

SPA NAKA

by

HARNN



THE NAKA SPA BY HARNN

YOUR SANCTUARY OF SERENITY

Embark on an extraordinary journey where holistic wellness meets unparalleled luxury. We invite you to rediscover balance and tranquility.

Experience your own private paradise and disconnect from the world. Spa Naka by HARNN offers an exclusive spa retreat with an array of signature unique spa treatments and the most nurturing therapists.

Our philosophy centers on the integration of the Four Elements—Earth, Water, Wind, and Fire—from ancient Thai Traditional Philosophy to create personalized wellness journeys that encompass bespoke treatments with HARNN signature essential oils, nourishing health dining experiences, and mindful lifestyle activities.





THE NAKA SIGNATURE BODY PACKAGE

TOUCH OF SERENITY

120 MINS

A unique sensory massage offering a truly divine indulgence. Our signature treatment combines a rhythmic harmony of diverse techniques—including Ayurveda, Swedish, Balinese, Oriental Acupressure, and traditional Thai therapies—with the healing power of aromatherapy. This powerful fusion ends with a total body warm herbal compress, making it the ultimate therapy for promoting the vital energy and restoring overall well-being.

THE NAKA SIGNATURE FACIAL PACKAGE

THE MOON STONE CELESTIAL LIFT

90 MINS

Our signature Moon Stone Facial Lifting Treatment, which blends ancient healing wisdom with modern, visible results.

Using a smooth, flat-edged natural stone with HARNN Water Lily Collection, this rhythmic technique revitalizes skin by actively boosting circulation, encouraging lymphatic drainage, and stimulating connective tissue.

The outcome is visibly transformative: facial contours are sculpted and lifted, firmness and elasticity are improved, and you walk away with an intensely radiant, toned, and youthful glow.





THE NAKA FOUR ELEMENTS BODY PACKAGE

THE ENERGIZING DINN (EARTH ELEMENT)

Experience a grounding journey with our signature treatment that combines deep muscle relaxation and skin nourishment.

- **DEEP TISSUE MASSAGE 90 MINS**

A firm and invigorating massage technique designed to release deep-seated tension and restore balance to your body.

- **FACIAL TREATMENT 30 MINS**

A rejuvenating facial to hydrate and nourish your skin, leaving it radiant and refreshed.

THE UPLIFTING NAAM (WATER ELEMENT)

Immerse yourself in tranquility with gentle, rhythmic treatments that soothe stress and enhance flexibility.

- **MILK BATH 30 MINS**

Indulge in a luxurious soak infused with nourishing milk to soften and hydrate your skin.

- **BODY SCRUB OF YOUR CHOICE 30 MINS**

A refreshing exfoliation treatment that gently removes dead skin cells, revealing a smoother, more luminous complexion.

- **ACUPRESSURE MASSAGE 60 MINS**

A calming massage focusing on pressure points to relieve tension and promote overall well-being.



HARNN

INSPIRATION
Lemongrass &
Lavender



THE BALANCING LOMM (WIND ELEMENT)

Restore your vitality with our applied Thai massage, stretching techniques, and energy point stimulation.

- **THAI-YOGA STRECTING MASSAGE 90 MINS**

Experience the perfect blend of traditional Thai techniques and yoga-inspired stretches to enhance flexibility and circulation.

- **HERBAL COMPRESS 30 MINS**

A soothing herbal compress treatment that alleviates muscle tension and invigorates the senses.

THE RELAXING FAI (FIRE ELEMENT)

Cool and relax your body with treatments designed to reduce internal heat and relieve physical tension.

- **AROMATHERAPY MASSAGE 90 MINS**

A calming massage using essential oils to soothe the mind and body, promoting deep relaxation.

- **AFTER SUN SOOTHING GEL BODY WRAP 30 MINS**

A hydrating wrap that soothes and cools the skin, leaving it soft and rejuvenated.





BODY MASSAGE

Alternative therapies offer experiential adventures that are as beneficial as they are unique. Enhance your body's natural abilities to restore itself with our traditional treatments.

