



SENSE
A ROSEWOOD SPA



*Sense, a Rosewood Spa is inspired by the heritage,
culture and custom of wellness from diverse regions
within our global Rosewood collection.*

S E N S E

A R O S E W O O D S P A



P H N O M P E N H

Drawing from the plentiful resources of Cambodia and their significance in traditional healing, Sense, a Rosewood Spa delivers an approachable and refreshing perspective on the authentic pillars of healing practices sourced from this vast reaching country and its bountiful offerings.

Paying homage to the Khmer people and their practice of drawing from the earth's resources for personalized healing. We have thoughtfully included indigenous touches for every treatment, insuring they are steeped in tradition, authenticity and integrity but relevant in today's world of wellness.

Utilizing the ancient remedies of Khmer healing, we have blended the traditions of the "Lost Remedies" with various techniques of modern healing.

Offering a true sense of place and curated for you, with us.





THE LOST REMEDIES



The ancient traditions of the Khmer people are truly becoming a lost art in today's culture.

Preserving the past and its authenticity is vital in keeping our healing practices steeped in tradition and rich in integrity.

We call these ancient practices of the Khmer people the Lost Remedies, and our intention is to keep them alive and well.

The Khmer traditional medicine is a form of naturopathy using natural remedies, such as roots, barks, leaves and herbs to motivate the body's innate ability to heal and maintain itself. It has been used to treat various ailments for many years. The ancient Khmer people originally formulated these healing remedies during the Angkor period to soothe physical pain and/or injuries. Fresh Ponlei was used for cuts, Flower of Salt was used as an antiseptic, Turmeric was used to soothe the skin and some boiled barks & roots were provided as a medicinal beverage to help heal from the inside-out.

Four forms of therapy are the core focus of medicinal healing among the Khmer people: spirit offerings, dermabrasion, maintaining hot & cold balance, and herbal medicines.

Sense, a Rosewood Spa has revived some of the traditional Lost Remedies in the following sections to highlight their healing powers and how they are applied in today's world of wellness.

Khmer Herbal Poultice

Ancient healing massage

90minutes

This treatment was used as an ancient Cambodian herbal remedy for the men who came home from the war, and has been a staple in Cambodian healing since the Angkor era. Fresh *Ponlei*, Turmeric and Flower of Salt are the main ingredients used in this treatment to help heal the body. These key ingredients are mixed with other local ingredients and are warmed up in the steam poultice and gently compressed along the body with special attention to the areas with deep muscle tension. The Herbal Poultice is incredibly effective in releasing blocked energy and relaxes the muscles to minimize muscle spasms and tension. This unique experience, commences with an open palm pressure that helps to comfort and soothe the body.

Ancient Angkor Massage

Dry massage

90minutes

Khmer massage has been practiced for hundreds of years. An ancient healing technique incorporating deep breathing techniques, stretching and a guided approach to relaxation. The core style of Khmer massage involves 'kneading' the muscles gently to release deep tension in the body, leaving you feeling relaxed and with improved flexibility.

