

THE SPA
at THE NAI HARN

THE SPA

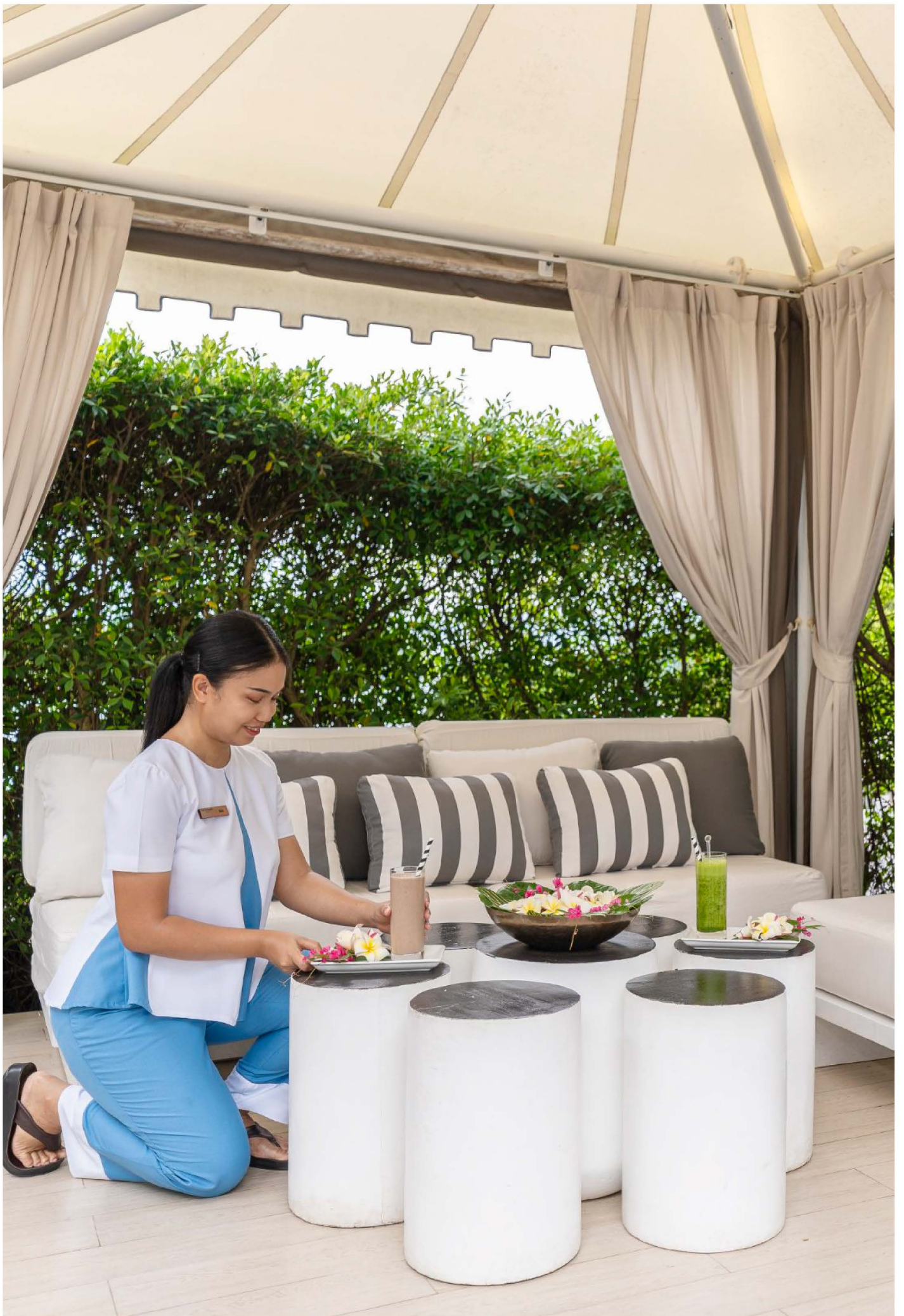
at THE NAI HARN

Total *Wellness* Journey

SOL Experiences

Holistic *Approach*

Radiant Longevity



Feeling Beautiful : METAL

The Metal Element represents the life force of the body's defense mechanism. This form of treatment will help boost your immunity to achieve an overall sense of equilibrium and hence tranquility.

MASSAGE

During this massage we pamper you with massage oil containing 24 carat of Gold. Gold harmonizes energy imbalances. Subconscious or suppressed issues, which cause energy blockages. When massaged into the body, the Metal essential herbal oils will help relieve coughs and enhance deeper breathing.

BODY

A golden body wrap that covers the skin in a beautiful golden reflexing. Stimulates, enriches, beautifies and protect the skin, working against ageing.

FACE

A true anti-age remineralising treatment based on the skincare benefits offered by stones, crystals and minerals. Considered as timeless symbols of life and beauty, precious stones have been highly prized for centuries for their beneficial properties. Their energizing and restorative powers lie in the core of this anti-age mask endowed with an exceptional beauty.

Feeling Uplifted: WATER

The Water Element represents the life force of inner energy. This form of treatment will aid in detoxification and regulate water metabolism.

