJUVENATION

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- Kep Salt Scub
- Kep Body Wrap
- Radiance & Protection facial
- 150 min USD 100

### DAYTIME RELAXATION

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- Aroma Therapy Massage
- Fruity Vitamin Facial
- 120 min USD 75

### AFTERNOON & NIGHT DREAM

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- Aroma Therapy
- Organic Rice Scrub
- Radiance & Protection Facial
- 150 min USD 88

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## YOGA & MEDITATION

Private yoga and meditation sessions range from 60 -90 minutes and take place on the lawn in the lush tropical gardens overlooking the gulf of Siam.

60 min 20 USD

90 min 25 USD

## WELL BEING SESSIONS

### FOR FLEXIBILITY

20-minute shoulders and neck area- flexibility and relaxation USD 10

20-minute hands and arms- flexibility of the joints USD 10

20-minute ankles, knees and hip- flexibility of the joints USD 10

20-minute lower back- flexibility and gentle stretching USD 10

20-minute lower back, hips and legs- stretching, loosening, pain relief USD 10

20-minute legs and hips- stretching and flexibility USD 10

20 -minute abdominal area- muscle toning and strengthening USD 10

### FOR IMPROVED BREATHING

20-minute arm swings- rejuvenating heart and lungs USD 10

20-minute basic breath series- relaxation, balance, mental clarity USD 10

20-minute healing addictions- breathing and meditation support USD 10

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## FOR MEDITATION

20-minute concentration, balance, mental clarity, healing USD10

Each series includes 4-5 exercises and takes 20 minutes to practice. You can combine different options to make for a longer and more comprehensive experience. Other combinations, responding to your individual needs, can be discussed with the spa staff and our well-being advisor.

Reservations required for all sessions.W

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*Direct to Spa Menu*

[www.knaibangchatt.com](http://www.knaibangchatt.com)

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