



Nahm Spa Well-being Journeys

PURITY

Yoga Private Class
 Purifying Clay Wrap
 Aromatherapy Massage
 Refresh Menu (Lunch or dinner)

3 Hours
 60 minutes
 60 minutes
 60 minutes
 at own leisure

THB 6,000++

ESCAPE

Pilates Private Class
 Facial Treatment
 Massage Selection
 Refresh Menu (Lunch or dinner)

3 Hours
 60 minutes
 60 minutes
 60 minutes
 at own leisure

THB 6,000++

RETREAT

Body Workout or Abs & Buns Class
 Nahm Spa Pedicure & Manicure
 Refuel Menu (Lunch)
 Body Scrub or Body Wrap
 Himalayan Salt Thermal treatment
 Yoga or Pilates Class

6.5 Hours
 60 minutes
 120 minutes
 at own leisure
 60 minutes
 90 minutes
 60 minutes

THB 9,000++

RENEW

Thai Boxing or Body Stretching Class
 Body Scrub
 Body Wrap
 Refuel Menu (Lunch)
 Nahm Signature Massage
 Facial Selection
 Yoga or Pilates Class

6 Hours
 60 minutes
 60 minutes
 60 minutes
 at own leisure
 60 minutes
 60 minutes
 60 minutes

THB 10,000++



Refresh Menu

MENU

Detox juice with carrot ginger and orange

Chicken satay

Or

Bresaola, cured beef with Rucola, goat cheese and extra virgin olive oil

Season tropical fruit platter with yogurt

Or

Mango sticky rice

Refuel Menu

MENU

Detox juice with carrot ginger and orange

Thai Pomelo salad with chicken

Or

Buffalo mozzarella and tomato salad with basil

Thai grilled sea bass in pandan leaf with steamed brown rice

Or

Roasted salmon fillet with mango and coriander salsa

Season tropical fruit platter with yogurt

Or

Coconut ice cream