



THE NAKA ISLAND
RESORT & SPA
PHUKET

THE
LUXURY
COLLECTION

SPA NAKA
SPA MENU



**A PLACE OF CALM AND QUIET,
FREE FROM ALL DISTRACTIONS,
WHERE YOU ARE OUR ONLY FOCUS.**

*Welcome to a peaceful, tranquil sanctuary. At Spa Naka, we have created a space to renew your strength and inner sense of wellbeing. Select from the finest botanical treatments for the face and body.
Let us care for you, body, mind and spirit.*

Experience your own private paradise and disconnect from the world. Spa Naka offers an exclusive spa retreat on its own island with an array of signature indigenous unique spa treatments and the most nurturing therapists. The treatment times in this menu include a consultation with your therapist to ensure that your treatment is as beneficial as possible and is catered for your specific and individual needs.





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.

»NAKA BATH COLLECTIONS 30 MINS

An alluring bath perfect for encouraging and improving circulation to a tired mind and body. Emerge feeling refreshed, clear headed and completely enlightened.

»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 feeling hydrated whilst the Lavender will help to calm the body and mind.

DISCOVERING SPA NAKA PACKAGE

SACRED NATURE 120 MINS

An anti-aging treatment which nourishes the body and face using certified organic products specially formulated to protect DNA

Organic anti aging facial (60 mins), organic scrub and sacred massage (60 mins).

TRANQUILITY AROMATIC RITUAL 120 MINS

Deep hydrating anti-stress face and body treatment relieves tension, whilst smoothing and toning skin. A journey for the senses, resulting in an intense state of physical and mental well-being and comfort. Hydrating anti-stress facial (60 mins) and tranquility massage (60 mins).

EMBRACE 120 MINS

A romantic package of treatments designed for couple's to de-stress, re-energize and indulge together. The combination of a Milk Bath, body scrub and relaxing massage will allow you both to let go and enjoy quality time with each other.

Milk Bath (30mins), Salt Glow Body Scrub (30mins), and an Aroma Fusion Massage (60 mins).





DISCOVERING NAKA TREATMENT

Dedicated to harmonious beauty, Spa Naka blends rare Asian ingredients with French science for result that transcends the effect of time. All Spa Naka skin care are botanically sourced, clinically proven and dermatologically tested.

FACIAL TREATMENT

FACIAL YOGA Treatment
For Total Rejuvenation 30 MINS

Considered more precious than gold, jade stone brings beauty, balance and vibrancy to your whole self. Sacred lotus, known to combat the effects of aging and Guasha massage techniques, work in synergy to erase all signs of time passing. Skin is smoothed toned and radiant.

BRIGHT & BRAVE FACE PERFECT Treatment
for fresh soft skin 30 MINS

Enjoy a deep, express face care that leaves your skin mate and squeaky clean. Calming and detoxifying French Green clay masque helps to draw out toxins and sebum responsible for dull, rough skin. Bamboo Tears remineralize, Centella and Hibiscus calm and refine pores.

SUN RAY HEALER Treatment
more than skin deep 30 MINS

Feel relaxed and refreshed as mineral rich Goji Berry, soothing Marigold and deep healing Green Tea are infused into your skin to regain moisture and elasticity after exposure to the sun. Your skin is cool, soft and plump.

