



Jivapita means 'restored to life' in Sanskrit.

Inspired by the ever-charming and rich Khmer culture and our desire to pay homage to the origin of its language, Jivapita is an urban, contemporary spa, developed amidst contrast, the charm of the past and the fast-paced present day. The spa core philosophy is to encompass the modern, yet interspersed with the elegance and style of the glorious olden days. Jivapita Spa offers a variety of aesthetic regimes and indulgence therapies to both travelers in transit and locals in residence alike by harnessing the restorative power of advanced spa products and professionally-trained therapists.

OPENING HOURS

From 11:30am to 09:30pm daily

HYATT REGENCY PHNOM PENH

#55 Street 178 Sangkat Chey Chumnas, Khan Doun Penh, Phnom Penh, Cambodia

T: 855 23 600 1234, E: phnompenh.regency@hyatt.com

hyattregencyphnompenh.com

JIVAPITA JOURNEYS

EXPLORE - 180 minutes

Create your own Jivapita Spa Journey by choosing three of your favorite treatments from our body therapy, massage and facial menus. (10% off from the selected treatment)

DISCOVER - 180 minutes / 225.00

The ultimate body and face therapy with tropical retreat scrub, Khmer traditional massage for an unforgettable body rejuvenation and Plantomer Hydrating facial to nourish the skin.

(Jasmine and Rice Body Polish + Khmer Indigenous Therapy + Plantomer Hydrating Facial)

RESTORE - 120 minutes / 130.00

A wonderful mix of relaxing aromatherapy massage and botanical customized facial to nourish the skin.

(Aromatherapy Massage + Botanical Customized Facial)

ALL ABOUT MEN - 150 minutes / 225.00

...and yes, we have something for the men too! Featuring Swedish Massage and Skin Vitality for Men to release muscle tension and capture a healthy youthful appearance...

(Deep Tissue Massage and Skin Vitality for Men Therapy)

JIVAPITA JOURNEYS

Jivapita Signature Aromatherapy Blend aroma oil options for guests to select.

(bespoke blends - locally sourced)

Tranquility: with Lavender and Chamomile ~ this relaxing blend helps the body relax, sooth the mind and alleviate stress.

Reviving: with Neroli or Orange Blossom, Grapefruit and Juniper Berry ~ a refreshing and uplifting scent that awakens the mind, boosts blood circulation and improves the immune system.

Muscle Ease: with Peppermint, Eucalyptus and Rosemary ~ recommended to alleviate muscle aches and tensions, a perfect complement after a rigorous workout.

Balancing: with Rose, Geranium and Frankincense ~ this comforting blend helps to reduce anxiety, balance emotion and stabilize hormone fluctuation.

JIVAPITA SIGNATURE MASSAGE - 90 minutes / 120.00

Jivapita Signature tells a story from various parts of the world where ancient healing takes place. Each journey begins with audio-therapy and tranquility touch. Surrender yourself to the gentle caress of our Spa artisans who will take you to different parts of the world from Balinese soothing rub, Thai energizing stroke, Oriental deep acupressure and gentle rocking of Mediterranean waves that lull you in to a state of holistic repose.

KHMER INDIGENOUS THERAPY - 60 minutes/90.00, 90 minutes/120.00

Inspired by Khmer healing traditions which have been passed through many generations, our signature massage employs the techniques that involve stretching and deep pressure that encourage the body's internal energy to flow more freely, improving overall health, well-being and vitality.

TROPICAL DELIGHTS BODY POLISH - 45 minutes / 85.00

Bask in heavenly tropical delights featuring mango and passion fruit extracts to awaken your senses.

JASMINE AND RICE BODY GLOW - 45 minutes / 70.00

Traditional body polish featuring nourishing rice extracts and moisturizing jasmine essential oil to gently exfoliate dead skin cells and reveal a healthy glow.

GREEN TEA AND LIME DETOX SCRUB 45 minutes / 70.00

A purifying blend of green tea and lime extracts, known for their detoxifying effects to reduce water retention and remove skin impurities.

TROPICAL OASIS BRIGHTENING BODY THERAPY - 75 minutes / 125.00

Indulge in a sublime tropical oasis where your senses are gently awakened. Your skin emerges revived, refreshed, smoother, firmer, and vividly brighter.