MASSAGE

A manual massage with soft, flowing movements is combined with the light and relaxing rhythm of the 'Rain Sticks'.... Your skin awakens, surrounded by the sensation of fine dew drops. reduces water retention and counteracts fatigue, cold and sluggishness.

BODY

Your body is enveloped in melting balm and an aquatic wrap is applied letting your tensions slip away. Bursting with moisture, your skin becomes supple and silky with refreshing citrus scents.

FACE

Its "hydractive formula", 100% hydrating activity, whose main ingredient is hyaluronic acid, provide immediate and lasting hydration, from outside to inside the skin and vice versa. Another active ingredient is thermal water. Its water, enriched with nutrients for the skin, increases hydration and improves the skin's relief.



Feeling Calm: WOOD

The Wood element is symbolic of strength. This form of treatment will calm emotional imbalance and eliminate negative tension from the body and mind.

MASSAGE

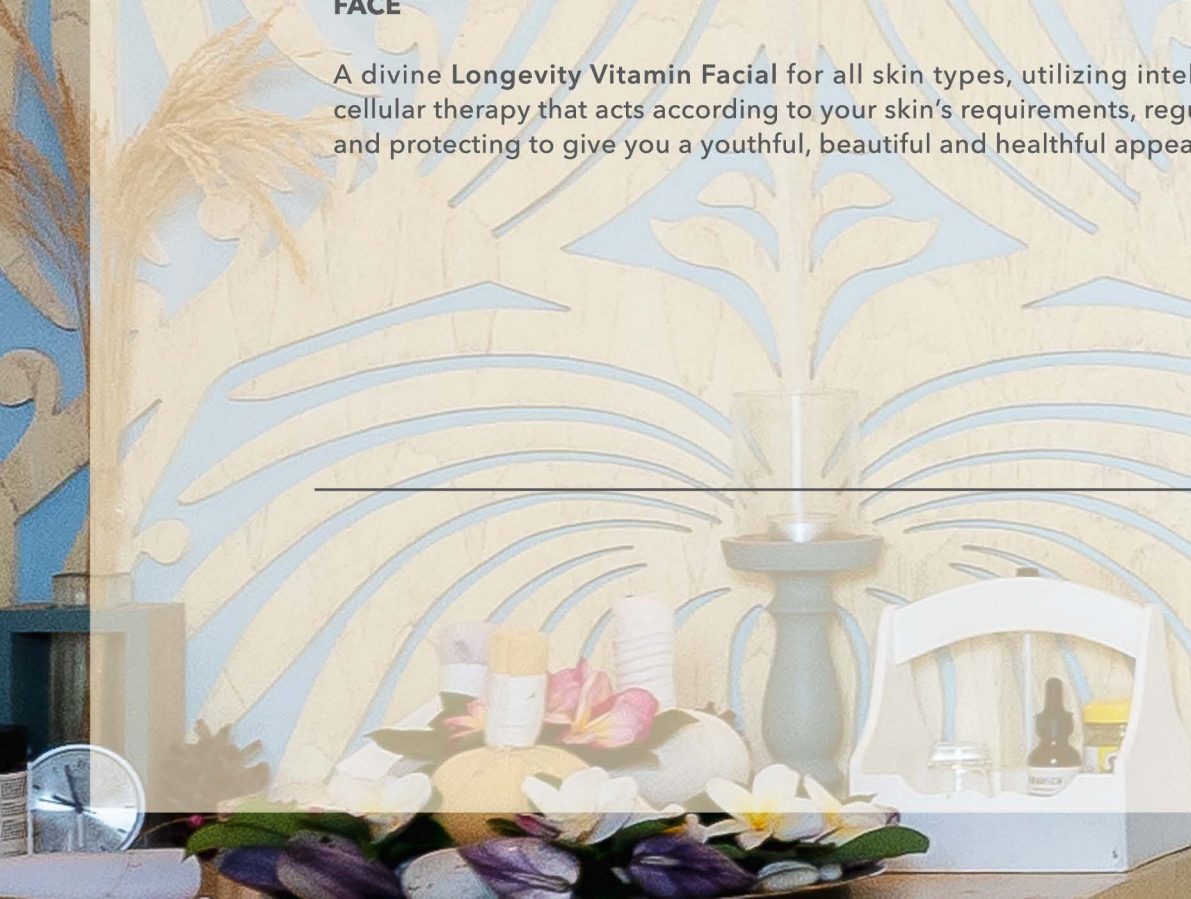
The wood element massage releases blocked energy and stress knots. Lava Bamboo massage is advantageous in promoting circulation, sensory nerve perception, and lymphatic draining while providing a deep sense of relaxation and well-being.

BODY

Ideal for renewal of dull skin. **Smoothing sugar** softens the skin and follow with a rich, creamy wrap made from sweetly scented fruit and cereal butters to completely nourish the body.

FACE

A divine **Longevity Vitamin Facial** for all skin types, utilizing intelligent cellular therapy that acts according to your skin's requirements, regulating and protecting to give you a youthful, beautiful and healthful appearance.



Feeling Warm: FIRE

The Fire element symbolizes warmth.
This form of treatment promotes circulation and relief to aches and pains.

