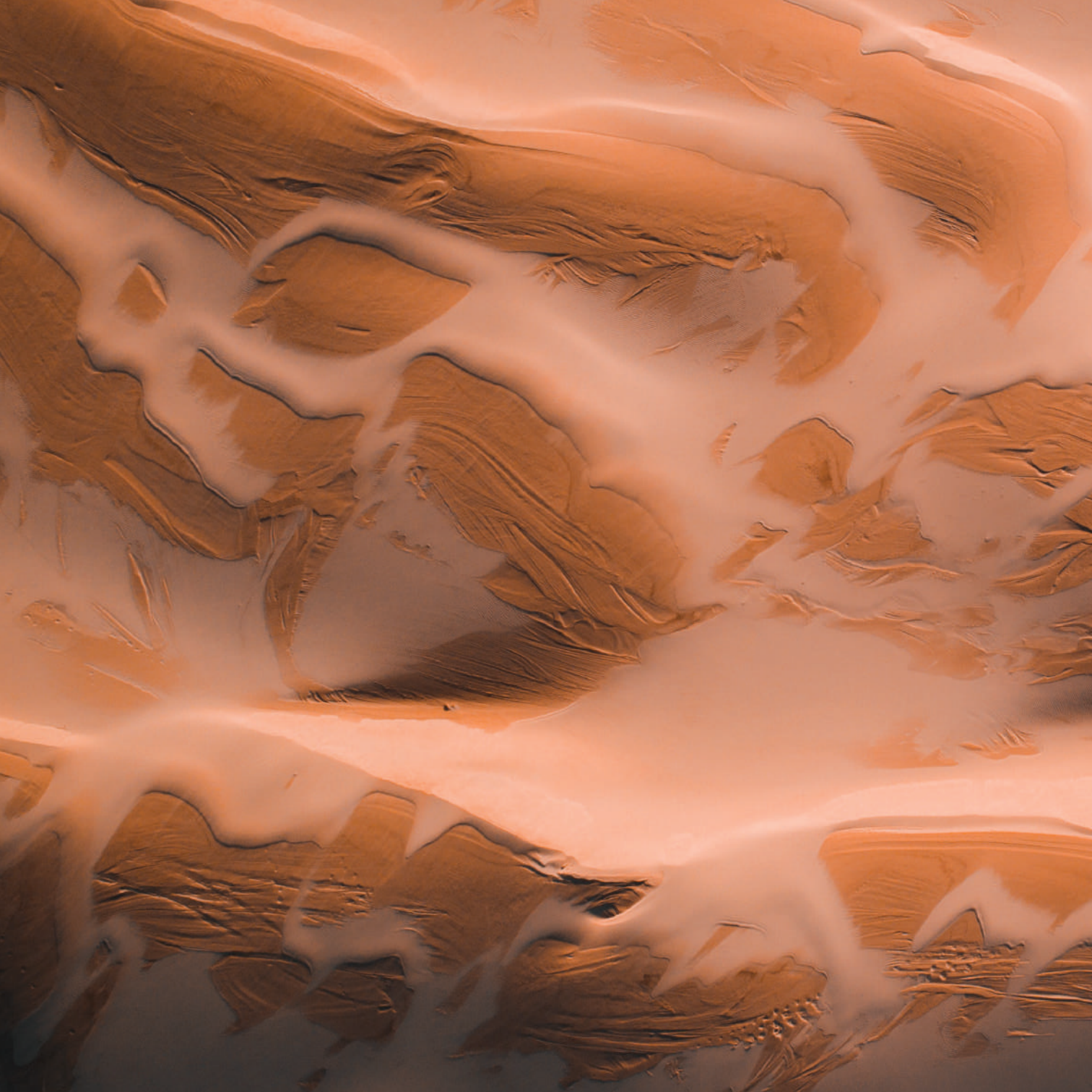


The background is a rich, textured marbled pattern in shades of orange, brown, and cream, resembling natural amber or a high-quality spa product. The marbling consists of organic, flowing shapes and lines that create a sense of depth and movement.

AMBER

— SPA —

A TOUCH FOR YOUR WELL BEING



INTRODUCTION



Inspired by **Kampot rich natural and famous resource**, the salt, the **Halotherapy concept** introduced by **Amber Spa** is the first and only of a kind in Kampot.

