

SEPTEMBER

ACTIVITIES SCHEDULE

The Naka Island offers you a variety of activities during your stay with us.

DAY	TIME	CHILDREN & FAMILIES	ADULTS	VENUE (S)
MONDAY	08:30 - 09:00		Tai Chi	Beach Lawn
	13:00 - 15:00	Batik Painting*	Batik Painting*	Pool Hut
	14:00 - 15:00		Royal Thai Massage Lesson**	Spa Naka
	15:00 - 15:45	Balloon Art	Muay Thai	Multi-purpose Sala
	16:00 - 16:30		Balloon Art	Pool Hut
TUESDAY	08:30 - 09:15		Stretching	Multi-purpose Sala
	10:00 - 10:30	Mask Painting		Pool Hut
	13:00 - 15:00	Gel Candle Making*	Gel Candle Making*	Pool Hut
	14:00 - 15:00	Animal Folding	Animal Folding	Pool Hut
WEDNESDAY	08:30 - 09:15		Yoga Class	Multi-purpose Sala
	12:30 - 13:00	Curry Class	Curry Class	Tonsai
	13:00 - 15:00	Batik Painting*	Batik Painting*	Pool Hut
	14:00 - 15:00		Watsu Demonstration	Spa Naka
	15:00 - 15:45		TRX Workout	Multi-purpose Sala
THURSDAY	08:30 - 09:15		Pilates on the Mat	Multi-purpose Sala
	13:00 - 15:00	Fan & Umbrella Painting*	Fan & Umbrella Painting*	Pool Hut
	15:00 - 15:30		Mixology Class	Z Bar
FRIDAY	15:00 - 15:45		ABS-Abdominal Class	Pool Hut
	08:30 - 09:15		Aerobic Dance	Multi-purpose Sala
	12:30 - 13:00	Curry Class	Curry Class	Tonsai
	13:00 - 14:00	Gel Candle Making*	Gel Candle Making*	Pool Hut
SATURDAY	14:00 - 15:00		Beginner Thai Massage Lesson**	Spa Naka
	15:00 - 15:45		Mountain Bike Tour	Pool Hut
	08:30 - 09:15		Body Combat	Multi-purpose Sala
SUNDAY	13:00 - 15:00	Painting Workshop*	Painting Workshop*	Pool Hut
	15:00 - 15:45		Pool Table Games	Pool Hut
	16:00 - 17:00	Braided Bracelet	Braided Bracelet	Concierge
SUNDAY	08:30 - 09:45		Aqua Aerobics	Pool Hut
	10:00 - 10:30	Learning Thai	Learning Thai	Pool Hut
	13:00 - 15:30	Gel Candle Making*	Gel Candle Making*	Pool Hut

PRIVATE ACTIVITIES & FEES

- ❖ Thai Boxing Class – THB 1,500 nett per class maximum for 2 people
- ❖ Yoga Class – THB 1,500 nett per class maximum for 2 people
- ❖ Circuit Training – THB 1,500 nett per class maximum for 2 people
- ❖ Yoga Board – THB 1,500 nett per class maximum for 2 people

Note: 3 classes for THB 4,000 nett, maximum 2 people

PRIVATE LESSONS FOR WATER SPORT ACTIVITIES AND FEES

- ❖ Windsurfing – THB 1,000 nett per person per hour
- ❖ Sailing – THB 1,000 nett per person per hour

REMARKS

- ❖ Reservations in advance are required due to limited number of space available and are based on a first come first serve basis.
- ❖ Please arrive at the designated venue 10 minutes in advance.
- ❖ Activities may be cancelled without notice due to the insufficient participants or poor weather conditions.
- ❖ *Some charges apply for any activities using equipment
- ❖ **Maximum of 4 people per class

Jet Skis or other tours offered on the beach are neither operated nor endorsed by the Resort. Please exercise caution if you decide to use these private third-party facilities.



THE NAKA ISLAND NEWSLETTER

SEPTEMBER 2017

HOTELS THAT DEFINE THE DESTINATION™

Sawaddee Naka Island!

"Sawaddee" is the Thai way of greeting. We are delighted to have you here with us and trust that your stay is enjoyable and memorable.

On this Tropical hideaway, there are a lot of activities to enhance your stay. We are able to offer you activities, such as playing pool with your friends, or joining mixology class to learn the secret recipe of our signature cocktail Naka Coco Rum, or enjoying animal folding session. For those with a sense of adventure, riding a bicycle or kayaking around the island are exciting ways to explore the area.

Should you require any assistance, please let us know by dialing "0" from your in-villa phone, or contact our Concierge team.

Have an exceptional stay!

The Naka Island Team

luxurycollection.com/naka [facebook.com/thenakaisland](https://www.facebook.com/thenakaisland) [nakaislandphuket](https://www.instagram.com/nakaislandphuket)



PRIVATE WINE DINNER

Experience an exclusive evening of fine wine tasting, followed by an exquisite 5 course dinner paired with a premium selection of wines.

THB 4,567 ++ per person



AFTERNOON TEA

FROM 03:00PM - 05:00PM

Relax and indulge during the afternoon in Tonsai or your private villa and enjoy the most refined of British traditions - High Tea. Freshly-cut sandwiches and rolls mouth-watering pastries, home-made scones with Chantilly cream & jam, plus your choice from a superb selection of teas.