MASSAGE

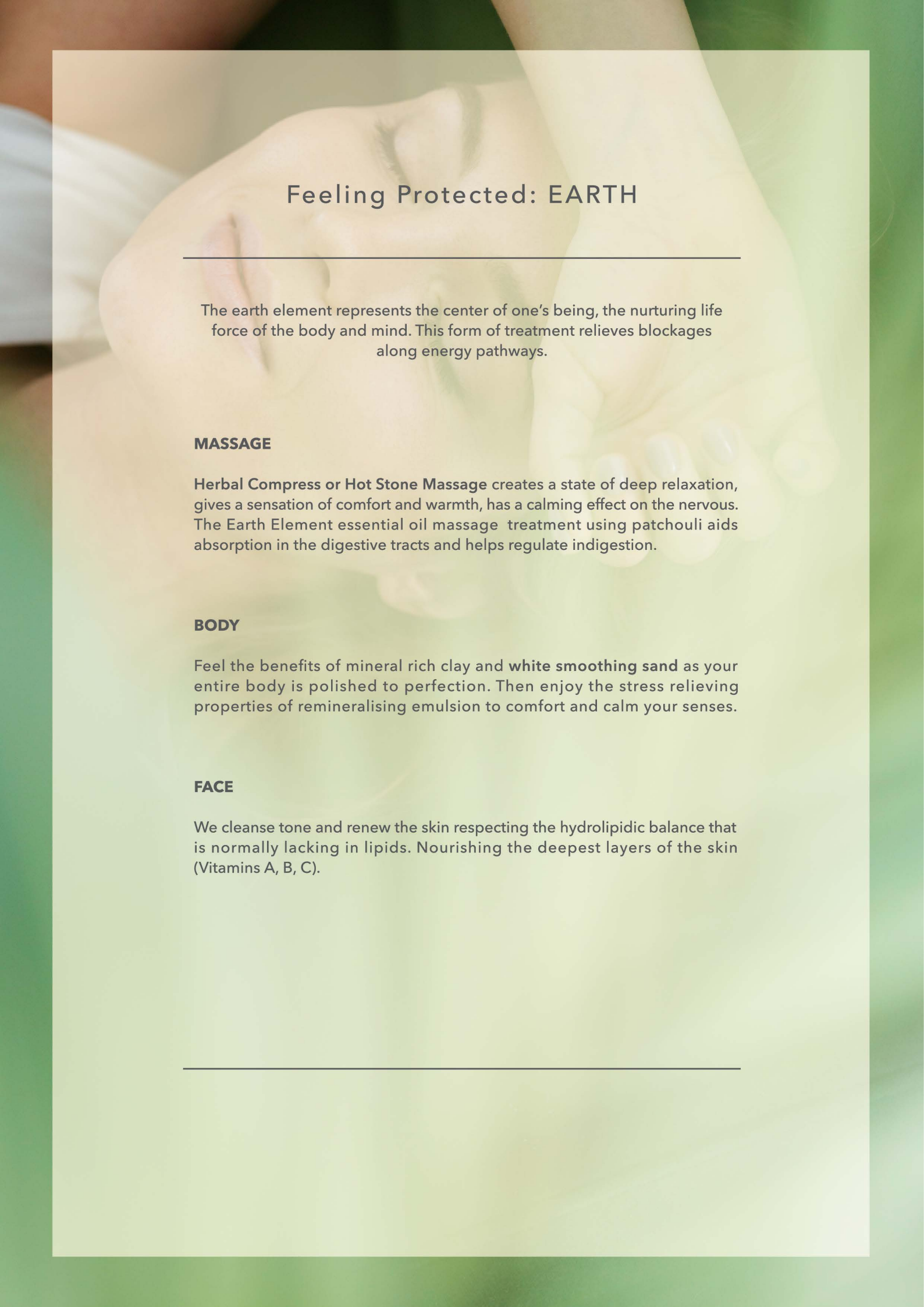
When lit, the **Candle Massage** melts into warm sumptuous massage oil. This warm oil of natural butters can then be drizzled over the skin for a wonderful massage treatment to melt away tension and delicately nourish skin.

BODY

Detox **Body Wrap** is a Spicy plant refining body wrap to sculpt and refine the figure, and followed with manual massage especially for slimming. The harmony of a slim and slender figure, just like liana.

FACE

So Delicate is the ultimate solution for sensitive skin problems. Providing calming decongesting, anti-irritating and soothing properties, bringing nature and science together to diminish redness and desensitize your skin.



Feeling Protected: EARTH

The earth element represents the center of one's being, the nurturing life force of the body and mind. This form of treatment relieves blockages along energy pathways.

MASSAGE

Herbal Compress or Hot Stone Massage creates a state of deep relaxation, gives a sensation of comfort and warmth, has a calming effect on the nervous. The Earth Element essential oil massage treatment using patchouli aids absorption in the digestive tracts and helps regulate indigestion.

BODY

Feel the benefits of mineral rich clay and **white smoothing sand** as your entire body is polished to perfection. Then enjoy the stress relieving properties of remineralising emulsion to comfort and calm your senses.

