



SUN & MOON, Urban Hotel

The Spa Menu

Stay. Inspired



SUN & MOON, Urban Hotel **The Spa**

Leave the world behind at our oriental spa and lose yourself in a world of ancient healing wisdom. Feel the stresses of daily life melt away as you indulge a range of exotic treatments and spa facilities.

Spa Facilities:

- Swimming Pool
- Steam
- Sauna
- Hot & Cold Jacuzzi
- Fitness Centre / Gym
- Changing Rooms

Treatments:

- Massage
- Scrub
- Wrap
- Special Treatments
- Spa Package
- Beauty Treatments

All prices are net in US dollars, inclusive of tax. Gratuity at your discretion

Do I need to make a reservation?

To ensure the times and treatments you want, The Spa at Sun & Moon recommends making a reservation for all your spa treatments.

When should I arrive at the spa?

At least 15 minutes prior to your scheduled appointment.

What if I have special health conditions?

Your health and safety is our priority. Please inform the spa receptionist of any physical or medical conditions you have that may affect your spa experience, including high blood pressure, heart conditions, pregnancy, epilepsy, post-operation conditions, and diabetes.

What should I wear during my treatment?

For bath and jacuzzi sessions, a bathing suit is comfortable and appropriate. Spa treatments can be enjoyed without clothing or we can provide you with hygienic disposable underwear. Our therapists will always use draping techniques to respect your privacy.

What if I experience any discomfort during my treatment?

If you feel uncomfortable or if something is not to your liking, we encourage you to let your therapist know immediately. Your satisfaction is of utmost importance to us, and we will do all we can to ensure your spa experience is an enjoyable one.

What if I am late for an appointment?

Arriving late will decrease the time of your treatment. Your treatment must end on time so that the next guest is not delayed. Should there be no booking after your treatment, your treatment will last the full duration.



The Spa FAQ



Spa Information

The Spa at SUN & MOON, Urban Hotel offers a complete range of spa treatments, which can be enjoyed outdoors or in our luxurious treatment suites complete with private changing and shower facilities.

Our dedicated team of world-class therapists delivers the best of both worlds, combining ancient healing traditions with modern techniques for ultimate relaxation. Whether it's a Khmer Herbal Scrub, Deep Tissue Massage or an invigorating body scrub, our treatments are specially designed to leave you feeling relaxed and rejuvenated.

Hours of Operation:

The Spa is open daily from 10:00am to 10:00pm. Treatments and services are available from 10:00am to 9:00pm.

Reservations:

We recommend that all spa treatments and services are booked in advance to avoid disappointment.

Valuables:

We ask that you leave all valuables in your room when visiting The Spa. The Spa does not take responsibility for any lost or stolen items, or damage to personal property.

Check In:

Please arrive at least 15 minutes prior to your appointment time so our staff can prepare you for your treatment. Arriving late will lessen your treatment time, reducing its effectiveness and pleasure. Late arrivals will be charged in full.

Cancellation Policy:

Cancellations must be made at least 2 hours prior to your appointment time to avoid a 50% cancellation fee. No-shows will be charged in full for the treatment.

Special Consideration:

Your health and safety is our priority. Please inform your therapist of any medical conditions that need to be taken into consideration during your spa treatment. Let your therapist know of any skin allergies or pregnancy, and indicate any areas of your body that may require special attention. During your treatment, advise your therapist if you are experiencing any pain or discomfort.

Smoking and Alcohol:

Smoking and the consumption of alcohol within The Spa is strictly prohibited. Consuming alcohol or caffeinated drinks before or immediately after a treatment is not recommended.

Payment:

The Spa accepts cash and all credit cards. Hotel guests may charge spa treatments to their room. All prices are quoted in US\$ and include a 5% service charge.

Minimum Age:

For safety reasons, we ask that all children under the age of 16 years be accompanied by an adult when using any facilities at The Spa.

Etiquette:

The Spa is a haven of tranquility. To maintain this atmosphere for all our guests and members we ask that all mobile devices be turned off while you are in The Spa.





1. Royal Khmer Massage

60 \$ 20 90 \$ 28 120 \$ 35

A traditional Khmer massage, similar to the Thai massage, is a deep full-body treatment starting from the feet and finishing at the head. Using a combination of stretching and bending, it is ideal for easing stiffness, sore muscles and improving blood circulation.

2. Sun & Moon Signature Massage

60 \$ 35 90 \$ 45 120 \$ 55

Gentle, rhythmic and with the use of essential oils on the meridians of the body, this signature massage helps to improve concentration and rejuvenates the spirit while encouraging a good flow of energy throughout the body.

3. Aromatherapy Massage

60 \$ 35 90 \$ 45 120 \$ 55

Soothe the body and mind through the use of essential oils and alleviate muscle fatigue with this smooth, gentle massage that's intended for pure bliss and ultimate relaxation.

4. Stress Relief Massage

60 \$ 35 90 \$ 45 120 \$ 55

East meets West with this special combination of Khmer massage and western techniques. This treatment is specially designed to balance body function and improve circulation while relieving muscular tension.

5. Deep Tissue Massage

60 \$ 35 90 \$ 45 120 \$ 55

Hand, heel and elbow work are applied for a strong massage that focuses on the deepest layer of muscle tissue. This treatment is extremely effective in relieving muscle tension and improving lymphatic circulation to leave you feeling revitalised.

6. Relaxing Massage

60 \$ 35 90 \$ 45 120 \$ 55

A soothing experience for body and mind, this aromatherapy massage calms the central nervous system and activates the body's nerve endings.

