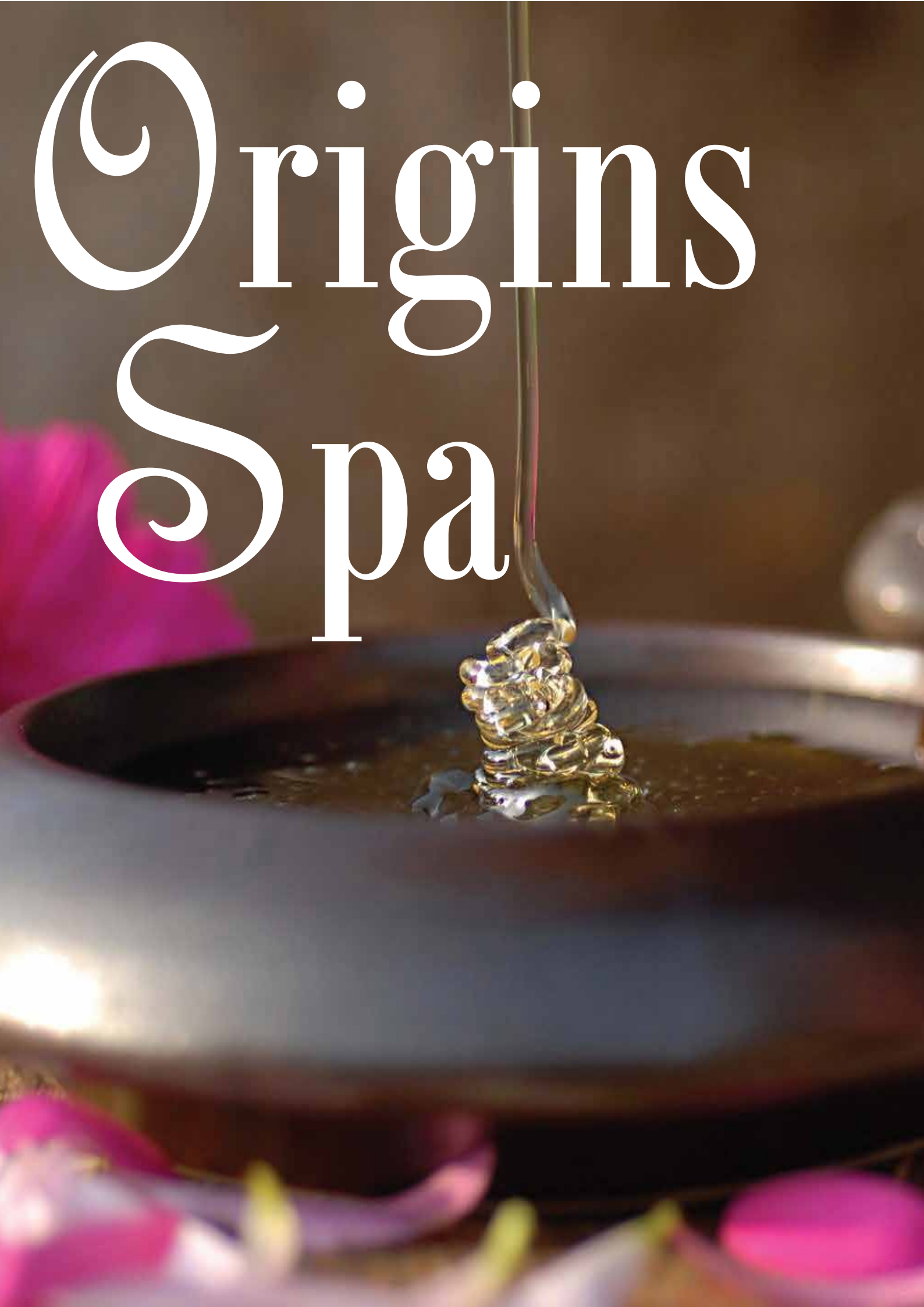


Origins Spa



Our Origins

Massages are a wonderful way to relax and unwind, and for many the perfect end to a hard day at the temples.

In 2010 we made the decision to train and develop our own massage team and following this open our own spa 'Origins'. One of our guiding principals at Sojourn is always to look for ways to provide employment for the people from within Treak Village. Massage and spa therapies has been no exception.

The challenge we faced was that the skills and experience did not exist within the village. As a result of this we decided to embark upon a training program which would provide an opportunity to local girls who otherwise have very few prospects. We developed and launched a traineeship program taking girls with little education and providing complete training on spa therapies. This started with 7 girls, 6 of whom are from Treak Village. Most have completed only a few years of schooling leaving early in their primary education. Their English was non existent and for many even reading and writing Khmer was a difficult task. These girls until now have worked only in the fields or laboring work.

