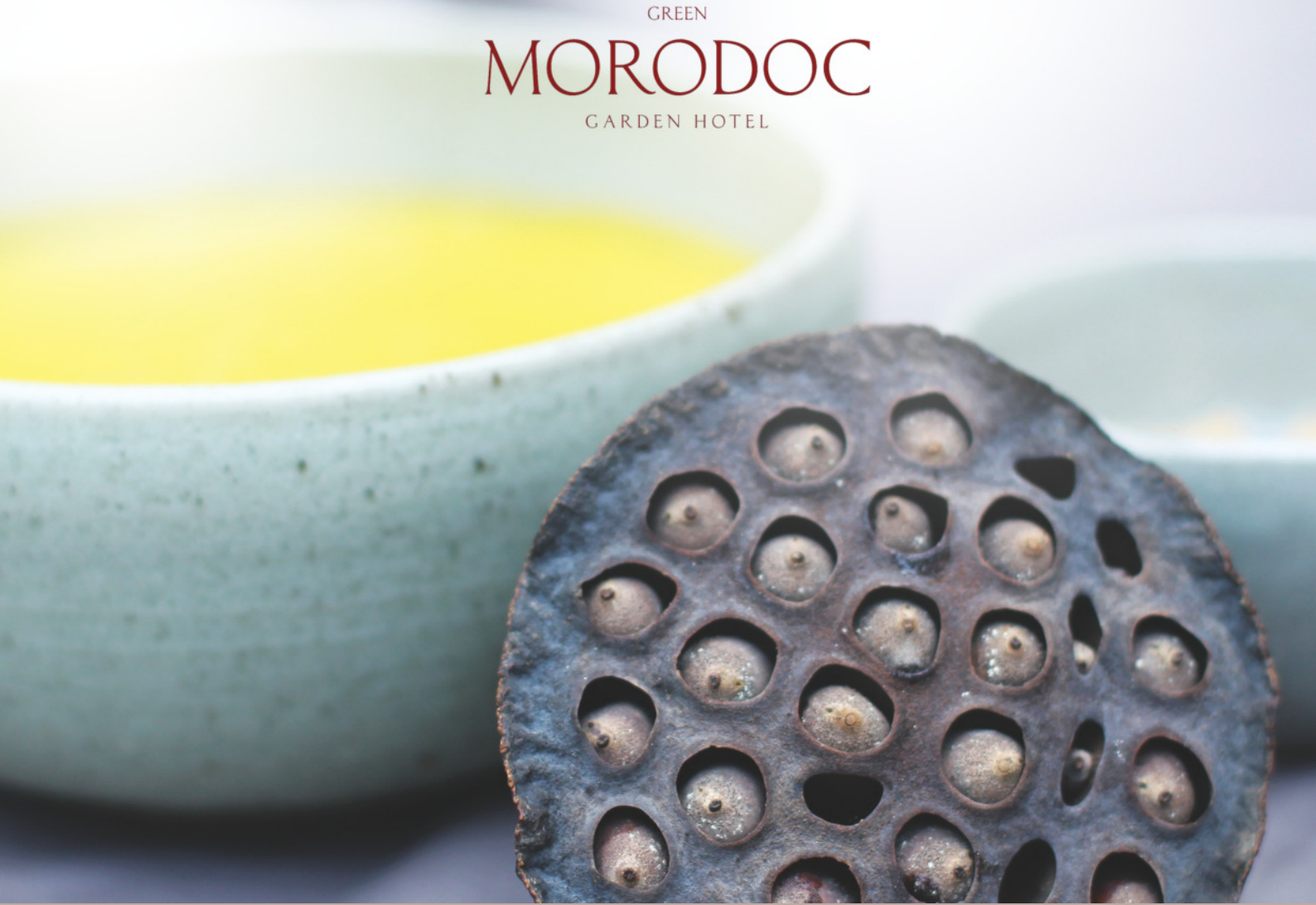




GREEN

MORODOC

GARDEN HOTEL



GREEN MORODOC SPA

Opening hours: 10am to 10pm



Benefits of Spa Oils

ROSEMARY

Rosemary essential oil is a mainstay in aromatherapy, not just for its pleasant smell but also because it's able to calm the body while energizing the mind. The health benefits of rosemary oil come free of side effects, helps reduce stress levels and nervous tension, boost mental activity, encourage clarity and insight, and relieve fatigue.

