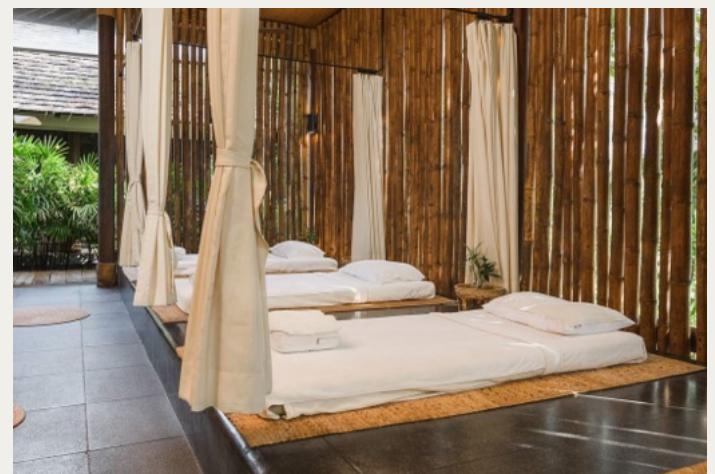




THE SENSES SPA MENU

Step through the solid timber doors of The Senses Spa at The Royal Sands Koh Rong and leave the world far behind you. Surrounded by the island's Natural Beauty the spa offers a range of traditional and contemporary therapies to calm the mind and energize the soul.



ALL PRICES ARE IN USD AND INCLUSIVE OF APPLICABLE TAXES AND SERVICE CHARGES.

P: +855 (0) 78 888 935 | E: INFO@THEROYALSANDSKOHRONG.COM | WWW.THEROYALSANDSKOHRONG.COM



SIGNATURE TREATMENTS

ROYAL KHMER MASSAGE

Experience a unique dry massage that reawakens the body and mind. This treatment combines passive stretching to relieve muscle and joint tension, enhancing flexibility and blood circulation.

DURATION / MIN: 60 / 90

USD 80 / USD 100

KHMER HOT COMPRESS MASSAGE

Indulge in Asian healing herbal balls for a unique experience that provides deep relaxation by releasing areas of intense tension.

DURATION / MIN: 60 / 90

USD 100 / USD 130

TRADITIONAL KHMER HEALING COIN TREATMENT

Coining aims to rid the body of "heartiness" and clear negative energies and toxins. The session begins with a relaxing back, neck, and arms massage using homemade coconut oil, followed by a soothing head massage. Red marks may remain for a few days as toxins are released.

DURATION / MIN: 45

USD 45



BODY MASSAGE

BALINESE MASSAGE

This treatment blends gentle stretches with traditional Asian aromatherapy techniques, fostering a sense of well-being and deep relaxation.

DURATION / MIN: 60 / 90

USD 70 / USD 90

SWEDISH MASSAGE

Enjoy a fully personalized treatment combining various techniques to relieve muscle tension and promote relaxation with light to medium pressure.

DURATION / MIN: 60 / 90

USD 70 / USD 90

DEEP TISSUE MASSAGE

Experience medium to deep pressure focused on tired muscles, using a combination of dry techniques to improve mobility and flexibility.

DURATION / MIN: 60 / 90

USD 80 / USD 100

SPORT MASSAGE

Tailored for sports enthusiasts, this treatment targets the anatomy and needs of active bodies after long training sessions.

DURATION / MIN: 60

USD 100

INDIAN HEAD AND SHOULDER MASSAGE

Targeting the upper back, neck, and shoulders, this treatment utilizes pressure point techniques to promote calm and enhance circulation.

DURATION / MIN: 60 / 90

USD 100 / USD 130



FACIAL TREATMENT

CHARCOAL POLLUTION DETOX FACIAL

Detoxifies and rejuvenates, especially for sensitive skin, ensuring a fresh and energized feel.

DURATION / MIN: 30 / 60

USD 40 / USD 65

SKIN BEAUTY CUSTOMIZED MASSAGE

Deeply cleanses and replenishes the skin for immediate and long-lasting results.

DURATION / MIN: 30 / 60

USD 40 / USD 65

FOOT MASSAGE

ROYAL FOOT RELAXATION MASSAGE

Restores balance and relieves tension in the feet, targeting the meridian lines of the legs.

