



Spa Calendar

2010

Jan 23-27

May 2-6

Sep 5-9

Feb 7-11

Jun 6-10

Oct 2-6

Mar 7-11

Jul 4-8

Nov 7-11

Apr 4-8

Dec 5-9

Siem Reap, Cambodia

4 Nights / 5 Days

Angkor Discovery

Step into Cambodia's past with this experience and marvel at Angkor era temples dating from 893 AD, witness both the exterior and the interior of Angkor Wat. Visit a traditional floating village in Asia's largest fresh water lake. Take time to shop for some local trinkets and relax with a spa treatment.

Spa Travel Inclusions:

Return airport - hotel transfers in Cambodia

4 Nights accommodation staying at La Residence d'Angkor, Siem Reap - deluxe riverside room

Daily breakfast

Transfers by private A/C vehicles.

Meals as indicated in itinerary (B = Breakfast, L = Lunch, D = Dinner).

English Speaking Guide.

All entrance fees as indicated in itinerary + 3 day Angkor Pass.

Relaxing Massage at La Résidence on Day 1.

Spa package at La Résidence on Day 4: Supreme Formula (2.5 hours), including

Including:

- Foot Cleansing Celebration (30min)
- Choose your own session of Sauna or Steam (20min)
- Followed by your choice of Herbal Bath or Salt Bath (25min)
- Choose your own Body Treatment from the below (60min)
- Relax by Kong Kea spa indoor swimming pool(15min)

Boat trips indicated in itinerary

Spa Travel Wallet & Documentation

Cost per person: \$

\$ indicates approximate costing in Australian Dollars and is based on twin / double share. Package is subject to seasonal or currency price increases. Extended and additional person costings are available on application. All packages are non-refundable, subject to availability and conditions apply. Valid 31 March 2011

Price Guide:

\$1,000 - 2,000

\$\$\$2,001 - 3,000

\$\$\$\$3,001 - 4,000

\$\$\$\$\$4,001 - 5,000

\$\$\$\$\$\$ 5,001+

Itinerary:

Day 1: Arrive Siem Reap

Upon your arrival Siem Reap, you will be welcomed by your English speaking local guide and transferred to your hotel for check in. Siem Reap is the base for exploring the fabled temples of Angkor, the ancient capital of the Khmer empire.

Relax and unwind with a relaxing massage after your flight at your hotel's luxurious Spa.

Now you are ready to visit the ancient city of Angkor Thom in an eco-friendly electric vehicle. Angkor Thom was the last capital of the Great Khmer Empire under the reign of Jayavarman VII. This city is surrounded by an 8 m high wall, with each side of the city being 4 km long, drawing a perfect square. Enter the city through the ancient South Gate, an impressive stone gate carved with Elephants and four giant faces. On each side of the entrance path a row of 54 gods or demons is holding the sacred Naga snake.



From here, continue to Bayon Temple in the exact centre of the city. The particularity of this monument is the 54 towers with four faces representing the 54 provinces of the then Great Khmer Empire. The Terrace of the Elephants and the Terrace of the Leper King are also must-visits as they are both known for their intricate bas-reliefs. Here, in a small contemporary pagoda in the vicinity of these famous monuments, Buddhist monks will celebrate a private blessing ceremony for you, wishing you health and a safe journey – a very special experience!

Return to the hotel, where you can enjoy the evening at leisure.

Overnight at La Résidence d'Angkor in Siem Reap.

Day 2: Siem Reap

After breakfast, head out to the early-Angkor era temples of the Roluos Group, about 15km outside of Siem Reap. Roluos is the site of an ancient center of Khmer civilization known as Hariharalaya. It was the first town built by the Angkorian kings in the 8th and 9th century and consists of three main temples: Bakong, Lolei and Preah Ko. The beautiful surrounding countryside with its paddy fields and sugar palm trees is very typical for Cambodia. Return to the hotel for a break during the midday heat.