CLARITY OF MIND

TO INCREASE INNER PEACE

45/60/90 MINS

Targeting the hotspots of upper back, shoulders, neck and head, a firm massage using virgin coconut oil focuses on pressure points correlating to the body's chakras, releasing overworked muscles while promoting whole body energy flow. Clears and sharpens the mind, improves concentration and sleep quality. Banishes anxiety and stress, while increasing inner peace and joy.

HOLISTIC BODY

& MIND OIL MASSAGE

60/90 MINS

A deeply nurturing ritual designed to restore harmony between body, mind, and inner energy. This holistic treatment combines slow rhythmic strokes, gentle pressure work, and selected four element oils to calm the nervous system, release muscular tension, and re-balance the flow of vital energy.

HARMONIZE THAI MASSAGE

60/90 MINS

This ancient form of Thai bodywork incorporates gentle yoga-style stretches and guided breathing, with choreographed movements to attain fluidity and balance of motion. Thai Massage (nuad bo-rarn) technique sends energy freely along the sen pathways (energy meridians) aligning, balancing and allowing the free flow of energy throughout the body.





NAKA INDIGENOUS MASSAGE

60/90 MINS

A heated compress invites back muscles to relax and ease before your choice of distinct essential oil blends is massaged into the body. Relaxation comes from the harmonious balance of scent and touch.

HOT STONE ELEMENTS MASSAGE

60/90 MINS

Hot stone massage is a variation on classic massage therapy. Heated smooth, flat stones are placed on key points of the body. The massage therapist may also hold the stones and use them to massage certain areas of the body. The effects are both emotional and physical as massage techniques to vital energy center with essential oils reinforces our holistic approach.

FOOT MASSAGE

60 MINS

Acupressure is applied to points on the feet that correspond to all parts of the body and organs. This treatment stimulates the body's own healing and balancing process.

SIAMESE HEALING HERBS

90 MINS

A millennium-old massage tradition, to release urbanites from modern ailments. Thunder-struck wooden tool, once considered as sacred, spread energizing vibrations into meridian lines and muscles. Freed life force flows back into your body preventing fatigue and tensions. Warm massage oil combined with slow deep pressure sooth body and mind for a feel great effect.





SPECIALTY MASSAGE

SAMSARA MOTHER TO BE TO FEEL COCOONED

60 MINS

A gentle side-lying massage to release tension in the back and the legs of the mother to be. Organic virgin Coconut oil nourishes the skin while avoiding allergic reactions. Recommended after first trimester only.

ANGEL BLISS TO SOOTHE THE NERVES

45/60 MINS

Gentle pressure is applied while a grounding oil massage is performed on the back and the arms. This treatment improves children's quality of sleep, relaxes and strengthens the immune system. Recommended for children aged between 6 and 12 years old.

BODY TREATMENT

SKIN DETOXYFYING SCRUB JUNIPER BERRY & CEDAR WOOD

45/60 MINS

Golden Silk, Mangosteen, Marine Algae, Sea Buckthorn Berry and Thai Rice Jasmine noisome creates a natural scrub, fighting against pollution, reducing inflammation and deeply nurturing the skin.

SKIN NOURISHING SCRUB SIAMESE JASMINE

45/60 MINS

Surrender to an opulent skin-refining experience crafted from the timeless allure of Siamese jasmine. This exquisite body polish pairs ultra-fine hand selected jasmine petals to gently buff the skin to flawless smoothness.

AFTER SUN SOOTHING GEL

45/60 MINS

In a gel form, Aloe Vera with its cooling nature effectively relieves sunburns, reducing redness and irritation while soothing the skin. Our special extracted Organic Floral Water has been added to sooth and pamper the skin.

BODY COUNTOURING MASK

45/60 MINS

Algae extracts, Pink Pepper oil, Amino Acid Proline and Capsicum work in harmony to fight against excessive and stimulate metabolism to support firming process for healthy skin. A single session will leave your skin visibly firmer and hydrated.





FACIAL TREATMENT

BRIGHT & BRAVE FACE PERFECT FOR RADIANT & SOFT SKIN

60 MINS

With HARNN White Mulberry Collection, this gentle facial treatment starts with a deep cleansing, a gentle exfoliation and a balancing facial mask. Light nourishment from CICA extract, Niacinamide, Hyaluronic Acid and Vitamin C helps replenish skin's moisture, leaving your face soft and glowing.

