



Heritage Suites Hotel  
(behind Wat Polanka)

For your reservations,  
please call:  
+(855) 17 986 725

Open daily from 10:00 am  
to 10:00 pm

[www.heritagesuiteshotel.com](http://www.heritagesuiteshotel.com)



### Treatment policy

*Our Heritage Spa policy advises all customers to arrive at least 15 minutes prior to their treatment arriving late can be subject to a reduction in their treatment time, especially upon prior reservation*

### Cancellation policy

*As part of our policy it is required to inform the Heritage Spa receptionist at least one hour or two hours in advance prior to your treatment.*

### Your belongings

*Jewelry should not be worn during the treatment. We suggest that your valuables and other belongings to be kept in your own wallet or bag.*

### Payment

*We accept cash and all major credit cards and visa cards, except American express and Travellers cheque.*

### Notice

*Pregnant guests who have high blood pressure or heart conditions are advised to consult their doctor first before participating in our Heritage Spa service.*

### Smoking & drinking alcohol

*Smoking and consumption of alcohol within the Heritage Spa premises is strictly prohibited. Alcohol consumption is not advised at least 3 hours before any Heritage Spa treatment. For our treatment, we only use homemade products and fresh fruits.*



a delightful

*Conceived as a sheltering cocoon and using organic products, Heritage Spa is an absolute sensory experience dedicated to pampering both body and soul in the most natural way possible.*

experience

# BEAUTY TREATMENTS

## ROYAL MANICURE AND PEDICURE

Traditional Manicure with polish - 25 USD

Traditional Beauty Foot Care with polish - 27 USD

## WAXING

Under arm - 12 USD

Bikini line - 15 USD

Haft Leg - 20 USD

Full Leg - 23 USD

Full leg with Bikini line - 35 USD

Back - 21 USD

### Natural products used in our facial treatments.

**EGGS**  
**CUCUMBER JUICE**  
Is used as a toner and refreshes the skin.

**MANGO**  
Provides nutrients to the skin and the egg white tightens the skin.

Helps in preserving youthfulness and works as a natural moisturizer.

**HONEY**  
Keeps the skin hydrated and absorbs impurities.

**LEMONGRASS WATER**  
Work as an cleanser

**LIME JUICE**  
Works as an exfoliant and reduces excess oil.

### Natural products used in our body treatments.

**GINGER**  
Is used for relieving aching muscles and to increase blood circulation.

**JASMINE RICE**  
Is used in lightening, and skin softening beauty treatments.

**TURMERIC**  
Is known for its anti-inflammatory, anti-oxidant benefits, and is rich in vitamins such as pyridoxine.

**YELLOW GINGER (KHMER SAFFRON)**  
By slightly changing the skin color to a natural yellow, is moisturizing and anti-aging thus giving the skin a velvet look. It also reduces muscles aches and pains.

Our philosophy is to treat you with the ultimate products that nature provides us.

# MORINGA MIRACLE

Signature by Heritage SPA

## TREATMENT

120 min + 15 min Steam - 88 USD

Feet Cleansing - 5 min

Moringa Massage - 60 min

Choose of Detail

Anti - Aging and Firming Facial - 45 min

Hydrating with body lotion - 10 min

## HEALTH BENEFITS

Known as the Miracle Tree the Moringa Oleifera is widely used today as a Superfood for it's multiple health benefits.

The full tree can be eaten and the leaf only has more calcium than the milk, more iron than the spinach, more protein than the egg and the list goes on and on....

Adding to it it's versatility to boost the immune system and cure over 200 common cold and infections the best about it is that it's oil has a great earthly taste that combine perfectly with a salad and the leaves have a very distinctive flavor that has been appreciated by Khmer people for generations already.

## BEAUTY FACTS

Hidden secret of our Ancestors, the Moringa Tree has been used for beauty from the time of the Egyptian empire over 3000 years ago, followed by the Roman Empire that cultivated it all over Europe. With time the Miracle tree was forgotten and disappeared from the known world.

In Cambodia The Miracle tree is still cultivated mainly because of the ideal growing conditions that easily allow an organic production to be made.

As Heritage Spa Exclusivity, we offer a highly relaxing treatment with focus on the discovery of the extensive beauty and health facts of the Miracle tree combining wellness and beauty in our Signature treatment, The Moringa Miracle.



# HERITAGE TRADITIONAL MASSAGES

## REFLEXOLOGY FEET MASSAGE

45 min - 25 USD  
60 min - 30 USD  
90 min - 45 USD

Unwind with this foot massage that re-establishes the energy flows throughout your body through acupressure points to improve circulation, ease pain and relax your body.

