



THE ANGKOR WAT SPA TEAM WELCOMES YOU TO HOTEL INFANTE SAGRES. OUR SPA IS A UNIQUE SPACE, WITH AN ATMOSPHERE INSPIRED IN THE TEMPLE AT ANGKOR WAT RUINS, IN CAMBODJA.

WE EXPECT YOUR VISIT DURING YOUR STAY, SO THAT WE CAN PAMPER YOU WITH MOMENTS OF PURE PLEASURE

AYURVEDIC MESSAGES

ABHYANGA MASSAGE	60M	60€
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A FULL BODY MASSAGE, MADE WITH WARMED ORGANIC OILS. THIS MASSAGE WILL NOT ONLY MAKE YOU FEEL A WARM SENSATION THROUGHOUT YOUR SKIN, IT WILL RELAX AND REVITALIZE YOU AND BALANCE YOUR BODY AND MIND. THIS WILL HELP YOU TO ELIMINATE TOXINS, REJUVENATE THE SKIN AND RELIEVE MUSCULAR TENSIONS.

FULL BODY MASSAGE	90M	80€
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AFTER THE FULL BODY MASSAGE, TAKE A MOMENT TO PAMPER AND RELAX YOUR FACE AND HEAD. YOU WILL FEEL LIGHTNESS AND WELL-BEING, DUE TO THE BENEFITS OF THE AYURVEDIC HEATED OILS USED IN THE MASSAGE.

NECK & BACK MASSAGE	30M	45€
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A SPECIFIC MASSAGE TO THE SPINE THAT WILL RELIEVE YOU FROM MUSCULAR PAINS AND BALANCE THE SPINE ENERGETIC FLUXES.

RELAXING HEAD & FACE MASSAGE	30M	35€
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TAKE A MOMENT TO PAMPER AND RELAX YOUR FACE AND HEAD. YOU WILL FEEL LIGHTNESS AND WELL-BEING, DUE TO THE BENEFITS OF THE AYURVEDIC HEATED OILS USED IN THE MASSAGE.

FEET MASSAGE	30M	35€
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RELIEVE YOUR BODY FROM THE INTENSE CHARGES THAT WE DAILY SUFFER AND LET YOUR SELF FELT RELAXED, LIGHT AND RENEWED.

SEA SALT BATH	30M	25€
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FEEL THE BENEFITS OF THE SEA SALT, AS IT WILL HELP TO BALANCE THE METABOLISM AND THE IMMUNOLOGIC SYSTEM.

INDULGE YOURSELF IN A WARM BATH, AROUND 30°/36°C, RELAX AND ALLOW YOUR SKIN ABSORB THE ESSENTIAL ELEMENTS THAT OUR ORGANISM MOST NEED. THIS IS AN INVIGORATING THERAPY, THAT WE SUGGEST TO HAVE ONCE A WEEK.

NOTE: IN THE AYURVEDIC THERAPIES, YOU WILL BE INVITED TO HAVE A RELAXING TEA PRIOR TO THE TREATMENT. AT THE END, AN AYURVEDIC TEA SWEETENED WITH HONEY WILL BE OFFERED. THIS WILL RESTORE THE LIQUIDS IN THE ORGANISM.

THERAPIES

SHIATSU **45M** **60€**
IN SHIATSU, THE THERAPIST USES HIS FINGERS, HANDS AND ELBOWS TO MAKE PRESSURE IN THE "TSUBO" POINTS. THIS MASSAGE ACTS ON THE MERIDIENS TO STIMULATE THE INTERNAL HEALING POWERS OF OUR BODY.

REFLEXOLOGY **40M** **45€**
THIS THERAPY CONSISTS IN PRESSING SPECIFIC POINTS OF OUR FEET AND HANDS IN ORDER TO PROMOTE THE HEALING IN A REFLEX AREA OR ORGAN OF OUR BODY.