The first year quickly passed and over this time the girls attended massage training with one of Siem Reaps leading spa's. This training initially focused on Aromatherapy Massage techniques and Traditional Khmer Massage as well as Manicure and Pedicure Treatments. Following this the girls returned to undertake further education on spa therapies including facial and body treatments. An additional three girls have now embarked upon this traineeship program and have joined the Origins team.

Our girls are now fully trained and are here to provide you with a range of relaxing and therapeutic treatments for body and soul.

We trust you will enjoy your Origins experience.



Facials



We offer two great facial ranges our Natural Facial range and Siam Botanical Facial range.

Facial treatments involve traditional deep cleansing, masking, toning and facial massage with the use of acupressure, lymphatic and aromatherapy massage to achieve a better complexion and give your face an invigorated glow. Old skin is gently exfoliated off, revealing the next fresh layer that is smoother, softer and vitally refreshed.

Natural Facials

60 mins - \$26

Using fresh natural and where possible organic ingredients our range of natural facials will leave you feeling and looking refreshed and rejuvenated. With the best natural ingredients like black rice, tamarind, wild honey, and cucumber your skin will glow. Each treatment includes a facial massage with aromatic jojoba oil designed to invigorate your skin and improve circulation.

Apsara's Secret - Brightening Facial

Organic Wild Honey, combined with Tamarind and Aloe Vera will leave your skin looking and feeling amazing. A cooling cucumber mask regenerates and refreshes skin.

Temple Delight - Nourishing Facial

Treat tired skin with this deep nourishing facial treatment. Using organic honey, aloe and mango this treatment improves your skin's texture from within.

Siam Botanicals Facials

Siam Botanicals' products are made with only the finest-quality natural ingredients and are free from artificial chemicals. Siam Botanicals are committed to responsible sourcing and their products are cruelty-free – they are never tested on animals.

Siam Botanicals' skincare range really is 100% natural. It is completely free from synthetic chemicals, fillers and artificial colours and fragrances. How can you tell? Because you don't need a degree in chemistry to understand our ingredients list. Take a look (the full list of ingredients for each product is clearly visible on our website because we have nothing to hide): you'll see natural cold pressed oils and herb, flower and fruit extracts... and absolutely nothing else. No parabens, no sulphates, no phthalates, no ethanolamine. Everything we put into our products is there because it offers a specific benefit to your skin or to your general wellbeing.



Siam Botanicals Organic Facials

Siam Botanicals offer 100% natural skin care using only the very best ingredients.

Much of the Siam Range is organic and it all smells and feels divine.

Our Siam Facials each involve eight treatment steps, including facial polish, relaxing massage, treatment mask and serum. Each treatment lasts 60 minutes and will leave your face looking and feeling amazing.

Hydrating Facial (perfect for everyone)

60 mins - \$30

Our Hydrating facial is perfect for those with normal to dry skin, or if you are feeling the effects of the Cambodian sun. With the benefits of Rosehip oil, known for its unique skincare properties it can help to smooth out fine lines, reduce blemishes and wrinkles. Jojoba is an excellent, easily absorbed, light, non-greasy emollient. The treatment is finished with the beautiful Rudis Oleum formulated to help restore your skin's natural balance and elasticity. Its nutrient-rich blend of cold-pressed raw oils, including the "miracle oils" Moringa and Argan, has powerful antioxidant properties that can prevent and repair sun damage and minimise premature wrinkling.

Anti Aging Facial (Mature Skin)

60 mins - \$30

Designed for mature skin our anti aging facial is designed to restore vitality to your complexion. We use beautiful organic ingredients including organic argan and moringa oils with the therapeutic benefits of juniper and patchouli essential oils. A Tamanu & Cucumber Face Balm is a natural healing and soothing formula that gently hydrates, improving the complexion and leaving your face bright and feeling refreshed. Juniper berry and grapefruit essential oils, also rich antioxidants, cleanse congested skin of the effects of pollution.

Your treatment is complete with the Rudis Oleum Replenish formula.

Detox Facial

60 mins - \$30

Perfect for skin feeling the effects of intense weather, make up and pollution. Our Detox facial will refreshen and hydrate your skin. With Juniper Berry, Rosewater, Jojoba and witch hazel your skin is cleansed and hydrated. The treatment finishes with a beautiful serum of Vitamin E and the natural essences and ethereal oils of lavender and grapefruit to help preserve the natural balance and elasticity of your skin and protect it from the harmful effects of extreme weather and pollution.

