



THE AVIARY



THE AMRET SPA

Opening hours: 10am to 10pm



Benefits of Spa Oils

ROSEMARY

Rosemary essential oil is a mainstay in aromatherapy, not just for its pleasant smell but also because it's able to calm the body while energizing the mind. The health benefits of rosemary oil come free of side effects, helps reduce stress levels and nervous tension, boost mental activity, encourage clarity and insight, and relieve fatigue.

YLANG YLANG

Ylang Ylang essential oil can relieve depression in humans and is, therefore, often used in aromatherapy. It fights depression and relaxes the body, thereby driving away anxiety and sadness. It has several benefits such as alleviating anxiety and lowering blood pressure in some people.

LAVENDER

Lavender essential oil is one of the most popular and versatile essential oils used in aromatherapy. The oil promotes relaxation and is believed to treat allergies, depression, insomnia, eczema, nausea and stress relief.

LEMONGRASS

Lemongrass works well for people with oily and acne-prone skin. It can cleanse and detoxify the skin like a natural. Using lemongrass as an ingredient for a body scrub can help eliminate excess oils that cause acne. Lemongrass can also tighten pores and smoothen out or reduce wrinkles, making it an ideal skin toner.

GINGER

Used in aromatherapy applications, Ginger Oil is known for its stimulating and warming effects, which can enhance concentration while soothing and helps to ease arthritis, muscular aches, feelings of stress, sadness, anxiety, agitation, dizziness, and fatigue.

EUCALYPTUS

The benefits of Eucalyptus can be easily obtained through inhaling and diffusing. Aromatically, the compounds of Eucalyptus oil can promote feelings of a clear mind and relaxation. Eucalyptus oil also contains strong purifying properties that are advantageous for the skin.

The prices are all in USD, subject to 5% service charge.

Body Massages

KHMER TRADITIONAL MASSAGE

This massage is adapted from ancient Khmer healing practices dating back to the Angkorian Khmer Empire. Khmer massage is a combination of gentle stretching and deep pressure movement that apply along energy lines to relax the body and ease muscular tension. The therapist will concentrate on different parts of your body to really work those muscles. It will leave you feeling relaxed, balanced, and blissful.

90 mins - \$42 / 120 mins - \$52

AROMATHERAPY MASSAGE

This oil treatment is one of our signature treatments, boosts your energy, relaxes the senses, and motivates your mind through the use of different oils extracted from plants, flowers, seeds, and leaves that are grown in Cambodia. There are six celestial-scented essential oil to choose from, and each one has its unique benefit.

60 mins - \$32 / 90 mins - \$42

KHMER HERBAL COMPRESS MASSAGE

Khmer Herbal Compress massage combines the soothing and healing effects of an aromatherapy massage with the application of a heated Khmer herbal compress. The treatment purifies, relaxes, warms, and relieves aches and pains. Its benefit includes improved blood circulation and stimulation of the senses.

60 mins - \$34 / 90 mins - \$46 / 120 mins - \$56

SWEDISH MASSAGE

Swedish Massage is one of the most popular wellness treatments around the world. The therapist will combine a variety of massage techniques to help loosen up the tight muscles and joint stiffness and counter any stress. Using oil to lubricate the skin, your therapist will practice gliding massage strokes with kneading in addition to quick firm strokes.

60 mins - \$34 / 90 mins - \$46

The prices are all in USD, subject to 5% service charge.

FOUR HANDS MASSAGE

The ultimate body massage in this Sokkhak Spa's signature technique. You will be massaged by two therapists at the same time in synchronization with each other. The treatment provides you with an exceptionally revitalizing experience from head to toe.

60 mins - \$48 / 90 mins - \$59

Specialised Treatments

FOOT REFLEXOLOGY

Rebalance your energy flow throughout acupressure point treatment. After a quick feet washing, relaxing massage cream will be applied to the area, where gentle gliding and strokes begin. The varying amounts of pressure from stroking, pivoting, kneading, finger walking, and ankle rotation help to stimulate blood vessels in your feet conjuring up a gentle, soothing heat that immediately starts to relax you.