FACE

We cleanse tone and renew the skin respecting the hydrolipidic balance that is normally lacking in lipids. Nourishing the deepest layers of the skin (Vitamins A, B, C).





SOL Body Healing

Have you ever thought of someone after inhaling a particular scent? Well, that's perfectly normal as scents have been known to be powerful memory triggers. Now, imagine a scent that not only represents you but is also specially concocted to provide you with specific health benefits.

Make your own scent based on your feeling at our "Aromatherapy Scents" bar to rejuvenate and relax:

DURATION

Express Massage

30 minutes

Are you crunched for time and need to relax? Our Reclining Massage Studio (Treatments in the Chairs/ Beds) is an ideal spot for you to sit back and recharge with our less time consuming treatments. Choose from back, neck, shoulder, head, arm, foot, joints, eye and ear massages.

Fit Feet

60 minutes

In Oriental philosophy, the feet are considered a mirror for the systems and functions of the body. This treatment is designed to sooth heavy, tired legs and feet through exfoliation and relaxing massage, culminating in wrapping the legs in warm towels.

Smiling Joints

90 minutes

This treatment is a treat for overworked joints, including ankles, knees, wrists and shoulders, and it is perfect for post-sport therapy. A hot herbal compress is performed on the joints, followed by a soothing balm massage to help ease pain and stiffness while improving circulation. This is an ideal treatment for improving joint mobility and strength, and for anti-inflammation.

Micro Nap

90 minutes

This treatment is ideal to achieve rapid relaxation in a limited time with a blend of essential oils that induce sleep and muscle relaxation. A hot pack around the neck and shoulders reduces stiffness and tensions while the stimulation of pressure points on the head and face as well as a foot massage carries you into deep relaxation.

Beat the Stress

60/90 minutes

Alleviate accumulated stress through a shoulder, head and arm massage followed by a hot pack that allows the heat to penetrate in the tense area and loosen up the muscles.



SOL Body Healing

DURATION

Pre - Natal Massage

60 minutes

This massage is designed to nurture and honor you during this special time. A blend of essential oils specifically formulated for pregnancy is used to reduce stress, promote relaxation and increase circulation. This massage is performed in side lying position to ensure comfort and relaxation. *not offered during the first trimester. *consult your physician prior to booking.

Lanna Heritage Thai Massage

60 mins / 90 mins

Our Thai Lanna heritage treatments are based on the principles of ancient Thai body treatments and massages developed over 2,000 years ago. These treatments apply specific techniques to reduce muscle tension as well as to relax the body and relieve stress. Massages delivered in the Lanna style aid in rebalancing the body's natural energy and uses only small quantities of oil.

Shine Scalp Massage

60 minutes

This massage will relax your mind and improve hair growth. Scalp massage is not only beneficial for your hair, but also stimulate blood circulation of scalp, eliminate tension and pressure, ease aches and pains and relax stressed muscles.





SOL Body Therapy

Polishes, scrubs, wraps and masks all have specific objectives, but all will make your skin feel great and look great. We've combined the best of traditional Thai beauty rituals and treatments drawn from culture the world over to help you present the best of yourself to the world. Included in our Detoxifying Mud Body Wrap and Herbal Antioxidant Body Therapy is our mini-facial. Using pure plant extracts to cleanse, tone and hydrate, the result will be clear, radiant skin. It's your chance to look every bit as good as you feel.

DURATION

Gentle and Kind (After Sun Cooling Mask)

45 minutes

This is a perfect treatment after prolonged sun-exposure. The cooling, hydrating and skin nourishing properties of pure cucumber and organic essential oils will repair and calm painful, sun sensitive skin.

Warming (Detoxifying Mud Body Wrap)

60 minutes

Following a dry skin brushing of your entire body our therapist will apply mud rich in minerals, which will ease away tension, mild aches and pains and stimulate and deep cleanse your body. While wrapped, experience a mini-facial and relaxing scalp massage. Bliss.

Deep and Dirty (Coconut Body Polish)

60 minutes

A sublime blend of fresh coconut gives you one of our most gentle full body exfoliations. High in antioxidants and moisturizing oils your skin will not only feel smooth but intensely hydrated.

Lighting and Brightening (Honey Mango Body Polish)

60 minutes

We have sourced local, non-heat treated honey that retains all of its naturally occurring antibiotic properties and skin healing enzymes and combined it with sweet smelling mango and raw sugar to give you a luscious full body exfoliation that will leave your skin smooth and hydrated.