EVEN SKIN

FOR DEWY TRANSLUCENT COMPLEXION

60 MINS

This nourishing treatment will take you through a complete, relaxing journey. Starting with a gentle cleansing, the facial ritual is followed by a mild exfoliation and a detoxifying facial mask. Facial skin is revitalized and hydrated, with Water Lily, Rice Stem cell and Pomegranate Extracts, leaving you the touch of soft, supple and radiant skin.

NAKA BATH COLLECTIONS

Transform your tranquil villa into your very own luxurious spa oasis. Spoil yourself with a pampering bath prepared in the comfort and privacy of your villa.

OCEAN DETOX BATH

30 MINS

Soak away the cares of the day with this wonderful blend of organic lavender, pine and sandalwood, formulated for you to relax, recover and unwind.

RENEWAL NAKA MILKY BATH

30 MINS

A relaxing Lavender and Rose Milk bath to soothe and moisturize dry skin, using fresh locally sourced milk and extracts of pure Rose, this luxurious bath will leave your skin hydrated whilst Lavender will help to calm the body and mind

NAIL CARE

SPA NAKA SIGNATURE MANICURE 60 MINS

This deluxe citrus “facial for the hands” is the ultimate treatment. An intense 2-step citric exfoliation. This treatment is complete with an essential oil and vitamin infused hand & arm massage followed by a perfect polish of the nails. Dry, chapped and overstressed hands are left radiant and glowing.

SPA NAKA SIGNATURE PEDICURE 60 MINS

The ultimate in pedicures. A luxurious marine-inspired makeover for the feet, which features an exfoliation process of aromatherapy salts, quartz crystals, sea salts, and alpha-hydroxy acid. This pampering treatment is concluded with a thorough foot and calf massage and a perfect polish or natural buff of the nails.

NAIL POLISH

Just for a quick change of colour.

- » Hands or Feet 30 minutes
- » Hands and Feet 60 minutes





SPA ETIQUETTE

WHAT TO WEAR

We will provide you with a robe and slippers to wear while visiting our spas and you will be assigned a locker to store your personal belongings. During your spa treatment, it is recommended that you experience body services without clothing. Our therapists are professionally trained and will ensure a level of comfort by appropriately draping areas of the body that are not a focus of the treatment. We require that swimming attire be worn in all co-ed ice room, sauna, and steam facilities. Clothing is optional in these areas designated by gender.

STORING VALUABLES

All lockers will have a security mechanism (such as a key or combination lock), but if you feel more comfortable, we recommend that you leave valuable personal items in the safe in your guest room, or in one of the safe deposit boxes at the front desk of the hotel.

LATE ARRIVAL TIME

We ask that you arrive at least 5-10 minutes prior to your scheduled appointment time; however, if a late arrival is unavoidable, please call to notify the spa receptionist when possible. Arriving late will simply limit the time for your treatment, as we must complete your service by the designated end time in order to appropriately accommodate the next guest.

CANCELLING A SPA RESERVATION

We request that all guests using the spa extend a 24-hour cancellation notice. If less than 24-hour notice is given, a service charge may be posted to the credit card number noted at the time of booking.

SPA TREATMENT SELECTION

A full menu of spa treatment offerings is listed on our website by hotel. If you feel you would like assistance in choosing a service, we recommend calling the spa directly and speaking to one of our knowledgeable staff members. A discussion with our reception staff can often help you decide between specific types of spa treatment offerings depending on whether your goal is simply relaxation or more therapeutic in nature.

SPECIAL HEALTH CONSIDERATIONS

If you have health concerns or are pregnant, please be sure to notify our spa staff when booking your treatment. Our reservationists can offer guidance as to which treatments will be the most beneficial and those that should be avoided due to physical limitations or sensitivity.

Sauna and steam are beneficial facets of the spa hotel experience, but should always be used in moderation. Proper usage time will vary, but there are some general guidelines that most individuals who are in good health can follow. If looking to warm and relax your muscles, we recommend 12-15 minutes in the dry heat of the sauna. The wet heat of the steam room is effective in opening pores and awakening the respiratory system; for this, we recommend a 5-6 minute timeframe.