THB 750++ for two
Select from our range of teas



BOTTOMLESS THAI BEER

Indulge yourself with 2 hour free flow of Thai beer (Singha, Chang, Phuket Beer), served with Grilled Chicken Wings

PRICE THB 690++
Tonsai, Pool Bar, Zbar
Everyday



SPRING CHICKEN & CHIANTI CLASSICO

Indulge yourself with a whole Spring Chicken paired with a glass of Chianti Classico Riserva DOCG Castellare di Castellina from Italy.

PRICE THB 1,200++
My Grill
06:00PM - 11:00PM



AFTERNOON TREAT

Experience our complimentary homemade ice cream whilst you relax around our pool area. Made from local inspired ingredients such as Coconut, Banana & Mango, this will surely become your daily ritual during your stay with us.

Pool Hut
02:00PM - 05:00PM



POOL BAR

FROM 11:00AM - 06:00PM

Enjoy refreshing Tropical drinks, cocktails, and snacks by the pool at the [Pool Bar](#).

Happy discount by temperature
04:00PM - 06:00PM



SPARKLING ROSE'

Light up the day with a bottle of sparkling rose' in your private villa, by the pool, or in the restaurants.

Herzog Von Nassau from Germany

PRICE THB 990++
Tonsai, Pool Bar, Zbar,
In Villa Dining
Everyday

Price is subject to a 10% service charge and 7% government tax. Reservations in advance are required.



BODY – Physical and well being activities

- ❖ **Muay Thai** : Thailand's National Sport, Muay Thai is a unique combat sport that uses stand-up striking along with various clinching techniques.
- ❖ **Kayaking** : Explore our picturesque destination from the ocean by kayaking around the island. This will take approximately 2 hours and may be in a single or double kayak. If you manage to complete the challenge, you will be rewarded a certificate!
- ❖ **Resort Biking** : To energize the body and mind by discovering scenic places all around the resort and nearby areas on the island. The bicycle shop is located at The Pool Hut area. Complimentary daily from 8:30 AM to 4:00 PM. A daily charge applies for use outside these hours.

SOUL – Connect with your spiritual side, relax your body and release tension

- ❖ **Yoga** : Invigorate your mind with a series of slow and steady postures in sync with breathing exercises that stretch the muscles and assist to stimulate blood circulation, releasing energy blocks from various parts of the body.
- ❖ **Watsu** : This unique treatment is performed in our Watsu Pool by our trained therapist, with rhythmical flowing movements, the treatment releases muscular and joint restrictions along with a deep relaxation which encourages you to destress and tension. Join us for a Watsu demonstration to learn more of this treatment. Please note, swimming attire are required to be worn for this treatment.
- ❖ **Thai Massage Lesson** : Discover the secret of Thai Massage. Learn how to boost circulation and the ancient form of Thai bodywork to create the invigorating feel, harmonizing the mind , body and soul.

MIND – Culture based and low physical activities

- ❖ **Herbal Ball Making** : "Herbal Ball" is the mixture of Thai herbs tied up in a clothed ball. To release the muscles tension, a steamed herbal ball is used to lightly pound or rub the area. Discover the Naka Herbal Ball recipe, and enjoy making your own herbal ball.
- ❖ **Animal Towel Folding** : Induce relaxation and ignite creativity with animal towel folding. Our associates from Housekeeping team will guide you how to create cuddly animals from simple towels. Make normal laundry interesting, especially to the kids.

We also offer an array of offsite activities including Long tail boat excursions, day tours to Phi Phi or James Bond Island and more. For more information, please contact Hotelbeds Tour Desk or dial "6623" from your villa, during 08:00AM - 12:00PM and 01:00PM - 5:30PM.

NAKA BALANCING PACKAGE 2 HOURS

Jasmine Rice Body Scrub
Aromasoul Ritual Massage
Bright Face Perfect

**THB 4,000 ++ per person or
THB 7,000 ++ per couple**

Prices are exclusive of tax and service charge

WELLNESS PACKAGE

Invigorate your body & mind with a selection of 5 Naka Island Wellness Packages. Each package is the combination of 1 hour private class and 1 hour spa treatment

Pilates On The Mat+ Thai Massage
Thai Boxing Class + Thai Massage
Cardio Circuit Class + Intensive Muscle Release
Sailing Lesson + Relaxing Massage
Windsurfing Lesson + Relaxing Massage

**Single: THB 3,500 net per package
Couple: THB 5,500 net per package**

Offer cannot be used in conjunction with any other promotions.
*Terms and conditions apply.

SPECIAL OFFER FOR SPG

Rejuvenate your body and mind with special offer for SPG Member 30% discount apply to all treatment from 09:00AM to 02:00PM at Spa Naka.

*Exclusive of Naka bath collection and nail care.

Offer cannot be used in conjunction with any other promotions.
*Terms and conditions apply.

FREE SHUTTLE BOAT SCHEDULE

This complimentary shuttle speed boat service will take you to explore Phuket Island, our big sister.

*Advance bookings are required and subject to seat availability.

FROM RESORT PIER TO AO POR GRAND MARINA

07:00AM | 11:00AM | 02:00PM

FROM AO POR GRAND MARINA TO RESORT PIER

05:00PM | 09:00PM | 11:00PM



In order to respect all of our guests' privacy please be informed that operating drones are not permitted at our resort

