



# SONG SAA

## PRIVATE ISLAND

### The Song Saa Sanctuaries

#### Our Philosophy

At Song Saa we strive to embrace the Buddhist tradition of 'Metta Bhavana' or loving kindness. We are inspired by the Buddhist principal of reverence for all beings and aim to follow the tradition of offering blessings for others.

In our Island's spa, we are committed to using sustainable and natural products from artisanal producers that also benefit local communities either here in Cambodia or other parts of the world.

We have developed our spa and wellness treatments around three themes that underpin this philosophy.

#### Stillness

Life often pulls us away from our center. On the island, we hope you will find the tranquility to reconnect with the happiness within you. Stillness is central to wellbeing and our offerings help guide you back to your center.

#### Healing

Offered with loving kindness, our healing experiences are given with pure awareness of the body and souls ability to transform.

#### Blessings

When grace touches, us we are blessed. Grace is abundant in the natural beauty of the island and our blessings reflect and draw upon this resource.

#### Ida and Pingala

In yogic and holistic science, we believe the subtle body is made of energy channels that carry the life force prana (vital breath). Ida and Pingala are two extremely important channels that run from the base of the spine to the crown of the head.

These left and right hand channels have important and specific functions and characteristics and have shaped the designs of our treatments and sanctuaries here at Song Saa Private Island.

Both Ida and Pingala Sanctuaries have been blessed by local monks and possess and energy that is positive and charged.

## Stillness Treatments

“Be still. Stillness reveals the secret of eternity”  
Lao Tzu

### Spa Ritual: Bio Rhythms – 120 minutes

Travelling, particularly flying and jet lag, disturbs the body's natural flow of energy and this powerful treatment aims to restore the body's natural biorhythms. An ionizing energy scrub, scented with lemongrass followed by a conductive clay/mud wrap charge and renew the bio-magnetic energy field by emitting healing and rejuvenating negative ions essential for inner well-being. The treatment continues with a Kundalini back massage to relax and balance the body's nervous system and concludes with a light Marma face and dry head massage to calm the mind.

### Body Scrub: Energizing – 60 minutes.

This full body scrub uses Himalayan salt crystals, which cleanse and strengthen the body's bio-energy field by emitting negative ions while the combination of essential oils containing juniper berry and lemongrass, stimulate circulation to expel toxins from the body. After a warm shower your treatment concludes with a light body oil application containing both rose and geranium to rejuvenate the skin.

### Body Wrap: Bio-Energy Mud Wrap – 90 minutes

This rich clay/mud is applied to the body to draw toxins from the cells which helps remove blocks in the body's energy lines and deeply revitalizes the lymphatic system. A pampering head massage is given promoting profound healing in the energy body before a warm shower and a light body massage conclude this therapy. This remains one of our favourite restorative treatments in the cleansing of the body from the effects of cellulite and worldly pollutants.

### Face Therapy: Rainforest Facial – 75 minutes

The key elements used for this holistic facial are raw ingredients from the Amazon Rainforest; a blend of four plant extracts (acmella, pfaffia, marapuanma and white lily) to support and encourage the skins natural regeneration due to its anti-inflammatory properties. This facial offers cleansing massage, scrub, toning and rehydration masque before finishing with an eye serum and luxurious moisturizing cream. This facial is suitable for all skin types but is especially effective in hydrating sensitive and mature skin as well as reducing fine lines and wrinkles. Often referred to as the 'anti-aging' facial.

### Bath Ritual: Stillness

Our indulgent lavender and Coconut bath ritual will help you achieve a peaceful and calm state of mind to allow you to rediscover the happiness within. We use organic ingredients to nourish and protect your skin from sun damage and dryness. Our lavender essential oil is easily absorbed into the skin and is a wonderful way to treat exhaustion while the rich coconut oil and coconut milk nourish heat or sun exposed skin and the scents from ilā's 'Stillness' oil and Himalayan salt enhance your general wellbeing. Your bath is accented with flowers for purity and calming.

Our wellness experts will prepare your personal (or couples) bath ritual, some sliced fruit and relaxing tea in the comfort of your villa at a time of your choosing.

