Walk again thanks to a hot herb massage

Unless you're a regular on the StairMaster, exploring Angkor will leave you with sore calves. The temples' staircases are steep, with unnaturally high and narrow steps. The goal was to force ancient Khmer subjects to bow down as they were climbing up them. You may need to as well, especially if you're afraid of heights. To reward yourself for exploring the temples fully, and to help get your sore legs back in action, have a massage. Every Siem Reap street and hotel will offer foot and oil massages, to varying degrees of competence and price. To really spoil yourself, have a traditional Khmer hot herb massage. They're tricky to find, but they're offered at Udaya Residence, a fabulous boutique hotel on the outskirts of Siem Reap. This heavenly experience involves three massages in one. You'll start with a deep tissue massage, followed by another with your therapist's hands heated by a hot muslin-bound compress of aromatic herbs. The final massage is with the hot compress itself, smelling of ginger and lemongrass.
When is the best time to visit?
Mornings, afternoons, and evenings.

The spa is open from 10 AM to 10 PM daily.

How much does it cost?
From KHR50.

Do you have any tips?
You'll be so blissed out after this massage you won't want to do anything but take a nap. Plan accordingly.

Is there an official website?
Yes, you can visit www.udayaresidence.com
About the local expert

Local recommendation from
Johanna Read

Johanna Read is a Canadian freelance writer/photographer specializing in travel, food and responsible tourism. Based in Vancouver, she loves the city’s ocean location and fabulous food. Find links to her articles for in-flight magazines, Fodor’s, USA Today, and others at TravelEater.net.