Complete with the Natural Balance Face Serum.

Please visit our Spa Reception to see a selection of the beautiful Siam Range

All prices are subject to 10% VAT & 5% Service Charge

Massage

Aromatherapy Massage	(60 mins)	\$26.00
Our most popular massage. Stimulate your senses to boost your body and relax the mind. A gentle relaxation massage that uses kneading techniques to help you unwind and relax.		
Traditional Khmer Massage	(90 mins)	\$32.00
An oil free massage that concentrates on pressure points and gentle stretching. The Traditional Khmer massage will leave you feeling rejuvenated. We strongly recommend a 90 minute treatment to ensure the full benefits of this therapy.		
Traditional Khmer Massage	(60 mins)	\$26.00
An oil free massage that concentrates on pressure points and gentle stretching. The Traditional Khmer massage will leave you feeling rejuvenated.		
Head, Back and Shoulders	(60 mins)	\$26.00
Focusing on your head, neck, back and shoulders this massage is designed to reduce stress, relieve muscles and ease tension.		
Foot Massage	(60 mins)	\$26.00
Our foot massage concentrates on the acupressure points on the feet. Relieves stress and tension and leaves you feeling refreshed.		

Manicure and Pedicure

Spa Manicure or Pedicure	(60mins)	\$19.00
Rejuvenate your nails with a warm soak & skin renewal scrub. Nails are filed and shaped. This treatment includes cuticle maintenance, moisture treatment & massage. Includes simple polish application. (French		
Spa Manicure / Pedicure Combined	(90 mins)	\$30.00
Rejuvenation from fingers to toes. Includes a warm soak & skin renewal scrub. This treatment includes cuticle maintenance, moisture treatment & massage. Includes simple polish application. (French Manicure +\$1)		



All prices are subject to 10% VAT & 5% Service Charge



Body Scrubs - 45 mins - \$24.00

This process is usually a preparatory treatment for wraps and massages. Our energizing body scrub treatments use natural ingredients to assist in exfoliation. Dead and dry skin is sloughed off, reviving and softening the new skin and improving circulation, leaving a fresh, healthy glow.

Coffee and Vanilla Bean Scrub

Rich in anti-oxidants this scrub is ideal for reinvigorating tired skin. Coffee reduces puckering and lessens the appearance of age spots.

Tamarind & Honey Scrub

Local fresh tamarind and honey combine to cleanse and calm your skin. Organic rice powder softly polishes your body improving circulation and removing dead skin cells.

Fresh Coconut and Rice Scrub

Coconut milk and freshly grated coconut combined with Cambodian Black rice moisturises whilst gently polishing the skin

Body Wraps - 45 mins - \$24.00

The body is literally painted in a natural concoction, wrapped and layered with towels for gentle warmth for around 20 minutes. While relaxing enjoy a head and scalp massage.

The complete treatment detoxifies the system, soothes the muscles and re-hydrates the skin.

Chocolate, Cardamom and Coconut Wrap Anti-Oxidant Treatment

The antibacterial properties of wild organic honey combine with the anti-oxidants found in chocolate to replenish and renew your skin., while coconut milk gently calms your skin.

Tropical Mango - Skin Smoothing & Healing

Mango is rich in Vitamin A & C and smooths and brightens your skin.

Organic honey restores skins natural moisture and has strong antibacterial and healing properties

Palm Sugar and Ponlei Wrap - Renewal

Ponlei or Yellow Ginger stimulates circulation, reduces inflammation and increases your skins elasticity. The 100% organic palm sugar promotes renewal and helps remove dead skin cells.

Additional Kaffir Lime Hair Treatment - With Wraps

While your skin is basking in the body wrap why not treat yourself to our invigorating Kaffir Lime Hair and Scalp treatment for only \$6

Body Scrub & Wrap - 120 mins - \$42.00

or \$46 with the Kaffir Lime Hair Treatment

Select any of our body scrubs and wraps for a complete body treatment.

All prices are subject to 10% VAT & 5% Service Charge

Ultimate Spa Packages

Body Glow \$46 (2.5 hours)

Glow from top to toe with a body scrub treatment, wrap and spa manicure or pedicure.
Select any body scrub and wrap from our menu.

The Escape \$40 (2 hours)

Designed to refresh and relax. Enjoy one of our luxurious scrubs followed by an hour long aromatherapy massage.
Two hours of total escapism.

