Mellow Spa

Spa Menu

Our Signature

我们的签名





Foot Ritual
熱石足底按摩

Pampering spa treatment involving soaking, exfoliating, massaging, and moisturizing the feet and lower legs for relaxation and skin renewal, often incorporating reflexology, and warm stone for deep stress relief, improved circulation, and softer skin, drawing on ancient traditions for holistic wellness.

90 mins = $38

足部及小腿的舒緩水療護理，包括浸泡、去角質、按摩和保濕，以達到放鬆和皮膚更新的目的，通常還會結合足底按摩和熱石療法，以深層緩解壓力、改善血液循環和使皮膚更柔軟，借鑒古代傳統，促進整體健康。

90 分鐘 = 38 美元



Candle Treatment
蠟燭按摩

Ignite your senses with our Candle Treatment, a truly enchanting spa experience. Melt away tension as the warm, aromatic candle wax transforms into a luxurious massage oil, embracing your body. Unwind and let the fragrant essence and gentle warmth of the candle elevate your relaxation to new heights. Immerse yourself in the intimate glow of our Candle Treatment - where serenity meets sensory bliss.

60 mins = $40 | 90 mins = $50 | 120 mins = $60

用我們的蠟燭護理喚醒您的感官，開啟一段真正令人陶醉的SPA體驗。溫暖又芬芳的蠟燭油化為奢華的按摩油，輕柔地包裹您的身體，舒緩您的緊張情緒。放鬆身心，讓蠟燭的香氣與溫暖將您的放鬆體驗提升至全新境界。沉浸在我們蠟燭照顧的私密光芒中一寧靜與感官的極致享受在此交融。

60 分鐘 = 40 美元 | 90 分鐘 = 50 美元 | 120 分鐘 = 60 美元



Himalayan Salt Stone Experience
熱石按摩

Experience the therapeutic bliss of our signature Himalayan Salt Stone Experience, a holistic treatment designed to revitalize both body and mind. These stones, naturally harvested from the Himalayan mountains, envelop you in their soothing warmth, guiding you on a journey of deep relaxation and healing. Elevate your spa experience with the rejuvenating power of our Himalayan Salt Stone Experience.

90 mins = $75

120 mins = $85

體驗我們獨特的喜馬拉雅鹽石療法，這是一種旨在煥活身心的整體療法。這些天然採自喜馬拉雅山脈的鹽石，以其舒緩的溫暖包裹著您，引領您踏上深度放鬆和療癒之旅。喜馬拉雅鹽石療法的煥活能量，將為您的水療體驗錦上添花。

90 分鐘 = 75 美元

120 分鐘 = 85 美元

Full Body Solution

全身解决方案



Khmer Traditional Massage

全身无油按摩

Our Khmer Traditional Massage blends the unique compression and stretching poses of Khmer Traditional Massage with the added benefits of Deep Tissue and Swedish techniques. The session is a dynamic experience where the muscles, tendons, ligaments, and joints receive the benefit of movement and massage.

60 mins = $35 | 90 mins = $45 | 120 mins = $55

我们的高棉传统按摩融合了高棉传统按摩独特的按压和拉伸手法，并结合了深层组织按摩和瑞典式按摩的益处。整个疗程充满活力，肌肉、肌腱、韧带和关节都能在运动和按摩中得到充分的放松和舒缓。

60 分鐘 = 35 美元 | 90 分鐘 = 45 美元 | 120 分鐘 = 55 美元



Aromatherapy
精油按摩

By incorporating long, flowing strokes with the healing properties of lavender essential oil and almond oil, this calming aromatherapy session works to rejuvenate your energy while offering a profound sense of physical and spiritual relaxation.

