

Song Saa Sanctuaries

Stillness Treatments

"Be still. Stillness reveals the secrets of eternity." Lao Tzu

Spa Ritual

Bio-Rhythms – 120 minutes

Travelling, particularly flying and jet lag, disturbs our body's natural flow of energy. This powerful treatment aims to restore the body's natural biorhythms. An ionizing energy scrub and mud wrap charge and renew the biomagnetic energy field by emitting healing negative ions. The treatment ends with a Kundalini massage to balance and relax the nervous system and chakras.

Body Scrub

Energizing Body Scrub – 60 minutes

This is a lot more than a skin scrub. The negative ions contained in the Himalayan crystal salts cleanse and strengthen the bio-energy field, while the combination of essential oils stimulates circulation and toxin elimination and helps with cellulite, stress and exhaustion. The essential oil blend used in both the scrub and the post scrub body oil for Vital Energy is juniper berry, lemongrass and rose geranium.

Body Wrap

Bio-Energy Mud Wrap – 90 minutes

This draws toxins from the cells and removes blocked energy while deeply revitalizing the lymphatic system. A great restorative treatment that is also ideal for cellulite removal.

Treatments with 'S' mean they can be held in one of our open air Sanctuaries

Stillness Treatments

Face Therapy

Rainforest Facial – 75 minutes

The key elements used for this very holistic facial are raw ingredients from the Amazon Rainforest: a blend of four plant extracts to support and encourage the skin's natural regeneration. This facial is suitable for all skin types, and is especially good for sensitive and mature skins. The result is a beautiful and luminous skin.

Bath Ritual

Stillness Bath ritual

Our indulgent Lavender and Coconut Milk Bath Ritual will help you achieve a peaceful and calm state of mind, so you can rediscover the happiness within. We use organic locally-produced products to nourish and protect your skin from sun damage and dryness, which is especially good after a long flight. Our lavender essential oil is easily absorbed into the skin and is a wonderful way to treat exhaustion, heat exposure, aches and pains.

We also provide a delicious plate of cut local fruits and a bottle of Saint Gall Premier Cru Cuvee Tradition.

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Healing Treatments

“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.” Sri Buddha

Spa Ritual

Marine Flora Immersion - 120 minutes

Combining a scrub, wrap, bath and either a face therapy or a Ku Nye treatment, this revitalizing experience uses mineral-rich marine flora (sea lettuce, sea lavender, bio-plasma and various seaweeds) and Himalayan salt crystals – the remnants of an ocean trapped over 250 million years ago – to deeply relax, cleanse and reenergize the lymphatic and immune system. The ingredients have a profound healing effect, infusing the skin with nutrients for up to 24 hours after absorption, improving vitality, circulation and skin tone, and reducing cellulite.

Body Scrub

Marine Flora Body Renewal – 60 minutes

A revitalizing and purifying experience that combines nutrient-rich sea lettuce, sea lavender, bio plasma and various seaweeds with the ionizing properties of pure Himalayan salt to cleanse and re-energize the bio-magnetic field and lymphatic system.

Body Wrap

Marine Flora Wrap - 90 minutes

A nutrient-rich marine flora and Himalayan salt body renewal – to cleanse and re-energize the bio-magnetic field and lymphatic system – is enhanced by the addition of a seaweed wrap. Bio-plasma increases the metabolic function of skin cells, thus helping regeneration, while omega plankton improves hydration of the epidermis and cellular structure of the skin. This treatment is excellent for reducing cellulite and improving the texture and hydration of the skin.

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Healing Treatments

Face Therapy

Marine Flora Face Therapy – 60 minutes

A deeply cleansing and purifying face therapy that focuses on lymphatic drainage to improve the circulation, vitality and tone of the skin. With plankton-based bio-plasma serum and a marine flora mask rich in sea lavender to boost collagen production, and sea lettuce to detoxify and stimulate the lymphatic system.

Bath Ritual

Healing Bath Ritual

Offered with loving kindness, our healing bath experience is given with pure awareness and the ability to transform. Fresh lemongrass, lime and pandanus leaves are a wonderful overall tonic for the body, boosting the nervous system and stimulating your natural healing powers.