Chol Mlob Traditional Skin Cleanse

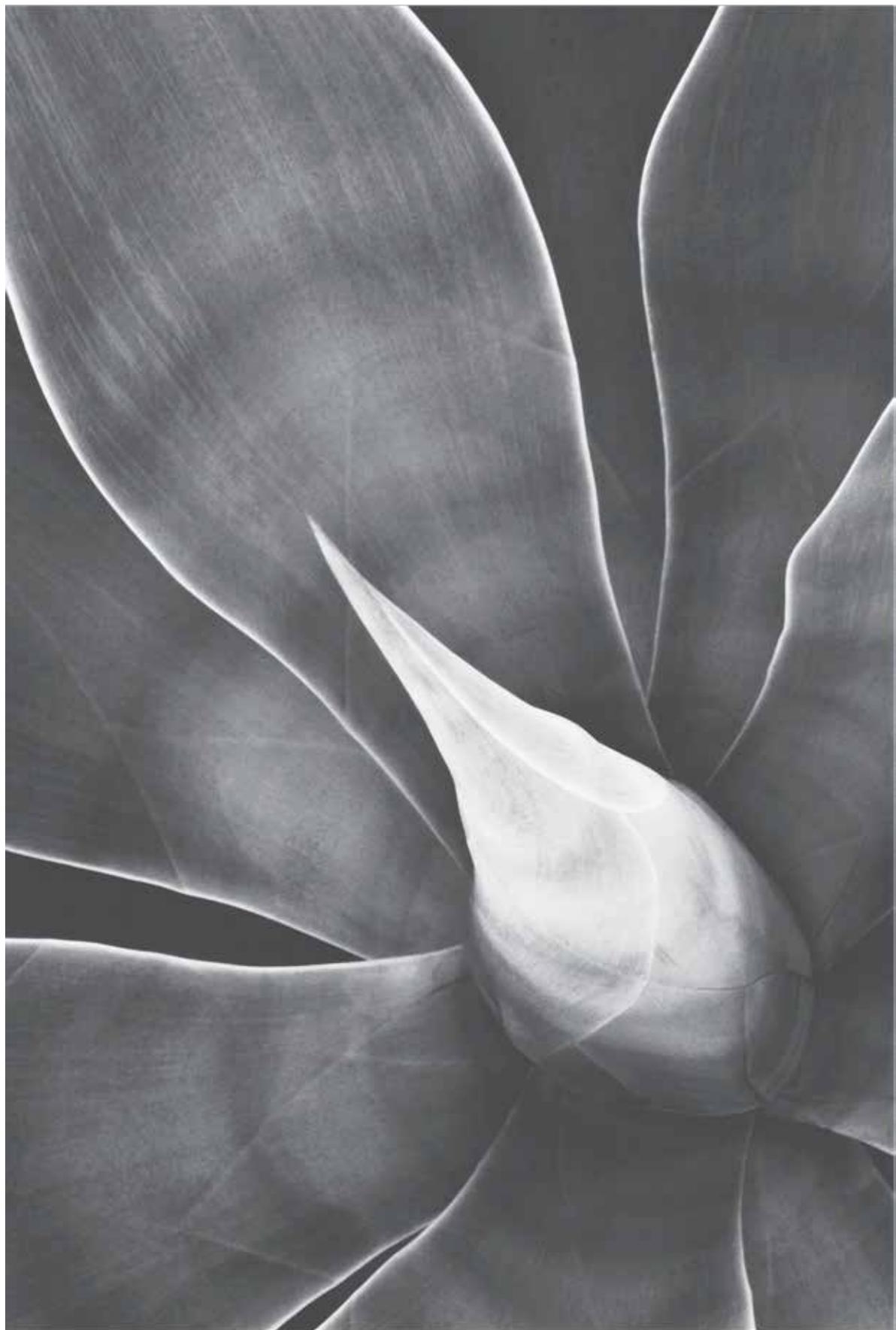
Brightening scrub + wrap

90 minutes The ancient tradition of the Angkor people is to use powder and saffron to cover the body especially when the body is in need of healing. It has been especially instrumental in the Khmer culture for women as they prepare for marriage. Saffron is highly effective in brightening and lightening the skin, which is why it's so prevalent in beauty regimens of Cambodia. This highly beneficial body wrap incorporates indigenous white clay and saffron to help nourish, replenish and improve the overall appearance of the skin. Enjoy a full body wrap, steam shower and traditional application of Saffron Oil to rehydrate and rejuvenate the skin.

Flower of Salt Scrub

Sea water exfoliation

75 minutes Flower of salt is a natural product from region of Kampot, Cambodia. This delicate salt is hand harvested and is highly effective in removing dead skin cells, increasing circulation and improving cell regeneration. Your skin will feel firmer and smoother while also feeling deeply hydrated and nourished.





SENSE JOURNEYS



DIVING INTO THE CULTURE OF
CAMBODIA AND REVEALING IN ITS
AUTHENTICITY AND TRADITIONS;
CAN ONLY BE TRULY EXPERIENCED
WHEN YOU ALLOW YOURSELF TO
BE FULLY IMMERSED. OUR SENSE
JOURNEYS OFFER YOU A TRUE PATH
TO IMMERSION BY EXTENDING YOUR
WELLNESS IN TIME AND ATTENTION.

Kamlang Immersion

Balancing scrub, wrap & massage

2.5 hours

Incorporating all of the traditional components of exfoliation & hydration into this three-part immersion experience, your body will glow from head to toe.

This all-inclusive journey incorporates Flower of Salt body exfoliation, re-mineralizing body wrap containing highly effective combinations of essential vitamins & minerals, an Aromatherapy massage to help increase circulation and balance your body's overall function.

Baray Immersion

Bath, exfoliation, massage, facial & pedicure

4 hours

This complete head to toe journey is a true start on your path to wellness. Including an uplifting aromatic spa bath followed by a traditional Khmer full body scrub and customized Khmer Massage, you are ready to embark upon the conclusion of your wellness experience. After your massage, enjoy a customized facial treatment to purify, balance and nourish the skin. This extraordinary treatment concludes with a luxury pedicure experience, leaving you feeling completely refreshed and invigorated.

