



Nakara Spa

WELLNESS FROM WITHIN



To create a health spa that...

*Promotes simple, authentic and
natural holistic therapies*

Nurtures the ancient wisdom of Ayurveda

*Respects and remembers
each person's uniqueness*

Ayurveda is a holistic system of healing which was developed among the wise sages of ancient India around 3,500 years ago. It emphasizes establishing and maintaining a balance of the life energies within us, rather than focusing on individual symptoms.

Ayurveda recognizes the unique constitutional differences of all individuals and therefore recommends different courses of therapy for different types of people. While two people may appear to have the same outward symptoms, their energetic constitutions may be very different and therefore call for very different remedies.



At Nakara Spa, we have made a sincere and dedicated effort to present the essence of Ayurveda in a new light, making it simple and suited to today's health needs. Education plays a pivotal role and with 800 hours of intensive training, our team is qualified and ready to offer the most appropriate healthcare program for your needs. Our treatments are supported by ongoing research in this field. Likewise, our products are natural and certified. All these factors help create a unique and effective experience.

Nakara Spa operates under the guidance of **Dr. Rajeev Marwah and Dr. Suchada Marwah, founders of the International Research Center of Natural Science**, an internationally accredited organization, well respected for its pioneering works in the field of **Ayurveda and Holistic Healing Sciences**.



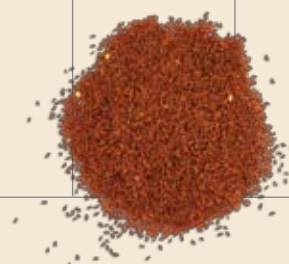
KNOW YOURSELF		Duration	Baht
A Complimentary session letting you understand your body type and helping you select therapies that are in harmony with you.		15 min	



FACIAL REJUVENATION		Duration	Baht
<p>MUKHABHYANGA (mukh = face, abhyanga = exercise) Experience the healing power of natural herbs used for gentle exfoliation as well as nourishment. A gentle facial massage along acupressure points on the face and head helps to bring a radiant glow to your face, making it younger and healthier. We offer three different selections based on your individual need.</p>			
1	FAIR AND FIRMING Using rejuvenating properties of rosewood, chamomile, geranium, sandalwood, mung, methi, aloe vera, vitamin E and witch hazel.	60 min	1,900
		80 min	2,200
2	REFRESHING AND CLEANSING Using energizing herbs like mint, chamomile, bergamot, neem, patchouli, suji, baesan, aloe vera, vitamin E and witch hazel.	60 min	1,900
		80 min	2,200
3	GENTLE AND NOURISHING Using healing properties of rosemary, lavender, orange, frankincense, neem, almond, mung, aloe vera, vitamin E and witch hazel.	60 min	1,900
		80 min	2,200



HEAD, NECK AND SHOULDER TREATMENTS		Duration	Baht
1	<p>SHIROBHYANGA (shiro = head, abhyanga = exercise) Shirobhyanga is a deeply relaxing head, neck and shoulder massage using a combination of pure herbal oils of dharu, aniba roseodora, citrus bergamia, vatatma, suryamuki, til and nariyal. Special emphasis is placed on treating “marmas” or energy points in the head, forehead, eye, ear, neck, and shoulder areas to release tension and enhance circulation in these areas.</p> <p>Benefits</p> <ul style="list-style-type: none"> • Relieves headaches • Promotes hair growth and luster • Improves circulation in the upper body • Relaxing 	60 min	1,600
2	<p>SHIRONASYA (shiro = head, nasya = nose and sinuses) Shiro-Nasya is very helpful in dealing with congestion in the head and sinuses. Warm herbal oil containing anibaroseodora, suryamukhi, vatatma, rohisha, and citrus bergamia is used in combination with face “pottalis” or herbal rice and milk boluses to work on all the acupressure points in the face and forehead. This is followed by a gentle head massage.</p> <p>Benefits</p> <ul style="list-style-type: none"> • Relieves congestion in the sinuses. • Improves breathing. • Relieves stiffness in the head, neck, throat and jaw areas. 	60 min	1,900
		80 min	2,400
3	<p>SHIRODHARA (shiro = head, dhara = flow of oil) Shirodhara is the most popular of all head treatments and rightfully so as it is deeply transformational. Almost a liter of warm herbal oil containing til, suryamukhi, dharu and nimbuka is poured continuously in a fine stream on the forehead along with gentle massage techniques. This helps connect and energize the various subtle energy channels within us giving a healthy glow and a feeling of centeredness.</p> <p>Benefits</p> <ul style="list-style-type: none"> • Calming and Tranquilizing • Deeply grounding • Relieves stress and anxiety • Improves mental clarity and focus 	60 min	4,950
		4 times 60 min/time	8,450