60 mins = $40 | 90 mins = $50 | 120 mins = $60

通过将流畅的长推手法与薰衣草精油和杏仁油的疗愈功效相结合，这种舒缓的芳香疗法疗程能够恢复您的活力，同时带来身心深层的放松感 。

60 分鐘 = 40 美元 | 90 分鐘 = 50 美元 | 120 分鐘 = 60 美元



Deep Tissue Massage
深层组织按摩

Immerse yourself in an experience designed to address muscle tension and promote profound relaxation. Our skilled therapists employ precision and expertise to reach deep layers of muscle, releasing knots and restoring balance. Elevate your well-being with our Deep Tissue Massage – where relaxation meets revitalization.

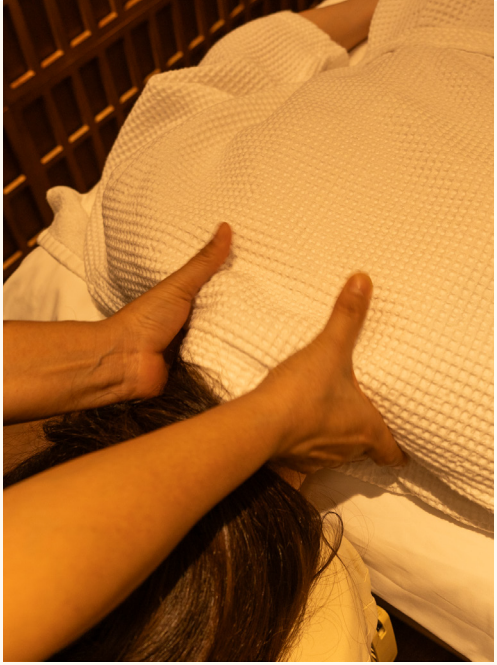
60 mins = $40 | 90 mins = $50 | 120 mins = $60

沉浸于我们精心设计的按摩体验，有效缓解肌肉紧张，促进深度放松 。我们技艺精湛的理疗师运用精准的手法和丰富的经验，深入肌肉组织，释放肌肉结节，恢复身体平衡 。体验我们的深层组织按摩，提升您的身心健康——放松与焕活在此完美融合 。

60 分鐘 = 40 美元 | 90 分鐘 = 50 美元 | 120 分鐘 = 60 美元

Release Your Pain

释放你的痛苦


Express Massage
半身按摩

Tailored to fit seamlessly into your busy schedule, this focused session allows you to choose a specific area for attention. Ideal for addressing targeted concerns, such as the back and shoulders, experience effective and efficient relief in a shorter duration. Maximize the benefits of massage in a minimal time with our Express Massage – where targeted rejuvenation meets convenience.

30 mins = $20 | 60 mins = $30 | 90 mins = $40 | 120 mins = $50

为了完美融入您繁忙的日程，我们特别定制了这项专注的按摩疗程，您可以选择需要重点关注的部位 。尤其适合解决背部和肩部等特定问题，让您在更短的时间内体验高效舒缓的按摩效果 。我们的快捷按摩，让您在最短的时间内获得最大的按摩益处——精准焕活，便捷舒适 。

30 分鐘 = 20 美元 | 60 分鐘 = 30 美元 | 90 分鐘 = 40 美元 | 120 分鐘 = 50 美元



Foot Reflexology
足部按摩

Step into a realm of relaxation and holistic healing with our Foot Reflexology. This ancient practice is designed to promote overall well-being by applying targeted pressure to reflex points on your feet, stimulating energy f low and restoring balance throughout the body. Allow the precise touch of our therapists to release tension, enhance circulation, and create a profound sense of calm. Treat your feet to the therapeutic journey they deserve with our Foot Reflexology – where precision meets serenity.

30 mins = $20 | 60 mins = $30 | 90 mins = $40 | 120 mins = $50

踏入我们的足部反射疗法，开启一段放松身心、全面疗愈的旅程。这项古老的疗法通过对足部反射区施加精准的压力，促进能量流动，恢复身体平衡，从而提升整体健康。我们理疗师的精准手法，将帮助您释放压力、促进血液循环，并带来深层的平静。足部反射疗法，让您的双脚享受应有的疗愈之旅——精准与宁静在此完美融合。

30 分鐘 = 20 美元 | 60 分鐘 = 30 美元 | 90 分鐘 = 40 美元 | 120 分鐘 = 50 美元

Rejuvenate Your Skin

让肌肤焕发活力



Jasmine Rice Scrub

This treatment combines a mixture of jasmine rice, turmeric and lotus seed to smoothen and soften your skin in a natural way.