DURATION / MIN: 30 / 60

USD 40 / USD 65

ROYALJET LEG RECOVERY MASSAGE

Revitalizes tired feet and legs with exfoliation and black pepper mint, promoting relaxation and circulation.

DURATION / MIN: 30 / 60

USD 40 / USD 65



SKIN TREATMENT

BODY SCRUB: TURMERIC & MINT

Grinded jasmine rice, fresh mint, and spicy turmeric known to chase wicked spirits.

DURATION / MIN: 45

USD 40

BODY SCRUB: JASMINE RICE & ROSE

Grinded jasmine rice with rose petals for a romantic experience.

DURATION / MIN: 45

USD 40

BODY SCRUB LEMONGRASS & KAFFIR LIME

Refreshing scrub that gently exfoliates and revitalizes skin.

DURATION / MIN: 45

USD 40

BODY SCRUB COFFEE & COCOA

Polishes and nourishes skin, leaving it soft and radiant.

DURATION / MIN: 45

USD 40

BODY SCRUB CHARCOAL DETOXIFYING

Detoxifies and cleanses skin, leaving it smooth and refreshed.

DURATION / MIN: 45

USD 40

AFTER-SUN COOLING TREATMENT

A natural healer, balancing alkaline with Aloe Vera.

DURATION / MIN: 45

USD 40

NAIL TREATMENTS

NAIL POLISH / PAINTING

DURATION / MIN: 60 **USD 40**

NAIL GEL POLISH / GEL PAINTING

DURATION / MIN: 30 **USD 40**

GEL REMOVAL (HANDS / FEET)

DURATION / MIN: 30 **USD 15**

CLASSIC MANICURE / CLASSIC PEDICURE

DURATION / MIN: 60 **USD 40**

CLASSIC GEL MANICURE / CLASSIC GEL PEDICURE

DURATION / MIN: 60 **USD 65**

LUX WAXING MENU

UNDERARM **USD 30**

HALF ARM **USD 40**

HALF LEG **USD 50**

BACK: PRICE **USD 50**

BIKINI LINE **USD 40**



SPECIAL TREATMENTS

SENSES SPA SIX HANDS HEALING TREATMENT

Experience unparalleled healing with skilled professionals working in harmony.

DURATION / MIN: 30 / 60

USD 80 / USD 150

SENSES SPA FOUR HANDS MASSAGE

Two therapists balance rhythm and calm your senses for deep relaxation.

DURATION / MIN: 30 / 60

USD 70 / USD 120

EXPRESS MASSAGE

EXPRESS MASSAGE

Choose from hands, back, head, or shoulder massage, selecting one or two areas for quick rejuvenation.

DURATION / MIN: 30

USD 35



ROYAL SANDS JOURNEY

BLUE OCEAN BLISS

Includes: Steam (10 min), Body Scrub (30 min), Swedish Massage (50 min), Detox Facial (30 min)

DURATION / MIN: 120

USD 140

SENSES ROYAL HERITAGE

Includes: Steam (10 min), Full Body Massage (60 min), After-Sun Body Treatment (30 min), Beauty Facial (60 min), Lotus Flower Bath (20 min)

DURATION / MIN: 180

USD 180

THE KING OF SPECIES DETOX TREATMENT

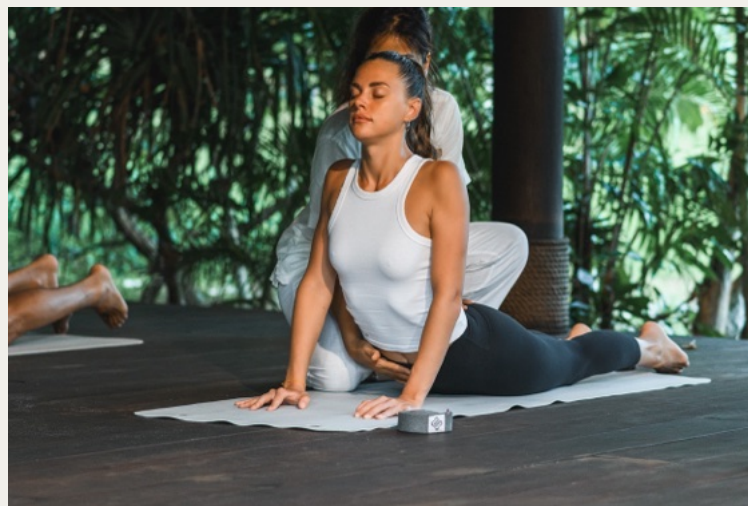
Includes body scrub with black pepper, sea salt, honey, and coconut oil, followed by a relaxing massage with black pepper oil and finishing with black pepper tea.