## ANTI - STRESS MASSAGE

60 min - 40 USD  
90 min - 50 USD

This natural oil massage works to stimulate blood circulation and improve energy flow. The therapist focuses on the head, face, back, neck and shoulders to loosen muscles and ease tensions. The therapeutic touch helps to improve the central nervous system and relieve stress.

## HERITAGE TONIC

90 min - 55 USD  
120 min - 70 USD

This traditional Asian massage is the combination of acupressure and light stretching movement. The massage is performed without oil and pays special attention to the back and legs. The treatment helps recover a smooth energy flow and increases flexibility of your body movement.

## HERITAGE SWEDISH MASSAGE

60 min + 15 min steam - 55 USD  
90 min + 15 min steam - 70 USD

Of European origin, this massage is a combination of five classical technique movements with an application of oil and works perfectly to encourage relaxation, improve muscles flexibility, stimulate blood flow and help manage pain.

## PRE AND POST PREGNANCY MASSAGE

60 min - 40 USD

Using safflower oil, this massage helps to increase body awareness before childbirth, reduce swelling in hands and feet, release muscle tension and improve the circulatory system.

## HERIGATE SLIMMING MASSAGE

60 min - 55 USD  
90 min - 70 USD

Cellulite - mostly on the hips, buttocks, and upper arms-usually results from sluggish circulation and poor elimination of toxins from the body. Heritage Slimming Massage, therapist will use correct sequences of basic massage strokes to smooth, tone and stimulate the whole area, boosting the blood supply to the tissues and increase the lymphatic drainage.

# BODY TREATMENTS

## NATURAL JASMINE RICE SCRUB

45 min + 15 min steam - 45 USD

Cambodian's jasmine rice, turmeric, tamarind seed associated with jasmine oil, function as a gentle exfoliation to soothe, smoothen and soften your skin in a natural way this is followed by a hydrating treatment to revitalise your skin and addition of ylang ylang oil favours moisturisation.

## AROMATIC SALT SCRUB

45 min + 15 min steam - 45 USD

Cambodian Sea salt, yellow ginger (Ponlei) powder, rice powder.

This body polish treatment uses a combination of freshly ground Sea salt, mixed with homemade Ponlei (Khmer Herbal) powder, rice powder and rosemary essential oils to rejuvenate and renew your skin cells. A cream massage concludes the treatment, leaving your skin as soft as velvet.

## KAMPUCHEA TROPICAL WRAP

45 min + 15 min steam - 45 USD

Fresh mango, plant yogurt, egg yolk, milk powder and honey.

A seasonal fresh mango body wrap, drains toxins and impurities from your body while relaxing and smoothing you from within. Plant yogurt and wild honey are used to purify and hydrate your skin while delighting your senses.

## ALOE VERA BODY WRAP

60 min + 15 min steam - 45 USD

The healing property Aloe Vera has been known to assist in the damage skin by the sun. This relaxing wrap contains the anti-oxidant benefits from cucumber and Aloe Vera which makes the perfect accompaniment to any sun lover wanting a lasting tan and soft, smooth radiant skin, followed by hydrating care to revitalize your skin and moisturizing.



# FACIAL TREATMENTS

## ANTI-AGING AND FIRMING FACIAL

60 min - 45 USD

Natural plain yogurt with black sticky rice gently exfoliate your skin, Removing dead skin cells helps promoting cell glow Mango mask is associated with longevity and preserving youthfulness, It works as a natural moisturizer and encourages the growth of new skin.

## RESCUE FACIAL (FOR MEN)

60 min - 45 USD

A relaxing and cleansing facial treatment to rejuvenate your skin as well as counteracting skin irritation from shaving and sport related activities. Includes facial and neck massage.

## LIGHTENING & WHITENING FACIAL

60 min - 45 USD

A relaxing and cleansing facial treatment with Natural facial jasmine rice soft scrup to rejuvenate your skin as well as enhance skin lightening and firming action. Adapted for normal skin, it is a face mask with bengkuang & rice powder and includes a facial and chest massage.

## EXOTIC VITAMIN FACIAL

60 min - 45 USD

Suspending time, the treatment offers maximum protection against external factors and free radicals. Adapted for all skin types, It includes facial and neck massage to enhance relaxation. Leave skin looking balanced and refreshed.

# HERITAGE AROMATHERAPY MASSAGES

## THE HERITAGE CLASSIC

60 min - 45 USD

90 min - 60 USD

With the recognized virtue of essential oils, our therapist will enhance the energy flow through your body. The treatment improves blood circulation, muscle relaxation, and relieves tension by treating both mind and soul.

## 4 HANDS COCOON The ultimate body experience

60 min - 55 USD

90 min - 80 USD

To discover Signature technique , indulge in this 4-hands massage delivered by two therapists at the same time. The treatment provides you with a unique experience from head-to-toe.