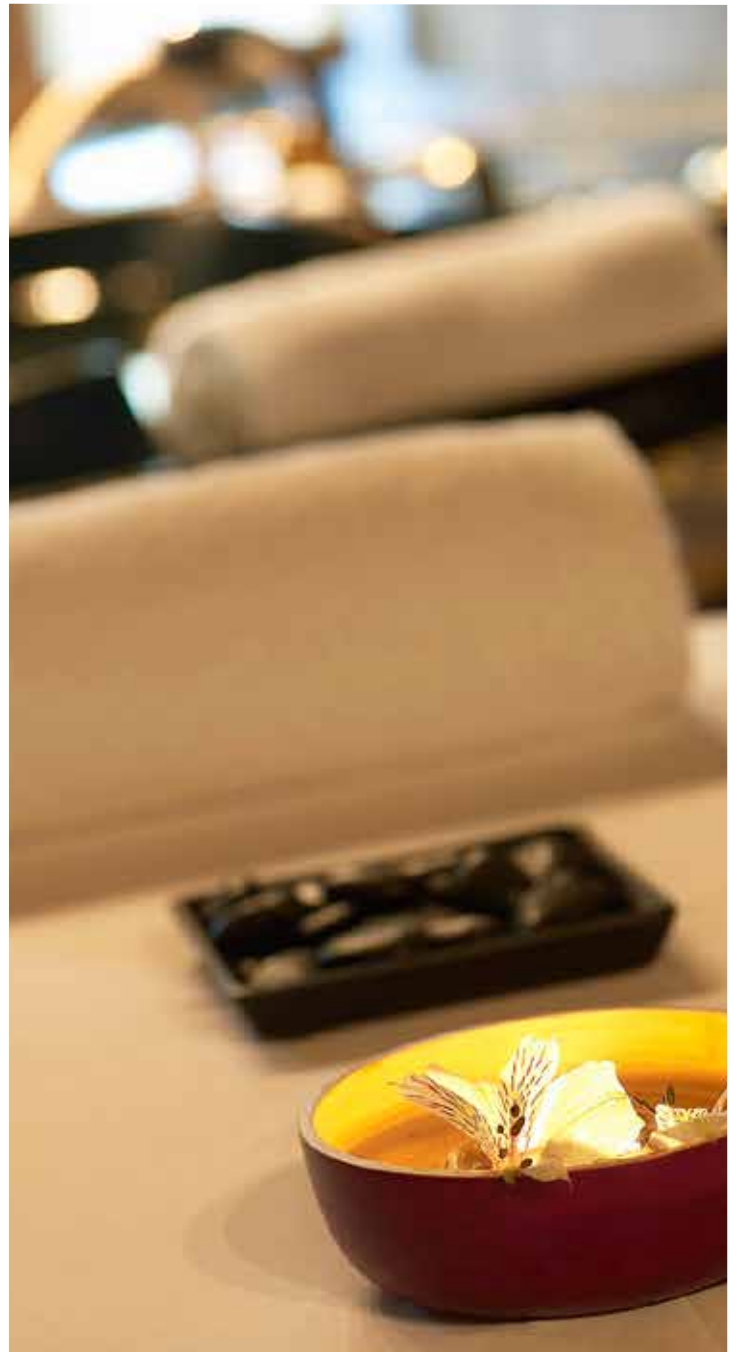


EVEN SKIN Treatment
for dewy translucent complexion 60 MINS

Grapefruit Citroflavanoids work at a deep level to fade and reduce existing age spots and provides the skin with a defense system to prevent the appearance of new ones. This early stage skin color prevention system is complemented by anti-oxidant Pearl Tea to protect against loss of collagen. Licorice and Mulberry further lighten the skin for a perfect even skin

VISIBLE LIFT Treatment
for firm, smoothed vibrant skin 60 MINS

Proven to boost the rejuvenating system of the skin, this treatment addresses the most visible signs of aging to give both instant and long-term results. Laminaria returns mature adult stem cells to the vitality of young skin and boost internal defense system, Marine ferments stimulate collagen and elastin production, Goji Berry feeds the skin with essential nutrients and Velvet Camellia nourishes the epidermis. Diminishes lines and wrinkles, rebuilds firmness and resilience.



BEAUTY SLEEP Treatment
renewal for radiant smooth face 60 MINS

Accelerate the nighttime renewal process on a much deeper level with time erasing nutrients specifically chosen to suits your needs. Available before bedtime this skin boosting treatment will slowly infuse its healing and restorative elements while you are dreaming

ABSOLUTE CONTROL Treatment
for bare perfection 60 MINS

Give troubled skin a deep dose of calm and clarity. A potent blend of actives keep your complexion matte, clear and balanced around the clock. Bamboo Tears controls excess oil production while a rare tree gum, on a long term, reduces pore size and blemishes. Plankton extract restores skin barrier for optimum skin hydration. Vitamin B3 improves skin texture. Safflower restores essential hydration from within.



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 Treatment
to increase inner peace 45/90 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.