Glowing (Mandarin Salt Body Glow)

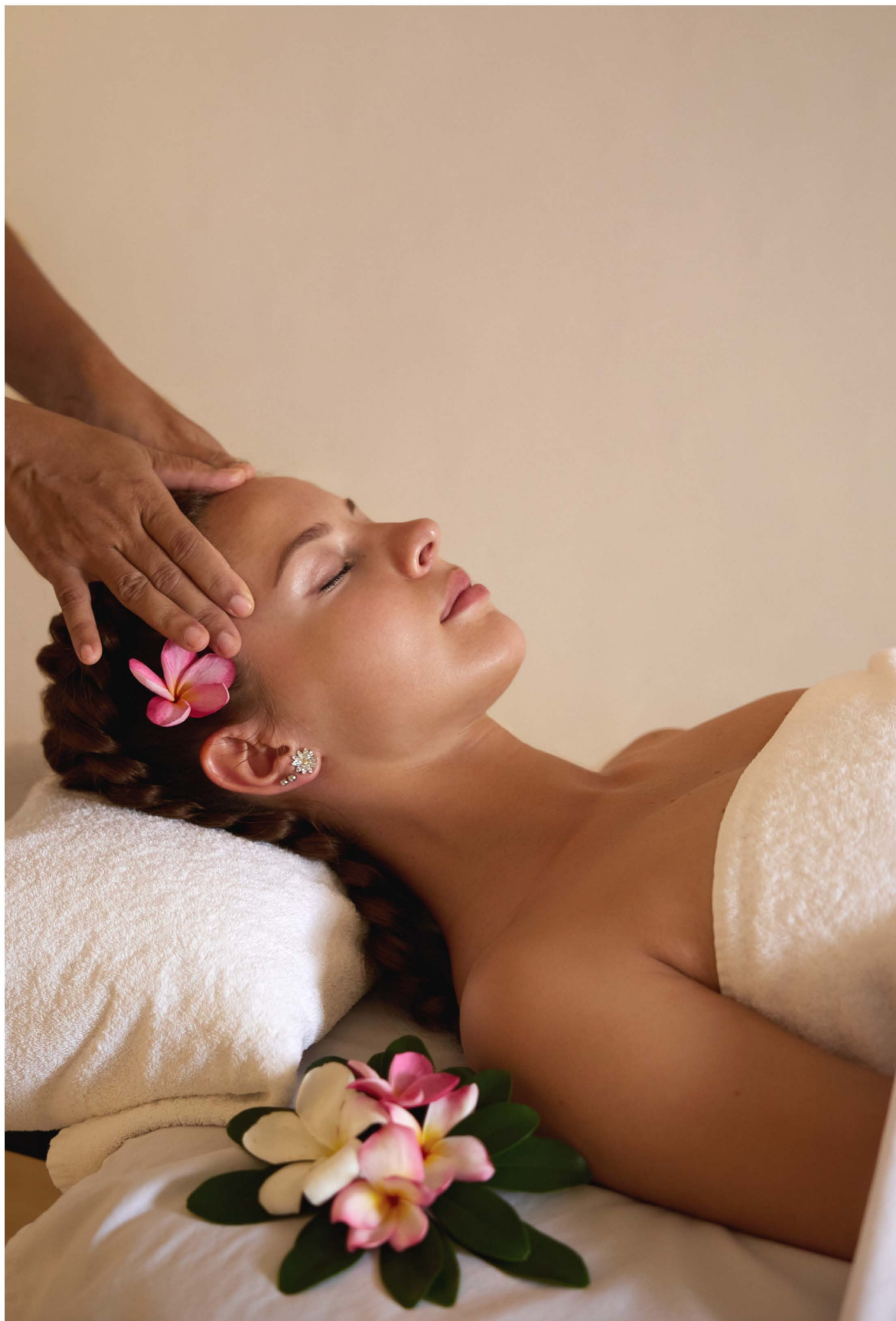
60 minutes

A combination of jojoba oil (a naturally occurring anti-inflammatory), pure sea salts and mandarin oil is gently massaged into your body providing an uplifting full body exfoliation.

Comfort and Cleansing (Tamarind Body Polish)

60 minutes

Thai people have used tamarind as a natural cleanser for centuries. Containing tartaric acid, it is effective in gently removing dead skin cells. We have modernized the traditional recipe with the addition of healing local honey and oatmeal



