



BAITONG
S P A

by **bodia**®

A person is lying face down on a massage table, receiving a back massage from a therapist in a light-colored uniform. The room is dimly lit with warm, ambient lighting. In the foreground, a wooden tray holds various items: a woven basket filled with small, round, brownish items (possibly ginger or potatoes) and two lime slices; a small wooden bottle; a bowl of yellowish paste; and two small bowls containing green and blue substances. The background features a bamboo screen and a warm, glowing light source.

a delightful

Conceived as a sheltering cocoon and using only organic products, Baitong Spa by Bodia is a delightful sensory experience dedicated to pampering both body and soul in the most natural way possible.

experience

BAITONG TRADITIONAL MASSAGES

REFLEXOLOGY FEET MASSAGE

60 min – 28 USD

90 min – 38 USD

Unwind with this foot massage that re-establishes the energy flows throughout your body using acupressure points to improve circulation, ease pain and relax your body.

ANTI-STRESS MASSAGE

60 min – 33 USD

90 min – 44 USD

This natural oil massage works to stimulate blood circulation and improves energy flow. The therapist focuses on the head, face, back, neck and shoulders to loosen muscles and ease tensions. The therapeutic touch helps to improve the central nervous system and relieve stress.

BAITONG TONIC

60 min – 35 USD

90 min – 46 USD

120 min – 58 USD

This traditional Asian massage is a combination of acupressure and light stretching movements. The massage is performed without oil and pays special attention to the back and legs. The treatment helps recover a smooth energy flow and increases flexibility of your body movements.

BAITONG SWEDISH MASSAGE

60 min – 40 USD

90 min – 51 USD

Of European origin, this massage is a combination of five classical techniques with an application of oil and works perfectly to encourage relaxation, improve muscles flexibility, stimulate blood flow and help manage pain.

PRE AND POST PREGNANCY MASSAGE

60 min – 40 USD

Using safflower oil, this massage helps to increase body awareness before childbirth, reduce swelling in hands and feet, release muscles tensions and improve the circulatory system.

BAITONG AROMATHERAPY MASSAGES

THE BAITONG CLASSIC

60 min – 37 USD

90 min – 49 USD

With the recognized virtues of essential oils, our therapist will enhance the energy flow through your body. The treatment improves blood circulation, muscle relaxation, and relieves tension by treating both mind and soul.

4 HANDS COCOON

The ultimate body experience

60 min – 56 USD

90 min – 67 USD

To discover Bodia signature technique, indulge in this 4-hands massage delivered by two therapists at the same time. The treatment provides you with a unique experience from head-to-toe.

BAITONG HERBAL COMPRESS MASSAGE

60 min – 42 USD

90 min – 53 USD

The Baitong herbal compress massage combines the healing effects of an aromatherapy massage with the application of heated herbal compress. This treatment purifies, relaxes, warms, relieves aches and pains and improves the blood circulation condition whilst stimulating the senses.

BALINESE MASSAGE

60 min – 40 USD

90 min – 51 USD

The traditional Balinese massage combined with Cambodian techniques is designed to enhance immunity by stimulating lymphatic flow, increase muscles flexibility, lessen depression and anxiety and relieve migraine pain. It is believed to relieve sleep disorder, muscles pain and sport injuries.

For the massages above, please select your dedicated essential oil among 100% natural Bodia oils according to your needs.

EUCALYPTUS

Cools the body and soothes emotions.

GINGER

Reduces muscles and joints ache.

LEMONGRASS

*Relieves headaches, joint and muscle pains.
Detoxifies the body; improves the functioning
of the nervous system.*

TANGERINE

*Boosts the immune system, helps removing
toxins, increases blood circulation, reduces
fluid retention, treats anxiety and stress.*

YLANG YLANG

Melts away anxiety, tension and stress.

BAITONG RELAXATION

180 min – 75 USD

The wonderfully calming experience is perfect for anyone exhausted from a long journey or a hard day's activity. First a body massage will relax your mind, then an aromatic salt scrub will revitalize your skin and finally a vitamin facial treatment will ensure you are looking and feeling good.

Feet cleansing – 5 min

Baitong classic – 75 min

Aromatic salt scrub – 30 min

Exotic vitamin Facial – 55 min

Hydrating with body lotion – 15 min

SILK AND COCOON

120 min – 58 USD

A gentle exfoliating treatment, reflecting Cambodian's love for nature (jasmine rice, turmeric, tamarind seed, combined with jasmine oil) followed by a hydrating treatment to revitalise you skin.

