

KNAI BANG CHATT
the essence of Kep

The Spa

The Spa



Relaxation and tranquility are key elements at Knai Bang Chatt and whether you choose a rejuvenating treatment in the SPA or a relaxing massage just meters from the sea, the SPA of Knai Bang Chatt will pamper and enchant you. Experience the best of Khmer and Asian massages combined with superb skills and human tenderness to help you achieve a state of pure bliss. The SPA is your private time to relax, unwind, recharge, and rejuvenate.

Traditional Massage

FOOT REFLEXOLOGY

A steady pressure applied to specific points of your foot will free any blockages in your nervous system and improve your overall energy flow.

60 min. USD39

STRESS RELEASE MASSAGE

This traditional therapy focuses on your head and shoulders. A steady pressure applied to specific points of your head and shoulder will free any blockages in your nervous system – an ideal beginning to your stay at Knai Bang Chatt.

60 min. USD39

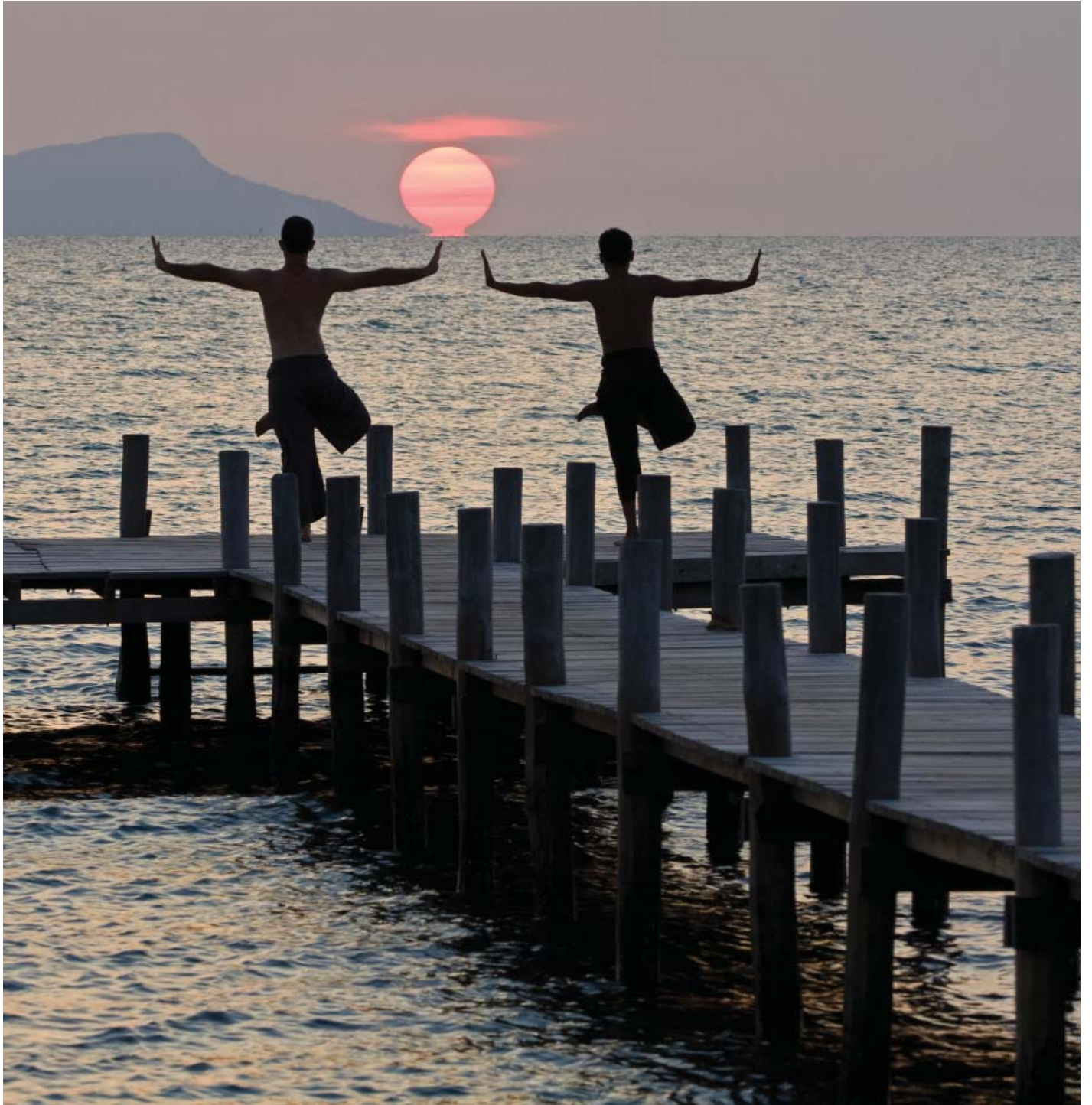
TRADITIONAL KHMER MASSAGE

A healing therapy that gives your whole body a smooth flow of energy, improves flexibility, and stimulates your inner organs.

60 min. USD39

90 min. USD51

120 min. USD61



Aromatherapy Massages

AROMATHERAPY MASSAGE

An aroma oil massage therapy will quickly lift up your tense muscles, relax and soften your heart. Your choice of naturally formulated oils: Eucalyptus, Rosemary, Ginger, Ylang Ylang.

60 min. USD41

90 min. USD55

HEAD, BACK & SHOULDER MASSAGE

This natural oil massages work to stimulate blood circulation and improves energy flows. The therapist focuses on the back, neck and shoulder to loosen muscles and to ease tension. This massage helps to improve the central nerve system and stress.

