

nohm

SPA

MENU OF SPA SERVICES



A different experience  
for every day of the week.

# nahm

SPA

At Nahm Spa, immerse yourself in a tropical sanctuary, with pampering spa treatments, to soothe body, mind and spirit.

Nahm Spa invites you to discover the art of true relaxation and healing traditions. Expert therapists inspire tranquility within, on the Hyatt Regency Phuket Resort hillside, with blissful massages, facials, body treatments and custom-designed spa packages.

Unwind with a little me time  
at Nahm Spa.



# Spa Therapies

Restore balance in harmony with the natural rhythm of the ocean, reconnect with your inner self, and rediscover balance, as the stresses of the daily life melt away.

## NOURISH

180 minutes THB 6,500

A series of restorative treatments incorporate richly nourishing coconut and an anti-wrinkle serum, to remove dead skin cells and achieve ultimate relaxation and skin replenishment:

- Marine Salt & Coconut Milk Scrub
- Nahm Signature Massage
- Anti-Wrinkle Facial Treatment

## REVITALIZE

180 minutes THB 5,300

Through a fusion of active herbal elements and indigenous healing ingredients, Revitalize is a combination of treatments that aim to purify, regenerate and strengthen. It includes:

- Dead Sea Mud Body Mask
- Jasmine Rice Scrub
- Herbal Compress Massage

## PAMPER

150 minutes THB 4,300

Remove impurities and enhance your well-being, with an indulgent massage and treatments to improve energy flow, rebalancing body, mind and soul:

- Detox Back Treatment
- Head Massage
- Thai Foot Massage

## REPLENISH

120minutes THB 4,000

Customizable based on your unique needs, nourishing botanical extracts are combined to induce a state of calm, promote serene well-being and leave a healthy glow:

- Nahm Signature Massage
- HYDRA BLUE Moisturizing Facial

## HARMONIZE

120 minutes THB 3,500

Balance your skin's natural PH level with fruity essential oils, to help re-establish equilibrium of the mind and body, while reinvigorating the skin:

- Lotus Scrub and Wrap
- Aromatherapy Massage

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Please share your specific requirements with our staff, who will be delighted to tailor any of the above spa therapies to your individual needs.

Come experience why they truly  
call vacation, relaxation.



# Massages

## NAHM SIGNATURE MASSAGE

60/90/120 minutes

THB 2,500/3,000 /3,400

Select from a set of unique massage oils, and experience deep rhythmic strokes, inspired by the ocean, combined with finger and palm pressure, to increase range of motion, remove blockages and relieve tension.

## AROMATHERAPY MASSAGE

60/90/120 minutes

THB 2,000/2,500/2,900

Blending acupressure point work with lymphatic drainage techniques and a choice of blended essential oils, face, scalp, spine and feet receive particular attention, to promote relaxation, invigoration or detoxification, and to enhance well-being.

## THAI ACUPRESSURE

60/90/120 minutes

THB 1,800/2,300/2,700

Drawing from traditional Thai healing, acupressure and gentle stretching target specific points along meridian lines, to release muscle tension, clear blockages, and promote free flowing energy within the body.

## THAI FOOT MASSAGE

60 minutes

THB 1,500

This energy-based, traditional Thai massage delivers pressure to specific points on the soles of the feet to stimulate the nerve endings and restore the free flow of energy throughout the body.

## HEAD MASSAGE

60 minutes

THB 1,800

Nutrient-rich, locally-harvested coconut oil, combined with targeted pressure-point scalp massage and traditional techniques, helps to stimulate blood flow and may reduce hair fall, whilst nourishing the scalp and hair.

## NECK & SHOULDER MASSAGE

60 minutes

THB 1,800

Focusing on common problem areas, this massage reduces tension in the back, neck, shoulders and head, inducing a profound sense of relaxation, whilst improving circulation and easing away muscular aches and pains.

## SLIMMING MASSAGE

60 minutes

THB 2,000

An invigorating massage, using deep fascia-release techniques of friction, kneading and wringing, works to break up cellulite. Intense strokes aimed at problem areas aid in the elimination of excess fluid, push out toxins and helps to reduce the appearance of cellulite.

## HERBAL COMPRESS MASSAGE

90/120 minutes

THB 2,500/2,900

Combined with work along the 12 meridians, steamed herbal compresses transfer heat and the healing benefits of ginger, sea salt and coconut to the body, nourishing the skin, warming deep tissue, boosting circulation and releasing stagnation.



