



SALA SPA BY

បូជាស្ប៉ា
bodia spa
CAMBODIAN COCOON



TRADITIONAL MESSAGES

REFLEXOLOGY FEET MASSAGE

60 min – 25 USD 90 min – 34 USD

Unwind with this foot massage that re-establishes the energy flow throughout your body through acupressure points to improve circulation, ease pain and relax your body.

HEAD, BACK & SHOULDER MASSAGE

60 min – 29 USD 90 min – 39 USD

This natural oil massage works to stimulate blood circulation and improve energy flow. The therapist focuses on the head, face, back, neck and shoulders to loosen muscles and ease tensions. The therapeutic touch helps to improve the central nervous system and relieve stress.

BODIATONIC

60 min – 31 USD 90 min – 41 USD 120 min – 51 USD

This traditional Asian massage is a combination of acupressure and light stretching movements. The massage is performed without oil and pays special attention to the back and legs. The treatment helps Recover a smooth energy flow and increases the flexibility of your body movement.

SWEDISH MASSAGE

60 min – 35 USD 90 min – 45 USD

Of european origin, this massage is a combination of five classical technical movements with an application of oil and works perfectly to encourage relaxation, improve muscles flexibility, stimulate blood flow and help manage pain.

PRE & POST PREGNANCY MASSAGE

60 min – 34 USD

Using safflower oil, this massage helps to increase body awareness before childbirth, reduce swelling in hands and feet, release muscle tension and improve the circulatory system.



AROMATHERAPY MESSAGES

BODIA CLASSIC

60 min – 33 USD 90 min – 43 USD

With the recognized virtue of essential oils, our therapist will enhance the energy flow through your body. The treatment improves blood circulation, and muscle relaxation, and relieves tension by treating both The mind and soul.

APSARA INDULGENCE 4 HANDS MASSAGE

The ultimate body experience

60 min – 48 USD 90 min – 58 USD

To discover the Bodia Signature technique, indulge in this 4-hands massage delivered by two therapists at the same time. The treatment provides you with a unique experience from head to toe.

BALINESE MASSAGE

60 min – 34 USD 90 min – 44 USD

The traditional Balinese massage is designed to enhance immunity by stimulating lymphatic flow, increasing muscle flexibility, lessening Depression and anxiety and relieving migraine pain. It is believed to Relieve sleep disorders, muscle pains and sports injuries.

HERBAL COMPRESS MASSAGE

60 min – 36 USD 90 min – 46 USD 120 min – 56 USD

The Sala Herbal Compress massage combines the healing effects of an aromatherapy massage with the application of heated herbal compress. This treatment purifies, relaxes, warms, relieves aches and pains and improves blood circulation whilst stimulating the senses.

For the massages above, please select your dedicated essential oil from our 100% natural Organic Bodia nature Oils according to your needs.

• EUCALYPTUS•

Cools the body and soothes emotions.

• GINGER•

Reduces muscles and joints ache.

• LEMONGRASS•

Relieves headaches, joint and muscle tension and pains. Detoxifies the body; improves the functioning of nervous system.

• TANGERINE•

Boosts the immune system, helps removing toxins, increases blood circulation, reduces fluid retention, treats anxiety and stress.

• YLANG YLANG•

Melts away anxiety, stress.



BODY TREATMENTS

NATURAL JASMINE RICE SCRUB

60 min – 32 USD

Cambodian's jasmine rice, turmeric, tamarind seed associated with jasmine oil, function as a gentle exfoliant to soothe, smoothen and soften your skin in a natural way. This is followed by a hydrating treatment to revitalize your skin and The addition of Ylang Ylang oil favors moisturisation through acupressure points to improve circulation, ease pain and relax your body.

AROMATIC SALTY SCRUB

60 min – 32 USD

This body polish treatment uses a combination of freshly ground sea salt, mixed with homemade ponlei (Khmer Herbal) powder, rice powder and tangerine essential oils to rejuvenate and renew your skin cells. A Bodia cream massage concludes the treatment, leaving your skin as soft as velvet.

SPICY BODY WRAP

60 min – 32 USD

The healing benefits of the spicy ingredients such as moringa (marum) powder, clove powder, cinnamon powder, rice powder and fresh ginger are applied to relieve muscle aches and pains, to warm the body and improve blood circulation. It is also suited to relieve fever, headache, cold, help in preventing rheumatism and promote natural serum cholesterol.

TRADITIONAL BODY SCRAP

60 min – 32 USD

Real traditional Khmer scrub used since the Angkorian era, this treatment combines a mixture of noni forest roots, yellow ginger (ponlei), and fresh orange juice to remove dead skin cells, giving the skin a shiny, soft, and smooth look. This treatment rich in vitamins A, e & C also contributes to increasing skin moisture through the additional ginger oil.

BODIA TROPICAL WRAP

60 min – 32 USD

The healing property of papaya has been known to Assist in repairing damaged skin by the sun. This relaxing wrap contains the anti-oxidant benefits of papaya, fresh coconut milk, and fresh peppermint to remove toxins, cool the body, and soften and moisturize the skin.

FRUITY VITAMIN BODY

90 min – 50 USD

Offering a revitalizing moment, this treatment stimulates your senses with a unique exotic Bodia scrub using fresh passion fruits and pineapple, rich in Vitamin C and antioxidants to remove dead cells and refresh the skin.



FACIAL TREATMENTS

FRUITY VITAMIN FACIAL

60 min – 32 USD

Offering a luminous look to your skin, this treatment stimulates your senses with a unique exotic Bodia scrub using fresh passion fruits and pineapple, rich in Vitamin C and antioxidants to remove dead cells and refresh the skin.

AGE PREVENTION FACIAL

75 min – 34 USD

Adapted for all skins to prevent signs of aging, this treatment includes a gentle exfoliation with jasmine rice and rose Bodia facials and a natural peeling made with acid fruits to remove dead cells and rejuvenate the skin. Followed by a herbal compress massage, the treatment combines the relaxing benefits of warm compress application with the properties of the hibiscus plant.

RADIANCE AND PROTECTION FACIAL

75 min – 34 USD

Suspending time, the treatment offers maximum protection against external factors. Adapted for sensitive skin and dry skin, it consists of a monkey tea and black sticky rice scrub to gently exfoliate the skin. A combination of two masks deeply nourishes the skin, papaya, and palm sugar moisturize the skin, and a fresh Bodia coconut mask hydrates and restores the skin radiant's glow.

Traditional manicure with polish - 12 USD

Traditional Beauty Foot Care with polish - 15 USD

Royal beauty foot care with polish 90 min - 36 USD

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(incl. Beauty foot care with polish & Reflexology feet massage)

PLEASE CALL OUR RECEPTION *0* TO BOOK YOUR TREATMENT



bodia
NATURE



All the products are handcrafted using only the finest ingredients found in Cambodia's rich virgin landscape.



Thanks to Khmer remedies and beauty secrets, we offer our customers the opportunity to find relaxation, comfort and pleasure.