60 mins - \$27

ANTI-STRESS RELIEF MASSAGE

This healing therapy massage encourages relaxation, stimulates blood circulation, and improves energy flow. The therapist will focus on the head, face, neck, and shoulders to loosen up the muscles and ease tension. Therapeutic touch and compress help to improve the central nervous system and stress relief.

60 mins - \$29

The prices are all in USD, subject to 5% service charge.

Body Treatments

BODY BUFFING

Our skin naturally regenerates itself approximately every 28 days or four weeks and dead skin cells are shed off, it always benefits from a helping hand. Body buffing is one of the most instantly gratifying Spa Treatments you must consider as it is a type of full-body exfoliation that polishes your entire body to remove dead skin cells, promotes cell regeneration to encourage healthy skin, and moisturizes the skin. Think of it as a baby's soft skin, it also helps to rev up blood circulation, and stimulate lymphatic system functioning, and the result will last for weeks.

BODY WRAP

Body wraps and masks come in a variety of forms, we use all-natural local ingredients such as Avocado, Mango, Aloe Vera, Pumpkin, and Organic Sunflower Oil. There is a recipe for every skin type requirement, thereby you can adopt and blend the recipe to suit your personal preference and needs by adding a little wild honey or specific essential oil for extra moisture to treat problem zones.

BODY BRUSHING

Using light and upward movements, your therapist will work from the soles of your feet upward, stroke your skin with a Sisal Body Brush or Hemp Mitt to sweep and brush all over your body in the direction of your heart to boost your circulation and stimulate the lymphatic system. Body Brushing could help your body detoxify, reduce fluid retention and reduce the appearance of cellulite.

The prices are all in USD, subject to 5% service charge.

Body Scrubs

AVOCADO BODY SCRUB

This homemade recipe is one of the most unusual yet indulgent sensory experiences. Fresh Avocado and palm sugar particles are the best exfoliating components in a natural body scrub to soothe the skin, this remedy is for dry, dehydrated, and rough skin. It comprises dry body brushing, an avocado scrub, soothing body cream, and a warm-up with a relaxing head massage.

Ingredients: avocado, sugar, yoghurt and lavender oil.

55 mins - \$32

ENZYMATIC PUMPKIN SCRUB

In another of our traditional Khmer recipes to stimulate your circulation and soften your skin, the enzyme in pumpkin pulp, combine with black sticky rice powder help to dissolve dull and dead skin cells, revealing healthy radiant skin underneath. We begin with dry brushing, followed by pumpkin scrub, and moisturizing cream, finishing with a luxurious head massage. This treatment aims to purify your skin and relax your mind.

Ingredients: pumpkin seeds and pulp, Cambodian black sticky rice, coconut cream and olive oil.

55 mins - \$36

Body Wraps

AVOCADO BODY WRAP

Avocado is a natural ingredient for this treatment, an excellent source of vitamin C & E, antioxidants, and healthy unsaturated fat that helps protect your skin from oxidative damage caused by the sun, ultraviolet, and other environmental factors essentially, tropical climate such as Cambodia. This treatment is exceptionally gentle and cleansing. It leaves your skin smooth, supple and moisturized. The therapist will start with dry brushing all over your body, followed by a scrub and hydrating wrap, and concludes with a relaxing head massage.

Ingredients: avocado, dehydrated milk, honey and lavender oil.

60 mins - \$32

PUMPKIN BODY WRAP

Pumpkin is very versatile and suits all skin types, rich in vitamins A, C & E, minerals, and high antioxidants it soothes and softens your skin. Particularly this antioxidant protects skin against sun or wind damage and lowers the risk of cancer. This treatment starts with full-body dry brushing; body wrapping will then begin. While allowing the treatment to work its magic, our therapist will give you a relaxation head massage. Moisturizer body lotion will be applied to your skin to protect and soften it.