Feet cleansing – 5 min

Baitong classic – 75 min

Bodia jasmine rice scrub – 30 min

Hydrating with body lotion – 10 min

BAITONG DETOXIFYING

180 min – 87 USD

For those who want the ultimate spa experience, let us take your body and mind and refresh you from the inside out with the divine combination of a Swedish massage or Baitong Classic treatment.

Feet cleansing – 5 min

Baitong Swedish / Classic massage – 80 min

Bodia coffee scrub – 40 min

Clay wrap – 40 min

Hydrating with body lotion – 15 min

TROPICAL MOISTURIZING

180 min – 76 USD

To customize a typical experience and discover what Cambodia has to offer, this is a must for all travelers. The package combines an exotic tropical mango wrap followed by a Swedish massage and a fruity vitamin facial. While you relax and rejuvenate in traditional Khmer style, herbal tea and mango will be served to complete this very unique experience.

Feet cleansing – 5 min

Baitong Swedish massage – 75 min

Traditional wrap – 30 min

Exotic vitamin facial – 55 min

Hydrating with body lotion – 15 min

BAITONG WARMING

120 min – 58 USD

The well-known healing benefits of lemongrass are associated to tangerine massage oil. A Swedish massage is included in this package and the spicy wrap ingredients warm your body and drain the lymphathic system, improve blood circulation, relieve fever, headaches, and colds. It also prevents rheumatisms and promotes natural serum cholesterol.

Feet cleansing – 5 min

Baitong Swedish massage – 60 min

Spicy Wrap – 40 min

Hydrating with body lotion – 15 min

MORINGA

150min – 75 USD

Selected for its natural anti-aging virtues, Moringa oil is known as a treasure of Southeast Asia. Regenerate your skin with a deeply nourishing treatment that will leave your skin silky and soft as velvet.

Feet cleansing - 5 min

Bodia exotic scrub - 30 min

Firming Body Massage - 50 min

Moringa anti-aging Facial - 55 min

Hydrating with Moringa body lotion - 10 min

CHARCOAL DETOX

150min – 75 USD

The charcoal powder is used to absorb the impurities from the surface of your skin and leaves it healthy and refreshed. Experience the natural power of the Charcoal powder and indulge in a complete detox treatment from head-to-toe.

Feet cleansing - 5 min

Charcoal body scrub & steam - 40 min

Charcoal body mask & back massage - 30 min

Charcoal detox facial - 65 min

Hydrating with body lotion - 10 min

THE HARMONY ROOM

Our packages, in the private VIP room with a thousand petals of flowers, floral bath and Steam, offer total and luxurious pampering for both couples and individuals alike. We advise to make a reservation two hours in advance.

THE FULL HARMONY PASS

For 1 or 2 persons - up to 180 min - 95 USD / pers

Aromatherapy or traditional massage

Baitong Classic - 60 min

Body scrub - 30 min

Facial treatment - 45 min

Floral bath and steam with essentials oils

Mango fruit platter

IN THE MOOD FOR LOVE

For 2 persons - up to 240 min - 135 USD / pers

Offering you and your partner a unique customized program

Steam - 15 min

Baitong Classic - 60 min

Clay wrap - 45 min

Floral bath - 15 min

Facial - 55 min

Hydrating with body lotion - 15 min

Enjoy a complementary 37.5cl bottle of Taittinger Champagne and a fruit basket to make sure this moment will be remembered for ever !

BAITONG PACKAGES

COCONUT
CHARCOAL
POLLUTION DETOX

MADE FROM
SUSTAINABLE CAMBODIAN
COCONUT CHARCOAL



Bodia Cambodian Apothecary has developed
a dedicated natural cosmetic line of products

MADE IN CAMBODIA

All the products are handcrafted using only the finest ingredients found in
Cambodia's rich virgin landscape. Thanks to Khmer remedies and beauty
secrets, we offer our customers the opportunity to find relaxation,
comfort and pleasure.

bodia.
Cambodian Apothecary

BODY TREATMENTS

FRUITY VITAMIN BODY

90 min – 58 USD

Offering a revitalizing moment, this treatment stimulates your senses with a unique Bodia exotic scrub using fresh passion fruit & pineapple, rich in Vitamin C and antioxidants, to remove dead cells and refresh the skin. It combines the advanced techniques of a Bodia Classic massage with the calming effects of hot mango oil to enhance muscle relaxation, relieve tension and improve blood circulation.

CHARCOAL BODY DETOX

75 min – 58 USD

The purifying properties of the charcoal powder are used to absorb impurities and toxins from the body. Gentle scrub made with charcoal powder and coconut oil followed by a mask made with a fine mix of charcoal powder & clays for a complete body cleaning. Using steam to clarify and soften the skin of the back, this treatment will detoxify your body and leave your skin as soft as velvet.

