

Cambodia Wellness Retreats 7 days

If you are a senior traveler or simply seeking a private and relaxing exploration of Cambodia, our **Cambodia Wellness Retreats** tour package is an ideal choice. Over this scenic voyage, you have the chance to span from Phnom Penh to the historic city of Siem Reap, be immersed in Cambodia's rich history and culture, also admire the incredible city views through the unique transportation of Tuk Tuk. Come and embark on this remarkable journey with us!

- **Durations:** 7 days
- **Trip outline:** Phnom Penh - Siem Reap
- **Price from:** US \$699/person
- **Tour inquiry:** <https://bestratetours.com/cambodia-tours/cambodia-wellness-retreats-7-days>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Phnom Penh Arrival - City Tour	Hotel in Phnom Penh	Dinner
Day 2	Phnom Penh - Siem Reap - Road Transfer	Hotel in Siem Reap	Breakfast, Dinner
Day 3	Angkor Wat Complex Full Day Tour On Tuk Tuk	Hotel in Siem Reap	Breakfast, Lunch
Day 4	Siem Reap - Yoga Day Navutu Experience	Hotel in Siem Reap	Breakfast, Lunch
Day 5	Siem Reap - Kampong Phluk Village - Satcha Handcraft Center	Hotel in Siem Reap	Breakfast, Lunch
Day 6	Siem Reap - Freeday	Hotel in Siem Reap	Breakfast
Day 7	Siem Reap Departure	NA	Breakfast

Itinerary

Day 1: Phnom Penh Arrival - City Tour

Upon your arrival at Phnom Penh airport, we extend a warm welcome and promptly transfer you to the hotel for check-in.

We begin the sightseeing tour with the magnificent **Royal Palace**. It exemplifies classic Khmer architecture and is renowned for its stunning gilded roofs, intricate carvings, and beautifully manicured gardens. Here, we can explore the [Silver Pagoda](#), which houses an impressive Emerald Buddha and a life-sized gold Buddha adorned with over 9,000 diamonds.

Our next destination is [Wat Phnom](#), the tallest religious structure in Phnom Penh. You'll be rewarded with panoramic city views after climbing the hill to reach the temple.

End of the tour with **Tuol Sleng Genocide Museum**, which exhibits photographs, testimonies, and torture instruments, offering a sobering and educational experience about the atrocities committed during the Khmer Rouge era.

Overnight in Phnom Penh.



Enjoy Sightseeing Tour With Significant Landmarks Of Phnom Penh

Meals: Dinner

Accommodation: Hotel in Phnom Penh

Day 2: Phnom Penh - Siem Reap - Road Transfer

Our adventure begins around **7:45**, we make our way to the **Public Bus station** for a 6-hour journey to Siem Reap. During the ride, the bus will stop at a local restaurant to refresh or enjoy your lunch. Please note that lunch expenses are not included.

Upon our arrival in Siem Reap, the gateway to the spectacular Angkor temples, our friendly guide will be at the Bus Station waiting for you. Then, we transfer to the hotel and prepare for our voyage's next chapter.

In the afternoon, we take part in an intriguing exploration of the **Angkor National Museum**. This remarkable institution houses treasures from every corner of Cambodia's storied past, providing a fascinating insight into the nation's history and culture.

Our journey continues to the enchanting **Preah Ang Check** and **Preah Ang Chom**, a hidden gem where residents come to seek blessings for their journeys and fortune.

But the day doesn't end there. As the sun sets, we'll indulge in a sumptuous buffet dinner at a local restaurant, where the evening comes alive with a captivating Khmer Traditional Dance Show from **19:30** to **21:00**. After the show, you can return to your hotel to relax.



Watch The Captivating Khmer Traditional Dance Show

Meals: Breakfast, Dinner

Accommodation: Hotel in Siem Reap

Day 3: Angkor Wat Complex Full Day Tour On Tuk Tuk

Today, we embark on an exploration of Cambodia's world heritage sites in style, traveling via Tuk Tuk or Remork. This is a delightful way to unwind and take in the sights along your journey.

In the morning, our adventure begins with a visit to the enchanting [Ta Prohm Temple](#), where the sprawling roots of massive fig trees and colossal creepers embrace ancient stone structures. The fusion of nature and architecture creates a truly mesmerizing scene.

We continue the journey to the South Gate, followed by exploring the **Bayon Temple**, with over 200 serene smiling faces of Avalokitesvara. Then, we tour the Phimeanakas and admire the ornate sandstone carvings and the well-preserved architecture of the temple.

Next, explore the remaining foundations and gain insight into the layout and grandeur of the Khmer royal court in the **Royal Enclosure**. After that, head to the **Elephants Terrace**, an impressive 350-meter-long terrace adorned with intricate carvings of elephants, garudas, and other mythical creatures.

