



# Noku Spa



## MENU



## **NOKU SPA**

Nature, elegance, and wellness converge in the heart of Noku Spa.

Surrounded by a haven of tranquility, we offer a unique blend of contemporary design with natural elements. Let the tensions melt away as our skilled therapists expertly combine deep tissue techniques with gentle kneading, paired with the therapeutic benefits of aromatherapy. Using only the finest quality and natural products, our customized treatments are designed to rejuvenate your mind, body and soul. Reconnect with yourself and find your inner peace at Noku Spa.



## SPA MENU & PRICE LIST

### MASSAGES

	60 mins	90 mins
<b>PHUMM (Thai Massage)</b> A traditional Thai massage that combines pressure point therapy and gentle stretching to release tension in muscles and ligaments	1700	2400
<b>VARRI (Relaxing Massage)</b> A deeply relaxing massage that combines gentle techniques to restore balance and harmony to the body, mind, and soul	1800	2500
<b>PHANAA (Thai Oil Massage)</b> Designed to uplift and enhance vitality. The perfect combination of Thai stretching techniques, Swedish massage and Sports massage	1800	2500
<b>CHEEVA (Deep Tissue Massage)</b> An acupressure massage that targets deep muscle tension and relieve aches, pains, and strains	1900	2600
<b>PATAVII (Signature Massage)</b> A deeply relaxing massage that uses warm oil and signature techniques to alleviate muscle aches, pains, and fatigue	1900	2600
<b>NATEE (Hot Stone Massage)</b> Our hot stone massage uses heated stones to promote detoxification and healing, while creating a deep sense of relaxation that releases muscular tension and balances the spirit		2800
<b>PRAII (Thai Herbal Compress)</b> Using Thai massage techniques with heated herbal compress to promote detoxification and alleviate muscle aches and pains		2800
<b>NAKAA (Foot Massage)</b> A foot reflexology session that improves circulation, relieves tired feet, and provides a relaxing experience by targeting specific reflex points	1500	
<b>THANN (Head Massage)</b> A soothing massage that targets the upper back, shoulders, arms, neck, forehead, and head. Gentle and firm techniques are used to relieve tension and promote relaxation	1500	

## SPA MENU & PRICE LIST

### BODY TREATMENTS

45 mins

#### BODY SCRUB

1500

Pamper your body with our customized scrubs for all skin types. Designed to exfoliate and remove dead skin cells, our scrubs enhance blood circulation and leave your skin feeling silky smooth.

#### TAMARIND

A relaxing treatment using Tamarind, a natural ingredient that helps to renew skin cells, lighten dark circles, fight free radicals to reveal a brighter complexion.

#### THAI HERBAL

Using Thai herbal treatments that offer anti-aging, antioxidant, and blood pressure benefits. This helps to revitalize the skin and promote cellular renewal.

#### COCONUT

Rich in vitamins and antioxidants, our Coconut Body Treatment removes dead skin cells, nourishes the skin with fatty acids for a smooth and youthful appearance.

### FACIAL TREATMENTS

60 mins

#### THAI HERBAL FACIAL

1500

A natural blend of organic herbs that deeply cleanses the skin, removes impurities and promotes a glowing complexion.

#### RECOVERY FACIAL (All Skin Types)

2500

Our signature recovery facial is tailored to your specific skin needs. This rejuvenating and moisturizing treatment provides intense hydration, leaving your skin feeling smooth and refreshed.

#### ANTI-AGING FACIAL (Lifting & Wrinkles)

3000

A completely customized treatment that provides deep hydration and protection. Specifically targeting wrinkle reduction and lifting, restoring a youthful appearance.

## SPA PACKAGE

Experience our soothing body treatments, each carefully designed to provide a unique spa experience.

### NOKU DELIGHT

**150 mins**

4000

90 mins Herbal Compress Massage

45 mins Thai Herbal Facial

15 mins Herbal Bath

### NOKU RADIANCE

**150 mins**

4800

30 mins Body Scrub

15 mins Aromatic Milk Bath

60 mins Relaxing Massage

45 mins Recovery Facial Treatment

### KIDS TREATMENT

For kids and tweens (6 to 12 years old)

### KIDS AROMATIC MASSAGE

**30 mins**

1000

A full-body massage with sweet almond oil, designed to calm and relax your entire body.