Salt Scrub

This treatment combines a mixture of rice powder, salt and zingiber to rejuvenate and renew your skin cells.

Khmer Traditional Scrub

This treatment combines a mixture of morinda citrifolia roots, zingiber and orange juice to remove dead skin cells, giving the skin a shiny, soft and smooth look.

60 mins = $35

茉莉香米身体磨砂护理

此护理结合茉莉香米、姜黄和莲子，以天然方式使肌肤更加柔滑细嫩。

海盐身体磨砂护理

此护理结合米粉、海盐和姜，帮助焕活并更新肌肤细胞。

高棉传统身体磨砂护理

此护理结合诺丽果根、姜和橙汁，去除老废角质细胞，使肌肤呈现光泽、柔软和光滑的状态。

60 分鐘 = 35 美元



Aloe Vera Body Wraps

蘆薈身體裹敷

Offer deep hydration, soothing relief for irritated or sun-damaged skin, detoxification, and skin rejuvenation by promoting moisture retention, reducing inflammation, and delivering nutrients, resulting in softer, smoother, and firmer skin with improved tone and elasticity. These wraps also enhance circulation, promote relaxation, and can temporarily reduce cellulite appearance, making skin feel refreshed and supple.

60 mins = $40

這些裹敷療法能深層保濕，舒緩受刺激或曬傷的肌膚，排毒煥膚，促進肌膚水分保持，減少炎症，並輸送營養，令肌膚更柔軟、光滑、緊緻，膚色和彈性也得到改善。此外，它們還能促進血液循環，幫助放鬆身心，並暫時減少橘皮組織的出現，讓肌膚感覺清爽柔嫩。

60 分鐘 = 40 美元



Milky Oil Bath
牛奶浴

Offer benefits like deep skin hydration, gentle exfoliation soothing inflammation, and promoting smoother skin, making them great for dry or irritated skin conditions like eczema and psoriasis, while also providing relaxation and stress relief. The natural fats, proteins, vitamins, and lactic acid in milk nourish the skin, improving texture, reducing itchiness, and helping with cell turnover for a brighter complexion,

30 mins = $20 | 60 mins = $40

牛奶具有深层补水、温和去角质、舒缓炎症、促进肌肤光滑等功效，非常适合干性或受刺激的皮肤状况，例如湿疹和牛皮癣，同时还能放松身心，缓解压力。牛奶中的天然脂肪、蛋白质、维生素和乳酸能够滋养肌肤，改善肤质，减少瘙痒，并促进细胞更新，使肤色更加明亮。

30 分鐘 = 20 美元 | 60 分鐘 = 40 美元

Our Package



Detoxifying & Resetting
排毒焕活

Perfect for busy professionals in Phnom Penh needing to shed stress, pollution, and muscle tension.

- **Step 1:** Feet cleansing — **5 mins**
- **Step 2:** Deep Tissue Massage with lemongrass oil — **75 mins**
- **Step 3:** Salt Scrub for full-body exfoliation and circulation — **30 mins**
- **Step 4:** Hydrating Body Lotion — **10 mins**

120 mins = $65

专为金边繁忙的职场人士设计，帮助您释放压力、净化污染、舒缓肌肉紧张。

- 步骤一：足部清洁 — **5 分鐘**
- 步骤二：柠檬草油深层组织按摩 — **75 分鐘**
- 步骤三：海盐全身去角质磨砂，促进血液循环 — **30 分鐘**
- 步骤四：保湿身体乳 — **10 分鐘**

120 分鐘 = 65 美元



Royal Khmer Heritage

皇家高棉传统传承

Highlights locally sourced and traditional ingredients for a deeply immersive, culturally authentic experience.