## Healing Treatments

“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship”  
Sri Buddha

### Spa Ritual: Marine Flora Immersion – 120 minutes

Combining a cleansing body scrub, clay/mud wrap and finally after a warm shower a relaxing Metta massage. This revitalizing experience uses mineral rich marine flora (sea lettuce, sea lavender, bio-plasma and various seaweeds) to invigorate the body. Himalayan salt crystals; the remnants of an ocean trapped over 250 million years ago are added to deeply relax, cleanse and re-energize the lymphatic and immune system. This combination has a profound healing effect on the skin infusing nutrients for up to twenty-four hours after absorption, improving vitality, circulation and skin tone to help reduce the effects of everyday stress.

### Body Scrub: Marine Flora Body Renewal – 60 minutes.

A revitalizing and purifying experience that combines nutrient rich sea lettuce, sea lavender, bio plasma and various seaweeds in a rich scrub combined with the ionizing properties of Himalayan salt crystals to cleanse and re-energise the body's natural bio-magnetic field and lymphatic system. After showering, a light oil of your choosing is used to moisturize the skin and lock in the effects of the treatment.

### Body Wrap: Marine Flora – 90 minutes

A nutrient rich marine flora and Himalayan salt scrub; to cleanse and re-energise the bio-magnetic field and lymphatic system. The salt effect is enhanced by the addition of a nutrient rich seaweed wrap. Bio-plasma increases the metabolic function of skin cells, thus helping regeneration, while omega plankton improves hydration of the epidermis and cellular structure of the skin. After showering, a light oil of your choice is used to moisturize the skin. This treatment is excellent for reducing cellulite and improves the texture and hydration levels of the skin.

### Face Therapy: Marine Flora – 75 minutes

A deeply cleansing and purifying face therapy that focuses on lymphatic drainage to improve the circulation, vitality and tone of the skin. A rich plankton based bio-plasma serum is applied, followed by salt scrub and a marine flora masque rich in sea lavender to boost collagen production and sea lettuce to detoxify and stimulate the lymphatic system. To complete the program a rich ILĀ eye serum and moisturizer locks in the benefits and luminosity. Often referred to as the 'detox facial'.

### Bath Ritual: Healing

Offered with loving kindness, our healing bath experience is given with pure awareness and the ability to transform. Fresh lemongrass, lime, pandanus leaves, orange and cucumber are a wonderful overall tonic for the body, boosting the central nervous system and stimulating your body's natural healing.

Our wellness experts will prepare your personal (or couples) bath ritual, some sliced fruit and relaxing tea in the comfort of your villa at a time of your choosing.

## Blessing Treatments

“We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world”  
Sri Buddha

### Spa Ritual; ILĀ Experience – 120 minutes

This heavenly experience, with keynotes of rose and jasmine, re-awakens the body and spirit to promote a feeling of deep calm. A Bliss Body Renewal scrub prepares the skin for the Body Balm massage to feed the skin and senses. To conclude the calming experience a soothing Ananda Face Therapy; cleanser to remove impurities, a special toner to re-hydrate, a face masque to revitalize and face oil for glowing radiance.

### Body Scrub: Bliss Body Renewal – 60 minutes.

Much more than just a skin scrub... the negative ions contained in the Himalayan salt crystals cleanse and strengthen while the essential oils of jasmine, rose, sandalwood and patchouli nourish the body and promote emotional wellbeing; restoring and relaxing the nervous system. After showering, our nourishing body balm is applied to seal in the effects of this perfect renewal program and further detox the body.

### Body Wrap: Sun Soother - 60 minutes

Repair and renew your skin with fresh aloe vera and cucumber. The cooling and nourishing properties of the garden are ideal for sun and heat exposed skin due to the calming effects of the natural plant proteins. To conclude the experience a calming lavender mist is applied.

### Face Therapy: Ananda Facial – 60 minutes

Ananda means, 'Bliss' in ancient Sanskrit. The techniques used in this facial were inspired from Shaman women (Naugals) in Mexico. These women believe that the energy of 'light' is deeply rejuvenating to the skin and our therapist will work with the marma points of the face to allow a flow of energy to the body while cleansing, toning and moisturizing the face. This healing and reviving treatment brings deep feelings of peace as well as beautifully radiant skin.

### Bath Ritual: Blessing

When grace touches, us we are blessed. Grace is abundant in the natural beauty of the island and our bath blessings reflect and draw on this resource. Using ILĀ's organic bath oil, with keynotes of rose and tuberose, this decadent ritual nurtures and blesses our entire being. The lotus and jasmine flowers – associated with spiritual awakening, purity and beauty are the final touch.