/skin regimen/Lx

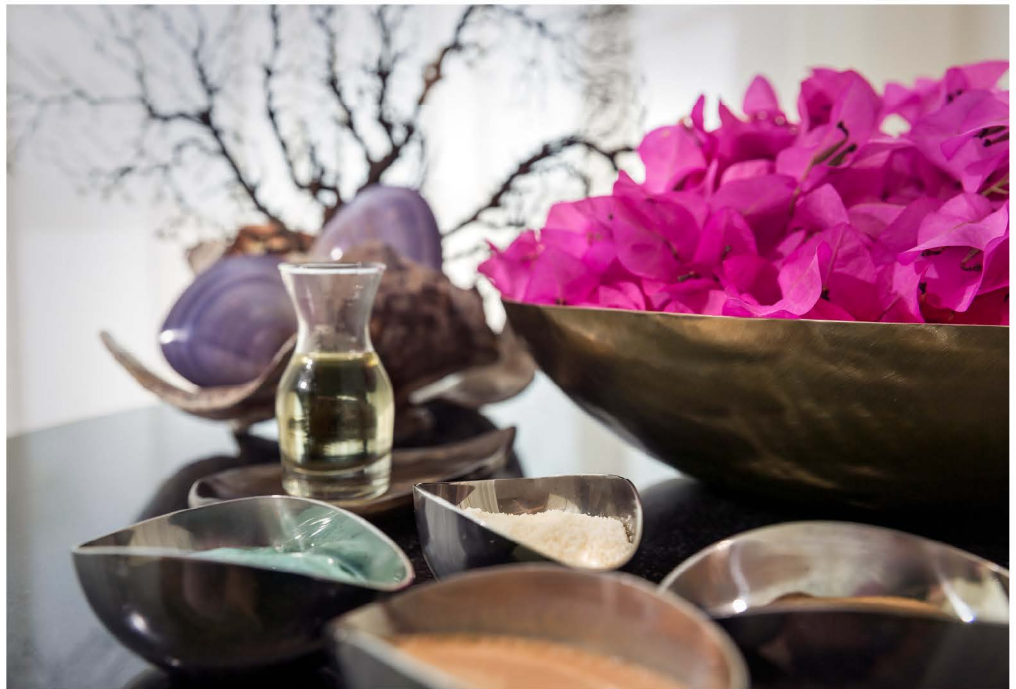
skin longevity, rooted in science

SKIN LONGEVITY, ROOTED IN SCIENCE

Clean, cutting-edge skincare to slow down accelerated aging. Clinically proven to correct the visible signs of stress, pollution, and fast-paced lifestyle. The exclusive Longevity Complex™ and the highly concentrated modern plant chemistry formulas recreate the optimal conditions for a glowy, healthy skin.

**SCIENCE
HOMECARE
TREATMENTS**





PROFESSIONAL PRODUCTS

5 SKIN STIMULATING TECHNIQUES FOR ALL FACIALS

Skin regimen/Lx offers the professional solution to counteract premature aging and protect the health and beauty of the skin. Three different and specific protocols united by high concentrations of natural and high-tech actives, deep tissue revitalization, intensive massage techniques, and modern tools that support reoxygenation and repositioning of the muscles.

Common Features:

- **VITALITY STRETCH:** Opening with stretching and breathing work
- **ROLLING ROULLAGE Lx:** Reoxygenating, draining and sculpting facial massage thanks to collagen fiber stimulation
- **DOUBLE JADE ROLLER:** Activating and stimulating work on the connective tissue, activating its natural ability to support and produce collagen and elastin fibers
- **GUA SHA MASSAGE:** During masks application, draining and stretching work on face, neck and shoulders to release tensions and enhance the action of active ingredients
- **ANTI GRAVITY MASSAGE:** Fixing and stabilizing effect

Benefits:

- Activate the skin's functions in collagen and elastin production
- Revitalize the connective tissue to support its structure
- Promote optimal circulatory flow both in the drainage and stimulation phases
- Improve the elastic activity of facial muscles
- Release chronic tensions from repeated stress and facilitate correct positioning and tonicity

What sets them apart is the central part that addresses 3 specific needs:

- **C-GLOW MASK:** illuminating and antioxidant
- **FACE RENEWER PEEL:** renews, evens out, and stimulates cellular turnover
- **DETOX PELL-OFF MASK:** detoxifying and rebalancing

The specificity of these treatments lies in the multilayering - incredibly active and effective - of manual massages and innovative tools that combine with new high-tech textures for visibly immediate and perceived results.

LONGEVITY VITAMIN FACIAL

TREATMENT PURPOSE	An ideal proposal for dull, depleted skin, with irregular pigmentation, and the first signs of aging such as wrinkles and expression lines. Thanks to a deep skin cleansing, an innovative professional brightening mask with Longevity Complex™, pink clay, and a high dosage of vitamin C (10%), the face regains a healthy appearance, tone, and radiance. Moreover, specific techniques of skin stretching and massage stretch and reposition the facial muscles and features for an immediate firming and anti-gravity effect.
RECOMMENDED	Dull, depleted skin suffering from hyperpigmentation and initial wrinkles.
BENEFITS	Deep cleansing Tissue revitalization Immediate brightness and active protection against accelerated aging
DURATION	70 minutes

LONGEVITY DETOX FACIAL

TREATMENT PURPOSE	The perfect antidote to detoxify the skin from pollution and to specifically counteract impurities, imperfections, and the first signs of aging. The effectiveness of the Detox Peel-Off mask with Chlorella and Vegetable Charcoal is enhanced by the Longevity Complex™, hyaluronic acid, and a synergy of specific massage techniques, which promote an immediate detoxifying, firming, and anti-gravity effect.
RECOMMENDED	Impure, congested, and intoxicated skin.
BENEFITS	Detoxifies the skin from pollution Specifically corrects impurities and imperfections Reoxygenates, rebalances, and protects from accelerated aging
DURATION	70 minutes

LONGEVITY SHOT FACIAL

TREATMENT PURPOSE	Dedicated to clients always on the go with dull and stressed skin. An intensive solution for immediate brightness and plumping thanks to the combination of Multi Acid Ampoule and the Double Jade Roller.
RECOMMENDED	Very busy guests Dull, depleted, and pigmented skin
BENEFITS	Immediate perfecting and illuminating action.
DURATION	45 minutes





SPA BATH

Spa Milk Bath

Enjoy the luxury of shine milk bath for gentle replenishment to stop skin from drying out and provide extra care to dry skin.

Spa Grapes Bath

Our white wine bath is based on white grapes and rose essential oils and also is a powerful antioxidant. The grapes gently exfoliate dry skin leaving your skin hydrated and silky soft, and aids in digestion problems.