DURATION / MIN: 120

USD 140



SPA WELLNESS MENU



YOGA FOR BACK PAIN

1 Person USD 45 / USD 60 USD 55 / USD 70
Couple USD 45 / USD 60 USD 80 / USD 95

YOGA FOR DETOX

1 Person USD 45 / USD 60 USD 55 / USD 70
Couple USD 45 / USD 60 USD 80 / USD 95

MEDITATION

1 Person USD 45 / USD 60 USD 55 / USD 70
Couple USD 45 / USD 60 USD 80 / USD 95

HATHA YOGA FOR THE BEGINNER

1 Person USD 45 / USD 60 USD 55 / USD 70
Couple USD 45 / USD 60 USD 80 / USD 95



YOGA FOR KIDS (AGES 3 TO 12)

Per 1-2 kids USD 45 / USD 60 USD 55 / USD 70
Per 3-4 kids USD 45 / USD 60 USD 85 / USD 95
Per 4-6 kids USD 45 / USD 60 USD 85 / USD 100

GROUP SESSION

2-3 persons USD 45 / USD 60 USD 80 / USD 95
3-4 persons USD 45 / USD 60 USD 100 / USD 120





BALANCE TREATMENTS

RECONNECTION HEALING RITUAL

Harnesses vibrations and sounds of singing bowls and chakra healing.

DURATION / MIN: 90

USD 150

RECONNECTION JOURNEY

Gentle stretching, controlled breathing, energy clearing, promotes flow of positive energy.

DURATION / MIN: 120

USD 200

HIMALAYAN SINGING BOWL MASSAGE

Balances body's chakras and restores harmony at a cellular level with sound waves.

DURATION / MIN: 60 / 90

USD 120 / 150

SPECIAL KHMER HEALING TREATMENT

Detoxify and invigorate the digestive system with Taoist-inspired abdominal bodywork.

DURATION / MIN: 60

USD 120



ACTIVITIES SCHEDULE

STRETCHING CLASS

Time: Monday, 4:30 PM – 5:00 PM
Location: Yoga Sala
Max Participants: 6
Booking: 3 hours in advance

COCONUT OIL MAKING CLASS

Time: Wednesday, 4:30 PM – 5:00 PM
Location: Spa Lotus Pond
Max Participants: 6
Booking: 3 hours in advance

YOGA SUN SALUTATION

Time: Thursday, 8:00 AM – 8:30 AM
Location: Beach in front of the Ocean Restaurant
Max Participants: 6
Booking: 3 hours in advance

STRETCHING CLASS

Time: Friday, 4:30 PM – 5:00 PM
Location: Yoga Sala
Max Participants: 6
Booking: 3 hours in advance

*The schedule could change depending on the weather



STEAM ROOM

Gentle stretching, controlled breathing, energy clearing, promotes flow of positive energy.

DURATION / MIN: 45

USD 25

FLOWER BATH

Experience a soothing flower bath with lotus flowers and eucalyptus essential oil.

DURATION / MIN: 30

USD 45

THE SENSES SOUL (BEACH SALA)



Enjoy any treatment on the beach where you can choose head, legs, abdomen, back, or hands.

DURATION / MIN: 15
DURATION / MIN: 30
DURATION / MIN: 45

USD 15
USD 30
USD 40

Embrace the serene beauty of nature at The Royal Sands Koh Rong, the perfect time to treat yourself to an unparalleled spa experience and the restorative powers of our oceanfront oasis.

www.theroyalsandskohrong.com
MAKE A RESERVATION: +855 78 888 935