Treatment ingredients made from marine product



### HIMALAYAN SALT THERMAL THERAPY TM

90 /120 minutes

THB 2,500/2,900

The artisanal, hand-carved salt crystal stones, ethically sourced with 84 minerals and trace elements, are warmed up to massage the body and melt away pains and tight muscles. This treatment stimulates circulation, detoxifies the body and replenishes the skin to promote pure relaxation. It blends together with our organic massage oil to soothe and balance the body.

Himalayan Salt Thermal Therapy helps you achieve ultimate relaxation, relieves tight and tense muscles, reduces inflammation, promotes a good night's sleep, calms the mind and improves the condition of your skin.

## Ayurveda Indulgences

To create well-being & harmony within our body, all of us have a "dosha", a unique mix of energies known as:

- VATA – composed of space and air
- PITTA – composed of fire and water
- KAPHA – composed of water and earth

Take our short quiz to discover your dosha type. We will tailor your treatment with the appropriate therapeutic essential oils, style and massage flow to suit your dosha type.

### ABHYANGA MASSAGE

90 minutes

THB 2,500

A base oil of jojoba & sweet almond is blended with essential oils to match your dosha type.

- For PITTA: Lavender, sandalwood, Cedar wood, chamomile, geranium and jasmine pacify. Pitta supports healthy circulation and helps move toxins out of the system.
- For VATA: Rosewood, sandalwood, fennel and dill calms and grounds. Vata strengthens the nervous system, eases muscle tension and promotes deep relaxation.
- For KAPHA: Grapefruit, hibiscus, lemongrass, eucalyptus, and cloves activate, mobilize, and stimulate circulation, which is vital for balancing Kapha.

### SHIRODHARA TREATMENT

60 minutes

THB 2,900

This ancient Ayurvedic healing practice begins with a soothing back release massage followed by our traditional Shirodhara treatment, where warm oil is gently poured on the forehead. An invigorating scalp massage completes this ritual, leaving your body, mind and nervous system in a deep state of rest.



Nahm Spa delivering calm  
and relief from the everyday.

# Body Treatments

**MARINE SALT & COCONUT MILK SCRUB**  60 minutes THB 1,900  
From the sea and shore, this body scrub combines natural coconut milk with mineral-rich sea salt, neroli essential oil, jasmine and antioxidants, to slough away dullness and reveal healthy, revitalized skin.

**JASMIN RICE SCRUB** 60 minutes THB 1,900  
Slough away dead skin with the powerful Sri Nin and Jasmine scrub to refresh and refine skin, restoring the moisture and brighten your skin.

**LOTUS SCRUB AND WRAP** 60 minutes THB 2,000  
Derived from different parts of the lotus, this duo treatment is a gentle exfoliator to improve texture and appearance of the skin. This treatment moisturises and pampers the skin even as it exfoliates.

**DEAD SEA MUD BODY MASK** 60 minutes THB 2,200  
The rich minerals from the Dead Sea help the skin to detoxify, remove impurities and retain the skin's moisture level, leaving the skin feeling refresh and invigorated.

**ALOE VERA BODY WRAP** 60 minutes THB 1,900  
Calming and soothing, this body mask is rich in restorative vitamins and aloe vera, one of nature's most potent healing herbs. Providing skin-cooling and enriched with the skin-renewing properties, this treatment is highly recommended for those with sunburn or very sensitive skin.

**MORPHO DESIGNER PERFECT CONTOURING TREATMENT**  90 minutes THB 2,500  
This innovative body treatment offers an integral beauty experience, by combining three major aesthetic actions in a single protocol: contouring, firmness and skin quality. After a multi-exfoliation, a reshaping massage sculpts body contours, for a younger and more radiant appearance of the skin.



A new reason to explore  
our ancient treatments



## Facials

To reveals guests natural beauty with ingredients from the sea. Unlock the revitalizing powers of the sea with PHYTOMER's line of marine-based, natural skin care products

**NAHM PREMIUM FACIAL**  90 minutes THB 3,000  
Ultra-relaxing massage techniques are combined with detoxifying marine products for deep cleansing. With a perfect balance of effective hydration and intense well-being, our signature products work with ultra-sensory textures to moisturize and reinvigorate the skin to reveal an instantly natural freshness.

**HYDRA BLUE MOISTURIZING FACIAL**  60 minutes THB 2,500  
For an intense relaxation session and dramatic moisturising effects, the skin is soaked with highly efficient hydration, producing instantaneous results. Skin regains its lustre and radiance.