Our wellness experts will prepare your personal or couples bath ritual, some sliced fruit and relaxing tea in the comfort of your villa at a time of your choosing.

## Massage

Experience the synergy of aroma and touch in this customized experience that will leave you feeling refreshed, renewed and revitalized.

Choose one of the following blends of oils for your massage experience.

Stillness Body Oil:  
will bring stillness and order, to help maintain spiritual joy, with the predominant essence of sandalwood

Healing Body Oil:  
encourages emotional healing and restores balance, with the predominant essence of lemongrass.

Blessing Body Oil:  
this will help nurture and bless, with the predominant essence of jasmine.

Virgin Coconut Oil:  
this will moisturize and heal the skin and cool the mind.

Karuna Kaya Massage – 60 or 90 minutes. S

Showing compassion to our physical body and ourselves is an important part of the Buddhist principle of 'Metta Bhavana' and brings with it a lightness of being. This deep rhythmic and stretching bodywork allows realignment of the body's meridians and softening and relaxing of the muscular system to allow energy flow around the body.

Metta Massage – 60 or 90 minutes. S

This treatment honors and respects the ancient Buddhist traditions of healing and loving kindness, harmonizing and strengthening the body's natural free flow of energy. Traditional techniques using hot stones and hot compresses (traditional poultices) are applied to purify the five elements of the body (earth, water, fire, wind, space) and stimulate the lymphatic system and energise the body and meridian system back into alignment.

Manipura Massage – 60 or 90 minutes. S

Manipura means 'beautiful shining jewel' in ancient Sanskrit. It refers to the naval chakra, our center of fire energy that ignites health and vitality. This bespoke massage concentrating on the abdomen uses hot herbal compresses (traditional poultices) placed on the chakra and marma points to restore energy to the body releasing toxins from your system and to free you from fatigue. Our 90-minute treatment includes an ilā salt scrub for further purification.

Kundalini Back Massage – 75 minutes

A deeply soothing back treatment that will increase your energy and spiritual enlightenment by awakening the Kundalini chakra (known as the coiled serpent at the base of the spine). Traditional Kundalini oil created by ILĀ is applied to support the care of the back and spinal column to release energy and vitality before the journey continues to the third eye and further chakra healing. Perfect for releasing muscle aches and pains and to awaken from this invigorating therapy, our wellness experts will apply a short facial, to stimulate the marma points of the face and nourish the nervous system.

Swedish Massage – 60 or 90 minutes. S

This classic massage uses a variety of techniques to promote a deep sense of wellbeing. This therapy is particularly effective for stimulating circulation, increasing lymphatic drainage and easing muscle pain due to the sweeping strokes and kneading actions performed.

## Inspired by Cambodia's Culture and History

The Khmer people were inspired by their surroundings using natural herbs, plants and ancient relaxation practices to support the body's natural healing.

### Khmer Leaf Herbal Compress/Poultice Massage - 90 minutes

Traditional poultices have been used all over Asia for centuries and at the Sanctuaries, ours is made up of various medicinal leaves found on the island and archipelago. Leaves include tamarind, lemongrass and basil and are complimented with herbs and spices, cooked in herbal oils and packed into absorbent bundles. The treatment begins with a Khmer style body massage using the rich herbal oils to promote wellness and to detoxify the body. The bundles are then gently heated and applied to specific areas of the body to promote health and well-being through the skin and aroma. The body is massaged using traditional techniques to eliminate stress and restore energy and well-being.

Please note: due to the natural element requirements of this treatment 24 hours' notice is required.

### Khmer Wedding Ritual – 120 minutes.

The Traditional Khmer Wedding Ritual begins with a relaxing Karuna Kaya massage, which allows energy to flow around the body. Pampering continues with a scrub made from a rich blend of turmeric, tamarind, rice powder and Mondulkiri province honey and then natural yogurt is applied to nurture and replenish the delicate skin. Finally, a long soak in a tropical floral bath at your leisure before the therapist applies a fragrant floral moisturizing cream to nourish and rehydrate the skin.

Our wellness experts will prepare your ritual along with some sliced fruit and relaxing tea in the Spa Villa for you. This treatment is also ideal to celebrate a special occasion for a loved one such as a birthday or anniversary.