YLANG YLANG

Ylang Ylang essential oil can relieve depression in humans and is, therefore, often used in aromatherapy. It fights depression and relaxes the body, thereby driving away anxiety and sadness. It has several benefits such as alleviating anxiety and lowering blood pressure in some people.

LAVENDER

Lavender essential oil is one of the most popular and versatile essential oils used in aromatherapy. The oil promotes relaxation and is believed to treat allergies, depression, insomnia, eczema, nausea and stress relief.

LEMONGRASS

Lemongrass works well for people with oily and acne-prone skin. It can cleanse and detoxify the skin like a natural. Using lemongrass as an ingredient for a body scrub can help eliminate excess oils that cause acne. Lemongrass can also tighten pores and smoothen out or reduce wrinkles, making it an ideal skin toner.

GINGER

Used in aromatherapy applications, Ginger Oil is known for its stimulating and warming effects, which can enhance concentration while soothing and helps to ease arthritis, muscular aches, feelings of stress, sadness, anxiety, agitation, dizziness, and fatigue.

EUCALYPTUS

The benefits of Eucalyptus can be easily obtained through inhaling and diffusing. Aromatically, the compounds of Eucalyptus oil can promote feelings of a clear mind and relaxation. Eucalyptus oil also contains strong purifying properties that are advantageous for the skin.

The prices are all in USD, included Tax and service charge.

Body Massages

AROMATHERAPY MASSAGE

This oil treatment is one of our signature treatments, boosts your energy, relaxes the senses, and motivates your mind through the use of different oils extracted from plants, flowers, seeds, and leaves that are grown in Cambodia. There are six celestial-scented essential oil to choose from, and each one has its unique benefit.

60 mins - \$23 / 90 mins - \$31

SWEDISH MASSAGE

Swedish Massage is one of the most popular wellness treatments around the world. The therapist will combine a variety of massage techniques to help loosen up the tight muscles and joint stiffness and counter any stress. Using oil to lubricate the skin, your therapist will practice gliding massage strokes with kneading in addition to quick firm strokes.

60 mins - \$25 / 90 mins - \$33

KHMER TRADITIONAL MASSAGE

This massage is adapted from ancient Khmer healing practices dating back to the Angkorian Khmer Empire. Khmer massage is a combination of gentle stretching and deep pressure movement that apply along energy lines to relax the body and ease muscular tension. The therapist will concentrate on different parts of your body to really work those muscles. It will leave you feeling relaxed, balanced, and blissful.

60 mins - \$23 / 90 mins - \$31 / 120 mins - \$39

The prices are all in USD, included Tax and service charge.

Specialised Treatments

FOOT REFLEXOLOGY

Rebalance your energy flow throughout acupressure point treatment. After a quick feet washing, relaxing massage cream will be applied to the area, where gentle gliding and strokes begin. The varying amounts of pressure from stroking, pivoting, kneading, finger walking, and ankle rotation help to stimulate blood vessels in your feet conjuring up a gentle, soothing heat that immediately starts to relax you.

60 mins - \$19

ANTI-STRESS RELIEF MASSAGE

This healing therapy massage encourages relaxation, stimulates blood circulation, and improves energy flow. The therapist will focus on the head, face, neck, and shoulders to loosen up the muscles and ease tension. Therapeutic touch and compress help to improve the central nervous system and stress relief.

60 mins - \$22

The prices are all in USD, included Tax and service charge.







Managed By

 សុខៈស្ប៉ា រីវ័រសាយ
SOKKHAK SPA - RIVER SIDE

Open everyday from:
10:00am - 10:00pm
(last booking 09:00pm)
www.sokkhakspariverside.com