## HERITAGE HERBAL COMPRESS MASSAGE

60 min - 48 USD

90 min - 65 USD

The Herbal Compress Massage combines the healing effects of an aromatherapy massage with the application of heated herbal compress. This treatment purifies, relaxes, warms, relieves aches and pains and improves the blood circulation condition whilst stimulating the senses.

For the massage above, please select your dedicated essential oil among 100% Natural Organic Natural Oils according to your needs.

### EUCALYPTUS

Cools the body and soothes emotions.

### GINGER

Reduces muscles and joints ache.

### LEMONGRASS

Relieves headaches, joint and muscle pains. Detoxifies the body, improves the functioning of the nervous system.

### YLANG YLANG

Melts away anxiety, tension and stress.

## HERITAGE RELAXATION

180 min - 120 USD

The wonderfullu calming experience is perfect for anyone exhausted from a long journey or a hard day's activity. First a body massage will relax your mind, then an aromatic salt scrub will revitalize your skin and finally a vitamin facial treatment will ensure you are looking and feeling good.

Feet cleansing - 5 min  
Heritage Classic - 75 min  
Aromatic Scrub - 30 min  
Vitamin Facial - 55 min  
Hydrating with body lotion - 15 min

## SILK AND COCOON

120 min - 78 USD

A gentle exfoliating treatment, reflecting Cambodian's love for nature (jasmine rice, black sticky rice, to associated with jassin oil, plain yogurt, honey fresh orange juice). Followed by a hydrating treatment to revitalize your skin.

Feet cleansing - 5 min  
Heritage Classic - 75 min  
Heritage Nature Jasmine Rice Scrub - 30 min  
Hydrating with body lotion - 10 min

## HERITAGE REFRESH

120 min - 78 USD

The perfect combination for the sun kissed adventurer. Restores lost moisture in your skin while maintaining a long lasting and healthy glow, after a day of exciting adventure in the sun.

Feet cleansing - 5 min  
Heritage Classic - 50 min  
Aloe Vera Wrap - 50 min  
Hydrating and nourishing body treatment - 15 min

## TROPICAL MOISTURIZING

180 min - 120 USD

To customize a typical experience and discover what Cambodia has to offer, this a must for all travellers. The package combines an exotic Tropical Mango Wrap follow by a Swedish massage and a Fruity Vitamin Facial. While you relax and rejuvenate in traditional Khmer style, herbal tea and mango will be served to complete this very uvique experience.

Feet cleansing - 5 min  
Swedish Massage - 60 min  
Mango Wrap - 30 min  
Traditional Bath - 15 min  
Vitamin Facial - 55 min  
Hydrating with body lotion - 15 min

## FRUITY WRAP

120 min - 78 USD

An Exotic Traditional Wrap (Ponlei Khmer herb, Nani forest root and Cambodian's honey) that is deep cleansing, prevents skin aging, renews cell growth and eliminates toxins as well as tightens, tones and re-mineralises the skin. It leaves the skin radiant and healthy. A gentle shower comes next followed by an essential oil massage and moisturiser.

Feet cleansing - 5 min  
Swedish Massage - 75 min  
Cucumber Wrap - 30 min  
Hydrating with body lotion - 10 min

## HERITAGE NATURAL EXOTIC WRAP

120 min - 78 USD

An exotic mango wrap (Fresh Mango, Plant Yogurt, Egg Yolk, and Cambodian's Honey) that is deep cleansing, draws out oils and toxins as well as tightens tones and re-mineralizes the skin. It leave the skin radiant and healthy. A gentle shower comes next followed by an esential oils massage and moiturizers.

Feet cleansing - 5 min  
Swedish Massage - 60 min  
Mango Wrap - 40 min  
Hydrating and nourishing body treatment - 15 min

## HERITAGE DETOXIFYING

180 min - 120 USD

For those who want the ultimate spa experience, let us take your body and mind and refresh you from the inside out with the divine combination of a Swedish massage and Heritage Classic treatment.

Feet cleansing - 5 min  
Heritage Swedish / Classic Massage - 80 min  
Heritage Jasmine rice scrub - 40 min  
Cucumber Wrap - 40 min  
Hydrating with body lotion - 15 min

## HERITAGE IN THE MOOD FOR LOVE

Half day package - up to 5 hours - 250 USD/pers

Offer you and your friend a unique - one - in - a - life - time - customized program that could include for instance :

Feet cleansing - 5 min  
Steam - 15 min  
Heritage Classic - 90 min  
Cucumber Wrap - 45 min  
Floral Bath - 15 min  
Radian facial - 55 min  
Hydrating with body lotion - 15 min  
Fruits and Champagne

Enjoy a complementary bottle of Taittinger champagne and a fruit basket to make sure this moment will be remembered for ever.

# HERITAGE PACKAGES