### Traditional Khmer Reflexology – 60 minutes S

This specialized foot massage improves blood circulation by channeling qi (energy) from the reflex points of the feet to stimulate the main organs of the body. To finish the treatment the wellness therapist will apply and massage in a rich herbal moisturizing cream to each foot to soothe, relax and moisturize.

### Traditional Khmer Head Massage – 60 minutes S

The secret to lustrous, shiny and healthy hair in Asia is the use of pure coconut oil. We combine the application of the oil with a deep scalp massage to treat hair and scalp conditions. While the hair is cocooned in a warm moist towel for intense nourishing a short hand massage is an added treat. We recommend that the oil is left in the hair for up to three hours after application for maximum benefits and is an ideal treatment after a day in the sun.

### Coconut Champi Head Massage – 30 minutes S

An invigorating head massage that relieves daily stress; clearing the mind and enhances vitality. Pure coconut oil is applied and massaged into the scalp to clear tension and this therapy is ideal to add to an existing treatment as an additional enhancer.

### Buddhist Monk Blessing – 30 minutes approx.

Receive a Blessing from our local Cambodian Monks on the Island in a quiet destination of your choice or in the privacy of your villa. Three monks from the Prek Svay Pagoda will come to island and we will arrange a beautiful set up in a revered location. Here the monks will chant to drive away negative energies before bringing in positive energy with a water blessing. In Buddhism, the color red holds tremendous significance. It is a symbol that impacts one's life and sustenance of the same as well as taking care of the life force. At the end of the ceremony the head monk will place a blessed red thread around your wrist.

Part of our Blessing and Commitment Ceremony Experiences – 48 hours' notice is usually required but please speak to our Guest Experience or Song Saa Sanctuaries team for further details.

## Spa Sanctuaries – Night Spa

Starry skies and gentle tropical night breezes – by prior arrangement the Sanctuaries can be yours exclusively from 2000hrs to 2230hrs.

Stillness: Couples Connect Night Spa Ritual: – 150 minutes

This treatment especially designed for couples will focus on three chakras; Sacral, which represents our ability to accept other and new experiences. Heart, representing our ability to love. Crown, our highest chakra and represents our ability to be fully connected spiritually. Exquisite oils of rose (the oil of love), orange blossom (encourages a sense of bliss) and jasmine (stimulates the flow of love) are used in both the body scrub and bath. Once relaxation has been achieved a Kundalini back massage will gently stimulate the chakra at the base of the spine to invigorate the body. To complete the chakra realignment an express facial will re-install harmony and connection.

This treatment is for couples but can also be adapted for one person should you wish.

Healing: Chakra Wellbeing Night Spa Ritual: - 150 minutes.

ILĀ's exquisite Chakra Wellbeing range addresses healing to the subtle energy field the physical body via the lymphatic system. This therapy is based around the use of seven blends of chakra balancing essential oils each bespoke treatment involves deep relaxation massage of the nervous system and lymphatic drainage. The therapy induces subtle healing of the chakras through a detoxing scrub a Kundalini back massage and foot rub as well as hot compress's (poultice) to improve energy flow. The final journey to relaxation is a Marma massage face therapy including the pouring of warm oil over the third eye (Shirodhara) to restore and awaken every sense.

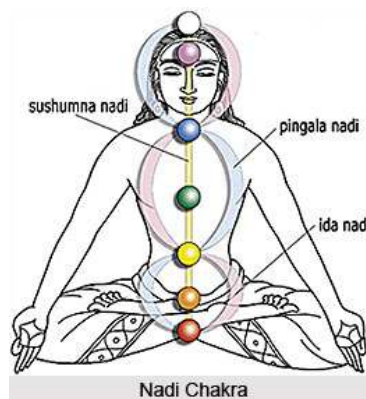
Blessing: Dreamtime Night Spa Ritual – 150 minutes.

This sleep inducing treatment draws on pure essential oils, Marma massage and chakra healing to deeply relax the nervous system and restore the natural rhythm of sleep. Based on the knowledge that cellular growth and repair is faster during sleep, Dreamtime incorporates a slow rhythmic scrub, Kundalini back massage and body treatments using ingredients prized for cellular rejuvenation, such as royal jelly and orange blossom. The ritual is concluded with a soothing face therapy to promote the deepest relaxation.