60 min. USD41

HERBAL COMPRESS MASSAGE

Hot herbal compresses used in conjunction with Aromatherapy. This treatment helps to relief back pain and tendinitis, increases energy flow, improves circulation, relaxes muscles and stimulates nerves.

60 min. USD43

90 min. USD57

FOUR HAND MASSAGE

Two massage therapists, four hands, in harmony & superbly skilled to soothe your entire body and aching bones.

60 min. USD59

90 min. USD78

Body Treatments

KEP SALT SCRUB

This body polish treatment uses freshly ground “Kep Sea Salt” mixes with homemade prolei (Khmer Herbal) powder, rosemary and eucalyptus essential oils to rejuvenate and smooth your skin. Finish off with the Knai Bang Chatt cream massage that will leave your skin silky and soft.

60 min. USD45

K.B.C ORGANIC RICE SCRUB

Natural and gently body exfoliation with local organic rice followed by hydrating treatment to revitalize your skin. (Plain yogurt, honey, fresh orange juice & Ylang Ylang essentials)

60 min. USD45

KEP BODY WRAP

Fresh mango body wrap relieves skin of toxins and impurities while relaxing and soothing you from within. (Plain yogurt and natural honey from Kampot used to purify and hydrate your body)

60 min. USD45

ALOE VERA BODY WRAP

The healing property of Aloe Vera has been known to help repair skin damaged by the sun. A hydration and moisturizing process with Aloe Vera and cucumber, which contain anti-oxidant, revitalizes and gives radiance to your skin.

60 min. USD45

Facial Treatments

RADIANCE AND PROTECTION

Suspending time, the treatment offers maximum protection against external factors and radicals. Adapted for all skin types, it includes facial and neck massage to enhance relaxation, leave skin looking balanced and refreshed.

60 min. USD49

FRUITY VITAMIN FACIAL

Cucumber toner and black sticky rice gently exfoliate your skin, removing dead skin cells. Mango mask is associated with longevity and preserving youthfulness. It works as a natural moisturizer and encourages healthy skin growth.

60 min. USD49

RESCUE FACIAL (FOR MEN)

Relaxing and cleansing facial treatment to rejuvenate your skin as well as counteracting skin irritation from shaving and sport related activities. Includes facial and massage.

60 min. USD49

Beauty Treatments

Groom hands and feet, exfoliation, filing and shaping of nails, cuticle treatment, relaxing hand or foot massage and nail buffing to stunning shine. Finish with a hydrating cream that leaves hands and/or feet soft and silky.

SIGNATURE MANICURE

60 minutes USD20

SIGNATURE PEDICURE

60 minutes USD25

SIGNATURE PEDICURE AND MANICURE PACKAGE

120 minutes USD42

PEDICURE AND FOOT MASSAGE PACKAGE

120 minutes USD48

Packages

MORNING REJUVENATION (150 minutes) USD100

- Kep Salt Scrub (45min)
- Kep Body Wrap (45min)
- Rediance & Protection facial (60min)

DAYTIME RELAXATION (120 minutes) USD75

- Aroma Therapy Massage (75 min)
- Fruity Vitamin Facial (45 min)



AFTERNOON & NIGHT DREAM (150 minutes) USD88

- Aroma Therapy (60 min)
- Organic Rice Scrub (60 min)
- Radiance & Protection Facial (30 min)

RAPTURE FOR 2 LOVERS (180 minutes) USD105/pp

- **Massage (Make your own choice)**

Traditional Khmer Massage

Herbal Compress Massage

Aroma Therapy Massage

- **Body treatment (Make your own choice)**

Body Scrub or Wrap

- **Facial (Make your own choice)**

Radiance and Protection

Rescue Facial

Fruity Vitamin

Spa, Yoga and Meditation

As part of the SPA experience at Knai Bang Chatt, our staff can guide you through one or more series of basic exercises, breathing and meditation that can enhance the benefits of massage and other treatments or can be practiced independently. These short exercise combinations focus on flexibility, releasing tension from specific stress areas, strengthening core muscles, and balancing the body's physical and mental energy. Our recommendations:

Individual sessions are USD \$10.

Add \$5 for each additional exercise (Ex. 4 sessions = \$25)

FOR FLEXIBILITY

- 15-minute shoulders and neck area – flexibility and relaxation USD10
- 15-minute hands and arms – flexibility of the joints USD10
- 15-minute ankles, knees and hip - flexibility of the joints USD10
- 15-minute lower back - flexibility and gentle stretching USD10
- 15-minute lower back, hips and legs – stretching, loosening, pain relief USD10
- 15-minute legs and hips – stretching and flexibility USD10
- 15-minute abdominal area – muscle toning and strengthening USD10

FOR IMPROVED BREATHING

- 15-minute arm swings – rejuvenating heart and lungs USD10
- 15-minute basic breath series – relaxation, balance, mental clarity USD10
- 15-minute healing addictions – breathing and meditation support USD10

FOR MEDITATION

- 15-minute concentration, balance, mental clarity, healing USD10

Each series includes 4-5 exercises and takes 15 minutes to practice. You can combine different options to make for a longer and more comprehensive experience. Other combinations, responding to your individual needs, can be discussed with the spa staff and our well-being advisor.

GENERAL INFORMATION

- Opening Hours: Monday to Sunday: 10 am to 10 pm
- Arrival time: Arriving 10 minutes early before schedule will enable us to tailor your treatment to your specific needs.
- Late Arrivals: Arriving late will be decrease your treatment time. If you arrive more than 15 minutes late, it's better to reschedule your treatment.
- Cancellation Policy: Please give the SPA at least 24 hours notice to cancel an appointment or a 50% cancellation charge may apply. Cancellations received within one hour of appointment and a no show will be charged 100%.