MORINGA FIRMING BODY

90 min – 64 USD

The firming Moringa body treatment contains a unique Bodia exotic scrub made with passion fruit & pineapple to exfoliate the skin and remove dead cells. Advanced slimming massage to improve skin firmness combined with the use of cupping techniques will gently treat the appearance of cellulites. Nourishing Moringa lotion for a naturally silky skin.



This treatment is not recommended for pregnant women

LIGHTENING & WHITENING BODY

90 min – 64 USD

Rejuvenates your skin with a unique Bodia exotic scrub rich in vitamins and antioxidants to gently exfoliate the skin and remove dead cells. Associated with the lightening properties of papaya and jackfruit in a specially-designed mask, this treatment naturally whitens the skin and enhances its natural glow.

BODY TREATMENTS

NATURAL JASMINE RICE SCRUB

60 min – 37 USD

Cambodian's jasmine rice, turmeric, tamarind seeds associated with jasmine oil, work as a gentle exfoliation to soothe, smoothen and soften your skin in a natural way. This is followed by a hydrating treatment to revitalise your skin and the addition of ylang ylang oil favours its moisturisation.

AROMATIC SALT SCRUB

60 min – 37 USD

This body polish treatment uses a combination of freshly ground sea salt, mixed with homemade ponlei (Khmer herbal) powder, rice powder and rosemary essential oil to rejuvenate and renew your skin cells. A Bodia cream massage concludes the treatment, leaving your skin as soft as velvet.

TRADITIONAL BODY SCRUB

60 min – 37 USD

Real traditional Khmer scrub used since the Angkorian era, this treatment combines a mixture of noni forest roots, yellow ginger (ponlei) and fresh orange juice to remove dead skin cells, giving the skin a shiny, soft and smooth look. This treatment rich in vitamins A, E & C also contributes to increase skin moisture through the additional ginger oil.

SPICY BODY WRAP

60 min – 37 USD

The healing benefits of the spicy ingredients such as moringa (marum) powder, clove powder, cinnamon powder, rice powder and fresh ginger are applied to relieve muscles ache and pain, to warm the body and improve blood circulation. It is also suited to relieve fever, headache, cold and helps in preventing rheumatisms and promote natural serum cholesterol.

KAMPUCHEA TROPICAL WRAP

60 min – 37 USD

The healing properties of papaya has been known to assist in repairing skin damaged by the sun. This relaxing wrap contains the anti-oxidant to remove toxins, cool the body, soften and moisturize the skin.

FACIAL TREATMENTS

FRUITY VITAMIN FACIAL

60 min – 37 USD

Offering a luminous look to your skin, the unique Bodia exotic scrub, rich in Vitamin C and antioxidants, stimulates your senses while removing dead cells and clearing skin naturally. The facial includes a nourishing mango mask to deeply hydrate and provide nutrients to give your skin a newfound glow.

AGE PREVENTION FACIAL

75 min – 40 USD

Adapted for all skins to prevent signs of ageing, this treatment includes a gentle exfoliation with the jasmine rice & rose Bodia Facial Scrub and a natural peeling made with acid fruits to remove dead cells and rejuvenate the skin. Followed by an herbal compress massage, the treatment combines the relaxing benefits of warm compress application with the properties of hibiscus plant to enhance the production of ceramides naturally present in the skin known for their protective and skin-repairing properties.

MORINGA ANTI-AGING FACIAL

75 min – 52 USD

Rejuvenate your skin with a naturally regenerating moringa oil serum. It includes face cupping and advanced manual pro-lifting massage techniques to gently treat signs of ageing and give an instant lift to the skin. Carefully designed for mature skin to fight effects of time and restore youth.

CHARCOAL FACIAL DETOX

90 min – 52 USD

Bodia carefully designed a natural detox treatment adapted for oily and acne-prone skin with a fine charcoal powder made from coconut shells. The skin is deeply purified with a facial scrub and a mask. After a profound cleansing, the anti-inflammatory and healing benefits of the tea tree oil will leave your skin smooth and refreshed.

RADIANCE & PROTECTION FACIAL

75 min – 40 USD

Suspending time, the treatment offers maximum protection against external factors. Adapted for sensitive and dry skin, it consists of a monkey tea & black sticky rice scrub to gently exfoliate the skin. A combination of two masks deeply nourishes the skin: papaya & palm sugar moisturize the skin and a fresh Bodia coconut mask hydrates and restores the skin's radiant glow.