CORE RELEASE Treatment
to release tension and 45/60 MINS
emotions stored in the gut

So central to our body, our core protects vital inner organs that make up our digestive powerhouse but can also carry tension and long-held emotions. A clever combination detoxifying Inner Reset Body Oil and gentle Chi Nei Tsang techniques developed by Chinese Taoist monks help organs not only work more efficiently but also release inner emotions.

POSTURE RESCUE BNS Treatment
to see joy in details 30/45 MINS

Relieve stiffness and soreness from back, shoulder, neck and head. The calming properties of Rainforest Clove bark, a tree found only in two Islands in the Pacific Ocean, combined with deep gentle kneading, breaks down knots and improve flexibility. Oils of Tangerine, Pink Grapefruit and Rosemary further encourage detoxification and relaxation of your whole system.



FIT BODY
for better work out

Treatment
60 MINS

Is designed to relieve pain and muscle tension throughout the whole body. Thai therapeutic massage and pain relieving massage oil help to treat aching muscles by reaching the deep layers of the muscle and break down adhesions that are causing inflammations, pain and limited motions.

MOHOM INDIGO HEALING ART
for free motion.

Treatment
90 MINS

Relieve stiff and sore muscles with a deep muscular treatment that combines steamed therapeutic herbs with a rare essential oil found only on two remote islands in the Pacific Ocean. Rainforest clove has the ability to suppress pain while Tangerine, Pink Grapefruit and Rosemary drain toxins out from your muscles. After intense work out, you are now soothed, relaxed and free of sores.

GARDEN OF DEEP CALM
for quiet harmony

Treatment
60 MINS

Restore your body, mind & spirit. The aroma of Malabar Grass melts tension away while Sweet Orange and Vetiver help to create an inner peace. Oils of Rice Bran, Sweet Almond, Soy and Wheat Germ help soothe and nourish the skin.

TRANQUIL JOURNEY
to seize the day

Treatment
90/60 MINS
if Hands

Slow deep movements rhyme with your calm breath, deep relaxing music talks to your soul while warm calming poultice, Jasmine and Elengi flowers melt away tension. Everything around you has slowed down. Your mind and body are reconnecting.

PRANA VITAL ENERGY
to erase fatigue

Treatment
60 MINS

A combination of massage techniques while Spa Naka's Vital Energy Body Oil made with Blue Ginger inspires self-connection and renewal. Targeting the meridian energy system, the Thai Sip Sen Massage discovers and unblocks areas of trapped energy that manifest in physical and/or emotional pain. Energize the mind and spirit for a feeling of deep healing.



SIAMESE HEALING HERBS to relax and recharge

Treatment
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 Lemongrass, Ginger and Bergamot combined with slow deep pressure sooth body and mind for a feel great effect.

INNER RESET RITUAL to detox body and mind

Treatment
90 MINS

Refresh your body, mind & spirit holistically. Pink Himalayan salt and Shatangju -a key aid in the release of pollutants- are rubbed into your body to stimulate elimination. Age-old Asian massage rituals and liver detoxifying techniques rebalance your inner ecosystem. Soothing head massage clears your mind of toxic thoughts. You are more resilient, sleep better and have a clearer complexion.

WARM BAMBOO ANMA to sculpt figure

Treatment
90 MINS

Bamboo called Take in Japanese, represents youth, prosperity and serenity in Asia. Warm bamboos slowly rolled on targeted areas break down fatty deposit. Used in combination with Spa Naka Sculpting oil, this treatment fights cellulite, tones muscles, stimulates lymphatic system and detoxifies the organs. Associated with healthy eating and exercise you will never have felt so well.

BODY CONTOUR

Treatment
60 MINS

A stimulating massage that uses Black Pepper, Cinnamon and Ginger to help sculpt the figure and re-define the shape. An excellent way to drain and regenerate tissues while dispelling the tensions that have built up and attain a state of absolute relaxation.

FLAT BELLY to refine the waistline

Treatment
60 MINS

A slimming treatment targeted on the belly area starts with a stimulating scrub and is followed by Thai the rapeutic and Taoist massage techniques to release fat, clustered deep in the area. A detoxifying wrap and hot cushion help to firm and sculpt the belly.