- **Step 1:** Feet cleansing — **5 mins**
- **Step 2:** Khmer Traditional Massage — **90 mins**
- **Step 3:** Khmer Traditional Scrub — **45 mins**
- **Step 4:** Hydrating Body Lotion — **10 mins**

150 mins = $75

精选本地天然传统原料，为您带来深度沉浸 、原汁原味的文化体验 。

- 步骤一：足部清洁 — **5** 分鐘
- 步骤二：高棉传统按摩 — **90** 分鐘
- 步骤三：高棉传统磨砂 — **45** 分鐘
- 步骤四：保湿身体乳 — **10** 分鐘

150 分鐘 = **75** 美元



Lux Package
豪華套餐

- **Step 1:** Feet cleansing — 5 mins
- **Step 2:** Aromatherapy — 60 mins
- **Step 3:** Jasmine Rice Scrub — 30 mins
- **Step 4:** Milky Oil Bath — 15 mins
- **Step 5:** Hydrating Body Lotion — 10 mins

120 mins = $80

- 步驟一：足部清洁 — 5 分鐘
- 步驟二：香薰療法 — 60 分鐘
- 步驟三：茉莉香米身体磨砂护理 — 30 分鐘
- 步驟四：牛奶浴 — 15 分鐘
- 步驟五：保湿身体乳 — 10 分鐘

120 分鐘 = 80 美元



Couples Luxury
情侣奢华套餐

- **Step 1:** Feet cleansing — **5 mins**
- **Step 2:** Aromatherapy Massage with lavender oil — **75 mins**
- **Step 3:** Jasmine Rice Scrub — **30 mins**
- **Step 4:** Milky Oil Bath — **30 mins**
- **Step 5:** Hydrating Body Lotion — **10 mins**

150 mins = $85 per person

- 步骤一：足部清洁 — **5** 分鐘
- 步骤二：薰衣草精油芳香疗法按摩 — **75** 分鐘
- 步骤三：茉莉米磨砂 — **30** 分鐘
- 步骤四：牛奶精油浴 — **30** 分鐘
- 步骤五：保湿身体乳 — **10** 分鐘

150 分鐘 = 每人 **85** 美元







SPA ADVISORY

Operation Hours

- Mellow Spa is open daily **from 2:00 PM to midnight**.
- Last booking should be at **10:30 PM for up to 60-minute** treatment.

Spa Reservation

- We recommend you to contact a spa receptionist to make a spa appointment at least 03 hours in advance to ensure your preferred time and treatment are available.
- Please note that the late arrival 15 minutes may result in your experience. The late arrival exceeding 15 minutes will be automatically canceled to avoid conflict with other guests.

Spa Etiquette

- Our spa environment is a relaxation and tranquility area. Please ensure all mobile phones are in silent mode.
- Our spa is a smoke-free zone.
- Access to our spa is reserved for guests 15 year-old above.
- We do not recommend that you wear jewelry during your spa experience. Please keep all your valuables in the safety box in your room (if you are hotel guests).

Health Condition

- Please advise us of any health conditions, allergies or injuries which may affect your choice of treatment.
- Please note that we do not provide treatment to guests who had surgery under 12 months.
- Please note that we do not offer spa services to any guests under the influence of alcohol.
- Please note that we do not provide treatment for pregnancy.

Prices are subject to a 5% Service Charge and 10% VAT.
An additional 2% surcharge applies if payment is made by credit card.

BODY
Massage Candle

$25 200ml



- Lavender
- Jasmine
- Rose
- Lemongrass

Benefits of Candle Treatment

Physical Benefits:

- ☑ Muscle Relaxation
- ☑ Improved Circulation
- ☑ Skin Hydration
- ☑ Pain Relief

Mental and Emotional Benefits:

- ☑ Stress Reduction
- ☑ Improved Mood
- ☑ Enhanced Sleep
- ☑ Sensory Experience

Other Benefits:

- ☑ Aromatherapy
- ☑ Skin Treatment

Mellow Spa



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