



SPA MENU  
Penh House Hotel

# FLOW SPA



The Healing Touch



## Flow

Flow is a restful sanctuary nestled at PENH HOUSE Hotel in a warm Feng Shui atmosphere.

Our experienced, certified and attentive therapists, from the East to West, will tailor your experience and will help you discover our unique difference... Inspired by Asian culture and our creative vision to reawaken your senses,

We invite you for a true wellness break with a focus on natural healing and pure products, high-quality massages and holistic therapies.

## Our Treatments

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Experience Massages  
BOOKING ONE HOUR IN ADVANCE

Face & Body Therapies  
BOOKING ONE DAY IN ADVANCE

EXPRESS MASSAGE    30 minutes • 25

Ideal to discover us, relax and recharge quickly after you trip !









# Experience *Massages*

## 5 SENSES MASSAGE

*Feel Re-energized*

Maxima, a nurse and masseuse therapist, has created this full body & mind treatment. She will personalize this "Journey Massage" for your body with a unique fusion of Thai, Indian, Swedish and Hawaiian techniques; this Flow experience was created to eliminate body and mind tensions and awaken your senses with sounds, sensory curiosities, mystical surprises and a delicious touch. Yours to discover...

90 minutes • 70  
120 minutes • 90

## HERBAL DETOX MASSAGE

*Feel Restored*

Inspired by stimulating and awakening Swedish massage techniques with Detox & Arnica Oil. Ideal for athletes or people who want to relieve muscle tension and promote blood and lymph circulation. Detox drinks, herbal face steam and warm elements will be introduced to the treatment to more easily eliminate toxins and body impurities.

60 minutes • 50  
90 minutes • 70

## OCEAN FLOW

*Feel Lulled*

Double hands, double sensations, double your pleasure, two therapists fully soak your body with genuine Tahitian Monoi oil and lull your mind with our Ocean Drum. Then they will use a combination of flowing, soothing, rhythmical pressure movements to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

60 minutes • 80  
90 minutes • 100

THERAPIST MAXIMA





# Traditional *Asian Massages*

## TRADITIONAL KHMER MASSAGE

*Feel Reinvigorated*

Discover one of the local wonders with this dry massage inspired by ancient Khmer healing treatments. A rhythmic combination of compressions, stretches, and range of motion techniques. Our therapist has the gift of sensing your body tensions; she will be happy to apply this treatment gently or deeply.

60 minutes • 35

90 minutes • 45

## COCO THERAPY MASSAGE

*Feel Relaxed*

Depending on your wishes, from delicate to greater pressure, our therapist will adapt this relaxing massage to your needs. Inspired by the beautiful exotic scents of Khmer plants blended with local coconut oil; at FLOW Spa you will discover a unique form of aromatherapy to promote relaxation and good mood.

60 minutes • 42

90 minutes • 52

## DEEP TISSUE MASSAGE

*Feel Released*

This massage releases stress, eases muscle tension, boosts circulation and improves mobility. Our specialist will target the areas of concern and work therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques. Hot stones, warm compresses, or local herbal balm may be used in the treatment, depending on your individual needs.

60 minutes • 50

## REJUVENATING FACIAL

*Feel Radiant*

Rejuvenate preciously your skin with a cleansing and a gentle Jasmine rice exfoliation, then enjoy a soothing massage during your nutrient mask. Using high quality products, this facial will provide instant glow and maximise your skin rejuvenation process.

60 minutes • 42



THERAPIST SOCHEATA







# Face & Body Therapies

## ANTI-AGING

*Sculptural Myofascial  
Massage*

This facial care is a special technique, also called "non-surgical lifting" and performed by our specialist Elena. In many respects its effects are similar to the results of a plastic facelift. This procedure allows you to tighten the skin, strengthen muscles, and smooth wrinkles and folds on the face and neck.

90 minutes • 60

## FACELIFT

*Lymphatic Face Massage*

This massage helps to improve metabolism, has a lymphatic drainage effect, improves micro-circulation, relieves stress. This treatment improves skin colour, its general condition and tone. This facial massage is anti-aging and prevents premature wrinkles; it can be done at absolutely any age and with any type of skin.

60 minutes • 45

## LYMPHATIC

*Body Massage*

Lymphatic drainage is a therapeutic massage treatment. The lymph system is part of your body's immune system and helps fight infections. The massage uses very light pressure and long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins in your body. For better results, one treatment per week is recommended.

60 minutes • 50

## CELLULITE

*Body Massage*

Our therapist Elena applies strong pressure to specific areas of the body affected by cellulite to make your skin firmer. This deep pressure breaks up toxins and fat while simultaneously improving blood circulation to the area. For better results, two treatments per week are recommended.

60 minutes • 55

THERAPIST ELENA



All prices are in USD and include 10% VAT and  
7% Hotel service charge

PLEASE FOR MORE INFORMATION VISIT US AT  
THE SPA GROUND FLOOR

### OPENING HOURS & CONTACT

10:00 am to 7:00 pm  
7:00 pm to 10:00 pm (on Pre-Booking only)

### RESERVATIONS

Please dial 306 for SPA or 0 for RECEPTION

Or contact Spa Manager: Maxima +855 95 284 125