NOURISHING SILK BODY WRAP - 75 minutes / 90.00

Bask in a luxury silk cocoon infused with nourishing active ingredients rich in vitamins and anti-oxidants for deeply hydrated skin and brighter skin tone.

ANTI-CELULITE AND SLIMMING BODY WRAP 75 minutes / 125.00

Specifically formulated to reduce cellulite appearance and breakdown fat cells, this unique body therapy contains green tea and guarana extracts for visible results, including healing clay to smoothen the skin.

JIVAPITA JOURNEYS

LUMAFIRM® LIFT & GLOW - 90 minutes / 220.00

This revolutionary anti-aging treatment uses freeze-dried technology to redefine radiance and contouring, providing instant and cumulative skincare benefits. Ideal for all skin types with signs of aging, it offers an instant repair boost for youthful, luminous, firmer skin.

SKIN VITALITY FOR MEN - 90 minutes / 180.00

Counteract men's aging process with a clinically effective, advanced skin treatment. Rejuvenating caviar, vitamins, enzymes, and freeze-dried Escutox® replenish skin while combating aging aggressors. Visibly resurfacing, this masculine treatment promotes healthy youthful skin.

PLANTOMER HYDRATING FACIAL - 60 minutes / 120.00

Visibly enhance the skin texture and maximize hydration, this moisture-rich face therapy combines the benefits of soothing Propolis extracts to nourish and hydrate the skin, improve skin suppleness and prevent cell dehydration.

VITAMIN C, OXYZOMES ANTI-OXIDANT FACIAL - 60 minutes / 120.00

This intensive treatment utilizes oxyzomes (stabilized vitamin C) to deliver targeted and continuous vitamin C release throughout the day. With hyaluronic acid, it repairs and smoothens the skin, reducing wrinkles and enhancing oxygenation. The result is a youthful, radiant glow.

BOTANICAL CUSTOMIZED FACIAL - 60 minutes / 75.00

A selection of natural facial to suit your skin type: combination, dry, oily and purifying.

REJUVENATION EYE THERAPY - 30 minutes / 75.00

This treatment targets the delicate eye area to smooth fine lines, combat signs of aging, reduce puffiness and rejuvenate tired eyes. A complement treat for any of your facial therapy.

BODY MASSAGE

AROMATHERAPY MASSAGE - (60 minutes/70.00), (90 minutes/90.00)

A gentle, aromatic therapy to de-stress and uplift your spirit!

HERBAL COMPRESS - 90 minutes/90.00

This therapy begins with the application of herbal poultice on your body meridian points to ease muscle tension, followed by a soothing massage.

WARM STONE MASSAGE - 90 minutes/90.00

This unique massage employs specific techniques to relieve deep tension. The use of warm stones combined with healing hands and warmed essentials oils. This combination alleviates tight muscles, improves mobility, and harmonizes the mind, aiding in restful sleep.

HAWAIIAN LOMI LOMI MASSAGE (60 minutes/70.00), (90 minutes/90.00)

An ancient Hawaiian therapeutic technique, passed down through generations of Hawaiian healers, using both gentle and vigorous stroke movements using the elbows that replicate soothing waves to ease muscle pain, promote relaxation and result in an overall sense of well-being.

DEEP TISSUE MASSAGE - (60 minutes / 70.00), (90 minutes / 90.00)

This massage is designed for maximum therapeutic results using moderate to deep pressure to treat specific muscle groups. The technique helps to release muscle spasms, tension and aid repetitive stress syndrome. Recommended after a rigorous workout.

FOOT REFLEXOLOGY - 60 minutes / 60.00

An ancient therapy using the application of finger-point pressure to stimulate reflex zones in the feet, which are systematically linked to all parts of the body: removes blockages of energy flow, promoting oxygenation of tissues and removal of toxins.