HARMONIZE THAI MASSAGE

Treatment
80 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.

Excellent therapy if you are feeling tired, stressed and need energy to boost the mind, body and spirit. We will provide Thai Pyjamas: loose, comfortable clothing for freedom of movement.

NAKA INDIGENOUS MASSAGE

Treatment
60/90 MINS

Start with facial drainage soothing with our Signature Indigenous Aroma scent. 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

Treatment
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.



BODY TREATMENT

**PINK HIMALAYA
SALT SCRUB** Treatment
30/45/60 MINS

Millions year ago, pristine seawater was crystallized and covered by lava, protecting it from modern-day pollution. Infused with 80 minerals, Pink Salt delivers its pure nutrients while gently smoothing your skin. Refreshing Aloe Vera cream further nourishes. Your skin feels baby soft.

**HOM MALI JASMINE
RICE SCRUB** Treatment
30/45/60 MINS

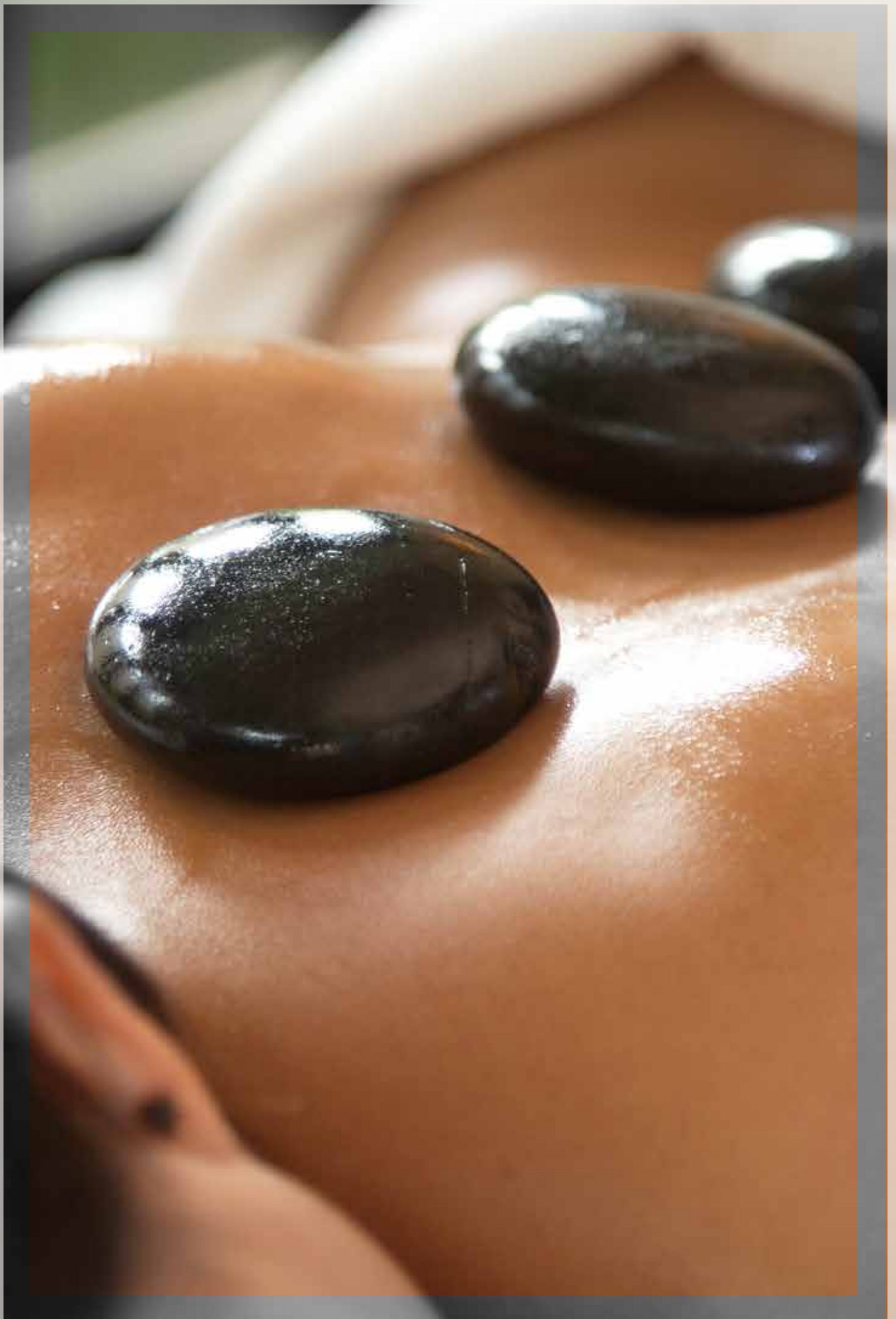
Reveal the body's hidden glow with ingredients known to purify and refine the skin. Jasmine Rice removes dullness and brightens. Jojoba Oil and Shea Butter provide deep nourishment.

