

# THE SPA

at THE NAI HARN

SPA VOYAGES,  
POOLSIDE PAMPERING,  
WELLNESS BITES  
AND 'SORBET FOR THE SOUL'

## **WELCOME**

### **TO THE SPA AT THE NAI HARN.**

Stroll, saunter or sashay to the entrance of The Spa at The Nai Harn. Check the view. Check your head. And prepare to check in to a new kind of wellness experience.

The Spa at The Nai Harn is all about wellbeing that does not take itself too seriously, shorn of silly excesses, pompous jargon, petal-strewn hot tubs and other cookie-cutter clichés. We are about a state of wellness that is fun, fresh and comes in bite-sized bits of indulgences that last all day. The kind that works for you, when you want it, where you want it, as much or as little as you want.

Slow down, breathe easy, take a chill pill. Soft music and sweet fragrances float upon the balmy sea breeze. Positive vibes and healing energy washes over you. Ready or not, you begin to relax.

Allow our experienced, expert and exceptionally friendly spa assistants to curate your chakra, assuage your aura and jibe with your vibe.

From state of the art therapies, half-day spa voyages and full-day odysseys to the glowing heart of bliss, proceed directly to our Beach Spa Suites and cast all your cares.

And for a pick-me-up while you are getting horizontal, topping up your tan or twisting by the pool, the poolside Spa Cabana is your speed.

The Lifestyle Cabana, meantime, is a stylishly curated retail space offering fresh resort-wear, unique jewelry, coastal-inspired mementos and eclectic home decor pieces.

Longer lingers or wellness top-ups, all of our treatments follow three broad themes that demystify spa while enhancing the concept of state of wellbeing that works.

At The Spa at The Nai Harn, these themes are also our promise to you:

**LOOK GOOD, FEEL GREAT & STAY WELL.**

**Parkil Buraparkin**  
**Group Spa Manager**

# FACILITIES, AMENITIES

---

**SPA RECEPTION** - More 'waiting to exhale' than 'waiting room'. A chilled portal to new dimensions of spa, where we don't stand on ceremony.

**BEACH SPA TREATMENT SUITES** – Four fresh and flirtatiously-designed treatment suites, changing room with ensuite bathrooms, and canopied outdoor relaxation

**BEAUTY SUITE** – One luxury beauty treatment room with ensuite bathroom including a Victorian-inspired soaking tub.

**SPA CABANA** – Designed for bite-sized, express massages in pajamas, as well as footsies, manicures, pedicures, and other cures.

**LIFESTYLE CABANA** – A boutique filled with modern resort wear, take me home spa kits, and offbeat knick knacks.

**GYM** – Fitness room with inspiring floor-to-ceiling picture-window sea views, 2 treadmills, 2 elliptical trainers, 1 upright bicycle, 1 weight multi-station and a stylishly modern set of swing free weights by NOHRD.

# SPA MENU

---

## WHAT 'S YOUR WISH?

The Nai Harn Spa offers treatments ranging from traditional to state of the art therapies to the most sought after indulgences. Throw in a few eclectic inventions from our spa team and you've got an ocean of treats derived from the purest of natural ingredients and handpicked products.

## LOOK GOOD

These beauty treatments will transform you from a burned out urbanite to beach goddess (or god) in no time.

## FACE FORWARD

**PureLift™ FaceFit Tone Up** – Take your face to the gym and get an instant facelift! This workout will tone facial muscles you never knew you had, iron out worry lines (and worries) and whip your complexion into shape. If only fitness was this easy! The Spa at The Nai Harn is the only place in Thailand to exclusively offer this treatment.

**Best Bet** – Offbeat and 100% original, this facial uses the season's premium picks and latest skincare products. A marvelous concoction that produces immediate results to get your face Instagram worthy right away. Available in men's edition too.

**Instant Effect** – This on-the-spot express facial treatment cleanses, exfoliates, moisturizes and protects the skin from the sun. A dab of glowing tint on your cheeks and lips and you're ready beach ready. A fabulous treat, pre and post sun exposure/tanning.

## TAN TO GO

**Spray Tan** - No more streaky tans that look fake! Get glowing with our organic and paraben free tanner, so expertly applied no one will ever know it came from a spray bottle. Holiday selfie alert - your skin tone ripens into an iridescent gold shimmer all over.

**Spray Tan Luxe** – In order to obtain that healthy, long lasting tan opt for our all-inclusive deep body scrub\* to exfoliate dry skin, followed by spray tan. Just to ensure it lasts for weeks after you get home we provide a quick top up spray one day before you leave the resort.

\*in order to prepare skin correctly, body scrub needs to be taken 6 hours before the spray tan.

## FEEL GREAT

So maybe you can't change your health overnight. But you can get a head start with these body treatments that instantly boost your well-being from the inside and out.

**Skin Savior** – Thank Heavens for nature's gifts! Cozy up in a blanket of fresh aloe vera and virgin coconut oil and rejuvenate your youth. Top it off with a Vitamin C infused moisturizer for that instant boost and lasting radiance.

