

## Maison Polanka Traditional Massages

### Foot massage

60 min / 90 min

This massage heals the whole body through pressure points on the soles of the feet and releases muscles tension after a day climbing the temples. That massage can be done by the pool side.

### Head, back and shoulder massage

60 min / 90 min

A relaxation massage for tight and stressed muscles focusing on the upper body. It can be done by the pool side.

### Amma Shiatsu Massage by senior blind therapist

90 min / 120 min

Amma is known as the ancient ancestor of all the Asian hand-healing therapies that work to treat the energy system. The various manipulation techniques include stroking, pressing, and stretching the fourteen major energy channels found in the body. The goal of the therapy is to remove any energy blocks found in the body and promote optimal health.

### Aromatherapy Massage

60 min / 90 min

Using essential oils, the aromatherapy massage uses techniques to increase blood circulation and reduce muscles fatigue. The strength of the massage will be according to your request and physical condition.

### Dry Massage

90 min / 120 min

Focusing on pressure points, traditional Khmer techniques of non-oil massages involves thumbs and palm pressures. This massage gently stretches and clears energy channels, leaving you feeling relaxed and refreshed.

### Thai massage

60 min / 90 min

Made by French therapist Cécile Hinas, it is an ancient healing system combining acupressure, indian Ayurvedic principles, and assisted yoga postures. Rather than rubbing on muscles, the body is compressed, pulled, stretched and rocked. The receiver wears loose clothes and no oil is used.

### Khmer Herbal Compress Massage

60 min / 90 min

This treatment combines massage and herbal compress. It purifies, relaxes, warms, relieves aches and pains.

### Aromatherapy Facial

60 min

Deep cleansing, hydrating, moisturizing, facial massage and mask with natural products (lemon, lemongrass, cucumber, avocado and honey), designed to purify and promote a beautifully radiant face. A must.