A journey of simple harmony

Namm

spa
Namm, pronounced “narm”, is a Thai word that signifies “water” - the most essential element of life that offers so many healing applications both inside and out. It is this concept of healing through water that inspired us to create Namm Spa, where the skilful 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, revitalise and enhance your well-being. Each specialised 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.
HOW TO SPA

Arrival Time
Please check in at the spa reception at least 15 minutes prior to your scheduled appointment. Arriving late will result in a reduction of your treatment time.

Cancellation Policy
Because treatments are reserved especially for you, the appointments cancelled with less than 6 hour notice and “no-shows” will incur a cancellation fee of 100% of the reserved treatment price.

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 should 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
Jewellery and valuables may be placed in secured drawers in treatment rooms; however, we recommend that no jewellery to 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.

Opening Hours:
We are open daily from 11am to 10pm.

To book an appointment for your well-being experience, please call +971 (2) 698 8300 or email dtadspa@dusit.com, where we can discuss your priorities and guide you through the menu.

You can visit Namm Spa at Dusit Thani Abu Dhabi, on the 21st floor.

**All prices are quoted in UAE dirhams and are inclusive of 10% service charge and 6% tourism fee.**
Thai Heritage Therapy - 2.0 hours

The authentic Thai therapies and Thai herbal medicines have been created by traditional Thai doctors within the Thai Royal Family for more than 2000 years. These precious legacies are transferred to Thai people generation to generation throughout the country. The Traditional Thai Therapy believes that illness stems from energy imbalance. When the energy pathways are blocked, sickness takes place. The Thai Heritage Therapy program combines the essence of Thai therapy to bring body and mind into our equilibrium. The program starts with Hermit’s Body Twist to provide body exercise based on body stretch movement and breath exercise. The treatment is followed by an 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 balance.

The Ultimate Namm Spa Journey - 3.5 hours

From the crown of your head to the tips of your toes, this journey will leave you with the feeling of total well-being and harmony. Start your ritual by bathing in nourishing oil infused with Tiare flowers, that naturally soothe and condition. Your skin is polished to perfection with sea salts rich in trace elements and minerals relieving stress and revealing a youthful glow. Your body is then enveloped in pink kaolin clay which will comfort and nourish a dehydrated skin, followed by a full body massage to ease away any stress. Conclude your journey with a superbly brightening facial, using unique cryotherapy ice cubes to contour and firm your skin.

NAMM SIGNATURE JOURNEYS
Anti-Stress Back Massage - 45 minutes
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 aromatic oil blend work into the muscle and soft tissue to relieve stress and tension.

Swedish Harmony - 60/90 minutes
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.

Deep Tissue Harmony - 60/90 minutes
This therapeutic and energising body work wonderfully features back compress to relieve muscle tension on the back area together deep tissue massage on the deepest layers of muscle tissue, to ease away tension and aching muscles.

Thai Harmony - 60/90 minutes
The Traditional Thai massage blends a strong and invigorating massage, using deep finger pressure point, with a 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 an excellent inner balance.

Hot Stone Harmony - 90 minutes
Thermal Stones massage uses black basalt stones the heating effect to relieving aches and pain as well as stimulating blood circulation which helps in balancing your body energy.
Lemongrass Salt Body Scrub - 60 minutes
Containing the abundance in minerals and trace elements which are vital to a youthful and healthy looking skin, sea salt is mixed with lemongrass blend oil to deeply cleanse, buff roughness away, stimulate circulation as well as creating warmth in the body. This ultra fresh formula will keep your skin soft and velvety with a healthy and youthful radiance.

Date & Cardamom Body Scrub - 60 minutes
Say goodbye to dry skin with a treat from Date and Cardamom Body Scrub, this indigenous recipe contains a healthy array of vitamins, dates work as an excellent moisturiser to protect skin from dryness, whilst cardamom powder create a warm finish for the skin, gently stimulate body circulation. This scrub recipe also uses ground rice as the natural grains to remove worn out skin cell. Your skin will feel and look smoother with an even tone and healthy colouring.

Gold Nourishing Body Scrub - 60 minutes
The healing power of natural ingredients for absolute recipe of scrub formulated with snow lotus for soothing and healing properties combined with gold leaf is supreme anti-ageing benefits plus licorice extract for ultimate brightening effect. Infused with essential oil of Angelica root, making your skin smooth, fresh and well-nourished with uplifting aroma. Superb for anti-aging.

BODY SCRUB THERAPIES
Pink Kaolin Nourishing Body Mask - 60 minutes
An ultra moisturising and hydrating body envelopment designed to recondition dry, dehydrated or sun damaged skin. This treatment begins with a full body brushing followed by an application of Pink Kaolin clay combined with nutrient rich treatment oils. Whist you are warmly cocooned, a deeply relaxing scalp massage is performed. A perfect full body thirst quencher for tired sensitive skin.