IN-THE-ZONE - 30 minutes / 45.00

Quick fix remedies to de-stress and reduce muscle tension:

- Back Massage
- Neck and Shoulder Massage
- Head Massage

ESSENTIALS

- Manicure - 60 minutes / 35.00
- Pedicure - 60 minutes / 35.00
- Luxury Spa Manicure - 75 minutes / 75.00
- Luxury Spa Pedicure - 75 minutes / 75.00
- French Nail Polish - 60 minutes / 30.00
- Nail Gel Manicure - 90 minutes / 95.00
- Nail Gel Pedicure - 90 minutes / 95.00
- Waxing
 - Half Arm - 20 minutes / 15.00
 - Full Arm - 30 minutes / 35.00
 - Under Arms - 15 minutes / 15.00
 - Half Leg - 30 minutes / 25.00
 - Full Leg - 45 minutes / 40.00
 - Upper Lip - 20 minutes / 20.00
 - Chest – Back - 30 minutes / 25.00

SPA ETIQUETTE

RESERVATIONS

We encourage our guests to schedule their appointments in advance to ensure preferred treatment or therapist is available. Bookings made on day of service and walk-in appointments are always welcome, based upon availability. All reservations must be secured with a major credit card and telephone number.

CANCELLATION POLICY

We require 24-hour notice for changes or cancellations. Please keep in mind that arriving late for a service may require us to shorten the length of the treatment with full charges applied so as not to inconvenience other guests.

TAKE TIME

Give yourself plenty of time so you can enjoy the vitality pool, aromatherapy steam bath, experience shower and Himalayan salt alcove prior to your treatment. This will relax and warm the muscles, which will aid in the therapeutic benefits of all our treatments and services. We suggest arriving 30-60 minutes prior to your first service. Respect yourself and others by turning off communication devices prior to entering the spa, locker rooms, fitness and treatment areas.

TREATMENT ATTIRE

Unless the service description specifies otherwise, it is customary to wear just your robe and disposable under garment to your service. You will be given the opportunity to disrobe and cover yourself in privacy. Throughout your services, your body will be draped with linens for modesty. At no time during your treatment will you be fully exposed.

LET GO

Close your eyes and allow your mind to be free. Breathe deeply and let the tension slip away with each breath. Remember, this time is for you.

COMMUNICATION

Prior to the start of your service, tell your therapist the areas you would like to focus on, and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is the key to getting what you want out of your Jivapita Spa experience.

GRATUITIES

Gratuities should reflect your level of satisfaction with our services and your personal providers, therefore all gratuities are left solely at your discretion.

GIFT CERTIFICATES

Give the gift of priceless serenity and stress relief to someone you care about. A delightful way to introduce someone to the benefits of spa services, Jivapita, Spa gift certificates are the perfect for any occasion and are available for individual treatments, spa or bridal packages or predetermined denominations.

ADDITIONAL THOUGHTS

The following Information is provided to assist you in creating the perfect Jivapita Spa experience. Our Spa opening hours are from 11:30am to 09:30pm and the last booking can be made at 08:30pm. Spa guests must be at least 16 years of age for the use of the locker rooms, fitness center facilities and spa treatments. Jivapita, Spa is a non-smoking environment.

We request that all valuables are stored in your room or locker provided for you at the time of your service. Jivapita, Spa and Hyatt Regency Phnom Penh are not responsible for lost, stolen or misplaced items.

All spa treatments and fitness facility prices are subject to change without notification. Our spa guest service assistants will assist you with any pricing inquiries you may have at the time of your reservation.

JIVAPITA SPA WELLNESS FACILITY

In-line with the current global wellness movement, we understand that the ultimate well-being cannot be achieved through spa treatments alone. It requires various elements which complement each other, therefore we include the following facilities to enhance your well-being.

- Female and Male Wet Areas with Jivapita Passage, featuring a sequence of Aromatherapy Steam Bath, Experience Shower, Vitality Pool and Himalayan Salt Chamber.
- Fitness Center: redefining the concept of ‘downtown gym’, the fitness center captures the notion of urban workout facility featuring the latest equipment with polished setting.
- Personal Training – upon request.

GYM MEMBERSHIP PROGRAM

Please contact our Jivapita for the special offer membership fees. We are offering trial and long-term memberships. Our state-of-the-art fitness facility guarantees an uninterrupted workout routine. Equipped with the latest high-tech cardio and strength-training equipment, including flat-screen consoles, we feature the most trusted fitness brands, including industry leader Life Fitness.

CONTACT US

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