LIGHTENING & WHITENING FACIAL

60 min – 40 USD

A relaxing and cleansing facial treatment with a unique Bodia scrub made with pineapple & passion fruit, rich in antioxidants, to gently exfoliate, reduce imperfections and unify skin tone. Using the natural lightening properties of papaya and jackfruit in a specially designed facial mask, this treatment brightens the skin and enhances its natural glow. Adapted for all types of skin, it includes a facial and chest massage for relaxation.

BEAUTY TREATMENTS

ROYAL MANICURE AND PEDICURE

Traditional manicure with polish – 14 USD

Traditional pedicure with polish – 18 USD

Royal beauty foot care with polish 90 min – 42 USD
(incl. Beauty foot care with polish & Reflexology feet massage)

WAXING

Upper lip wax – 12 USD

Underarm – 14 USD

Half leg – 18 USD

Full leg – 30 USD

Bikini line – 18 USD

Brazilian – 29 USD

Chest wax – 18 USD

Back and shoulder wax – 21 USD

Our philosophy is to treat you with
the ultimate products that nature provides us.

Natural products used in our facial treatments:

AVOCADO
Is rich in vitamin E and K, excellent for its anti-aging benefits.

CHARCOAL
This natural coconut charcoal has strong purifying properties.

COCONUT MILK
Acts as a soap to cleanse the skin.

CUCUMBER JUICE
Is used as a toner and refreshes the skin.

HONEY
Keeps the skin hydrated and absorbs impurities.

LIME JUICE
Works as an exfoliant and reduces oil excess.

MANGO
Helps in preserving youthfulness and works as a natural moisturizer.

MONKEY TEA
Rich in Vitamins and minerals, it has a strong revitalizing effect.

MORINGA OIL
Known for its deeply nourishing and anti-aging virtues.

PASSION FRUIT
Rich in vitamins and nutrients, it helps the skin to rejuvenate and stimulates cell renewal.

POMEGRANATE
Detoxifying and regenerating, it helps to activate skin cell renewal.

TEA TREE
With high anti-inflammatory properties, it helps clean the skin deeply.

Natural products used in our body treatments:

COCONUT
Naturally contains oil which provide ultimate moisturisation for dry skin.

COFFEE
Exfoliates dead skin cells, detoxifies, cleanses, softens and moisturises the skin.

GINGER
Is used for relieving aching muscles and to increase blood circulation.

JACK FRUIT
Naturally lightens and prevents the skin from ageing.

JASMINE RICE
Is used in lightening, and skin softening.

LOTUS SEED
It is famous for its ability to reduce high blood pressure and for being a good source of protein, magnesium, potassium and phosphorus. A cocktail of nutrients combined with anti-aging enzyme to help in preserving your skin youth.

NONI FOREST ROOT
Is beneficial in providing antioxidants, improving skin elasticity and promoting overall health of your skin.

PALM SUGAR
With high hydrating properties, it helps skin regeneration.

PAPAYA
Known for its healing and regenerating properties, it helps in repairing the skin damaged by the sun.

PINEAPPLE
Known as a powerful antioxidant, it removes dead cells from the skin and helps to enhance its natural glow.

TURMERIC
Is known for its anti-inflammatory, anti-oxidant benefits, and is rich in vitamins such as pyridoxine.

YELLOW GINGER (KHMER SAFFRON)
Slightly changes the skin color to a natural yellow, it is moisturising and anti-aging thus giving the skin a velvet look. It also reduces muscle aches and pains.



Treatment policy

Our Baitong Spa policy advises all customers to arrive at least 15 minutes prior to their treatment. Arriving late can be subject to a reduction in their treatment time, especially upon prior reservation.

Payment

We accept cash and all major credit cards and visa cards, except American Express and Travellers Cheque.

Cancellation policy

As part of our policy, it is required to inform the Baitong Spa receptionist at least one or two hours in advance prior to your treatment.

Notice

Pregnant guests who have high blood pressure or heart conditions are advised to consult their doctor first before participating in our Baitong Spa service.

Your belongings

Baitong Spa is not responsible for loss, damage or theft of cash, jewelry or other valuables left unattended in rooms. All personal belongings are left at the owner's risk.

Smoking

& drinking alcohol

Smoking and consumption of alcohol within the Baitong Spa premises is strictly prohibited. Alcohol consumption is not advised at least 3 hours before any Baitong Spa treatment.

For our treatments, we only use natural homemade products and fresh fruits.





www.baitonghotel.asia

BAITONG SPA BY BODIA

Baitong Hotel

T. +855 (0) 23 230 243

No.10 - Street 282, BKK1 Phnom Penh, Cambodia

For your reservations, please click on the
“**Massage & Spa**” button of your room’s smartphone.

Open daily from 10am to 10pm