

# CIRCLE SPA

the shape  
of infinity, a symbol  
that defines the sacred  
and the divine. The circle is a  
perfect metaphor for our lives as  
we take on a journey of unbroken  
cycles. Is it the pathway that leads us  
up and down, from east to west, in such  
loops that begin just as soon as it ends.  
Recreating the essence of the image in  
our Mane hotel logo, the Circle Spa is  
born from the concept of circular  
journeys to enlightenment and  
nirvana in the Buddhist faith.  
May you too, find bliss in  
our little abode, our  
own circle.

## MASSAGE THERAPY

### Traditional Khmer Massage (60 mins) \$45

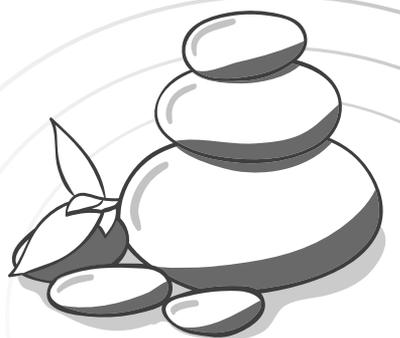
Derived from an ancient Khmer tradition of healing practiced during the days of the Angkor empire, this massage begins with gentle finger pressure and kneading to relieve muscle tension then slowly proceeds to movements of stretching to re-align the body. This treatment is an invigorating technique to make you feel brand new. *Recommendation: A fitting treatment to begin a much-needed holiday.*

### Traditional Thai Massage (60 mins) \$45

Deep static and rhythmic pressures form the core of the massage then it elevates into a "dance" between you and the therapist. Using the therapist's hands, arms and legs as a tool to position the receiver's body in a variety of yoga-like positions during the course of the massage, traditional Thai massage is a deeply reinvigorating form of treatment. *Recommendation: perfect after a long haul flight or journey.*



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MANE BOUTIQUE HOTEL & SPA



### Head, Back & Shoulder Massage (60 mins) \$45

With the head, back and shoulder as a repository for stress, this massage soothes the senses by applying hot herbal poultice over your upper body. This helps re-energize the body with a massage that concentrates on the head and upper back. *Recommendation: after a long day under the sun with shopping bags or camera.*

## AROMA THERAPY

### Mane Signature Massage (60 mins) \$45

Our most popular massage which combines a selection of four aromatic body oils to create layers of experience and touch. This treatment starts with a relaxing touch then progresses into levels of deeper strokes for invigoration. *Recommendation: a full day of adventure in the temple? The is the cure.*

### Relaxing Aroma Therapy (60 mins) \$45

For those who prefer a soft tissue massage, let us transport you into a journey of complete wellness with this treatment that combines the tropical aromas of lemongrass and jasmine. *Recommendation: perfect after a dip in the pool.*

### Stone Body Healing (60 mins) \$45

Using heating stones, the whole body is massaged with aromatic oil to help ease tension and improve blood circulation. *Recommendation: perfect for any reason.*

### Herbal Heat Compress (60 mins) \$45

For aching muscles and a tired body, we recommend this ritual that fuses the natural magic of ginger, lemongrass, sea salt and turmeric in a hot herbal compress. With the medicinal heat opening the pores, an aromatic oil massage is then given to deeply penetrate your weary muscles. *Recommendation: a great treatment to prepare you for your next flight!*



## HAND & FOOT CARE

### Foot Massage (60 mins) \$35

For Carrying the weights of our bodies all our lives, our feet and legs truly deserve a reward. This oil-based treatment gives focus on the feet and makes its way up the legs to fully release blocked energy. *Recommendation: post-temple treat.*

### Manicure Care (45 mins) \$25

A Treatment for hands and nails, this journey begins with a nice soak and scrub to remove dead skin cells. Cuticles are then groomed and nails trimmed and shaped with a selection of polishes to match your outfit on your next adventure!

### Padicure Care (45 mins) \$25

Pamper your feet further with this treat. a soothing soak is coupled with a scrub and light massage to exfoliate your feet then the toenails are given attention. A selection of polishes can be applied at your discretion.



## BODY TREATMENT

### Lemongrass Salt Scrub (60 mins) \$45

Lemongrass Salt Exfoliation. Draw upon the secrets of the sea to invigorate and replenish your skin. Lemongrass Salt and essential oils leaves your skin soft and glowing.

### Khmer Herbal The Circle Signature (90 mins) \$65

Using the finest local ingredients, this treatment is a symphony of relaxing Khmer herbs, naturally derived extracts and gentle rubbing on your upper body that will surely awaken your senses. *Recommendation: for pure pampering.*

Opening From : 10 AM Till 10PM



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