To accompany this bath ritual, we provide ginger dip and raw vegetables for a healthy kick, and a bottle of Moët & Chandon.

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Blessing Treatments

"We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world." Sri Buddha

Spa Ritual

ILA Experience – 120 minutes

This heavenly experience, with keynotes of rose and jasmine, re-awakens the body and spirit and promotes a feeling of deep calm. A Bliss Body Renewal prepares for the Body Balm massage, which is followed by a soothing Ananda Face Therapy.

Body Scrub

Bliss Body Renewal – 60 minutes

This is much more than a skin scrub. The negative ions contained in the Himalayan crystal salts cleanse and strengthen the bio-energy field; the essential oils of jasmine, rose, sandalwood and patchouli nourish the body and promote emotional wellbeing, restoring and relaxing the nervous system.

Body Wrap

Sun Soother Body Wrap – 60 minutes

Repair and renew your skin with fresh aloe vera gel, a toning lavender mist and soothing banana leaves in this tropical wrap, which concludes with an application of refreshing lavender lotion.

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Blessing Treatments

Face Therapy

Ananda Facial – 60 minutes *S*

Ananda means bliss in Sanskrit. The techniques used in this facial come from Shaman women in Mexico who believe that the energy of light is deeply rejuvenating. Working with marma points to open up the energy centers of the face allows a blissful flow of energy into the body. This is a healing and reviving treatment that brings deep feelings of bliss and peace, as well as beautiful radiant skin.

Bath Ritual

Blessing Bath Ritual

When grace touches us we are blessed. Grace is abundant in the natural beauty of Song Saa and our bath blessings reflect and draw upon this resource. Using Ila's organic bath oil with keynotes of rose and tuberose, this decadent ritual nurtures and blesses our entire being. The lotus flowers - associated with spiritual awakening, purity and beauty - are the final touch.

To complete this indulgent experience, we provide chocolate in squeeze tubes, truffles and a bottle of Crug Grande Cuvee Vintage.

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Massages

Experience the synergy of aroma and touch in this customized experience that will leave you feeling refreshed, renewed and revitalized.

Choose one of the following blends and be taken on an aromatherapy journey:

Stillness body oil: This will bring stillness and order, to help you maintain spiritual joy.

Healing body oil: This will encourage emotional healing and restore balance.

Blessing body oil: This will help to nurture and bless your entire body.

Virgin coconut oil: This is good for moisturizing the skin and also has a healing effect.

Karuna Kaya Massage - 60, 90 minutes

Showing compassion to ourselves and our physical bodies is an important part of the Buddhist principle of 'Metta Bhavana', and brings with it a lightness of being. This deep and rhythmic body work allows realignment and softening of the muscular system and stimulation of energy flow.

Metta Massage – 60, 90 minutes

This treatment honors and respects the ancient Buddhist traditions of healing and loving kindness, restoring energy and also harmonizing and strengthening the body's natural free flow of energy. Traditional techniques are applied to purify the five elements of the body, stimulate the lymphatic system and energize the subtle body and meridian system.

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Massages

Swedish Massage - 60, 90 minutes

This classic massage uses a variety of techniques to promote a deep sense of wellbeing. Swedish massage is particularly great for stimulating circulation, increasing lymphatic drainage and easing muscle pain.

Manipura Massage - 60 and 90 minutes

Manipura means 'beautiful, shining jewel' in Sanskrit. It refers to the navel chakra, our center of fire energy that ignites health and vitality. This unique massage uses hot poultices placed on the chakra and marma points to restore energy to the body.

Kundalini Back Massage - 75 minutes

Harness your energy by awakening the Kundalini (known as the 'coiled serpent' at the base of the spine), and stimulating chakras (energy centers) with a blissful massage using natural ILA products.

Foot & Leg Massage - 60 minutes S

This specialized foot massage improves blood circulation by channeling qi (energy) from the reflex points of the feet. The experience is enhanced with the application of a refreshing menthol and mineralized clay mask and finally the application of foot lotion.

