

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, together with indigenous healing ingredients, this combination of spa treatments aims to purify, regenerate and strengthen:

- Purity Clay Mask
- Brightening Body 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:

- Oriental Fruit Body Scrub
- Aromatherapy Massage

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 artisan, hand carved salt crystal stones, ethically sourced with 84 minerals and trace elements are warmed up to massage the body, melt away pains and tight muscles. Stimulate circulation, detoxify the body and rematerialize the skin to promote pure relaxation and blend together with our organic massage to sooth and balance the body. To help you have Ultimate Relaxation, Relieve tight and tense muscles, Reduce inflammation, Promote a good nights' sleep, Calm the mind, Improve skin conditions

Ayurveda Indulgences

To create well-being & harmony within your 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 therapeutic essential oils and style and flow of massage chosen 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, Cedarwood, Chamomile, Geranium, Jasmine Pacifies. Pitta, supports healthy circulation and helps move toxins out of the system
- For VATA: Rosewood, Sandalwood , Fennel, Dill Warms, calms and grounds. Vata, strengthens the nervous system, eases muscle tension and promotes deep relaxation
- For KAPHA: Grapefruit, Hibiscus, Lemongrass, Eucalyptus, Clove. Activates, mobilizes and stimulates the circulation, 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.

- For PITTA: Sandalwood, Licorice, Himalayan cedar, Vetiver, Aloeswood, sarsaparilla, valerian, Dill, Cinnamon, lily, A cooling oil excellent for pacifying Pitta, promoting relief from agitation and another Pitta emotions. Provides a calm, peaceful and refreshed mental state, relief from insomnia, fever, headache, tension and burning sensations.
- For VATA: Sesame Oil
- For KAPHA: Black sesame oil addresses swelling, muscular pain and stiness associated with Vata ailments. It also strengthens and nourishes the hair and skin, improving the texture of both to help balance Kapha.




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
The powerful Sri Nin and Jasmine Rice Scrubs whereas the anti-oxidant Rice Ferment Filtrate and Rice Bran Oil plus soothing Jasmine Water helps to prevent ageing formation. The skin renewal cycle is generated with the moisture replenishing Organic Shea Butter and Corn Sugar Ferment combined with Jasmine, Peppermint, Rosemary and Frankincense essential oils. Like reborn just after one treatment.

LOTUS SCRUB AND WRAP 60 minutes THB 2,000
Derived from different parts of lotus, this scrub & wrap is a gentle exfoliator delivering the dual treatment for the body. The tri-purifying effects are conceived with the properties of Kaolin White Clay the impurities absorber, Charcoal scrub the dead cell & sebum accumulation dissolver and Lotus Seed this stimulating exfoliant while the skin hydrating is delivered and preserved by the action of Corn Sugar Ferment the superb moisturizer as well as organic Water Lily oil extract which also acts as anti-irritation agent. This dual effect, purifying in scrub phase and moisturizing in wrap phase, is enhanced with the aromachology fragrance combining the fresh and calming scent of Jasmine Sambac Absolute to envelop you in the cocoon of sensorial experience absolutely. MAIN INGREDIENTS Water (Aqua), Kaolin, Cocos Nucifera (Coconut) Oil, Glycerin, Cetearyl Alcohol, Glycery

DEAD SEA MUD BODY MASK  60 minutes THB 2,200
Special formulation for its outstanding detoxifying property. Vitamin E is nourishing. Leave skin soft and supple without greasy feeling. Caramel is added to make this product is rich in moisturizing perfect for dry skin. Natural aroma of Lavender and Chamomile help to neutralize the scent of Dead Sea Mud. These oils are also very soothing and ensuring relaxing senses. Use with thermal blanket to promote sweating.

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 combine with detoxifying marine products for deep cleansing. With a perfect balance of effective hydration and intense well-being, signature products conspire with ultra-sensory textures, to moisturize and reinvigorate the skin, revealing an instant natural freshness.

HYDRA BLUE MOISTURIZING FACIAL  60 minutes THB 2,500
For an intense relaxation session and dramatic moisturizing effects, skin is soaked with highly efficient hydration, producing instantaneous results. Skin regains 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 corrected, leaving skin firmer with a younger appearance.

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

SOOTHING FACIAL TREATMENT  60 minutes THB 2,300
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

Nail Treatments

NAHM SPA MANICURE	75 minutes	THB 1,500
NAHM SPA PEDICURE	75 minutes	THB 1,500
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.		
CLASSIC MANICURE	55 minutes	THB 1,200
CLASSIC PEDICURE	55 minutes	THB 1,200
Treatment includes cutting, polishing, cuticle care and the application of a choice of OPI nail polish.		
NAIL POLISH	30 minutes	THB 600

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 beginner's 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 program helps to enjoy the water, and move the body, in a flowing, yet powerful, progression. Tai-Chi increases oxygen intake and caloric consumption, simply with 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

Open from 9:00am to 10:00pm daily, final one-hour appointments can commence at 9:00pm.

RESERVATIONS

To make a reservation, press 'spa' on your guestroom phone, or visit our website: 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 cold scented towel, prior to the personalized consultation. Together, we determine the right treatment, package or series of sessions, suited your individual or couple requirements. Please advise 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 deposit all valuable belongings 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. Kindly note that this is a non-smoking and quiet facility, for both men and women, over the age of 16 years. 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 result in a shortened appointment or in rescheduling times (charges may also apply).

GIFT CERTIFICATES

For a precious gift of pampering, please enquire at Nahm Spa for gift certificates, available in any denomination.

CLAIMS

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

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 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

16/12 Moo 6, Tambon Kamala, Amphur Kathu, Phuket 83150 Thailand
T: + 66 (0)76 231 234 F: + 66 (0)76 231 233 E: nahmspa.phuhr@hyatt.com

phuket.regency.hyatt.com
nahmspa.com