**Catch of the Day** – For the serious spa connoisseurs, this no-nonsense body wrap of freshly harvested sea algae from Thailand's coast is guaranteed to draw out stubborn toxins to unveil a lighter, more radiant you. The ultimate detox!

**Salted Coconut Peel** – Pamper your body like an islander with this gentle yet gritty remedy for dry skin. An exfoliation treatment of sea salt and freshly grated coconut.

**Coffee Rush** – Wake your skin up! This creamy coffee scrub is the perfect rescue for dry flaky skin and other pesky skin conditions. What's more, the anti-inflammatory properties of the beans will smoothen and firm up lazy skin. Beach detox with caffeine, awesome!

**Cacao Grub** – Creamier, gentler and more refined than its coffee cousin, this treatment has all the good stuff for a proper beach buff – Sea salt and brown sugar granules for exfoliation, raw cacao and coconut oil for nourishment.

## STAY WELL

The darling of our menu! These signature massages were especially created to provide an array of benefits using a variety of techniques and the purest of natural ingredients inspired by the Four Elements – Sea, Breeze, Sun and Earth.

## RELAX

**Easy Breezy** – Gentle strokes soft as the breeze caress your skin while airbrushes glide over the contours of your body and face. The combined flowing pressure and refined strokes encourage lymphatic flow and circulation. Simply divine, need we say more?

**Pearly Shells** – Green gods and goddesses, you'll love this one! Striped Tiger Shells from Bali are used for this treatment. The heated shells work to completely loosen knots and bolts of tensed muscles. Save your body, save the planet!

## ENERGIZE

**Classic Thai** – Straight up traditional Thai massage delivered consistently and effectively. Fuss free and oil free.

**Hot Stone** - deeply detoxifying and profoundly relaxing. By combining massage with hot stones, the circulatory system is both stimulated and relaxed. This circulatory activity promotes the release of toxins from the muscles, assisting the body in self-healing.

## HEAL

**Muscle Rescue** – A deep tissue massage that uses finger-pressing, knuckling and pressure from the forearms to reach deep into your muscles. Perfect for active, sporty ninjas.

**All Bundled Up** – A power packed treatment that has a kick. Our herb-filled bundles offer "one-two" muscle relaxing punches on targeted areas of the body as the heated herbs release their essence with each blow.

**Bundle of Cure** – For healing, and relieving aches

**Bundle of Warmth** – For soothing and calming

**Bundle of Energy** – For energizing and revitalizing

**Bundle of Health** – For cleansing and detoxifying

## SPA CABANA TREATMENTS

Enjoy happy hour anytime with a choice of locally inspired treatments for the body delivered without the use of massage oils. A no frills pick-me-upper in an hour or under.

**Classic Thai On Spot** - Not to be missed at Nai Harn! After a strenuous workout or sitting at a desk all day, a good back massage can help relieve lower and upper back pain, Relieves Tension, Improves Sleep, Feels Good, It's a truly relaxing workout!

**Foot Loose** - Kick off your shoes and put your feet up. This foot acupressure session uses thumbs and knuckles to stimulate the various reflex points on your sole. You'll be up and dancing with feet as light as air.

**Head Start** - A power duo of head and shoulder massage with immediate relief of tension using slow, rotating pressure massage. It's the best way to get a head start to a good night's slumber.

## SPA JOURNEY

Experience our spa packages for healthy mind, body and soul with 2 ultimate pampering treats at The Spa.

### Blooming package

Ideal after long travels, this package will make you feel relaxed with a full body scrub, body wrap, massage and facial treatment. With only 100% natural products, this package will suit everyone.

### Dream package

Indulge in deep relaxation by choosing one of our signature massages: Hot Stone or Pearly Shells massage. This package will bring you bliss with our full body scrub, body wrap and facial treatment.

## BUFF NAILS

**Nail RX** - Mani or Pedi - Rescue and protect water-soaked fingertips or toes with our amazing marine based intensive nail or foot treatment. Finish off with nude polish and don that perfect Riviera look. (Water-Soaked, Scrub, Massage and Polish)

**Tutti Frutti** – This is Mini spa Mani and Pedi removes sandy rough bits to reveal bright, strong nails and feet. Top off with watercolor sorbet or fancy mono block nail art for some beach pizzazz. (Shape, nail file and Polish)

**XO Nails** – For those who like it straight up with no frills... the classic manicure and pedicure.

**XOXO Nails** – The TLC treatment for neglected extremities. Includes extra loving indulgences like scrub, wrap, and foot acupressure – the whole works!

## BARE WAX

FACE	Upper lip Lower lip Eyebrow
ARM	Under Arm Half Arm Whole Arm
LEG	Half Leg Whole Leg

## Glam Squad

Hair and Make Up services are available on request.