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Traditional Cambodian Inspired Treatments

Khmer Leaf Poultice Massage - 90 minutes

This traditional poultice is made up of various medicinal leaves, herbal powders and spices, cooked in herbal oils and packed in bundles. Treatment begins with a Khmer body massage using herbal oils . The bundles are then heated and applied to the skin to promote health and well-being.

Learn to make a Khmer Leaf Poultice - 135 minutes, including treatment

This wonderful educational experience begins with collecting and learning to identify local wild herbs and medicinal leaves. You will be taken through the process of making a wonderful natural healing poultice, and shown which herbs can be used in your own home country to make poultices when you return. After this you will return to the Sanctuary, where one of our therapists will be waiting to begin your treatment..

Khmer Wedding Ritual - 120 minutes

The traditional Khmer wedding ritual begins with a relaxing Karuna Kaya massage. Pampering continues with a scrub made of a rich spice blend of turmeric, tamarind, rice powder and Honey. Then luxurious yoghurt is applied to nurture the delicate skin. Finally, soak in the splendor of a tropical floral bath before the application of a fragrant floral lotion.

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Sanctuary Enhancements

Eye Care Treatment - 30 minutes S

This treatment combines the anti-aging effects of Cryotherapy (ice cold treatment) with light marma face massage using ILA's pure and natural eye serum to instantly soothe tired, stressed eyes. The delicate area is stimulated, reducing puffiness, dark circles and firming the skin.

Non-Surgical Face Treatment - 90 minutes - NEW!

This facial was developed to increase elasticity and firmness while restoring the skin to a healthy and revitalized state. After cleansing and exfoliating the skin, electrical micro currents are used to tighten, tone and strengthen the face and neck muscles. A Super Hydrating Vit C mask is then applied to the face and neck. When the mask is removed the skin has a luminous and youthful look.

Express Facial - 30 minutes

Created specifically for the person on the go, this customized facial is uniquely designed to give maximum results in minimum time. Formulated to refresh, renew and revitalize, these treatments work with all skin types to promote more youthful, healthy skin.

Coconut Champi - 30 minutes S

Champi is an invigorating head massage that relieves daily stress and clears the mind for vitality. Perfect for executives on-the-go and people with busy lifestyles.

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The Night Spa

Taking advantage of Cambodia's gorgeous night skies and gentle tropical night breezes, we've developed a series of Night Spa services that align the body to nature's purest cycles.

Stillness Night Spa Ritual - Couples Connect - 150 minutes

This treatment is designed for couples to experience together. It focuses on three chakras: Sacral, Heart and Crown. Exquisite oils of rose (the oil of love), orange blossom (bliss) and jasmine (for stimulating the flow of love) result in a beautiful connection of mind, body and spirit.

Healing Night Spa Ritual - Chakra Wellbeing - 150 minutes

ILA's exquisite Chakra Wellbeing range is tailored to each recipient. Based around seven blends of chakrabalancing essential oils, each bespoke treatment involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye (Shirodhara) to restore and relax every sense.

Blessing Night Spa Ritual - Dreamtime Journey - 150 minutes S

This soporific treatment draws on pure essential oils, marma massage and chakra healing to deeply relax the nervous system and restore the natural rhythm of sleep. Based on the knowledge that cellular growth and repair is faster during sleep, Dream Time incorporates a slow rhythmic scrub, back and body treatment and a soothing face therapy to promote the deepest relaxation, while ingredients renowned for cellular rejuvenation – such as fresh royal jelly and orange blossom – do their work.

*All lunar rituals are 150 minutes long and can be enjoyed at any time but will be most beneficial at night. The Night Spa is open from 8:00 pm to 10.30pm. Night Spa treatments must be booked a minimum of 24 hours in advance.

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Beautifying

Our range of beauty treats will ensure you leave looking as fabulous as you feel.

Hands & Feet

Holistic Manicure - 60 minutes *S*

This nurturing treatment starts with warm aromatic compresses and is followed by exfoliation. In addition to a cuticle shape, file, buff and polish, a deeply nourishing hand mask and soothing massage will leave even the hardest-working hands feeling soft and replenished.