Indulgent Beauty

Body scrub, wrap & customized facial

2.5 hours

Immerse in a full body exfoliation treatment, pearl re-mineralizing body wrap and indulgent massage with deeply moisturizing double creams or aromatic blends followed by a 60-minute customized facial, where collagen-boosting actives and stress-reducing techniques allow one to replenish and unwind.

Pamper Her/ Him

Steam, body scrub, massage, pick-up or drop-off, spa gift

2.5 hours

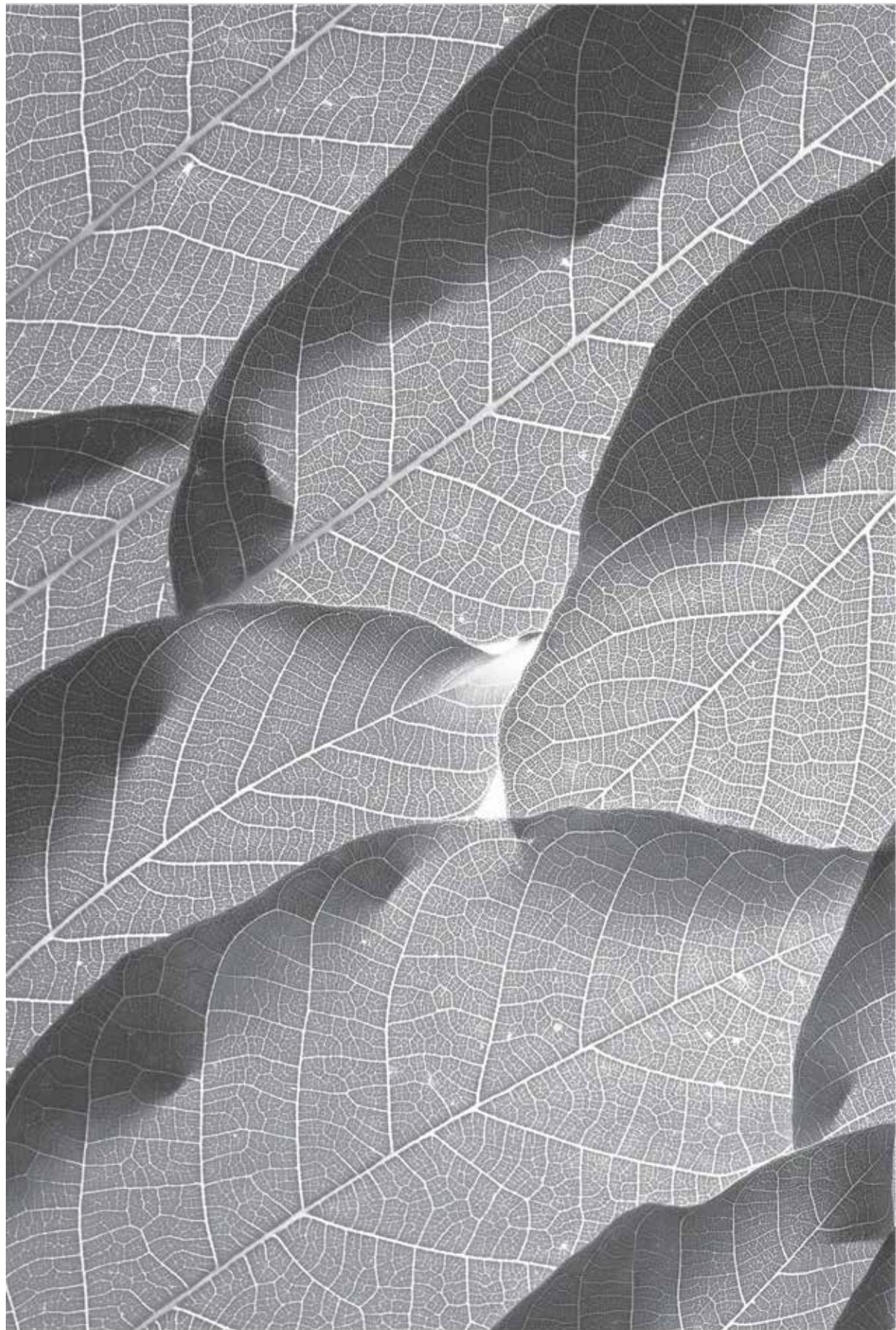
Indulge in a complete pampering experience, which includes a free pick-up or drop-off by a hotel limousine within the city. Start the treatment with a private steam room experience, a zesty body scrub and a full body massage with three selections of aromatherapy oil to enhance your mood. End the journey with a Spa gift so you can continue your relaxation journey at home.