SKIN REVEAL WRAP Treatment
30/45/60 MINS

An exceptional multifaceted body wrap using the powerful black mulberry extract combined with essential oils, acts on the body to detox, firm, rejuvenate and brighten. Dull complexion, dehydrated and flabby skin are all treated at once. Combined with scrub or massage, possibilities are almost endless. Result a more radiant, healthy, elastic and fair skin as well as a toned body.

OFURO BATHING Treatment
45 MINS

Mimicking the traditional Japanese bathing ritual, this water experience starts with a shower and is followed by salt and oil scrub. Then the guest is invited to a plunge milky essential oil rich arm bath. Treatment ends with the application of a hydrating aloe Vera cream.





MOMMY & ME MASSAGE

SAMSARA MOTHER TO BE
to feel cocooned

Treatment
60 MINS

A gentle side-lying massage to release tensions 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

Treatment
45/60 MINS

Gentle pressure is applied to the scalp, legs and feet 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.





NAKA WELL BEING COLLECTIONS

WATSU

Imagine calm, warming environment, where deep physical and mental relaxation is achieved within minutes.

Realize this very state with a unique one to one Watsu experience, combining shiatsu pressure points, gentle stretches and the absence of gravity to help alleviate those aches and pains and keep us on track for the challenges day to day life can throw at us.

Take some time out for yourself and remember that phrase we so fondly remember as 'not a care in the world.'

The therapeutic properties of water to recharge your life batteries and is an excellent therapeutic treatment to:

- » Reduce Fatigue
- » Relieve aches and pains
- » Relax Muscle Tension
- » Soothe Headaches
- » Ease Stress Levels
- » Boost Energy Levels
- » Improve Body Tone
- » Promote Deep Breathing
- » Harmonize Sleep Patterns
- » Improve Circulation
- » Improve joint range of movement

Watsu is suitable for all ages, gender and swimming abilities. You are supported at all times by a qualified practitioner.

Kindly make the appointment 1 day in advanced with our Watsu Certified Practitioner





FOOT MASSAGE & TREATMENT

FOOT MAPPING

Treatment
90 MINS

There are 15 000 nerve ending on your feet which constitute a mini-map of your whole body. Skilled pressure applied on this mini-map encourages the body to heal from within. Detoxifying Yanang steam and stimulating ginger work in synergy to enhance body renewal process. Your headache, anxiety and insomnia are gone.

SOOTHING STEPS

Treatment
60 MINS

A treatment helping to soothe heavy painful, legs. Half leg soak, contrast of hot and cold to stimulate blood circulation, cool wrap, warm poultice and gentle massage with reflexology points are easing pain and give lightness back to the legs.



HAND MASSAGE & TREATMENT

AGELESS HANDS FACIAL
for perfect young hands

Treatment
45 MINS

Skin on your hands reveals your age so they should be treated with the same care as your face. Pea Extract and a special blend of Citrus compounds, Licorice and Mulberry work to fade dark spots, Pearl Tea helps to dramatically increase antioxidant activity while Macadamia Nut oil restores the skin barrier and Geranium provides deep moisture.

SMOOTH HANDS
for soft touch

Treatment
30 MINS

In Asian culture, youthful hands have long been prized as a hallmark of beauty. Keep yours looking and feeling their youngest. Ylang Ylang stimulates cell renewal and antioxidant-rich Black Mulberry keeps skin radiant while gold improves collagen production and combat age spots.