Our wellness experts will prepare your couples Night Spa Ritual, either in the comfort of Ida or Pingala Villa Sanctuaries as priced. Should you prefer Sushumna Sanctuary, our open air /overwater space overlooking Koh Bong is also possible for the Night Spa treatments but an additional charge per person may apply and baths are naturally swapped for an open-air shower. All Night Spa Rituals are hosted with a selection of sliced fruit and relaxing tea.

All of the night rituals are for a maximum of 150 minutes and are created for relaxation, therefore most beneficial in the evening. However, should you wish they could also be arranged during daylight hours within the Sanctuaries operational hours.

Due to the nature of the ingredients and style of the experience 48 hours' notice is required for firm reservations and naturally reservations are subject to availability.



## Beauty Enhancers

### Eye Care Treatment – 30 minutes

This beauty treatment combines the anti-aging effects of cryotherapy (ice cold treatment) with light Marma face massage using ILĀ's pure and natural eye serum to instantly soothe tired and stressed eyes. The delicate area is stimulated, reducing puffiness, dark circles and firming the delicate eye area.

### Express Facial – 30 minutes

This customized facial is uniquely designed to give maximum results in minimum time and can be added to an existing treatment or on its own. Formulated to refresh, renew and revitalize, these cleansing, cleaning, toning and moisturizing treatments work with all skin types to promote a more youthful, healthy glow.

### Hands: Holistic Manicure – 75 minutes

This nurturing treatment starts with an exfoliation, nail trimming, cuticle shaping, filing, buffing and a soothing moisturizing lotion massage therapy, which will leave even the hardest working hands feeling soft and replenished. A natural nail strengthener is also applied if you wish.

### Feet: Holistic Pedicure – 75 minutes

A warm foot bath, followed by an exfoliation, ILĀ's Himalayan salt polish to refresh the skin and stimulate the circulation, nail trimming, cuticle shaping, filing, buffing and a soothing foot cream massage. A natural nail strengthener is also applied if you wish.

## Our Product Range and Origins



At Song Saa Spa Sanctuaries we use a range of local artisanal products as well as natural organic ingredients from the islands gardens. To complement our local products, we also use a highly prized and awarded range of wellness products called 'ILĀ', in ancient Sanskrit meaning 'Earth'.

These products have been harvested sustainably with the purest purpose by artisanal producers who value traditional sustainable practices. ILĀ's vocation is to bring purity, energy and balance into everyday life through the creation of luxury organic products that are as effective as they are ethical: no-compromise skin and body care with the ability to awaken, transform and heal the body and soul. Central to ilā's healing potential is the high natural energy present in each and every ingredient and everything in their products comes from either a plant or a mineral – nothing else.

This multi award winning spa and beauty range can be found online at; [www.ila-spa.com](http://www.ila-spa.com)



## The Holistic Sanctuary

We offer a selection of private holistic therapies that work to bring about inner calm, balancing mind, body and spirit to achieve an inner state of health and wellbeing.

### Morning Yoga – 60 minutes

Join our yogi for a series of Asana (postures) that promote flexibility, strength and balance. These daily complimentary group sessions are ideal for anyone wanting to learn about yoga, continuing with their regular practice or improve their flexibility. Reservations are essential, as places are limited.

### Personal Hatha Yoga – 60 minutes. S

This yoga style combines the energies of the sun and moon (in Sanskrit 'ha' means sun and 'tha' means moon). The key principal is the purification of the body and mind through meditation, subtle energy control known as Pranayama and posture, known as Asana.

### Couples Hatha Yoga – 60 minutes. S

Partners support each other in a modified sequence of postures. This private yoga workshop explores restorative and challenging poses designed specifically for couples with a mix of Thai yoga massage. It helps both individuals to move beyond self-limiting ideas of what each can and cannot do and to develop a deeper connection to one another.

### Ashtanga Yoga – 90 minutes. S

Power yoga focuses on powerful flowing movements requiring strength and stamina. It aims to increase your flexibility, balance and concentration and is recommended for those looking for strenuous practice.

### Personal Meditation – 60 minutes. S

Meditation refers to the state where the body is soothed and relaxed while the mind is made calm and composed. Since ancient times, meditation has been used to restore harmony and heal the mind allowing it to release stress and fatigue. Meditation helps to move the subtle mental barrier within ourselves, enabling us to better understand our personality, thought process and surroundings.