You & Me

Romantic bath, scrub, massage

2.5 hours

Connection with your partner is so much easier when you can relax & unwind together. Experience our luxurious Milky bath, Soothing body scrub and Aromatherapy massage for two. This treatment trio offers you and your partner a little bit of everything. A fantastic way to connect & discover while supporting your personal wellness.





SENSE SKIN CARE

PROGRESSIVE SKIN CARE REQUIRES THAT WE BALANCE TECHNOLOGY AND NATURE IN ITS MOST PERFECT UNISON. PROVIDING IMMEDIATE RESULTS BUT WITH THE PUREST OF INGREDIENTS. WE HAVE PAID CLOSE ATTENTION TO THE VARIOUS WAYS THAT YOU CAN BRING TO LIGHT YOUR NATURAL BEAUTY BUT DELAY THE NATURAL AGING PROCESS AS MUCH AS POSSIBLE.

24K Gold Age-Defying Facial

90 minutes

An ultimate high performance hero facial. This age-defying facial combines collagen and elastin to boost skin renewal. Featuring potent ingredients including Mogra (the Queen of Jasmines) and 24K Gold, it brings a radiant glow to your skin, reduces fine lines and wrinkles, whilst addressing emotional needs such as stress, anxiety, and hormonal balance.

Soothe & Enriched Facial

60/90 minutes

Designed especially for sun-exposed, dry, sensitive or damaged skin, this intense enriching facial with a powerful blend of ancient active ingredients such as *Neem* and *Amla* which are known to increase collagen and hyaluronic acid production, delivers an exceptional nutrient-rich elixir infused with antioxidants to fight free-radical damage and visible signs of ageing, revitalizing and deeply hydrating tired skin.

Wild Kashmir Purifying Facial

60/90 minutes

This powerful facial will optimized your wellbeing and replenish your skin with renewed freshness. Wild turmeric offers intense purification, while exotic Kashmir lavender soothes and restores. This deeply detoxifying treatment will revitalize tired, congested and stressed skin.

K-lift

Age management system by Kerstin Florian

This advanced system integrates the strength of three modalities of Kinetic energy- which work in harmony with the body's natural energy to target the underlying causes and factors associated with aging.

Advance Lifting Facial

90 minutes

Take your skin to the next level of transformation with this modern age-management treatment.

Includes a deep cleansing and exfoliating for the face and neck. Benefit from 60 minutes of LED Red Light and Impulse Micro Current to help awaken cellular functions, accelerate cellular repair, re-educate muscle tone and trigger DNA regeneration. This treatment concludes with the infusion of essential nutrients into the deep layers of the skin using cutting-edge Transdermal Delivery technology. Experience an immediate lifting and brightening of the overall appearance of the skin.

Express Skin Enhancements

add-on only

*20 minutes
each*

Enhance your skin care experience by adding one or more of these highly effective enhancements to your preferred facial treatment .

Express Lift | strengthen muscle tone and help delay the aging process.

Express Eyes | immediate lifting and brightening of the eye area.

Express Lips | reduce and toned fine lip lines, lower cheeks and jaw.

Express Congestion | reduce congestion & inflammation & improve circulation.

Hands or Foot Paraffin | warm paraffin to smooth and soften hands or foot.





SENSE BODY

EXPERIENCE THESE SELECTIONS OF HIGHLY EFFECTIVE BODY TREATMENTS USING RESULT-BASED AROMATHERAPY SKINCARE FOUNDED ON AYUVERDA PRINCIPLES.

THE TREATMENTS ARE CREATED WITH PURE INTENT TO ADDRESS MULTIPLE SKIN AND BODY CONCERNS, WHILST DELIVERING HIGH PERFORMANCE RESULTS, EMPOWERING ONE'S PHYSICAL, MENTAL AND EMOTIONAL WELLBEING.

Rasayana Detox Body Scrub

Detox & Energizing

60 minutes This rejuvenating light to medium exfoliation of walnut shells buffs away dead skin cells and reduces the appearance of cellulite. Uplifting aroma of Tulasi, Wild Turmeric and Limbu are ideal for jetlag and tired skin. The treatment will end with a personalized full body hydration to compliment the detoxification process.

Rasayana Detox Body Wrap

Detox & Anti-cellulite

75 minutes Revitalize, tone and purify with this active body therapy, which begins with a zesty exfoliation using Rasayana Detox Body Scrub rich with potent essential oil, cinnamon and walnut shells. This is followed by an exquisite mineral-rich clay wrap infused with powerful herbs of Ginger Lily, Spirulina, and Green Tea, which envelops your body to provide the ultimate detox and anti-cellulite treatment.