Spa Herbal Bath

Our herbal bath contains herbal and lavender essential oils for calming and soothing your nervous system.

YOUR HANDS

Manicure

This treatment removes dead cells from the hands and arms following a massage with rich moisturizing oils to soften and brighten the hands, followed by a beautiful wrap including cuticle work, nail file and paint.

Luxury Manicure

Beginning with a skin softening hand soak, then a texture smoothing scrub and mask. Tension and strain will then be soothed with a hand massage techniques and softening hand lotion, cuticles and nails will be tidied to complete.

Remark : In room spa bath is subject to availability. Please check in advance and book at least 1 day prior

Express Manicure

Simply file and polish.

YOUR FEET

Pedicure

Sit back, relax and enjoy a unique foot massage ritual, including removal of dry and rough skin, a massage and a creamy foot wrap including cuticle work, nail file and paint.

Luxury Pedicure

Soak away tension starting with a serene aromatic oil foot soak, your feet, nails and cuticles are then polished with our stimulating desert salts and a freshening mineral rich foot mask, followed by a sensory foot massage that brings comfort to the entire body.

Express Pedicure

Simply file and polish.

DESIGN ENHANCES

You can design your own.

Add any of the Following 30 minutes possibilities to any Body Treatment or Facial:

Eye Treatment

Digital Pressure Back Massage

Lip Booster



SPA PACKAGES

Glow

A 30 minute Mandarin Salt Scrub, relaxing you before your 75 minute Candle Massage, finished with a refreshing 15 minute cucumber compress will remove any hints of puffy eyes.

SOL Soothe

Boost your energy levels with this combination treatment package, including an invigorating 30 minute white sand scrub followed by a 90 minute Micro Nap massage. One of our signature blends of essential oils is used to induce a sense of well-being and to energize and awaken both body and mind leaving you feeling refreshed and ready to go.

SOL Serenity

Take time out from your busy schedule to relax with a soothing 30 minute sugar scrub and a 90 minute bamboo lava massage, followed by a 60 minute Longevity Vitamin facial treatment. Our luxurious blend of aromatherapy oils will help your body achieve a state of total relaxation and normalize your sleep pattern.

SOL Indulge

Indulge in an experience that will leave your mind, body and soul totally revived. A 60 minute Shine Herbal Compress will prepare your body for an exfoliation and a 30 minute body wrap of your choice. Finally, you'll give your body over to total relaxation with our 90 minute Hot & Cold Stone Massage.

For Him Only

A warm 30 minute steam compress to relax the muscles before a relaxing 60 minute Beat the Stress Massage of your choice, followed by a 30 minute Longevity Detox facial designed especially for the Gentleman.

Embrace for Two

This is especially for a couple, receiving a treatment in the same room at the same time. A 60 minute white sands scrub cleanses the skin, followed by a 60 minute massage of your choice and a 60 minute Regimen Short Facial treatment for Two.

WAXING

FOR HER

- Brow Shape
- Lip
- Chin
- Full Leg
- Bikini Line
- Brazilian
- Under Arm
- Full Arm
- Half Leg

FOR HIM

- Chest Wax
- Back Wax

A decorative image on the left side of the page showing a wicker basket containing several white, knotted spa towels. Some dried orange and yellow flowers are scattered on the dark grey surface next to the basket.

SPA ESSENTIALS

Operating Hours

Daily: 10am – 8pm

Guests of the Spa

The spa is open to both hotel guests and non-hotel guests.

Booking Spa Appointments

Advance bookings are recommended, to accommodate your preferred date and time. Reservations can be made in person during spa operating hours, or via phone, facsimile and e-mail.

Punctuality

It is advised to arrive 15 minutes prior to your treatment time. This enables you to completely relax before the commencement of your treatment, therefore allowing you maximum benefit of your treatment. If you are delayed, please be advised that your treatment time will be limited as a courtesy to other guests.

Cancellation Policy

Please allow 24 hours notice of cancellation to avoid a 50% charge. No shows will incur a 100% charge. Please note that for non-hotel guest, a credit card number is required at the time of scheduling the appointment.

Attire

Your comfort is in our best interest. Most spa treatments are enjoyed without clothing and you will be discretely draped at all times. If you feel more comfortable with underwear, we do have disposable underwear available.

Communicating your preferences

Please remember when making your appointments to mention any special requests; and during your treatment, to inform your therapist of your specific needs – injuries, pressure of massage etc.

Medical Conditions

Please inform your therapist of any medical conditions you may have.

Gift Vouchers

A spa gift voucher is a wonderful way to show your appreciation. Please inquire at the spa reception.

Group Reservations

Please contact our Spa Manager to co-ordinate a booking of four or more people. A credit card guarantee and 48hr cancellation period will apply.

Smoking

Smoking in the Spa is not permitted.

Mobile Phones

As a courtesy to other spa guests, please switch off your mobile phone while in the spa.





IN ROOM TREATMENTS

Express Massage

Perfect for guests short on time, this focused 30-minute massage provides rapid relaxation and relief. While you rest comfortably on the massage bed, your therapist works across the back, neck, shoulders, head, arms, feet and joints, delivering a refreshing full-body experience in just 30 minutes.