End our morning schedule with the **Terrace of the Leper King**. The statue of the Leper King has a unique and mysterious appearance, and its true identity is still a topic of discussion.

Have your lunch at a local restaurant.

In the afternoon, lead you way to the iconic [Angkor Wat](#), a UNESCO World Heritage site and one of the world's most renowned architectural marvels. This 7th wonder of the world beckons with its grandeur, intricate design, and profound historical significance.

Return to the hotel and enjoy dinner by yourself.



Angkor Wat The Most Stunning Architectural Achievements

Meals: Breakfast, Lunch

Accommodation: Hotel in Siem Reap

Day 4: Siem Reap - Yoga Day Navutu Experience

After breakfast, you will have a full-day Yoga session to enhance your well-being at Navutu Wellness Resort. This comprehensive package includes:

- **Organic Lunch:** Have a delicious lunch that nourishes your body and delights your taste buds.
- **Group Yoga Class:** Immerse yourself in yoga practice with a group class designed to enhance your flexibility, strength, and inner peace.
- **Private Yoga Class:** Experience personalized attention and guidance with a private yoga session tailored to your specific needs and goals.
- **Pampering Spa Treatment:** Choose from a range of pampering spa treatments, including Khmer, Thai, or Relaxation massages, designed to relax your body and soothe your mind.
- **Holistic Healing Treatment:** Select from various holistic healing treatments, such as Reiki, Pranayama, Shiatsu, or Acupuncture, to promote balance and harmony within.

After the perfect blend of wellness, relaxation, and self-care, stay overnight in Siem Reap.



Enjoy A Full Day Yoga Experience

Meals: Breakfast, Lunch

Accommodation: Hotel in Siem Reap

Day 5: Siem Reap - Kampong Phluk Village - Satcha Handcraft Center

Start your day with a captivating boat ride on Tonle Sap Lake to **Kampong Phluk Village**, a "floating village" where life adapts to the water's changing rhythms.

It's an amazing experience offering stunning views and a deep look into local life. Later, enjoy lunch at a local restaurant.

This afternoon, we invite you to explore the **Satcha Handcraft Center**, a hub of Cambodian craftsmanship that nurtures local artisans. Afterward, our journey continues with a visit to the Old Market, where you'll have the opportunity to browse and shop for unique souvenirs.

Overnight at a hotel in Siem Reap.



Kampong Phluk The Floating Village

Meals: Breakfast, Lunch

Accommodation: Hotel in Siem Reap

Day 6: Siem Reap - Freeday

You are free to relax for the whole day. After breakfast, you can explore Siem Reap, which is not only a gateway to Cambodia's historical treasures but also a destination in its own right, offering visitors a diverse range of experiences.



Meals: Breakfast

Accommodation: Hotel in Siem Reap

Day 7: Siem Reap Departure

After having breakfast at the hotel. You can enjoy your free time until our driver picks you up and transfer you to Siem Reap International Airport for your departure flight.

Meals: Breakfast

Accommodation: NA

Booking Policy

Inclusion

- Full private A/C vehicle transfer as program.
- Private tour with English speaking tours guide (Except last day transfer out)
- Meals: Daily breakfast at hotel +3 Lunches + 1 Dinner Show
- All sightseeing entrance fee + Boat fee
- Cold drinking water & wet towel during transfer and program

Exclusion

- Peak season surcharge & compulsory dinner at the hotel (if any)
- Cambodia Visa (above 6 months passport Valid & 3 clear-page require)
- Domestic or international airfare if any
- Personal expenses, tips and gratuities
- Travel insurance
- Accommodations
- Meals: Lunch/Dinner as not stated in the program
- Beverage during meal
- Other services not mentioned above.
- A fuel surcharge will be applied if fuel prices rise above 15%

Cancellation Policy

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 10% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 30% of total rate

- Cancellation received from 7 days to 14 days prior arrival date: 50% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

- The rate for children applicable for one child sharing a twin or double cabin with two adults
- For infant (<04 years old): FOC except domestic ticket cost
- 04 - 11 years old without bed: 50% adult rate
- 04 - 11 years old with extra bed: 75% adult rate
- 04 - 11 years old in twin share: 90% adult rate

WHY BOOK WITH US?

Best Rate Guaranteed

Offering the BEST RATE package which is worthy of your payment.

Money Back Guaranteed

In case the service we provide is not qualified enough, except for out-of-control situations such as weather conditions. We will investigate your case and will offer the reimbursement once your complaint is rational.

Customizable by local experts

Local consultants with rich of knowledge will give you the most suitable itineraries for you.

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