		Duration	Baht
4	<p>SHEETALA</p> <p>Sheetala means cooling, and as the name suggests, refreshing herbs are used to massage and focus on stiff and weak areas on the head neck and shoulder.</p> <p>Benefits</p> <ul style="list-style-type: none"> • Treats tension headaches • Releases excessive heat from the head area • Releases stiffness from the neck and shoulder • Promotes deep relaxation 	60 min	1,600



THERAPEUTIC BODYWORKS		Duration	Baht
1	TRADITIONAL THAI MASSAGE AND TOK SEN An ancient wisdom combining yoga postures and stretches with extensive work along energy lines or “sen” in the body. It completely relaxes and unwinds the body and mind. Tok sen or tapping with a wooden tool on muscle blocks after the massage further relieves stress allowing improved circulation. Benefits <ul style="list-style-type: none"> • Very relaxing • Improves flexibility of the body • Improves muscle tone 	60 min	1,000
		120 min	1,750
2	UBTAN Ubtan is an extremely popular ancient Indian beauty ritual and is practiced even now especially as a pre-wedding custom. The treatment includes a natural scrub using herbs of turmeric, suji, mung, vataatma, dharu, rosemary, lemongrass, adraka and pure “gulab jal’ or rose toner on the body in a special rhythm focusing on all the joints. This is followed by a swedhana or a herbal steam bath. The session ends with an application of traditional herbal paste all over the body for added nourishment and protection of the skin. A gentle head massage with warm oil is given while the body is wrapped up in ubtan herbs, giving a feeling of total relaxation. Benefits <ul style="list-style-type: none"> • Exfoliating • Improves skin texture and tone • Gives a youthful glow to the skin 	120 min	3,800
3	OSHADI WRAP Benefits <ul style="list-style-type: none"> • Calming and Nourishing skin • Improves skin and muscle tone • Reduce heat in the body • Detoxifying 	45 min	1,800
4	VISHESH SCRUB Benefits <ul style="list-style-type: none"> • Exfoliation • Reducing oiliness, heaviness and lethargy in the body • Relieve edema or water retention problem • Elimination of toxins into deep tissue 	45 min	1,800
5	ABHYANGA Abhyanga literally means exercise. It is a body massage using warm herbal oils including til, vataatma, kumari, tailaparni, dharu , rusmari, pudina, and tulusi. Various techniques such as rubbing, sliding, kneading and energy balancing are employed to bring forth a deeply relaxing response from the nervous system. It has a balancing effect on all three doshas or body types. It also helps mobilize toxins, promote youthfulness and increase energy. A steam bath is highly recommended after this massage. Benefits <ul style="list-style-type: none"> • Promotes vitality • Improves circulation • Gives a healthy glow to the skin • Improves muscle tone 	60 min	1,800
		80 min	2,400



		Duration	Baht
6	<p>POTTALI</p> <p>Pottali massage is one of the most popular treatments in Ayurveda. Freshly prepared herbal rice and milk compresses are prepared for this treatment. These pottalis, as they are popularly called, are dipped in warm oil infused with important herbs like kumari, suryamukhi, til, svadu-narin-ga, aniba roseodora and dharu and gently massaged on the body using traditional ayurvedic techniques.</p> <p>Benefits</p> <ul style="list-style-type: none"> • Highly rejuvenative • Improves energy flow in the body • Nourishes the muscles and improves skin tone • Deeply relaxing 	<p>60min</p> <p>120 min</p>	<p>2,500</p> <p>3,800</p>
7	<p>KATI DHARA</p> <p>Kathi dhara is a specialized form of treatment focusing on the spine especially the lower back. Warm therapeutic herbal oils containing til, suryamukhi, tulsi and adraka is gently poured on the spine to treat tension and blockages in this area. A relaxing massage focusing on the back and lower abdomen follows using freshly prepared herbal pottalis.</p> <p>Benefits</p> <ul style="list-style-type: none"> • It is a very effective treatment for curing all kinds of back problem • Treats water and air retention in the body • Highly energizing • Improves circulation and metabolism 	<p>80 min</p> <p>4 times 80 min/time</p>	<p>4,950</p> <p>8,450</p>