Time For A Dream

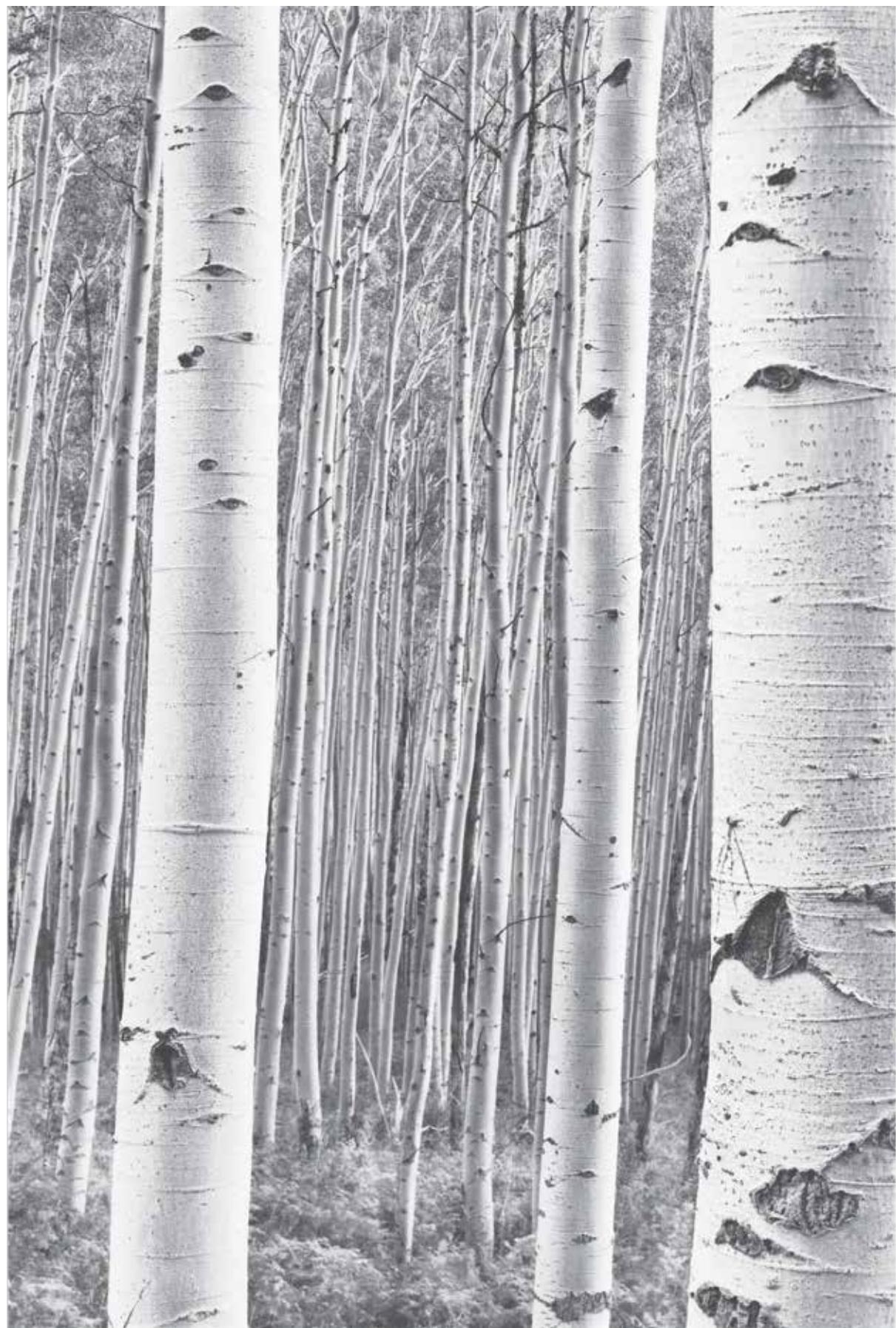
Body scrub & full body massage

90 minutes A treatment ritual offering holistic care inspired by the cycle of the seasons. This experience includes a full body scrub with hot steam towel removal that cleanse and soothes the skin, followed by a balancing approach to massage for the back, neck, shoulder, arms and application of soothing oil on legs. The pure intention of this treatment is to soothe and repair the body. Richly powerful ingredients found in this treatment have proven effects of smoothing the skin and relaxing the muscles with fluids and purposeful movements.

