

A woman is lying on her back on a massage table, eyes closed, with a serene expression. Her hair is pulled back with a white headband. A therapist's hands are visible, one resting on her shoulder and another near her head. In the foreground, there are several small black and white ceramic containers, some containing yellow and white substances, likely massage oils or products. The background is a soft, out-of-focus blue and white.

namn.
spa

A JOURNEY OF SIMPLE HARMONY

NAMM SPA CONCEPT AND PHILOSOPHY

Namm, pronounced "narm", is a Thai word that signifies "water" - the most essential element of life that offers so many healing applications both inside out and outside in. It is this concept of healing through water that inspired us to create Namm Spa, where the skillful touch of our well-trained therapists will erase the stress of modern life and rejuvenate your body and senses. Our mission at Namm Spa is to relax, revitalize and enhance your wellbeing. Each specialized treatment is designed to pamper your senses and redefine your inner balance and outer beauty. The serene minimalism of the ambiance, the intoxicating aromas, and our genuinely caring therapists, will make every visit truly memorable.

Arrival Time

Please check in at Spa Reception at least 15 minutes prior to your scheduled appointment. Arriving late will result in a reduction of treatment time.

Cancellation Policy

Because treatments are reserved especially for you, appointments cancelled with less than 6 hours notice will incur a cancellation fee of %50 of the reserved treatment cost or AED 190 per hour per person if no treatments have been selected. The full reserved treatment cost or AED 380 per hour per person will be imposed for a "no-show".

Payment

Cash and all major credit cards are accepted.

Refund

Spa treatments and spa memberships are non-refundable, non transferable and non-exchangeable unless otherwise stated.

Spa Protocol

We kindly request that mobile phones be turned to silent mode and that noise be kept to a minimum to allow all guests to enjoy the serenity of the spa. Children under 15 years are not permitted in the spa. Smoking and consumption of alcohol in the spa is not allowed.

Special Considerations

Before undertaking spa treatments, please consult your health practitioner if you have any medical conditions such as high blood pressure, heart condition or any other medical complication. Guests are asked to complete a health questionnaire. Please advise reception if you have any health issues or concerns.

Contact Lenses

We recommend you to remove your contact lenses before your facial treatment. Please bring your own case and solution for lenses.

Valuables

Jewelry and valuables may be placed in secured drawers in treatment rooms; however we recommend that no jewelry be worn in the spa. The management accepts no responsibility for the loss of money or valuables brought into the spa.

Accidents or Injuries

Namm Spa shall not be liable for any accident or injury suffered by any member or guest.

Extra Time

We offer private changing and showering facilities in each of our treatment rooms. In addition to your treatment time, we allow 15 minutes for changing and showering. Extra time is charged at AED 90 for each 15 minutes or part thereof. Please let us know in advance if you require extra showering or changing time so that we may reserve your room.

SIGNATURE PROGRAM

Thai Heritage Therapy (2.0 hours)

AED 850

Our authentic Thai therapies and herbal medicines were created by traditional doctors who have served the Thai Royal Family for over 2000 years. These precious legacies are transferred down the generations to people throughout the country. Traditional Thai therapy believes that illness stems from energy imbalance; when energy pathways are blocked, it results in sickness.

Thai Heritage Therapy program combines the essence of traditional Thai therapy to bring body and mind into equilibrium. The program starts with Hermit's Body Twist which is a body exercise based on stretching and breathing. This is followed by aromatherapy massage using the exclusive aromatic oil recipe, which is blended according to Thai apothecary formula and its effectiveness on muscle tension and detoxification. The therapy ends with a pressure-point massage all over the body, leaving your body and mind in perfect balance.

Arabian Promise Journey (4.0 hours)

AED 1,650

Inspired from sun, desert sand dune and Arabian aromatic essential scents of Frankincense and Rose, this exclusive spa pampering journey rejuvenates your skin and uplifts your mind through Arabian Herbal Steam, Arabian Rose Body Scrub and Arabian Rose Body Mask. Thermal Desert Sand Massage is followed using thermal sand compress to relieve muscle tension on the back area together with choice of Sport Massage or Swedish Massage techniques performing with Arabian aromatic oil. Complete the ultimate relaxing experience with Aromatic Anti-Aging Facial using aromatic oil of Frankincense and Rose as grind ingredients.





BODY MASSAGE

Anti - Stress Back Massage (45 mins)

Excellent for those who are high on stress but short on time, this massage focuses on the neck, upper back and shoulders, where most stress is accumulated. The soothing hand movements together with lavender aromatic oil blend, work into the muscle and soft tissue to relieve stress and tension.

AED 350

Swedish Massage (60/90 mins)

This ultimate relaxing experience uses a soothing, long stroke to warm the muscle with kneading technique to release muscle tension, coupled with circular movements to increase body circulation. To enhance the experience, this massage is performed with lavender blend massage oil.

AED 450 / AED 600

Sport Massage (60/90 mins)

Therapeutic and energizing, this is excellent for those who love an invigorating massage. The massage features deep tissue kneading of the deepest layers of muscle tissue, to ease away tension and aching muscles. The lemongrass blend massage oil enhances its action.

