

# nahm

SPA

MENU OF SPA SERVICES



A different experience  
for every day of the week.



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 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 7,000

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

## REPLENISH

120 minutes

THB 4,900

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

## SUN SOOTHER

120 minutes

THB 4,400

Sooth and recover your sunburned skin with natural products that sooth, hydrate and nourish your skin after exposure to strong UV rays:

- After Sun Wrap
- Soothing Facial

## HARMONIZE

120 minutes

THB 4,400

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

## DETOXIFY

120 minutes

THB 4,400

Promote the flow of the lymph and the elimination of toxins from your body using only light pressure, with gentle and rhythmic strokes:

- Dead Sea Mud Wrap
- Lymphatic Drainage Massage

 Treatment ingredients made from marine product

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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. / Prices are in Thai Baht and subject to 10% service charge and 7% tax.



Come experience why they truly  
call vacation, relaxation.



# WELLNESS THERAPIES

**HIMALAYAN SALT THERMAL THERAPY**

90/120 minutes

THB 3,500/4,000

The artisanal, hand-carved salt crystal stones, ethically sourced with 84 minerals and trace elements, are warmed and cool up to massage the body and melt away pains, tight muscles. achieve ultimate relaxation, relieves tight ,reduces inflammation, promotes a good night’s sleep and improves the condition of your skin.

**SHIRODHARA TREATMENT**

60 minutes

THB 3,200

This ancient Ayurveda 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.

**RELAX**

Half day

THB 7,900

Yoga or Meditation

45 minutes

Detox Wrap

45 minutes

Aromatherapy Massage

60 minutes

Indian head Massage

30 minutes

Relaxing Tea

**REBALANCE**

Half day

THB 7,900

Tai Chi or Pilates

45 minutes

Himalayan Salt Treatment

120 minutes

Shidodhara

30 minutes

Healthy Tea

**REFRESH**

Full day

THB 9,900

Thai Boxing or Body Workout

45 minutes

Traditional Thai Massage

60 minutes

Foot Reflexology

60 minutes

Detox Facial

60 minutes

Refreshing Drink

Healthy Bento Set at Pool House Kitchen

 Treatment ingredients made from marine product

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# MASSAGES

## NAHM SIGNATURE MASSAGE

60/90/120 minutes

THB 3,300/3,800/4,300

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 2,700/3,200/4,000

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 2,400/2,900/3,400

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.

## HERBAL COMPRESS MASSAGE

90/120 minutes

THB 3,300/3,800

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.

## SLIMMING MASSAGE

60 minutes

THB 2,800

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.

## THAI FOOT MASSAGE

60 minutes

THB 2,400

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 2,400

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 2,400

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.

 Treatment ingredients made from marine product

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# 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

## SUPREME YOUTH FACIAL

60/90 minutes THB 3,700/4,400

The Art of Youth Performance: This exclusive treatment includes an original facial massage that yields instant results, followed by a supreme mask featuring the benefits of marine biotechnology. Experience smoother, firmer skin that glows with renewed radiance.

## NAHM PREMIUM FACIAL

60/90 minutes THB 3,300/4,000

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.

## ANTI-WRINKLE FACIAL TREATMENT

60/90 minutes THB 2,700/3,400

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

60/90 minutes THB 2,700/3,400

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

60/90 minutes THB 2,500/3,200

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

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## BODY TREATMENTS

### CONTOURING TREATMENT

90 minutes

THB 3,900

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.

### DEAD SEA MUD BODY MASK

60 minutes

THB 2,500

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 2,500

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.

### LOTUS SCRUB AND WRAP

75 minutes

THB 2,700

Derived from different parts of the lotus, this duo treatment is a gentle exfoliator to improve texture and appearance of the skin. This treatment moisturizes and pampers the skin even as it exfoliates.

### MARINE SALT & COCONUT MILK SCRUB

60 minutes

THB 2,500

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.

### JASMINE RICE SCRUB

60 minutes

THB 2,500

Slough away dead skin with the powerful Sri Nin and Jasmine scrub to refresh and refine skin, restoring the moisture and brighten your skin



Treatment ingredients made from marine product

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# FAMILY THERAPIES

## ROMANTIC FOR TWO

Experience ultimate relaxation and rejuvenation with our Couple's Spa Package, designed exclusively for you and your partner

### COUPLE MELODY\*

Golden Candle Massage

Romantic In-Room Bath

Complimentary Bottle of Sparkling Wine

**THB 8,500 per couple**

60 minutes

30 minutes

### COUPLE RETREAT

Golden Candle Massage

Radiance Scrub

Refreshing Drink

Healthy Three-Course Meal at Pool House Kitchen

**THB 9,500 per couple**

60 minutes

60 minutes

## EXPLORE WITH YOUR KID

Indulge yourself and your little one in a rejuvenating spa escape tailored for one parent and one child

### REJOIN

Back Massage (Parent)

Express Facial Treatment (Child)

**THB 3,200 per couple**

30 minutes

30 minutes

### RENEW

Foot Massage (Parent)

Express Manicure or Express Pedicure (Child)

**THB 3,200 per couple**

30 minutes

30 minutes

\*This package is exclusive for in-house guest.

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## NAIL TREATMENTS

### NAHM SPA NAIL

Treatment includes cutting, polishing, cuticle care, and exfoliation of hands and/or feet, followed by a soothing massage and the application of hydrating lotion and a choice of OPI nail polish.

DELUXE SPA MANICURE	60 minutes	THB 1,200
DELUXE SPA PEDICURE	60 minutes	THB 1,200
DELUXE SPA MANICURE & PEDICURE	120 minutes	THB 2,000

### CLASSIC SPA NAIL

Treatment includes cutting, polishing, cuticle care and the application of a choice of OPI nail polish.

CLASSIC MANICURE	45 minutes	THB 1,000
CLASSIC PEDICURE	45 minutes	THB 1,000
CLASSIC MANICURE & PEDICURE	90 minutes	THB 1,800
NAIL POLISH	30 minutes	THB 600

## NAHM SPA WAXING

Reinventing the Art of Waxing & staying ahead of the curve with innovative hair removal products and professional techniques for over 50 years by Gigi waxing, natural honey wax instantly leaves skin sleek, smooth and free of hair and is gentle enough for delicate area.

UNDER ARMS	THB 700
HALF LEG	THB 1,000
FULL ARMS	THB 1,000
CHEST	THB 1,200
BACK	THB 1,500
FULL LEGS	THB 1,200
BIKINI LINE	THB 1,200
BRAZILIAN WAX	THB 1,700

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# 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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