

SPA & Wellness MENU

KNAI BANG CHATT
by KEP WEST

KEP WEST
WELLNESS CENTER

Relaxation and tranquility are key elements at Knai Bang Chatt and whether you choose a rejuvenating body treatment in the SPA or a relaxing massage just meters from the sea, our SPA will pamper and enchant you. Using pure essential oils and natural ingredients, our products are not just indulgent, but wonderful nourishment for your skin and body. Our full trained and qualified therapists with superb skills and human tenderness will help you achieve a state of pure bliss. The SPA is your private time to relax, unwind, recharge, and rejuvenate.

GENERAL INFORMATION

OPENING HOURS

Daily 10 AM – 8 PM (Also available by private reservation).

ARRIVAL TIME

Arriving 10 minutes early before schedule will enable us to tailor your treatment to your specific needs.

LATE ARRIVALS

Arriving late will decrease your treatment time. Arrivals later than 15 minutes will be result in cancellation of session and attract full cancellation fees

CANCELL ATION POLICY

Please give the SPA or Reception at least 24 hours' notice to cancel an appointment or a 50% cancellation charge may apply. Cancellations received within one hour of appointment, late arrival of 15 minutes or longer and a no show will be charged 100%.



Prices is inclusive of taxes

TRADITIONAL MASSAGES

FOOT REFLEX OLOGY

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. 35 USD

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. 39 USD

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. 39 USD
90 min. 50 USD
120 min. 61 USD

AROMATHERAPY MASSAGES

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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. 43 USD
90 min. 61 USD

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. 43 USD

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. 45 USD
90 min. 59 USD

FOUR HAND MASSAGE

Two massage therapists, four hands, in harmony & superbly skilled to soothe your entire body and aching bones.
60 min. 65 USD
90 min. 89 USD

Prices is inclusive of taxes

BODY TREATMENTS

KEP SALT SCRUB

This body polish treatment uses freshly ground "Kep Sea Salt" mixes with homemade prolei (Khmer Herbal) powder, rosemary and eucalyphts 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. 43 USD

KNAI 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. 50 USD

KEP BODY WRAP

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

60 min. 50 USD

ALOEVERA BODY WRAP

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

60 min. 50 USD

Prices is inclusive of taxes

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. 54 USD

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 nahtral moishtrizer and encourages healthy skin growth.

60 min. 54 USD

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. 50 USD

BEAUTY TREATMENTS

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

SIGNATURE MANICURE

60 Min | 22 USD
Signature pedicure
60 Min | 22 USD

SIGNATURE PEDICURE AND MANICURE PACKAGE

120 Min | 42 USD

PEDICURE AND FOOT MASSAGE PACKAGE

120 Min | 62 USD

Prices is inclusive of taxes

PACKAGES

MORNING REJUVENATION

- Kep Salt Scub
- Kep Body Wrap
- Rediance & Protection facial
- 150 min **110 USD**

DAY TIME RELAXATION

- Aroma Therapy Massage
- Fruity Vitamin Facial
- 120 min **83 USD**

AFTERNOON & NIGHT DREAM

- Aroma Therapy
- Organic Rice Scrub
- Radiance & Protection Facial
- 150 min **97 USD**

YOGA & MEDITATION

Private yoga and meditation sessions last 60-90 minutes and are held in our Yoga Sala or within our lush tropical gardens.

60 min 22 USD
90 min 28 USD

WELL BEING SESSIONS

FOR FLEXIBILITY

20-minute shoulders and neck area- flexibility and relaxation **11 USD**
20-minute hands and arms- flexibility of the joints **11 USD**
20-minute ankles, knees and hip- flexibility of the joints **11 USD**
20-minute lower back- flexibility and gentle stretching **11 USD**
20-minute lower back, hips and legs- stretching, loosening, pain relief **11 USD**
20-minute legs and hips- stretching and flexibility **11 USD**
20 -minute abdominal area- muscle toning and strengthening **11 USD**

KEP BODY WRAP

Fresh mango body wrap reliefs skin of toxins and impurities while relaxing and soothing you from within. (Plain yogurt and natural honey from Kampot used to purity and hydrate your body)
60 min. 50 USD

FOR IMPROVED BREATHING

20-minute arm swings- rejuvenating heart and lungs at **11 USD**
20-minute basic breath series- relaxation, balance, mental clarity at **11 USD**
20-minute healing addictions- breathing and meditation support at **11 USD**

FOR MEDITATION

20-minute concentration, balance, mental clarity, healing **11 USD**

Each series includes 4-5 exercises and takes 20 minutes to practice. You can combine different options to make f or 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.

Reservations required for all sessions.







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