LEGS AND FEET TREATMENTS		Duration	Baht
1	<p>INGHAM-STYLE REFLEXOLOGY</p> <p>This is a safe and effective way to promote and maintain good health. Practiced as early as 2300 BC in Egypt, it is a simple method of stimulating reflex areas on the feet that relate to and affect the structure and functions of the human body.</p> <p>Benefits</p> <ul style="list-style-type: none"> • Brings the body back in equilibrium • Improves circulation and digestion • Works on every system of the body 	60 min	1,750
2	<p>PADABHYANGA (pad = feet, abhyanga = exercise)</p> <p>Padabhyanga is a gentle and soothing therapy focusing on the legs and feet. Marma points or energy center in this region are stimulated using warm poultice infused with rejuvenating herbs like, til, suryamukhi, nariyal, pudina, dharu and melaleuca alternifolia</p> <p>Benefits</p> <ul style="list-style-type: none"> • Energizing • Treats jet lag • Reduces cramps and leg pains • Strengthens leg muscles • Deeply relaxing 	60 min	1,750



SALON SERVICES

WAXING		Duration	Baht
1	EYE BROWS	40 min	600
2	UPPER LIP	30 min	500
3	CHIN	30 min	500
4	UNDER ARMS	30 min	800
5	HALF ARMS	45 min	1,000
6	FULL ARMS	60 min	1,200
7	HALF LEGS	60 min	1,500
8	FULL LEGS	90 min	1,800
9	BACK	60 min	1,500
10	BIKINI	60 min	1,000



WAXING PACKAGE		Duration	Baht
1	FACE Eye brows upper lip chin	90 min	1,360
2	UPPER BODY under arms full arms back	120 min	2,975
3	LOWER BODY full legs bikini	150 min	2,380

NAIL CARE			
1	MANICURE	60 min	1,000
2	PEDICURE	80 min	1,200



**All prices are subject to 10% service charge and applicable government tax.*

Remark: NAKARA SPA reserves the right to change the price without prior notice.

WELLNESS PACKAGE		Duration	Baht
1	<p>INTRODUCTION TO AYURVEDA Ancient science of healthy living views each individual as a unique combination of element and energy flows. You will be offered a personalized full body massage with special techniques and dosha specific warm oil. This session ends with a non-oil head treatment. Welcome foot ritual-abhyanga-relaxing head treatment.</p>	90 min	2,500
2	<p>GROWING HEALTHY A wellness experience for your little ones. The session begins with a nourishing milk bath. This is followed by a gentle shishu abhyanga or Ayurvedic head to toe massage with warm herbal oil. Welcome foot ritual-milk bath-shishu abhyanga.</p>	90 min	1,900
3	<p>EXQUISITE Sharing ancient beauty secrets. Experience ayurvedic face therapy and body exfoliating treatment for young and glowing skin. This is followed by a deeply relaxing ayurvedic body therapy and non-oil head treatment. Welcome foot ritual-mukhabhyanga-ubtan scrub-Abhyanga -relaxing head massage.</p>	180 min	5,900
4	<p>ON THE MOVE Especially designed for frequent travelers. Enjoy an ayurvedic foot therapy combined with acupressure reflexology. Relieve tension in your muscles with “tok sen” therapy followed by a vitalizing ayurvedic warm herbal oil treatment. Welcome foot ritual-ayurvedic reflexology-back Massage with “tok sen”-abhyanga.</p>	150 min	4,200
5	<p>NATURAL RENEWAL A unique anti aging remedy. This enjoyable treatment begins with an invigorating herbal steam bath followed by a rejuvenating herbal body wrap and warm bath with essential oils. This prepares you for a warm pottalis therapy on the back and abdominal area. The session ends with special synchronized treatment on the head & feet called Shiro - Pada. Welcome foot ritual-herbal steam bath-herbal wrap-bath with essential oil-pottalis abhyanga -sincronized shiro-pada.</p>	150 min without the bath and wrap 210 min complete program	6,350 8,350
6	<p>MOM - TO – BE Special pre natal care. Experience a highly nourishing pottalis abhyanga using freshly prepared bolus dipped in warm herbal oil followed by a warm and deeply relaxing head treatment with pure herbal oil. Welcome foot ritual-pottalis abhyanga-shirobhyanga.</p>	120 min	4,100