MYSTIC MASSAGE **1H30** **70€**
THIS MASSAGE IS PERFORMED IN A "TATAMI", A TRADITIONAL JAPANESE MAT. IT STARTS WITH THE OPENING OF THE CHAKRAS WITH A TIBETAN BOWL AND, AT THE SAME TIME, WITH A SPECIFIC MANTRA FOR EACH CHAKRA. THERAPEUTICAL OILS ARE USED FOR A RELAXATION MASSAGE. AT THE END OF THE THERAPY, THE TIBETAN BOWL RITUAL IS USED TO CLOSE THE CHAKRAS, WHERE A PROFOUND REST WILL BE FOUND.

TIBETAN BOWLS THERAPY **60M** **70€**
THIS IS MAINLY AN ESPiritUAL EXPERIENCE, THROUGH A VIBRACIONAL HOLISTIC THERAPY. THE SOUNDS AND ULTRA-SOUNDS ISSUED BY THE BOWLS ACT DIRECT AND INDIRECTLY THROUGH THE HUMAN ORGANISM, BRINGING A DEEP RELAXATION AND AN IMEDIATE SENSATION OF WELL-BEING.

REVITALIZING BACK TREATMENT **30M** **35€**
THERAPEUTIC MASSAGE WITH SHIATSU AND TUI-NA MOVEMENTS AND TECHNIQUES. IT IS PERFORMED IN AN ERGONOMIC CHAIR, GIVING MORE ATTENTION TO HEAD, SHOULDERS, BACK AND ARMS, SO THAT YOU CAN FEEL TOTALLY RELAXED.

HOT STONES MASSAGE **1H** **75€**
BODY MASSAGE WITH HOT VOLCANIC STONES, WORKING DEEPLY IN THE MUSCLES. IT GIVES A DEEP FEELING OF RELAXATION.

ALL PRICES INCLUDE VAT

OTHER INFORMATION

SO THAT YOU CAN FULLY ENJOY WHAT ANGKOR WAT SPA HAS TO OFFER, WE RECOMMEND YOU TO ARRIVE 15 MINUTES PRIOR TO YOUR APPOINTMENT.

LATE ARRIVALS WILL LEAD TO A SHORTENING OF THE TREATMENT.

FOR YOUR OWN COMFORT, IN CASE YOU ARE HOSTED AT INFANTE SAGRES HOTEL, WE ALSO SUGGEST THAT YOU COME PREPARED FROM YOUR ROOM WITH ROBE AND SLIPPERS. SHOULD YOU BE DELAYED, PLEASE CONTACT THE ANGKOR WAT SPA TO SCHEDULE YOUR TREATMENTS FOR ANOTHER TIME (T. 223 398 500)

ANGKOR WAT SPA SCHEDULE

ANGKOR WAT SPA IS OPENED FROM 11:00 UNTIL 20:00 (LAST APPOINTMENT AT 19:00).

ANGKOR WAT SPA PROTOCOL

FOR AN ATMOSPHERE OF PURE TRANQUILITY, WE KINDLY REQUEST YOU NOT TO USE ANY ELECTRONIC EQUIPMENT (MOBILE PHONES, PAGERS, ETC).

PETS ARE NOT ALLOWED INSIDE THE SPA.

ALCOHOLIC DRINKS, FOOD AND SMOKING ARE NOT ALLOWED IN THE SPA.

AGE REQUIREMENT

THE SPA IS ALLOWED FOR YOUNG PEOPLE WITH MORE THAN 12 YEARS OLD.

BY MEDICAL REASONS, CHILDREN UNDER THAT AGE ARE NOT ALLOWED TO HAVE SPA TREATMENTS, EXCEPT WHEN UNDER THE SUPERVISION OF AN ADULT OR WITH A MEDICAL CERTIFICATE.

CANCELLATIONS

SHOULD YOU NEED TO CANCEL YOUR TREATMENT PLEASE DO SO AT LEAST 48 HOURS BEFORE THE APPOINTMENT, SO THAT THE TREATMENT COST WON'T BE CHARGED.

CANCELATIONS AFTER THIS PERIOD OR NO SHOWS WILL LEAD TO THE CHARGE OF 50% OF THE TOTAL AMOUNT RESERVED.

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