7. Relaxing Four Hand Massage

60 \$ 55 90 \$ 85 120 \$ 100

Four hands are better than two with this indulgent treatment, in which two therapists work in synchronised motions to create the effect of two full body massages at once.

8. Herbal Hot Compress Massage

60 \$ 40 90 \$ 65 120 \$ 75

This ancient healing method begins with applying pressure to the body's energy meridians, followed by the use of warm herbal poultices to alleviate muscle tension and stiffness in key areas.



Scrubs



1. Natural Khmer Herbal Scrub

60 \$ 40

Through the use of healing Khmer herbs, this gentle, all-natural scrub is ideal for removing dead skin cells to reveal supple, rejuvenated skin.

2. Honey Gold Scrub

60 \$ 40

This specially formulated body polish uses a combination of fine gold flake particles and honey to repair damaged skin cells to bring out a healthy, youthful glow.



3. Green Tea Body Scrub

60 \$ 40

Green tea has long been praised for its powerful antioxidant properties. Applying it as a body scrub helps to detoxify, exfoliate and moisturise. The Green Tea Body Scrub is also effective in toning and tightening the skin.

4. Tamarind Body Cream Scrub

60 \$ 40

This age-old beauty recipe uses a smooth and sensual blend of tamarind and honey. Applied to the skin, this treatment offers a deep, full body scrub that exfoliates, nourishes, tones and soothes the skin.

5. Aloe Vera Body Scrub

60 \$ 40

Created to remove dead skin cells and other impurities that dull an otherwise glowing complexion, the Aloe Vera Body Scrub effectively seals in moisture, leaving your skin silky smooth.



1. AHA Whitening Mask

60 \$ 40

This vitamin rich AHA body mask offers multiple benefits, as it works to nourish and revitalise skin cells, as well as effectively brighten your skin's complexion.

2. Green Tea Body Mask

60 \$ 40

The antioxidant properties of green tea, combined with the cleansing agents of mint and kaffir lime, help to detoxify and enhance firmness of the skin.



3. Gold Body Mask

60 \$ 40

Inspired by the ancient belief that gold has the power to absorb pollutants from the skin, this healing body mask works to give your skin a natural and healthy glow.

4. Lakoocha Rice Milk Mask

60 \$ 40

This gentle body treatment gives your skin the nourishment and hydration it needs, and is also known for its effectiveness in whitening the skin and reducing dark spots.

Special Treatments

1. Hot Stone Massage

⌚ 60 \$ 40 ⌚ 90 \$ 65

One of the oldest healing practices in the world, hot stones are strategically placed on the body to relax muscle fibres and warm the skin to allow the absorption of therapeutic oils. Mind, body and soul will feel brand new.

2. Foot Reflexology Massage

⌚ 60 \$ 20 ⌚ 90 \$ 28 ⌚ 120 \$ 35

By applying pressure to certain areas of the feet, our skilled masseuses help to relieve aches and remove blockages to ensure that energy flows freely through the body.



3. Head and Shoulder Massage

⌚ 45 \$ 25

This luxurious massage is applied to the head, neck and shoulders. It relieves tired muscles, improves posture, and works to balance the mind and spirit.

4. Back Relief Massage

⌚ 45 \$ 25

This treatment begins with a calming back massage followed by an invigorating ginger and kaffir lime mask. This treatment is ideal for frequent travellers.

5. Ultimate Back Massage

⌚ 45 \$ 25

This concentrated 45-minute massage focuses on the back, shoulder, face and head. Special techniques are applied to relax and reduce muscle tension.



Facial Treatments

1. Calming Facial with **Beta-Glucan**

60 \$ 45

Hailed as an anti-aging miracle, beta-glucan helps to remove bacteria, stimulate immune cell repair and provide a wealth of healing, skin-renewing benefits.

2. Anti-Aging Facial with **Botox Serum**

60 \$ 45

A revitalising facial with botox serum, designed to slow the aging process, reduce the appearance of wrinkles and promote beautiful, radiant skin.



3. Collagen Facial with **Placenta Cream**

60 \$ 45

Collagen and placenta make for a dynamic duo when it comes to skin treatments. Nourishing and rejuvenating, this facial is effective in relieving environmental damage and acne.

4. Nature Botanical Massage

60 \$ 45

Fresh, all-natural ingredients are used to cleanse, moisturise and rejuvenate the skin. Fruits, probiotic rich yogurt and honey are used in this luscious treatment, which is suitable for all skin types.

Spa Signature Packages

Awaken your senses, restore balance, and rediscover your best self with a combination of treatments designed to nurture your mind, body and spirit from head to toe.

1. Sun & Moon Signature Package

190 \$ 135

- Body Massage
- Body Scrub
- Body Wrap
- Facial Treatment

2. Spa Journey Package

105 \$ 75

- Body Wrap
- Facial Treatment
(based on your skin type)



3. Traditional Khmer Treatment Package

135 \$ 90

- Khmer Herbal Scrub
- Herbal Hot Compress
- Back Massage

4. Serenity Package

180 \$ 105

- Body Massage
- Body Wrap
- Facial Treatment

5. Spa Executive Package

150 \$ 95

- Body Scrub
- Body Wrap
- Body Massage

Beauty Treatment

- Manicure  \$ 8
- Pedicure  \$ 8
- Express Manicure & Pedicure  \$ 15
- Soft Hands Treatment  \$ 20
- Feet Enhancing Treatment  \$ 20
- Beauty Hand & Feet Care  \$ 35

Waxing

- Full Leg  \$ 15
- Half Leg  \$ 10
- Full Arm  \$ 12
- Under Arm  \$ 8
- Upper Lip/Chin  \$ 8

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