Pearl Infused Body Mask

Rejuvenating body exfoliation, body mask and face massage

105 minutes Experience the power of pearls with this exceptional treatment carefully designed to deliver multi-sensory results. Start with a skin softening exfoliation, continues with a pearl infused mineral rich body mask to stimulate skin cells regeneration. Whilst cocooned in this mineral mask experience, receive a signature *Marma* face massage, using potent anti-ageing ingredients to release stress and restore balance.





KHMER HEALING BY WATER

CAMBODIA HAS SUSTAINED AND PROSPERED BY WAY OF THE NATURAL WATERWAYS THAT HAVE PROVIDED A LIFE SOURCE TO ITS PEOPLE. WATER HAS ALWAYS PLAYED AN INTEGRAL ROLE IN SUSTAINING LIFE, CLEANSING AND PROVIDING A SENSE OF PURITY IN MANY TRADITIONAL WELLNESS PRACTICES. SENSE, A ROSEWOOD SPA OFFERING YOU A UNIQUE APPROACH TO WATER WELLNESS, WITH THREE CURATED TREATMENTS THAT ARE A FULL BODY WATER IMMERSION .

Khmer Soaks

30 minutes each

Leuk Tuk Chet

Uplifting

Combining a powerful trio of Juniper, Grapefruit and Eucalyptus, this invigorating soak offers a true wellness approach to letting go. This soak detoxifies and cleanses your body. Inhale the powerful combination of scents to stimulate and support a healthy immune system.