Ingredients: pumpkin seeds, coconut cream, honey and jojoba oil.

60 mins - \$36

Spa Packages

KHMER GETAWAY PACKAGE 120 mins - \$58

Ending your day with a rejuvenating, restorative body and facial treatment from this getaway package. Offered with Khmer Traditional or Aromatherapy Massage and a choice of body or facial treatment.

FULL AVOCADO PACKAGE 180 mins - \$72

Enjoy our special avocado-themed treatment, all rolled up into one. For those who want the ultimate in spa experiences, let us take your body and mind and refresh you from the inside out with:

Swedish massage : 75 min

Body brushing : 15 min

Avocado body scrub : 30 min

Skin moisture facial : 60 min

Hydrating and nourishing body treatment.

ENZYMATIC SPA PACKAGE 180 mins - \$76

Pumpkin is widely known as a rich source of Vitamin A - which soothes and softens your skin - as well as the regenerative antioxidant Vitamin C. This signature pumpkin-themed package features:

Aromatherapy massage : 75 min

Body brushing : 15 min

Enzymatic body scrub : 30 min

Skin refining facial : 60 min

Hydrating and nourishing treatment.

Facial Treatments

SKIN MOISTURE FACIAL

Pampered yourself with a homemade recipe, natural plain yoghurt mixed with black sticky rice gently exfoliates your skin to remove dead skin cells and making skin glow. Avocado mask will be applied, helps to fight any signs of ageing and to preserve youthfulness. Avocado has been long used as a natural moisturizer, encourages new skin cells to growth. This therapy is including a relaxing face, neck and shoulders massage.

60 mins - \$38

SKIN REFINE FACIAL

Using pumpkin, the treatment offers maximum protection against external factors and free radicals damaging. Adapted for all skin types, leave your skin looking balanced and refreshed. It includes a shoulder, neck and head massage to enhance relaxation.

60 mins - \$38

The prices are all in USD, subject to 5% service charge.

The Amret Spa Ingredients

Your skin is your body's largest organ and it reflects what you ingest, your lifestyle and your overall health and well-being. Sometime skin demands intensive care or special measures to bring it back into balance. Seasonal changes, hormonal swings, environmental factors, and stress levels can all add up to out of control skin oil complexion.

At Amret Spa we have chosen products with nature's own powerful herbs, botanical and marine ingredients to bring you a radiant, vibrantly healthy skin glow, with a shiny bright soft looks and "total body wellness"

AVOCADOS

Avocados are nutrient-rich and an excellent source of unsaturated oils that penetrate deep into skin tissue, providing nutrient absorption and a superior moisturizing effect.

The emollition of fruit and Avocado contains potassium, vitamins B, E, and K. Avocado oil also triggers the production of collagen, assisting to reduce wrinkles and improved skin tone. Avocado oil also adds to anti-ageing, after-sun care products, and hair care products as it can improve scalp health and moisturize hair.

PUMPKIN

Pumpkin benefits us and is used in several significant ways as a portion of skin food. Pumpkin enzymes facial is an essential nutrient that protects the skin, penetrates deep within pores, and absorbs quickly. Combining pumpkin treatments with a moisturizer and basic toner is an excellent skin restorative course of therapy. Pumpkin is rich in vitamin A and C, both are potent antioxidants that can help to destroy free radicals from damaging your skin.

In addition to vitamin A and C, pumpkin also contains vitamin E and, Torulitine. Pumpkin skin toner, peel, and anti-acne masks help to promote healthy skin, reduce pore size, reduce inflammation, control the production of oil and prevent the appearance of pimples and blemishes.

The prices are all in USD, subject to 5% service charge.





Manage By

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SOKKHAK SPA

Open everyday from:
10:00am - 10:00pm
(last booking 09:00pm)
www.sokkhakspa.com