WELLNESS PACKAGE		Duration	Baht
7	<p>VISHESH</p> <p>Vishesh means vital. This treatment starts with a brisk scrub using detoxifying herbal powders including suji, mung and turmeric aiding in eliminating excessive oiliness, heaviness and lethargy from the body. A herbal swedhana or relaxing steam bath after the dry massage helps to prepare The body for an active massage using pure and natural oils enriched with suryamukhi, vatatma, kumari, rohisha, adraka, dharu and citrus bergamia.</p> <p>Welcome foot ritual-vishesh scrub-herbal steam bath- vishesh massage.</p>	120 min	3,800
8	<p>OSHADI</p> <p>Oshadi means the giver of life. The aim of this treatment is to work on “blockages” and stiff areas in the body using persuasive massage techniques combined with medicinal herbs including suryamukhi, nariyal, dharu, pudina and melaleuca alternifolia. This is followed by applying a nourishing herbal paste of baesan, mung, turmeric and pudina over the body and covering it with a light fabric for sometime. The session ends with a relaxing herbal bath.</p> <p>Welcome foot ritual-oshadi massage-oshadi wrap-herbal bath.</p>	120 min	3,800



Optional: Choice of our salon services at 30% discount. This does not include any existing promotional packages.

Special offer : To enjoy maximum health benefits as well savings enroll for 5 sessions under a specific program and we treat you for 1 more session of that program with our best compliments.

**All prices for our wellness package are inclusive of 10% service charge and applicable government tax.*



HERBAL TEA AT NAKARA SPA

1. VPK TEA (Ayurvedic tea balanced for all doshas)

Ingredient: Ajwain, Fennel, Cardomom, Cloves

- Improves digestion
- Balancing – releases excess heat, water and air from the body.
- Improves blood circulation



2. LEMONGRASS - PANDANUS LEAF TEA

- It helps to detoxify the liver, pancreas, kidney, bladder and the digestive tract.
- Helps boost the immune system.
- Reduce uric acid, cholesterol, excess fats.
- Decrease diabetes and heart disease.



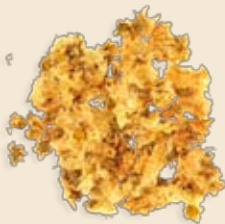
3. BALE FRUIT - GINGER TEA

- Carminative releases flatulence, helps increase appetite and keeps the body warm.
- Refreshing
- Stimulates brain and heart functions.



4. CHRYSANTHEMUM TEA

- Blood purifier
- Helps with sinus congestion and regulates high blood pressure
- Treating heatstroke, due to its cooling effect.
- It can also help to calm the nerves strengthen the lungs and relieve head congestion.



5. Stevia

- Sweet Leaf has strong Anti-oxidant properties.
- It has a naturally sweet taste , and no calories.
- It is recommended as a natural sugar substitute.

Note: Nakara Spa uses stevia, a natural sweetener to prepare its teas. Please visit us for a complimentary welcome tea.

GUIDELINES

TIMING

Opening hours: Daily 10:00 am – 10:00 pm

ADVANCED RESERVATION

We highly recommend that you reserve your treatment in advance to ensure that your preferred time and service is available. A credit card number is required at the time of reservation.

Please visit the spa 20 minutes prior to your appointment so we may help you select your ideal treatment based on our complimentary “Know yourself” session.

CANCELLATION

Kindly allow 6 hours prior notice of cancellation to avoid a 50% charge. Cancellations or no shows within two hours will incur a 100% charge.

HEALTH CONDITION

Certain treatments may not be carried out for ladies during the period of menstruation.

MINORS

Children below 18 must be accompanied by an adult.

NO SMOKING

Please refrain from smoking and alcohol while in the spa.

TELEPHONE

Please switch off your mobile phones before starting your treatment session.

PREGNANCY

We have specially designed treatments for expectant mothers. Please allow our reception to guide you in selecting which treatments are most suitable for you during this special time.

CLEANLINESS

Sterilization and sanitization of our equipment takes place after every service and treatment.

GIFT CERTIFICATES

Treat your loved one with a gift certificate available at our reception.

PAYMENT

All prices are in Thai Baht, subject to 10% service charge and applicable government tax. We accept cash and credit cards.

SPECIAL EVENTS

Health introductory talks, seminars and workshops are periodically organized. Please find out more details from our reception.