AED 450 / AED 600

Traditional Thai (90 mins)

The traditional Thai massage blends a strong and invigorating massage, using deep finger pressure points with passive body stretching to alleviate muscle fatigue and tension. Performed on traditional Thai mattresses without oil, this full body massage reduces tension, improves flexibility and provides excellent inner balance.

AED 450 / AED 600



BODY SCRUB

Lemongrass Salt Scrub (60 mins)

AED 420

Containing an abundance of minerals and trace elements which are vital for youthful and healthy looking skin, sea salt is mixed with lemongrass-blend oil to deeply cleanse, buff roughness away and stimulate circulation while creating warmth in the body. This ultra fresh formula will keep your skin soft and velvety with a healthy, youthful radiance.

Date & Cardamom Body Scrub (60 mins)

AED 420

Say goodbye to dry skin with the Date & Cardamom Body Scrub. This indigenous recipe contains a healthy array of vitamins and the dates work as an excellent moisturizer to protect skin from dryness. The cardamom powder creates a warm finish for the skin, gently stimulating body circulation. This scrub recipe also uses ground rice as the natural grains to remove dead skin cells. Your skin will feel and look smoother with an even tone and healthy coloring.

BODY MASK (PART OF PACKAGE)

Caramel Sea Mud Body Mask (30 mins)

The ultimate jet lag reviver using mud derived from the Dead Sea. This natural clay wrap is rich in sulfur and trace elements, helping to remineralize skin, reduce the cellulite, drain excessive water retention and relieve muscle aches and stiffness after a long journey. Gentle enough for all skin types, even sensitive skin.

AED 550

Whitening Seaweed Body Mask (30 mins)

Specially designed to contour and firm the body, this slimming treatment uses multi-color seaweed that contains remarkably effective anti-fat compound. The high iodine content in this marine plant assists in stimulating blood circulation and regulating the body's metabolism to burn excessive fat, while its powerful minerals restore skin tone and vitality.

AED 550



All prices are quoted in UAE dirhams and are inclusive of 10% service charge and 6% Tourism Fee.

FACIAL

Anti-Aging Facial (60 mins)

Combat the signs of aging and maintain a youthful face with the power of algae, packed with anti-aging properties. This anti-aging facial promotes greater cell renewal. Its anti-oxidant properties also provide effective protection against free radicals, fiber destruction and skin sagginess and diminish fine lines and wrinkles, giving a more youthful appearance to the skin.

AED 490

Nourishing & Soothing Facial (60 mins)

Designed for those who have dry and sensitive skin, this facial from the sea uses gentle marine products, lavender essential oil and almond oil, to gently eliminate impurities and dead cells, soothe away redness and restore hydration. Fresh, soothed and nourished, your complexion becomes naturally radiant and soft to touch.

AED 490

Skin Fitness for Men Facial (60 mins)

A well-groomed experience specially formulated to the needs of male skin. This men's vitality facial deeply cleanses and tightens the skin pores, and removes dead skin cells with AHA acid. After impurities are whisked away, a balancing skin mask and moisture hydrates and brightens the complexion for a more healthy and handsome look.

AED 490

WATER TREATMENT (PART OF PACKAGE)

Choose your Thai Herbal Steam Treatment to complete your pampering spa program. All Heat and Water treatments are not available individually.

Thai Herbal Steam (30 mins)

Fresh Thai herbal slices and camphor powder naturally clear the respiratory system. The heat (around 39 Degree Celsius) of this aromatic steam helps relieve muscle tension and soreness, increases metabolic rate, stimulates blood circulation as well as detoxifying the body.

AED 300

Arabian Honey and Milk Bath (30 mins)

Filled with a rich infusion of fresh milk, geranium rose oil and natural honey. While the fresh milk gently remove worn out skin cell and moisture the skin Natural honey to ease your worries away and hydrate and clean your skin which becomes softer and smoother with dryness and irritation relieved. Mild and gentle, this is specially for those with sensitive and delicate skin.

AED 300

SPA PROGRAM

Glow (2.0 hours)

This ultra radiance package incorporates a 30 - minute body scrub and a 90 - minute body massage for total relaxation.

AED 750

Serene (3.0 hours)

Heal your body, mind and spirit in a calming environment with a 30 - minute Thai Herbal Steam, a 30 - minute Arabian Honey and Milk Bath, a 30 - minute body mask and a -90minute body massage to finish the ritual.

AED 1,100

Delight (3.0 hours)

This ultimate body delight program provides the utmost in relaxation as well as improving skin's vitality. Start with a 30 - minute Thai Herbal Steam, a 30 - minute body scrub, a 30 - minute body mask and end with a 90 - minute body massage.

AED 1,100

Charm (3.0 hours)

This face and body rejuvenation helps skin regain impeccable clarity and smoothness with a wonderful combination of a 30 - minute body scrub, a 90 - minute body massage and a 60 - minute facial.

AED 1,200



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