### Visiting Practitioners

From time to time we may have Visiting Practitioners on the island that may provide specialised treatments in addition to the Sanctuaries Wellness program. Please ask your wellness therapist, as they will be happy to advise and/or introduce.

Practices may include; Reiki, Crystal Healing, Cupping and or Acupuncture.

### Personal Fitness Room

Our couple's waterfront gym is ideal for continuing your fitness regime and is open daily from 0600hrs to 2100hrs. If you are having trouble sleeping and would like to work out, out with the operational hours, please dial '0' and the team will be more than happy to assist with opening for you.

The use of the gym is with our compliments for anyone over the age of 18 years and we ask you to kindly read the guidelines found on the gym wall before starting your workout, please kindly keep your outdoor shoes outside and change into your gym shoes before using the equipment.

## How to Sanctuary?

#### Hours of Operation

The Sanctuaries are open daily from 1000hrs until 2000hrs, with the first treatment at 1015hrs and the last reservation at 1900hrs. We recommend that to avoid impacting your treatment time that you arrive at Kundalini Sanctuary 10 minutes before your treatment reservation time.

#### Reservations

We recommend all sanctuary experiences are booked in advance, either with your Guest Experience Ambassador or our Spa and Wellness team whom are at your disposal also at the Kundalini Sanctuary, should you wish to discuss with the wellness experts in person. Please dial '0' or press the hourglass button on your phone.

#### Special Consideration

Your health and safety come first. Please inform us of any medical condition that needs to be taken into consideration for your treatment. Let your therapist know of any skin allergies, if you are or think you could be pregnant and or indicate any areas of the body that may require special attention during your treatment. Please advise the therapist if you are suffering any pain or discomfort at any point throughout the treatment.

#### Your Comfort

Please indicate to your therapist any special needs or requests. The treatment villa has the option of air conditioning or natural cooling, different music styles or even just the sounds of the island. We provide sarongs, slippers and toiletries within the Sanctuaries private room areas.

#### Indoor or Outdoor Treatment Spaces

Treatments marked with an 'S' mean the treatment can also be held in our open-air Sushumna Sanctuary. There may also be the opportunity to have a treatment in the comfort of your villa should you prefer. Additional charges may apply for treatments out with the designated Spa Villas.

#### Your Skin

Health and lifestyle are reflected in the condition of your skin. At the beginning of your vacation, it is good to commence treatments that are part of body renewal programs, a 60-minute cleansing of body and mind using Himalayan crystal salts to feel the most benefit from other treatments you may wish to try. Please take care of your skin while under the Cambodian sun and ensure you apply protective screens and drink lots of water and of course island coconuts for rehydration.

#### Smoking and Alcohol

Smoking and the consumption of alcohol within the Sanctuaries is prohibited and we do not recommend consuming alcohol or caffeinated drinks before or immediately after a treatment.

#### Cancellation Policy

To avoid charges to your personal account we ask you to kindly give us four hours or more notice should you wish to cancel/reschedule your appointment. For cancellations within the four-hour period a 50% cancellation charge will apply if we are unable to re-sell the appointment time. For 'No Shows' a full charge in USD applies. For our Night Spa, a ten-hour cancellation notice is required, otherwise a 50% cancellation fee applies.

#### Billing

At the end of the treatment booked your Wellness expert will present you with a bill for signing, please kindly check the amount and complete the details as necessary. All Spa Sanctuary treatments are priced in USD and +++ subject to an obligatory Government; 10% VAT, 10% Specific Tax and 10% Service Charge. Cambodian Government Specific Tax applies on all Spa Treatments as shown on our price list and is an obligatory tax for certain goods and supplies here in Cambodia.

#### Tipping

We are often asked how to leave a tip for a therapist or another members of the Song Saa Family. There is no obligation to do so, but should a member of the team have made a particular difference to your stay, please do so individually by writing their name and amount on the presented bill or place a token amount in a named envelope for them.

Should you wish to leave something for all the Song Saa Family, please feel free to do so by placing your token amount in an envelope and giving to one of our senior managers. It will in turn be split with the entire team each month and throughout the year towards fun activities of their choice.

- Namastē -