LOSS OR DAMAGE

Please keep all valuables safely during your treatments. We regret that we cannot be responsible for any loss or damage of personal articles.

HEALTH PRODUCTS

Please visit our health store for a variety of therapeutic oils, herbs, scrubs, wraps etc.

Why Ayurveda at Nakara Spa?

1. What makes Nakara Spa different from spas and other wellness centers?

- At Nakara Spa, we have made a sincere and dedicated effort to present the essence of Ayurveda in a new light, making it simple and suited to today's health needs. Education plays a pivotal role and with 800 hours of intensive training our team is qualified and ready to offer the most appropriate healthcare program for your needs. Our treatments are supported by ongoing research in this field. Our products are natural and certified. All these factors help create a unique and effective experience.

2. What else makes Nakara Spa unique?

- Nakara Spa operates under the guidance of highly experienced and certified practitioners, Dr. Rajeev and Dr. Suchada Marwah, founders of the International Research Center of Natural Science (IRCNS), an internationally accredited organization, well respected for its pioneering works in the field of Ayurveda and Holistic Healing Sciences. Together they have developed all the treatments and products integrating other holistic modalities as appropriate.

3. How do I know what therapies are good for me?

- We highly recommend that you visit the spa 20 minutes prior to your appointment so we may help you select your ideal treatment based on our complimentary "Know Yourself" session. This is a brief introductory session letting you understand your body type and helping you select therapies that are in harmony with you.

4. What kind of treatments will I receive?

- If you are here simply for a relaxing break you can choose treatments from our general therapies section.
- Treatments can also be customized for you based on your body type if you decide to complete our health assessment form.

5. What is a health assessment form?

- A health assessment form contains a short questionnaire that helps us understand you and your dosha type so we may offer the therapies that are most effective for you.

6. What is a Dosha Type?

- According to Ayurveda, each person is a unique combination of three different operational energies, namely Vata (air), Pitta (fire) and Kapha (water). These operational energies or Doshas can change creating an imbalance within us.

7. What factors may cause Doshas to become imbalanced?

- Doshas can be disturbed by factors including seasonal changes, improper diet or lifestyle, mental or emotional stress, environmental impact on the physical body from pollution, excessive exposure to computers, television, mobiles or any other electromagnetic influences, hidden allergies from clothing, aromas, food and spices etc.

8. What differentiates an Ayurvedic massage?

- The massage starts with the therapist centering both themselves and the guest through energy exercises to create a serene environment.

- There may be lots of oil used on the body and head in some treatments.

These are deeply relaxing and help the body regain its balance.

- The massage therapies use techniques like hook in back up, kneading, working on marmas etc., all unique to Ayurveda.

9. Are there any restrictions during an Ayurvedic treatment?

- In terms of exercise, you should avoid exerting yourself with activities like running, jogging, swimming in cold water, rigorous sport or weight lifting. Leisure walks in a warm environment are encouraged. Yogic breathing, meditation and relaxation techniques are advised.

- The use of TV, computers and mobiles is discouraged immediately after a treatment.

- Cold food, cold water, coffee and alcohol are to be avoided after a treatment.

- If the above are not followed the guest may experience a severe Healing Crisis.

10. What is a Healing Crisis?

- A healing crisis is a temporary condition in which a person may experience symptoms such as fever, headache, tiredness, frequent urination, running nose, increased appetite or increased thirst after a treatment. It is best to allow your body to go through the entire healing process as the positive changes are happening at a deeper level and these changes are permanent in nature, if one maintains a lifestyle that is in harmony with your Prakruti or basic nature.

11. How many treatment do I need to take?

- This depends on each individual's health requirements. Details of your wellness sessions will be provided after reading your Health Assessment form.

12. Are your Ayurvedic oils safe?

- Yes, all our products are completely natural, herbal and certified. Furthermore they have been used by thousands of people for over a decade and have been effective in curing complicated health conditions.

13. Is it advisable to leave the oil on the head and body after the massage?

- Yes. You may take a warm shower after 20 minutes.

14. What else do I need to know?

- We encourage you to kindly read our Spa Guidelines section for further information.

Our spa reception will be pleased to offer any kind of assistance you require.

You may also email us at info@nakaraspa.com and we will answer your queries promptly.

We look forward to welcoming you to our spa and providing an experience that you will cherish forever.



Nakara Spa
WELLNESS FROM WITHIN

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