This afternoon, explore the highlights of the Small Circuit. Start your tour with a visit to Ta Prohm temple, built in the mid 12th to early 13th centuries. Ta Prohm is unique in that it has been left largely as it was found: overgrown by jungle trees and vines, with many parts of the temple crumbling to the ground. This makes Ta Prohm one of the most picturesque and memorable of the Angkor temples. Your visit will also include Banteay Kdei, a Buddhist monastery from the late 12th Century, and Srah Srang, also known as the "pool of ablutions". From here, it is only a short hop to the most beautiful temples of the Grand Circuit, like the overgrown Preah Khan Temple and Neak Pean with its artificial lakes. Return to your hotel.

Overnight at La Résidence d'Angkor in Siem Reap.

Breakfast.

Day 3: Siem Reap

Early today, travel to the "gem" of the Angkor area, the pretty temple of Banteay Srey, which is best viewed in the warm morning light. The so-called "Citadel of the Women" was built between the 11th and 13th century and remains the best preserved temple in Cambodia. It displays some of the finest examples of classical Khmer art as this small temple is noted for its truly remarkable fine bas-reliefs, depicting Hindu god Shiva. Banteay Srey is unique in that it is constructed of pink sandstone, which is seen nowhere else in Angkor.



On the way back, you will have the possibility to stop at local communities along the way and your guide will help you to interact with the local community to learn about the way of life here. Seize the opportunity to see how rice paper is produced and to taste Palm Wine and Palm Sugar, which are a

popular local produce. Peek into Banteay Samre, a fine temple in the style of Angkor Wat, before returning to your hotel for some time at leisure.

This afternoon, you will finally visit the famous Angkor Wat by local tuk tuk. Built during the reign of King Suryavarman II in the early 12th century, it is constructed following the model of the temple mountain symbolizing the Mount Meru, home of the gods. The divine residence of Vishnu, the King himself was to reside here after his death. Inside the temple, the walls are covered with stone carvings and bas-reliefs depicting Hindu mythology and the wars Suryavarman II fought during his reign. Moreover, Angkor Wat is well known for the more than 2,000 Apsara dancers decorating the temple. Construction is thought to have taken around thirty years of intensive labor. Today, Angkor Wat is figured on Cambodia's national flag as the temple symbolizes the soul of the Khmer people. Return to your hotel.

Overnight at La Résidence d'Angkor in Siem Reap.
Breakfast.

Day 4: Siem Reap

This morning, embark on an interesting boat trip on Tonlé Sap Lake, where you will have the opportunity to learn about life on the lake. Tonle Sap is South East Asia's largest freshwater lake with its size varying greatly depending on the season. During the dry season it is roughly 2,500 km², swelling to about 4 times its size in during the wet season: 10,000 km²! Board a local boat and visit Kampong Phluck, a village where we'll see houses on stilts that are submerged when Tonlé Sap Lake extends. On the way, you will pass floating houses and impressive flooded forests, portraying life on the water.



Enjoy this afternoon with a relaxing Spa treatment at your hotel.

Overnight at La Résidence d'Angkor in Siem Reap.
Breakfast.

Day 5: Siem Reap - departure

Enjoy some time at leisure until your transfer to the airport for your departure flight.
Breakfast.

Not included:

- Alcoholic drinks & drinks at mealtime + Optional visits + Personal expenses (Telephone, laundry...).
- Visa on Arrival for Cambodia (USD20).
- Personal travel insurance (must include helicopter evacuation for Cambodia).
- Tips for guide, driver, boat crew & hotels' porters.
- Meals not indicated in the itinerary.
- All air tickets with airport and departure taxes (Cambodia USD25).
- Other services not clearly indicated in the package inclusion above
- Travel insurance

For all your reservation needs:

Phone: 1300 13 11 16

Email: [Spa Travel Reservations](#)

[COMO Shambhala Facts](#)

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PO Box 1008, Barwon Heads 3227, Victoria, Australia

T: +61-3-5254 1411

F: +61-3-5254 1489

E: info@SpaTravel.com.au