Bliss \$40 (2 hours)

Enjoy your choice of any Natural Facial followed by an hour long aromatherapy massage.

Sojourn Signature \$75 (3.5 hours)

The ultimate pampering experience and the perfect way to complete your Sojourn experience. We start with your choice of body scrub and wrap to cleanse and treat your skin. While basking in your body wrap enjoy a Kaffir Lime Hair Treatment. After your body wrap enjoy a refreshing drink and a delicious spa treat in your garden oasis.
This is followed by an hour long aromatherapy massage.



Siam Botanicals

Siam Botanicals offer 100% natural skin care using only the very best ingredients. Much of the Siam Range is organic and it all smells and feels divine. Why not take home some Siam Botanicals and keep your skin looking and feeling amazing.



Tamanu & Cucumber Face Balm
As featured in our Anti Aging facial. 20g
A healing face balm for weather damaged skin.
\$11



Argan & Moringa Face Polish 20g
As featured in our Anti Aging Facial. Moisturizing, cleansing and exfoliating
\$13



Sugar and Honey Face Polish 20g
As featured in our Hydrating Facial. Brightening and healing.
\$13



Oriental Shampoo 100g
As featured in our rooms With jasmine and ylang ylang.
\$10



Oriental Conditioner 90g
As featured in our rooms. With jasmine and ylang ylang.
\$15



Oriental Body Lotion 90g
As featured in our rooms With jasmine and ylang ylang.
\$13



Organic Rosehip and Jojoba Facial Oil 24g
Enjoyed in all our facial treatments
\$19



Rose Water Bulgarian
The perfect toner or skin pick me up. 50g
\$17



Natural Balance Face Serum
As featured in our Detox facial 24g
Everyday use, nutrient rich.
\$20



Witch hazel & Tea Tree Facial
As featured in our Hydrating and Detox facials 24g
\$17



White Clay Mask
As featured in our Detox facial 100g
Ideal for all skin types
\$21



Rudis Oleum Face Oil Day Formula
\$25 24g
As featured in our Hydrating and Detox facials.
Premium face care

Please note pictures are indicative only. We may not carry all items at all times.

All prices are subject to 10% VAT & 5% Service Charge

Glossary Of Ingredients

Aloe Vera	One of the most respected medicinal plants, with soothing, antibacterial and healing properties. Aloe Vera also has antifungal and anti viral compounds.
Cardamom	Cambodia is home to the Cardamom Mountains. The spice is widely used in Asia and has uplifting and invigorating properties.
Chocolate	Rejuvenating and nourishing. The free radicals found in chocolate help protect skins natural elastin and collagen levels. Chocolate also releases 'feel good' endorphins leaving you with a sense of relaxation and well being.
Coconut	A mega rich source of vitamin E, coconut oil is a powerful anti-oxidant, antibacterial and antifungal agent. Coconut oil restores the skins PH level leaving skin smooth and soft.
Coffee	Renowned for its anti cellulite properties, the caffeine found in coffee is very effective in breaking down the fat cells which cause cellulite. High in anti- oxidants it leaves skin smooth while also strengthening from within.
Cucumber	Containing an abundant source of Silica and Ascorbic acid, cucumber really is skins best friend!! Besides calming and rejuvenating, cucumber works as an excellent toner leaving skin tighter and brighter.
Honey	Long prized for its amazing healing properties, honey is able to rebuild the moisture levels of the skin at a cellular level. It is antibacterial, antiseptic and also calming to the skin.
Kaffir Lime	Used in Asia for centuries to cure hair loss and dandruff. It leaves hair squeaky clean and invigorates the scalp by increasing circulation. Known in Cambodia as 'Smiley Lime' Kaffir lime will brighten your mental outlook and put a smile on your face!
Mango	Rich in Vitamin A (Beta- Carotene) mango provides skin with powerful anti- oxidants. It helps in the regeneration of skin cells and improves skins elasticity.
Palm Sugar	Loaded with minerals and glycolic acid, Palm Sugar conditions and guards skin against harmful toxins.
Ponlei/Yellow Ginger	Used by many women in Cambodia, Ponlei is prized for its healing and brightening properties. Used extensively by women after child birth to restore sagging and stretched skin. Good for all skin types will leave skin with a healthy glow.
Tamarind	Containing high amounts of Vitamin C, Tamarind exfoliates dull tired skin leaving a brighter, glowing skin tone. Great for reducing blemishes it gently lightens the skin.