NAIL CARE

SPA NAKA SIGNATURE MANICURE 75 MINS

This deluxe citrus “facial for the hands” is the ultimate treatment. An intense 2-step citric exfoliation and paraffin dip, will rejuvenate, deeply hydrate and help restore skin to a more youthful appearance. 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 75 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, combined with a marine-algae foot masque and cucumber therapy to relieve dry, cracked heels. This pampering treatment is concluded with a thorough foot and calf massage and a perfect polish or natural buff of the nails.

NAIL POLISH

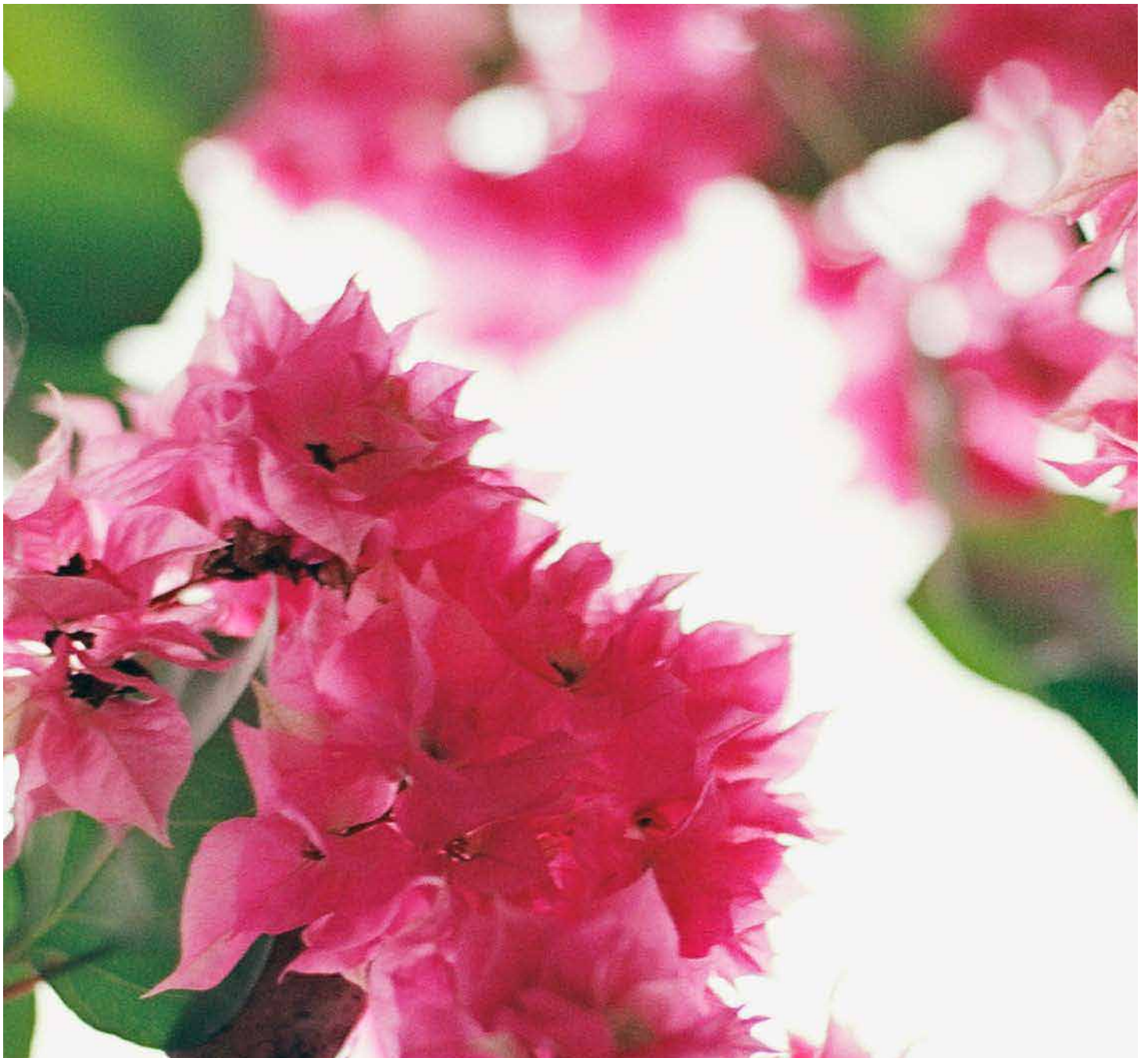
Just for a quick change of colour.