Samreakkeay

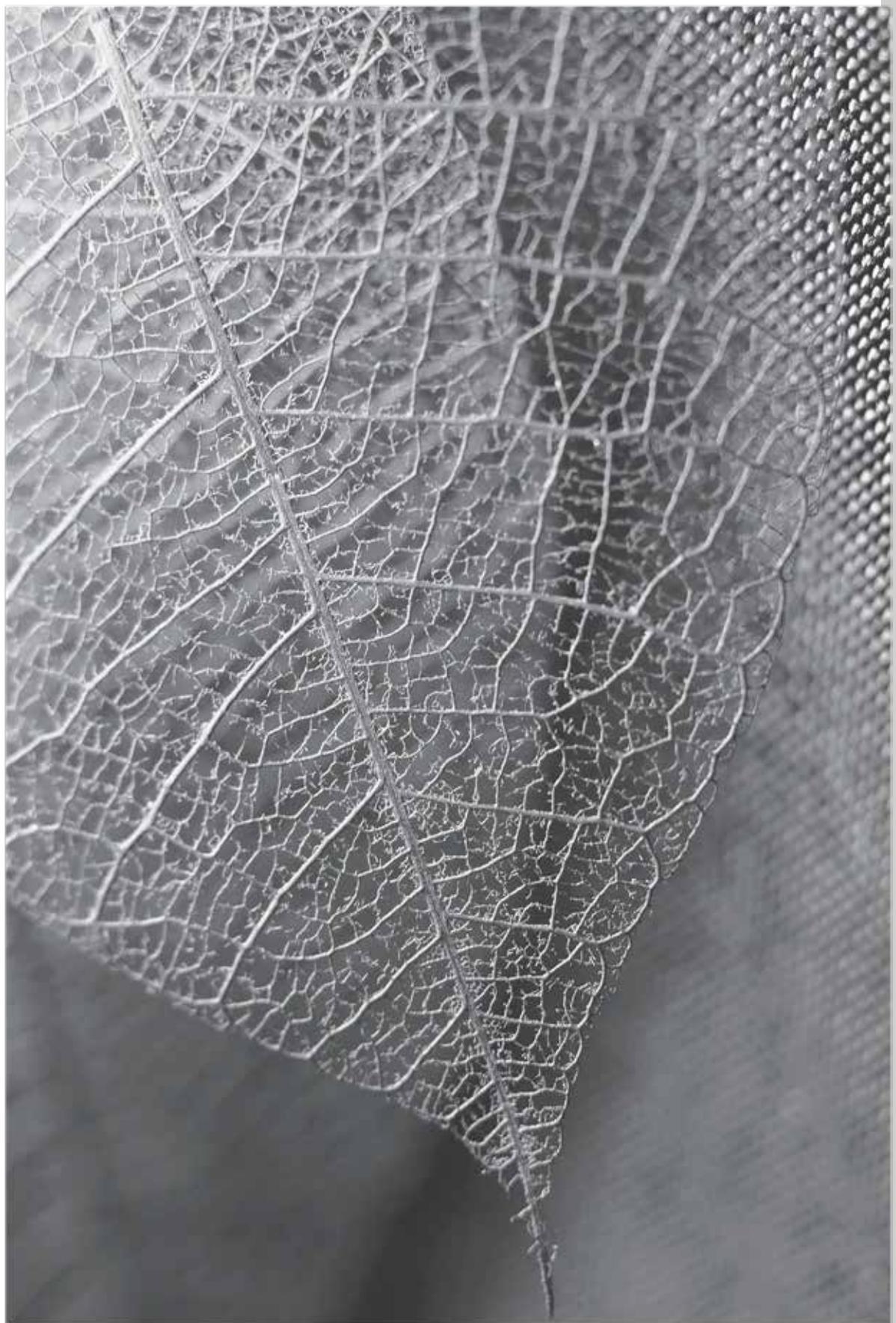
Relaxing

Green tea, Lavender and Chamomile work simultaneously to relax, calm and protect the body with a potent level of antioxidants. A powerful combination of ingredients that help your body and mind relax into an ideal state of calm.

Banhchoul

Recharge

Rosemary oil and Kaffir Lime Leaf herb help to energize and relieve muscle pain and fatigue. This treatment is perfect to help boost circulation and recharge a tired body and mind. The hormone balancing benefits of Geranium create perfect balance to help reinvigorate the body.





SENSE MESSAGES

OUR SPA THERAPISTS USE MASSAGE TECHNIQUES THAT INCORPORATE GLOBAL PRACTICES FROM AROUND THE WORLD. NURTURING OUR BODIES IN WAYS THAT HELP TO PROTECT AND SUSTAIN ITS STRENGTH AND WELL-BEING.

Phnom Penh Signature Massage

Energizing & traditional

90 minutes Khmer spices of turmeric, lemongrass and *Ponlei*, this spicy and fragrant massage oil is deeply intoxicating and relaxing. Incorporating the “Lost Remedy” of Khmer Spice, this helps to stimulate blood circulation and provides potent levels of anti-oxidants to release tension and protect the skin. Utilizing a combination of Khmer massage, deep tissue and Swedish massage, this is a massage experience; uniquely your own.

Seila Massage

Stone massage

90 minutes Seila in Khmer means “Stone.” The hot stones massage is beneficial for relaxing the muscles, releasing stress and also reducing pain by improving circulation throughout the body. By combining the natural therapeutic properties of heated basalt stones and our Khmer body oil, the stones are strategically placed to improve flow and balance throughout the body. A deeply restorative massage, ideal for those needing deep muscle release.

Deep Tissue Massage

Pain relief

90 minutes Deep tissue massage incorporates a selection of simple movements that manipulate muscle tissue to help with releasing tension and toxins in the body. Our deep tissue starts with a warming of the muscles to prepare the body for deeper muscle manipulation and increased stretching and flexibility. Gentle vibrations along the bodies’ meridian lines help to calm and soothe the body, for overall relaxation and detoxification.

Herbal Healing Massage

Customized massage

90 minutes

Herbal Healing is an aromatherapy treatment with highly concentrated local aromatherapy oils that affect the body by inhalation and absorption. The effects of the aromatherapy directly impact the nervous system, digestive system and endocrine system to immediately assist the body in combating ailments. The results you desire are found among the scent you select, whether you want to energized, relax or refresh your body.