Caramel Sea Mud Body Mask - 60 minutes
The ultimate jet lag reviver using mud derived from the Dead Sea. This natural clay wrap is rich in sulphur and trace elements, helping to re-mineralise skin, reduce the cellulite, drain excessive water retention and relieve muscle aches and stiffness after a long hour journey. Gentle enough for all skin types, even sensitive skin.

Whitening Seaweed Body Mask - 60 minutes
Specially designed to contour and firm the body, this slimming treatment uses multi-colour 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, whilst its powerful minerals restores skin tone and vitality.
Anti-Aging Facial - 60 minutes
Combat the signs of aging and maintain a youthful face with the power of the 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, fibre destruction and skin sagginess and diminish fine lines and wrinkles, giving a more youthful appearance to the skin.

Nourishing & Soothing Facial - 60 minutes
Designed for those who have dry and sensitive skin, this facial from the sea uses gentle marine product, 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.

Skin Fitness for Men Facial - 60 minutes
A well-groomed experience specially formulated to the needs of male skin. This men vitality facial deeply cleanses and tightens the skin pores, 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.

Age Defying Ice Facial - 60 minutes
A contouring and firming facial designed to combat the visible signs of ageing; excellent for mature, dry and dehydrated skin. Innovative Anne Semonin neurocosmetic ingredients are combined with 100% active serums and advanced cryotherapy ice cubes to regain the skins natural youthful glow. The result is instantly tightened and firmed skin, a superb brightener for special events and boosting skin vitality.

Ultimate Facial Cleanse - 75 minutes
Ideal for a combination of oily, congested or problematic skin, this complete deep cleansing purifying treatment combine detoxifying and anti-inflammatory peel off mask and aromatic intensive complexes with re-balancing lymphatic drainage massage are used to soothe, calm and rebalance the skin to encourage a visibly clear complexion.

FACIAL THERAPIES
Thai Herbal Steam - 30 minutes
Fresh Thai herbal slices and camphor powder naturally clear the respiratory system. The heat around 39 degrees Celsius of this aromatic steam helps relieve muscle tension and soreness, increase metabolic rate, stimulate blood circulation as well as detoxifying the body.

Arabian Honey and Milk Bath - 30 minutes
Filled with a rich infusion of fresh milk, geranium rose oil and natural honey. The fresh milk gently removes worn out skin cell and moisturizes the skin with natural honey to ease your worries away. It hydrates and cleans your skin which becomes softer and smoother with dryness and irritation relieved. Mild and gentle, this is especially made for those with sensitive and delicate skin.

WATER TREATMENTS

EXPRESSION HARMONY
The perfect treatment for those who are short on time.

Head & Shoulder Massage - 30 minutes
This massages focuses on the head, neck and shoulders. Ideal for relieving stress and promoting a restful sleep.

Relaxing Facial Massage - 30 minutes
The relaxing and soothing effleurage massage techniques used in this facial massage tone and ease all facial muscles, boosting circulation, eliminating toxins and helping the skin to regain its youthful qualities. An excellent addition to any treatment or on its own.

Refreshing Facial - 30 minutes
Designed for those with little time but need to refresh and brighten their skin, our express facial cleanses, exfoliates, nourishes and moisturises, leaving the skin looking fresh, bright and soft. Products are especially selected for your skin type.
SPAS PROGRAM

Glow - 2.0 hours
This ultra-radiance package incorporates a 30-minute body scrub and a 90-minute body massage for total relaxation.

Thermal Stones Ritual - 2.0 hours
A perfect combination of Thermal Stones massage and relaxing facial massage remedies for tired, aching muscles. This massage uses Black Basalt Stones heating effect to relieve aches and pains as well as stimulate blood circulation and complete the pampering with a 30-minute relaxing facial massage.

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 concludes the ritual with a 90-minute body massage.

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 a 90-minute body massage.

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 complete with a 60-minute facial.
DFiT is Dusit Thani Hotels & Resorts’ branded chain of fitness studios. DFiT promotes the concept of improved health, wellness and athletic skills in the comfort of a deluxe hotel.

Our fitness studio has the latest equipment designed to meet the different fitness goals and varying needs of our members and guests.

Located on the 20th floor, the studio features Life Fitness Strength and Cardio Equipment, Cardio Entertainment System, Group Fitness Classes, Outdoor Area Classes, Sauna and qualified personal trainers.

YOGA

A range of yoga classes that focus on a slower pace with longer-held poses exploring healthy alignment to more vigorous, athletic flowing styles are available for those looking to strengthen and tone your body, become present within the heart, anchor the mind, and create clarity for the soul.