Amber Kampot encourages our guests who are discerning and active travelers to seek unique experiences that stimulate all their senses, by committing to a healthy lifestyle and the quest of a wellness routine away from home. This is why we have developed an overarching mind-body wellness strategy, dedicated to offer experiences driven. This approach aims at inspiring our guests to discover and fulfil their deepest and most important passions, turning these moments into life's greatest stories.

Besides we also offer various Spa treatments that are designed to purify and rejuvenate your body. Using ancient healing techniques, beauty recipes that replicate Cambodian beliefs, and cultural traditions with therapies designed to encompass mind, body and spirit. Experienced local therapists, with well-honed skills in the modern-day interpretation of treatments that have been handed down through the centuries, create a natural, relaxing, and heartfelt spa encounter. We use only the finest organic, indigenous ingredients, locally grown and made to deliver outstanding and long-lasting results.

We invite you to retreat, reflect, and awaken.

THE HALOTHERAPY



Halotherapy, or salt therapy, involves breathing in air with tiny salt particles to improve your breathing. Halotherapy is considered an alternative treatment for lung problems such as asthma, bronchitis, and cough.

We have dedicated salt rooms, filled with Himalayan salts, known for its trace nutrients and minerals. This therapy can also help you relax and may help with skin conditions and allergies.

THE HISTORY OF HALOTHERAPY

In the 12th century, the practice of visiting salt caves for therapeutic reasons, or speleotherapy, was common in Eastern Europe. In the 1800s, salt miners in Poland found a more modern version of what's now halotherapy. Despite working in mines all day, the Polish miners didn't have any respiratory conditions and were unusually healthy. They weren't likely to get the colds or coughs that were common among other people.

Research showed that the salty air the miners breathed helped keep their lungs free from infection and allergies. Over time, Eastern European salt mines or caves became popular tourist destinations. People from all over the world visited to inhale the salty air and ease their lung problems.

OUR MENU

AMBER SWEDISH

A massage technique that helps decrease muscle toxins, improves flexibility, blood circulation and oxygenation. A soft gentle long glide with circular light pressure movements and vibration and hacking

60 minutes - USD \$45.00 | 90 minutes - USD \$60.00

LAVANDULA MASSAGE

An aromatherapy that enhances relaxation and sleep. It provides complementary therapy for muscular, respiratory relief with psychological benefits. It's a combination of inhalation and body work. Start-off by inhalation therapy followed with preferred pressure whole body massage and ends with inhalation therapy.

50 minutes - USD \$45.00 | 75 minutes - USD \$60.00

AMBER SPORTS DEEP TISSUE

A massage technique recommended for newbie and are sensitive to touch. A massage that relieves chronic soreness, muscular imbalance and injuries and further relaxes the body. Incorporating Effleurage, Petrissage, Tapotement, Friction, Vibration, Cross-fiber Friction, Active Release technique and Trigger point therapy.

90 minutes - USD \$60.00

AMBER POULTICE

Medicine meets Leisure. A part of Ayurvedic treatment using Poultice in giving pain relief and muscle and joint relaxation. A massage technique with steam linen "potalis" stuff with peppercorns, coriander, cloves, bay leaves, rosemary, rose, sage, sandalwood, and other herbal ingredients gently pressure to your body after every soothed massage.

90 minutes - USD \$60.00

AMBER SIGNATURE (KHMTHAISU)

A specialized non-invasive therapy of Asian Combination Dry Massage technique. Brushing off with the application of Direct pressure points "Shiatsu" using by thumb and hands followed by kneading massage "Khmer" and finishing with yoga postures stretch "Thai".

90 minutes - USD \$60.00

AMBER HALOTHERAPY

Seated in a room walled in with bricks of Himalayan Salts and ceiled and floored with Kampot Salt. 30-45 minutes of Halotherapy.

45 minutes - USD \$30.00

AMBER BATHE

A signature bathe of Amber Spa combining Mediterranean and Southeast Asian prolific body care using Kampot Salt, Mud Mask and Ghasoul soap with keisha.

60 minutes - USD \$60.00

AMBER MINI-EXPERIENCE

A choice of either 30 minutes of:

Champissage | Back and Shoulder | Foot Massage

30 minutes - USD \$25.00

AMBER JOURNEY

A complete journey of Holistic approach of wellness. Halotherapy experience 30 minutes with Amber bathe and Lavandula Massage. A Caesars salad and a choice of Tea and Fresh Squeeze juice.

150 minutes - USD \$120.00