Cranial Sacral Massage

Stress relief

60 minutes

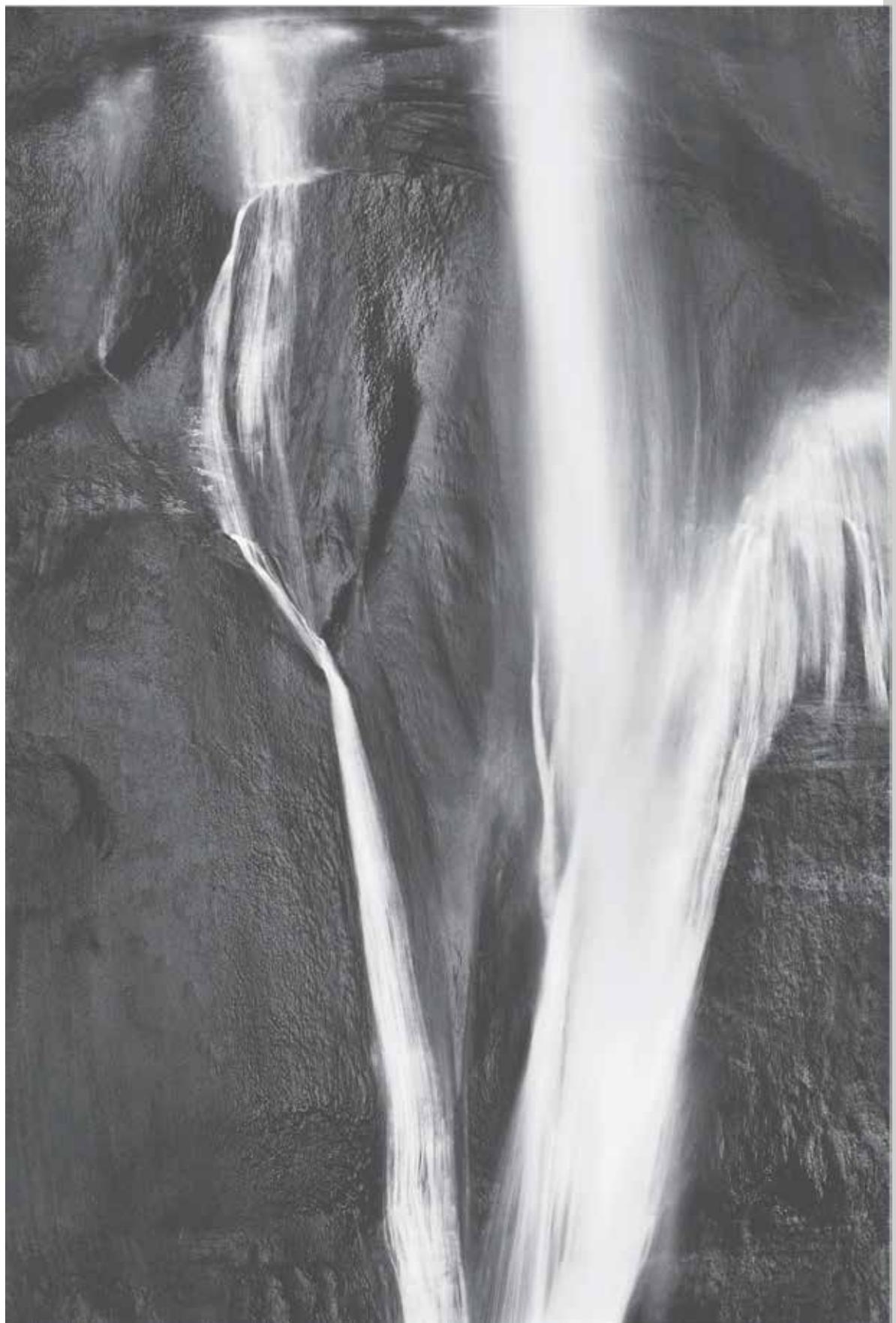
Scalp massage is highly effective in relieving pain by improving circulation and decreasing muscle tension. An ideal treatment if you are looking for relief from migraines or headaches, or to help the body to relieve pain and muscle tension.

Relaxing Foot Massage

Tension relief

60 minutes

The solar plexus is our personal warehouse for stress, where we pay little attention to the best ways to release this stress. Foot massage is the most ideal way to help release the stress within this solar plexus and throughout the entire body. A highly beneficial way to relieve full body tension.





SPA ETIQUETTE



Sense Etiquette

Please be advised that it is good practice to shower before any treatment. Silence, peace & respect are part of our Sense spa philosophy. Please consider other guest's space & privacy. Please silence any electronic devices you might have before entering the spa sanctuary.

Sense Arrival

In order to give you adequate time to fill in the well-being questionnaire and relax, we recommend that you arrive 45 to 60 minutes prior to your treatment. Late arrivals will affect the duration of your scheduled appointment.

Scheduling & Cancellation

Please contact Sense spa directly to reserve your spa experience or to reschedule existing spa reservations. We recommend advanced reservations to ensure availability. We require a credit card to confirm your spa reservation experience. If you wish to reschedule or cancel your booking, please be advised that 24 hours is required in order for us to accommodate your request, or two hours if the appointment is made on the same day. No-show or last minute cancellations will incur a 100% charge.

Sense Attire

Bathrobes, slippers and disposables are available at Sense spa for your comfort and wellness experience.

Health Conditions & Allergies

Kindly consult with your physician before reserving any treatment or using our facility. If you have any allergies, please make sure to inform one of our Sense spa associates.

Valuables

To ensure peace of mind and comfort while you are enjoying your wellness experiences, we provide secure lockers for all of your belongings. Sense spa will not be responsible for any lost or damaged items during your visit.

SENSE, A ROSEWOOD SPA HOURS OF OPERATIONS

Spa Treatments

Daily from 10 a.m. - 8 p.m.

Fitness Studio

Daily from 7 a.m. - 8 p.m.

Indoor Pool

Daily from 7 a.m. - 8 p.m.

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A SENSE OF SERENITY
A SENSE OF PLACE
A SENSE OF PHNOM PENH