Foot Massage

In Oriental philosophy, the feet are considered a mirror for the systems and functions of the body. This treatment is designed to soothe heavy, tired legs and feet through exfoliation and relaxing massage, culminating in wrapping the legs in warm towels.

Full Body Oil Massage

This treatment is ideal to achieve rapid relaxation in a limited time with a blend of essential oils that induce sleep and muscle relaxation. The neck and shoulders reduces stiffness and tensions while the stimulation of pressure points on the head and face as well as a foot massage carries you into deep relaxation.

Thai Massage

This treatment applies specific techniques to reduce muscle tension as well as to relax the body and relieve stress. Massages delivered in this style aid in rebalancing the body's natural energy and use no oil.

PRICE LIST

FIVE ELEMENTS BODY & SOUL

Metal - 180 min	THB 7,500	
24K Gold Massage		60 min
Golden Body Wrap		30 min
Smoothing Flakes Scrub		30 min
Anti-Aging Facial		60 min
Water - 150 min	THB 6,900	
Rain Stick Massage		60 min
Balm Scrub		45 min
Skin Regimen Hydrate Facial		45 min
Wood - 120 min	THB 6,500	
Bamboo Lava Massage		60 min
Smoothing Sugar Scrub		30 min
Longevity Vitamin Facial		30 min
Fire - 145 min	THB 6,900	
Candle Massage		60 min
Detox Body Wrap		40 min
Delicate and Sensitive Facial		45 min
Earth - 150 min	THB 7,000	
Hot Compress / Hot Stone		90 min
Smoothing Herbal Scrub		30 min
Short Revitalizing Facial		30 min

SOL BODY HEALING

Express Massage	THB 1,800	30 min
Fit Feet	THB 2,200	60 min
Smiling Joints	THB 4,200	90 min
Hot Stone	THB 4,200	90 min
Micro Nap	THB 3,200 / THB 4,200	60 min / 90 min
Beat the Stress	THB 3,200 / THB 4,200	60 min / 90 min
Pre- Natal Massage	THB 3,200	60 min
Lanna Heritage Thai Massage	THB 2,500 / THB 3,200	60 min / 90 min
Shine Scalp Massage	THB 2,500	60 min

SOL BODY THERAPY

Gentle and Kind	THB 3,200	45 min
Warming	THB 3,200	60 min
Deep and Dirty	THB 2,600	60 min
Lighting and Brightening	THB 2,600	60 min
Glowing	THB 2,600	60 min
Comfort and Cleansing	THB 2,600	60 min

SKIN LONGEVITY FACIAL

Longevity Vitamin Facial	THB 4,000	70 min
Longevity Detox Facial	THB 4,500	70 min
Longevity Shot Facial	THB 3,000	45 min

PRICE LIST

SPA BATH

Spa Milk Bath	THB 1,000	30 min
Spa Grape Bath	THB 1,000	30 min
Spa Herbal Bath	THB 1,000	30 min

YOUR HANDS

Manicure	THB 1,500
Luxury Manicure	THB 2,500
Express Manicure	THB 1,000

YOUR FEET

Pedicure	THB 1,500
Luxury Pedicure	THB 2,500
Express Pedicure	THB 1,000

SPA PACKAGES

Glow - 120 min	THB 6,500	
Mandarin Salt Scrub		30 min
Candle Massage		75 min
Eyes Treatment		15 min
SOL Soothe - 120 min	THB 6,500	
White Sand Scrub		30 min
Micro Nap		90 min
SOL Serenity - 180 min	THB 7,500	
Sugar Scrub		30 min
Bamboo Lava Massage		90 min
Longevity Vitamin Facial		60 min
SOL Indulge - 180 min	THB 7,500	
Shine Herbal Compress		60 min
Body Exfoliation and Body Wrap		30 min
Hot Stone		90 min
For Him Only - 120 min	THB 6,500	
Herbal Compress		30 min
Beat The Stress		60 min
Longevity Detox Facial		30 min
Embrace For Two - 180 min	THB 12,000	
White Sand Scrub		60 min
Massage of your choice		60 min
(Options: Fit Feet, Micro Nap, Beat the Stress, Lanna Heritage Thai Massage, Shine Scalp Massage)		
Regiment Short Facial		60 min

PRICE LIST

DESIGN ENHANCERS

Eye Treatment	THB 1,500	30min
Digital Pressure Back Massage	THB 1,500	30min
Lip Treatment	THB 1,500	30min

WAXING

FOR HER

Brow Shape	THB 800
Lip	THB 800
Chin	THB 800
Half Leg	THB 1,500
Full Leg	THB 2,000
Bikini Line	THB 1,500
Brazilian	THB 2,000
Under Arm	THB 1,300
Full Arm	THB 1,500

FOR HIM

Chest Wax	THB 1,600
Back Wax	THB 1,600

IN ROOM TREATMENTS

Express Massage	THB 1,800	30 min
Foot Massage	THB 2,200	60 min
Full Body Oil Massage	THB 3,200	60 min
Thai Massage	THB 2,500	60 min

SPA CABANA