### KIDS HEAD MASSAGE

**30 mins**

900

A soothing and gentle head massage that promotes relaxation and improves sleep.

## NOKU SPA POLICY

### Hours of Operation

10am to 8pm

### Reservation

Advance reservation is highly recommended to ensure allocation of preferred time slot. Kindly advise if you are pregnant, nursing, under a physician's care, or have mobility difficulties.

### Cancellation & Change Policy

We kindly ask our guests to give a minimum of 3 hours' notice for any changes or cancellations. We regret that a 50% charge will be made for treatments cancelled less than 3 hours prior to your appointment, and a 100% charge will apply for no-shows.

### Check-in

We recommend that you arrive a minimum of 15 minutes prior to your treatment. Arriving late may result in a shortened service.

Upon arrival at NOKU Spa, you will be asked to complete a health declaration form to assist our spa therapists in providing you with the best experience possible plus to assure all precautions are taken for your safety and comfort. We encourage you to disclose any health conditions that may affect your spa experience.

Give yourself plenty of time before your treatment so you can indulge in our complimentary amenities and our relaxation lounge before, after, or between treatments.

### Spa Etiquette

Helps us keep NOKU Spa a sanctuary of tranquility and relaxation. Please respect our spa guests by refraining from using all electronic equipment, including cameras and cell phones, while at NOKU Spa. We also ask that you speak softly or simply enjoy the silence. NOKU Spa is a non-smoking facility.

### Safety & Convenience

It is recommended that you leave your valuables in your room's guest safe. NOKU Spa will not be liable for any lost valuables.

For your convenience, NOKU Spa provides towels, slippers, shower caps, and all pampering amenities. During all treatments, your body will be properly draped for privacy.

### Service Charge and VAT

All prices are in THB 10% service charge and 7% VAT are automatically applied to your bill. For more information and inquiries, please contact NOKU Spa 076-384065 Ext: 1900 or email at [h4-spa1@nokuhotels.com](mailto:h4-spa1@nokuhotels.com)

## SPA TREATMENTS

### **PHUMM (Naud Thai)**

Straight up traditional Thai massage delivered consistently and effectively. Fuss-free and oil free.

### **PRAII (Thai Herbal Compress)**

Combined with Thai Massage and Herbal Compress which stimulate blood circulation.

### **NAKAA (Foot Massage)**

Put your feet up and kick off your shoes. Thumbs and knuckles are used in this foot massage to awaken various parts of your sole.

### **VARRI (Relaxing Massage)**

Helps to relieve physical and mental stress. Perfect for those who have been working hard all week. This relaxing massage consists of gentle and continuous massage. Along the muscles of the back, legs, and shoulders, light to medium massage weights

### **PHANAA (Thai Oil Massage)**

Designed to uplift enhance vitality. Combination of Thai Style stretching technique, Swedish massage and Sports massage.

### **CHEEVA (Deep Tissue Massage)**

Acupressure massages that can relax the deep inner muscles.

### **NATEE (Hot Stone)**

Deeply detoxifying and profoundly relaxing. By combining massage with hot stones, the circulatory system is both stimulated and relaxed. This circulatory activity promotes the release of toxins from the muscles, assisting the body in self-healing.



### **THANN (Scalp Massage)**

A massage incorporating the upper back, shoulder, arms, neck, forehead and head. The massage helps to relieve the pressure and relaxes with gentle and firm techniques.

### **BODY SCRUB**

Pamper your body with our customized scrubs for all skin types. Say goodbye to dead skin cells and wake your skin up!

For normal | sensitive | combination | oily skin

### **BODY WRAP**

Drawing out stubborn toxins and opening pores clogged by urban dirt and dust, our bespoke body mask treatments will unveil a lighter, more radiant you.

For normal | sensitive | combination | oily skin



### **AURA (Facial treatment)**

Each facial is customized for a particular skin type, using the season's premium picks and latest skincare products. Available in men's edition too!

Please specify your skin type

For normal | sensitive | combination | oily skin