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

WAXING SERVICES

Warm wax is used to gently remove unwanted hair from various parts of the body. May not be suitable for those with sensitive skin or those taking certain medications.

- » Underarms
- » Bikini
- » Brazilian
- » Full Leg
- » Half Leg
- » Full Arm
- » Half Arm
- » Eye Brow Shaping



SPA ETIQUETTE

Ayurveda, a Sanskrit word often defined as “the science of life and longevity” perfectly describes the wellness benefits of these offerings. Ayurveda is an ancient Indian system that provides a holistic approach and is considered one of the most empowering health modalities today. Each treatment begins with an Ayurvedic consultation to determine your dosha or body type.

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 whirlpool, 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.

CANCELING A SPA RESERVATION

We request that all guests using the spa extend a 24-hour cancellation notice. If less than 24-hours 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 web site 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 during or immediately after your spa treatments.

SPA ETIQUETTE

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 for your treatment. However, we would like to note that 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.

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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
BATH COLLECTION	Naka bath collection	30 mins	1,000
	Ocean Detox Bath	30 mins	1,000
	Revnewal Maka Milky bath	30 mins	1,000
FACIAL TREATMENT	Facial Yoga	30 mins	2,200
	Bright & Brave Face Perfect	30 mins	2,200
	Sun Ray Healer	30 mins	2,200
	Even Skin	60 mins	3,300
	Beauty Sleep	60 mins	3,300
	Visible Lift	60 mins	3,300
BODY MASSAGE	Clarity of Mind	45 mins	2,100
		90 mins	4,080
	Core release	45 mins	2,100
		60 mins	3,000
	Posture rescus BNS	30 mins	1,700
		45 mins	2,100
	Fit body	60 mins	3,000
	Mohom indigo healing art	90 mins	4,080
	Garden of deep calm	60 mins	3,000
	Tranquil journey	60 mins	3,000
		90 mins	4,080
	Prava Vital Energy	60 mins	3,000
	Siamese healing herbs	90 mins	4,080
	Inner reset ritual	90 mins	4,080
	Warm bamboo anma	90 mins	4,080
	Body contour	60 mins	3,000
	Flat belly	60 mins	3,000
Harmonize Thai Massage	60 mins	2,400	
Harmonize Thai Massage	80 mins	3,200	
Naka Indigenous Massage	60/90 mins	3,000/4,080	
Hot Stone Massage	90 mins	4,080	
BODY TREATMENT	Pink himalaya salt scrub	30 mins	1,900
		45 mins	2,450
		60 mins	2,950
	Hom mali jasmine rice scrub	30 mins	1,900
		45 mins	2,450
		60 mins	2,950
	Skin reveal wrap	30 mins	1,900
		45 mins	2,450
	60 mins	2,950	
Ofuro bathing	45 mins	2,700	
MOMMY & ME MASSAGE	Samsara mother to be	60 mins	3,060
	Angel bliss	45 mins	1,900
		60 mins	2,400
	Watsu	60 mins	5,000
FOOT MASSGE & TREATMENT	Foot Mapping	90 mins	4,080
	Soothing steps	60 mins	3,000
HAND MASSAGE & TREATMENT	Agless hands facial	45 mins	1,800
	Smooth hands	30 mins	1,500
NAIL CARE	Signature manicure	75 mins	1,600
	Signature pedicure	75 mins	1,800
	Nail polish hand	30 mins	800
	Nail polish feet	30 mins	800
	Nail polish feet / hand	60 mins	1,200
DISCOVERING SPA NAKA PACKAGE	Sacred Nature	120 mins	6,800
	Tranquility Aromatic	120 mins	6,800
	Embrace for two	120 mins	12,500
	Waxing		800-1800