ALCOHOLIC BEVERAGES AND SPAS

We recommend that you do not consume alcohol before, during or immediately after your spa treatments.

SHAVING

Generally, shaving is not recommended prior to any treatments or hair removal services. However, it is recommended that men shave prior to a facial treatment at least 2 hours before the scheduled appointment time.

PERSONAL PREFERENCES

Whether it is the room temperature or the level of massage pressure, please communicate your preferences with the therapist so that he or she can make your time with us a special experience

THERAPIST GENDER

Please feel free to request either a male or female therapist that for your treatment. However, we would like to note all of our therapists are professionally trained and will offer you the highest standard of service with continuous consideration for your comfort level.

GRATUITIES

Our spa staff is dedicated to exceeding your expectations and creating a memorable spa experience. Gratuities for these efforts are greatly appreciated and can be either given directly to the staff member, or extended at the front desk of the spa facility. Standard practice for excellent service ranges from a 15-20% gratuity.

PAYMENT

We accept all major credit cards, traveler's checks and cash. If a guest of the resort, you may also charge spa services to your hotel room.

SPECIAL HEALTH CONSIDERATIONS

If you have health concerns or are pregnant, please be sure to notify our spa staff when booking your treatment. Our reservationists can offer guidance as to which treatments will be the most beneficial and those that should be avoided due to physical limitations or sensitivity.

SPA GIFT CERTIFICATES

You may purchase gift certificates for a specific dollar amount or for particular services at the reception desk of the spa or through one of our phone reservationists if offered. Please call the spa to confirm availability.

AGE MINIMUM

Guests must be at least 18 years of age to experience a spa treatment. If available, salon services are offered to guests of all ages.

FEEDBACK

If your experience at our spa has not met your expectations, we request that you speak with the spa manager on duty before leaving the facility. If unavailable, please feel free to call the spa to discuss the issue at a later date.

PRICES

All prices are in Thai Baht and are subject to 10% service charge and 7% applicable government tax. Treatments and prices are subject to change without prior notice

CATEGORY	TREATMENT	DURATION		RATE (THB)
THE NAKA SIGNATURE BODY MASSAGE	Touch of Serenity	120	mins	6,800
THE NAKA SIGNATURE FACIAL PACKAGE	The Moon Stone Celestial Lift	90	mins	3,800
THE NAKA FOUR ELEMENTS BODY PACKAGE	The Energizing Dinn (Earth Element)	120	mins	6,800
	The Uplifting Namm (Water Element)	120	mins	12,500/Per couple
	The Balancing Loom (Wind Element)	120	mins	6,800
	The Relaxing Faii (Fire Element)	120	mins	6,800
BODY MASSGE	Clarity of Mind	45/60/90	mins	2,500/3,500/4,500
	Holistic Body & Mind Oil massage	60/90	mins	3,500/4,500
	Harmonize Thai Massage	60/90	mins	3,500/4,500
	Naka Indigenous	60/90	mins	3,500/4,500
	Hot Stone Elements	90	mins	4,500
	Foot Massage	60/90	mins	3,500/4,500
	Siamese Healing Herbs	90	mins	4,500
SPECIALITY MASSGE	Samsara Mother To Be	60	mins	3,500
	Angle Bliss	45/60	mins	1,900/2,400
BODY TREATMENT	Skin Detoxifying Scrub	45/60	mins	2,500/3,000
	Skin Nourishing scrub	45/60	mins	2,500/3,000
	After Sun Soothing Gel	45/60	mins	2,500/3,000
	Body Contouring Mask	45/60	mins	2,500/3,000
FACIAL TREATMENT	Bright & Brave Face Perfect	60	mins	3,300
	Even Skin	60	mins	3,300
NAKA BATH COLLECTIONS	Ocean Detox Bath	30	mins	1,500
	Renewal Naka Milky Bath	30	mins	1,500
NAIL CARE	Spa Naka Signature Manicure	60	mins	1,500
	Spa Naka Signature Pedicure	60	mins	1,600
	Nail Polish (Hand)	30	mins	800
	Nail Polish (Feet)	30	mins	800
	Nail Polish (Feet/Hand)	60	mins	1,200