Holistic Pedicure - 75 minutes *S*

In addition to a cuticle shape, file, buff and polish, this indulgent pedicure includes ILA's Himalayan Salt Polish to refresh the skin and stimulate circulation, followed by a nourishing foot mask and a relaxing Foot Cream massage.

Nail Maintenance - 30 minutes *S*

Simple nail cleaning and polishing excludes French polish.

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Beautifying

Salon Treatments

Indian Head Massage - 60 minutes *S*

The secret to lustrous, shiny and healthy hair in Asian women is often the use of pure coconut oil. We combine this with a deep scalp massage to treat hair and scalp conditions. A hand massage is an added treat, while the hair is cocooned in warm moist towels for intense nourishing. We recommend that the oil be left in the hair for two to three hours after application.

Please contact Guest Experience.

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The Holistic Sanctuary

At the Song Saa Sanctuary we offer a selection of holistic therapies that work to bring about inner calm, balancing mind, body and spirit to achieve a state of health and wellbeing.

Hatha Yoga

Hatha Yoga style combines the energies of the sun and the moon (in Sanskrit 'ha' meaning sun and 'tha' meaning moon). The key principle is the purification of the body and mind through mediation, subtle energy control (Pranayama) and posturing (asana).

Meditation - 60 minutes S

Meditation refers to the state where the body is soothed and relaxed while the mind is made calm and composed. Since ancient times, meditation has been used to restore harmony and heal the mind allowing it to release stress and fatigue. Meditation helps to remove the subtle mental barrier within ourselves, enabling us to better understand our personality, thought processes and surroundings.

Couples Yoga - 60 minutes S

Couple's yoga is a form of Hatha yoga in which partners support one another in modified sequences of postures. This private yoga workshop explores restorative and challenging poses designed specifically for couples with a mix of Thai yoga massage. It helps both individuals to move beyond self-limiting ideas of what each can and cannot do and to develop a deeper connection to one another.

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The Holistic Sanctuary

Ashtanga Yoga

Commonly known as 'Power Yoga', Ashtanga focuses on powerful flowing movements requiring strength and stamina. It aims to increase your flexibility, balance and concentration and is recommended for those looking for more strenuous practice.

Stand-Up Paddle Board Yoga (SUP Yoga) - 60 minutes

Enjoy the freedom to move, and to be moved. Here we take the Yoga off the mat and onto the water for that ultimate experience. SUP Yoga will teach you to breathe, tone your core and build your stability while out in the natural ocean environment.

Group Classes - 60 minutes S

Rise with the dawn or salute the setting sun and join our Yogi for a series of asanas (postures) that promote flexibility, strength and balance. These daily complimentary group sessions are ideal for anyone wanting to learn about yoga, continue with their regular practice, or improve their flexibility.

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How to Sanctuary

Hours of operation

The Sanctuaries are open daily from 10.00 am to 8.00 pm. For Night Spa, please make reservation one day in advance.

Reservations

We recommend all Sanctuary experiences are booked in advance. Our reservation team would be glad to assist you in any spa treatment booking during the reservation process. Our Head of Wellness would be delighted to meet you and discuss options during your stay. Please call Guest Experiences on 0 to make arrangements.

Cancellation policy

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation/changes with less than 4 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show".

*For Night spa, the cancellations/changes should be made at least ten hours prior to the night spa appointment time, otherwise a 50% cancellation fee will apply.

How to Sanctuary

Special consideration

Your health and safety come first. Please inform us of any medical conditions that need to be taken into consideration for your treatment. Let your therapist know of any skin allergies, or if you are pregnant, and indicate any areas of your body that may require special attention. During your treatment, advise your therapist if you are suffering any pain or discomfort.

Smoking and alcohol

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

Your skin

Your skin and its texture reveal a lot about your health and lifestyle. At the beginning of your holiday it is good to commence treatments with one of our Body Renewal treatments - a 60-minute cleansing of body and mind using Himalayan crystal salts. Please also take care under the Cambodian sun.

Your comfort

Please indicate to your therapists any special needs or requests. The treatment villa has the option of air conditioning or fresh air, various music styles or even just the sound of the ocean. We provide sarongs, slippers and toiletries within the Sanctuaries' private bathroom areas.