# MENU

## PRICE LIST

---

### FACE FORWARD

PureLift™ FaceFit Tone Up - Signature Facial	45 minutes	3,800 THB
Best Bet	60 minutes	3,800 THB
Instant Effect	45 minutes	1,800 THB

### TAN TO GO - Signature Body Spray

Spray Tan	45 minutes	2,500 THB
Spray Tan Luxe		4,400 THB
Scrub (30min), Spray Tan (40min), Top Up (30min)		

### SOAK IT ALL UP

Skin Savior	45 minutes	3,000 THB
Catch of the Day	45 minutes	2,800 THB

### BUDDY SCRUBS

Salted Coconut Peel	30/60 minutes	1,100/2,200 THB
Coffee Rush	30/60 minutes	1,100/2,200 THB
Cacao Grub	30/60 minutes	1,100/2,200 THB

### BODY MASSAGES

CHILLAX – Signature Massage		
Easy Breezy	60/90 minutes	2,600/3,600 THB
Pearly Shells	60/90 minutes	2,800/3,800 THB

### ENERGIZE

Classic Thai	60/90 minutes	2,200/2,800 THB
Hot Stone	90 minutes	3,800 THB

### HEAL

Muscle Rescue	60/90 minutes	2,600/3,600 THB
All Bundled Up	90 minutes	3,800 THB

The prices include 10% service charge and applicable government tax

# MENU

## PRICE LIST

---

### SPA JOURNEY

**Blooming package** 150 minutes 5,310 THB  
(Body Scrub + Body Wrap + Body Massage 60min + Mini Facial)  
\*Choice of massage: Easy Breezy / Muscle Rescue / Classic Thai

**Dream package** 180 minutes 6,390 THB  
(Body Scrub + Body Wrap + Body Massage 90min + Mini Facial)  
\*Choice of massage: Pearly Shells or Hot Stone

### SPA CABANA TREATMENTS

Classic Thai On Spot 30 minutes 1,200 THB  
Foot Loose 30 minutes 1,200 THB  
Head Start 30 minutes 1,200 THB

### BEAUTY SECRETS

Nail RX 60 minutes 1,700 THB  
Tutti Frutti 60 minutes 1,700 THB

### XO Nails

Classic Manicure 60 minutes 2,200 THB  
Classic Pedicure 60 minutes 2,200 THB

### XOXO Nails

Deluxe Manicure 90 minutes 2,600 THB  
Deluxe Pedicure 90 minutes 2,600 THB

### WAXING

#### Face

Upper Lips/Lower Lips or Eye brows 700 THB  
Under Arms/Half Arm or Whole Arm 1,100 THB  
Half Legs 1,400 THB  
Full Legs 1,700 THB  
Bikini Line 1,200 THB  
Back 1,400 THB

The prices include 10% service charge and applicable government tax



# SPA INFORMATION

---

## Hours of Operation

Spa is open from 9am to 8pm daily

## Minimum Age

The spa welcomes all guests, at least 18 years and above. Below this age requirement would need presence of a parent during the child's treatment.

## Advanced Reservations

Advanced reservation is highly recommended to ensure preferred time slots are available, especially if, you choose to enjoy multiple bookings during your stay.

Please inform us, upon reservation, if you are pregnant, nursing, under medication/physician's care or have mobility difficulties.

Tip: To make a spa reservation from your guest room, press the Guest Contact button or Phone number 8801 on your room phone and it will be directed to the spa.

## Cancellation and Change Policy

We kindly ask our guests to give a minimum of 5 hours' notice for changes or cancellations. We regret that a cancellation fee of 50% will be charged for notice given less than 5 hours prior to the booking and a full cancellation fee of 100% will be charged for a no show. If appointments are reserved before arrival at the hotel, the spa cancellation policy follows that of your hotel reservation.

## Check-in

We encourage you to arrive at least 30 minutes prior to your scheduled treatment to allow time to check-in. A hot shower is recommended prior to your spa treatment to make the experience enjoyable. Arriving late will limit the time of your treatment. Your treatment will end on time in order for the next guest is not delayed.

Upon arrival to The Spa at The Nai Harn, you will be asked to complete a health form to assist Spa therapists in providing you the best experience possible and to assure your safety and comfort. We encourage you to disclose any pertinent health conditions that may affect your spa experience.

## Spa Etiquette

Help us keep The Spa at Nai Harn a sanctuary of tranquility and relaxation. Please respect the quiet and privacy of other Spa guests by refraining from using all electronic equipment, including cameras and cell phones, while at Spa at The Nai Harn. We also ask that you speak softly or simply enjoy the silence. Spa at The Nai Harn is a non-smoking facility.

## Safety & Convenience

It is recommended that you leave valuables in your room guest safe. The Spa at The Nai Harn does not take any liability for loss of any valuables.

For your convenience Spa at The Nai Harn provides towels, slippers, shower caps and all pampering amenities. During all treatments your body will be properly draped for privacy.

## Service Charge & VAT

10% of service charge and 7% of VAT included in all prices.

For more information and enquiries call The Spa at Nai Harn 076-380200 Ext: 8801 or email at [spa@thenaiharn.com](mailto:spa@thenaiharn.com)

# THE SPA

at THE NAI HARN