**ANTI-WRINKLE FACIAL TREATMENT**  60 minutes THB 2,500  
Experience three key steps in an ultra-effective treatment to resurface the skin, reduce wrinkles and re-contour the face. In a single treatment, wrinkles are visibly reduced, leaving skin firmer with a younger appearance.

**BRIGHTENING FACIAL TREATMENT**  60 minutes THB 2,500  
Ideal for a more radiant and even complexion, this treatment has had spectacular results in clinical tests in terms of reducing the appearance and number of dark spots, revealing a healthier, brighter glow.

**SOOTHING FACIAL TREATMENT**  60 minutes THB 2,300  
Offering protective and calming relief for sensitive skin and / or redness, this pampering treatment softens and soothes skin, leaving it ideally hydrated and enhancing its natural protective system.

 Treatment ingredients made from marine product

# Wellness Therapies

## YOGA

60 minutes

THB 1,000

Redefine the boundaries of your body as you increase flexibility and mobility in a safe, supportive environment. In this slow-paced but transformative class, you will learn the fundamentals of proper alignment and posture whilst stretching and releasing tension in the body.

## PILATES

60 minutes

THB 1,000

Pilates focuses largely on correct rhythmic breathing, on precise spinal and pelvic alignment and on smooth-flowing movements. Pilates creates a stable core and strong back, with exercises concentrating on the muscles deep in the abdomen and along the spine.

## THAI BOXING

60 minutes

THB 1,000

This beginners' class is designed to introduce fundamental drills, basic offensive and defensive footwork and proper form for punching, elbows, knees and kicks, as well as extensive cardio and condition training.

## AQUA TAI-CHI

45 minutes

THB 500

This water exercise and relaxation programme allows you to enjoy the water and move your body in a flowing yet powerful progression. Tai-Chi increases oxygen intake and helps burn calories simply through the use of correct form and positioning, while in the water.

## AQUA EXERCISE

45 minutes

THB 500

A fun and refreshing way to get or stay in shape, without sore muscles and with limited impact on joints, this activity gets the blood pumping and increases the release of endorphins, boosting energy levels.

# How To Spa

## SPA HOURS

The spa is open daily from 9:00 AM to 10:00 PM, and one-hour appointments can commence at 9:00 PM.

## RESERVATIONS

To make a reservation, press 'spa' on your guestroom phone, or visit our website: [phuket.regency.hyatt.com](http://phuket.regency.hyatt.com). A valid credit card is required to hold your reservation. Prices are subject to change without prior notification.

## ARRIVAL

Please arrive 15 minutes prior to your scheduled appointment time to prepare for your spa experience and begin promptly. Late arrivals will experience a shorter treatment time so as not to overlap with the next booking.

## CONSULTATION

All spa guests enjoy a welcome drink and a cold scented towel prior to their personalised consultation. Together, we determine the right treatment, package or series of sessions suited to the requirements of you as an individual or as a couple. Please advise us of any allergies, ailments, disabilities or areas of concern, including high blood pressure or pregnancy as some services may not be appropriate for you at this time.

## SPA POLICY

Nahm Spa provides a robe and slippers for use during treatments. Please leave all valuables in your room safe as we will not be held responsible for loss or damage of personal effects.

## SPA ENVIRONMENT

Nahm Spa strives to present the most relaxing and soothing spa experience from arrival to departure. Please kindly note that this is a non-smoking and quiet facility for both men and women over the age of 16. Within the premises, please refrain from using your mobile phone at all times, and be considerate of other guests enjoying blissful treatments. Your kind cooperation in maintaining this peaceful environment is greatly appreciated.

## **CANCELLATIONS**

Should you need to cancel an appointment, please contact us within 24 hours of your scheduled appointment. Full treatment charges are applied to late cancellations and no-shows. Late arrivals may result in shortened appointments or rescheduling (charges may also apply).

## **GIFT CERTIFICATES**

To give the precious gift of pampering, please enquire at Nahm Spa for gift certificates, which are available in any denomination.

## **CLAIMS**

Nahm Spa is used at your own risk. The management will not be held responsible, under any circumstances, for accidents or injuries that may be caused while using the spa, or for loss of property.

## **INFORMATION PRIVACY**

Nahm Spa considers the privacy and confidentiality of your information to be of the utmost importance. Your information is used in accordance with the global privacy policy for guests, found at [privacy.hyatt.com](http://privacy.hyatt.com) or upon request from the spa.

## **SERVICE CHARGE AND TAXES**

A 10% service charge and 7% VAT will be added to your bill.

**HYATT REGENCY PHUKET RESORT**

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