

## HOW TO SPA

- All the treatments offered are non-therapeutic procedures for a feeling of well-being. The term "massage" may also be used to refer to body sculpture. All our massages are performed by professionally-trained therapists.
- The spa is open every day of the week. Advance booking is recommended. Please call or visit to discuss your treatment.
- Please arrive for your appointment at least 15 minutes in advance.
- We recommend you come to the spa dressed in a bathing costume and robe.
- Admission to the spa is only for adults and persons over 16 years of age.
- Please refrain from smoking or using your mobile phone inside the spa.

## CANCELLATION POLICY

- Please cancel your appointment at least 4 hours in advance to avoid a 50% penalty charge.
- Regrettably should you arrive late your treatment time may have to be curtailed depending on availability.
- Please complete a spa consultation form to ensure that any allergies or medical concerns are known to us. This will prevent any unexpected reactions to the products or treatments.

"AT PULLMAN SPA, WE UNDERSTAND THAT EVERYBODY IS DIFFERENT EVERY DAY AND OUR BODIES CHANGE THROUGHOUT THE MOMENTS OF EACH DAY. OUR WELLNESS EXPERIENCES ARE DESIGNED TO MATCH THESE MOMENTS, ENSURING ENERGY IS RESTORED, RELAXATION ACHIEVED AND BLISSFULNESS BESTOWED."

PULLMAN HOTELS & RESORTS HAVE SO MUCH TO OFFER FOR STAYING ON TOP OF THE GAME, MORNING, NOON AND NIGHT. BECAUSE THERE'S MORE TO LIFE THAN WORK.



Pullman Hotels & Resorts are helping to create a healthier generation of travellers.

An **ACCORHOTELS** brand

ACCORHOTELS IS COMMITTED TO YOUR WELLBEING  
Our Hospitality is designed with 4 pillars of wellbeing in mind.  
We're looking after you in the way that you deserve.



SLEEP



FOOD



SPORT



SPA

PULLMAN BANGKOK KING POWER

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PULLMAN  
spa





**WAKE UP TREATMENTS...  
THE BEST WAY TO START THE DAY**

**DETOX**

**Body Detox Exfoliation - 60 mins - 2,200 Baht**

A firming coffee body scrub combines apricot, jojoba and coffee seed powders to stimulate circulation and give a radiant complexion.

**ENERGY**

**Traditional Thai Massage - 60 mins - 1,800 Baht,  
90 mins - 2,400 Baht, 120 mins - 3,000 Baht**

Combines acupressure and stretching techniques using the palms, elbows and thumbs.

**BALANCE**

**Relaxing Aroma - 60 mins - 2,800 Baht,  
90 mins - 3,800 Baht, 120 mins - 4,800 Baht**

With the essential oil of your choice to awaken the senses.

**AGE DEFENSE**

**Tonic Aroma Massage - 60 mins - 2,800 Baht,  
90 mins - 3,800 Baht, 120 mins - 4,800 Baht**

With the essential oil of your choice for pain relief.

**Facial White Radiance Treatment- 60 mins - 3,200 Baht**

Aids tired, dehydrated skin and irregular pigmentation reduction.

**SENSORIAL TREATMENTS...  
TO UNWIND**

**A SPECIAL TEA SERVICE IS SERVED  
WITH THESE TREATMENTS.**

**Siamese Treatment - 2 hrs. - 3,000 Baht, Duo 5,500 Baht**

Sea Salt Foot Bath, Thai Herbal Steam, Traditional Thai Massage and Blended Herbal Tea.

**Ultimate Retreat - 3 hrs. - 6,600 Baht, Duo 12,800 Baht**

Jasmine Rose Milk Bath, a choice of Body Scrub, Deep Relaxing Aroma Massage with Warm Oils and Blended Herbal Tea.

**Deep Relax - 3 hrs. - 7,500 Baht, Duo 14,000 Baht**

Sea Salt Foot Bath, Thai Herbal Steam, Deep Relaxing Aroma Massage with Warm Oils, White Radiance Facial Treatment and Blended Herbal Tea.

**Perfect Beauty - 3.5 hrs. - 8,000 Baht, Duo 15,000 Baht**

Exotic Rose Milk Bath, a choice of Body Scrub, White Radiance Facial Treatment and Nail Polish for Hands & Feet.

**Double the Decadence - 4 hrs. - 9,900 Baht,  
Duo 18,500 Baht**

Romantic Rose Milk Bath, a choice of Body Scrub, Le Spa Warm Oil Massage, White Radiance Facial Treatment and Blended Herbal Tea.

**DAY TIME TREATMENTS...  
TO REGENERATE**

**DETOX**

**Signature Massage - 60 mins - 2,800 Baht  
90 mins - 3,800 Baht, 120 mins - 4,800 Baht**

Combining Shiatsu, Swedish, Aromatherapy and Thai massage

**ENERGY**

**Thai Herbal Compress Massage - 90 mins - 3,000 Baht**

Heated aromatic herb poultices soothe tired and aching muscles.

**BALANCE**

**Oriental Foot Massage - 60 mins - 1,800 Baht**

Aromatherapy oils and acupressure points stimulate and restore the body's balance.

**Volcanic Hot Stone Massage - 90 mins - 4,000 Baht**

Smooth hot basalt stones rebalance your body, mind and spirit.

**Hammam Experience - 90 mins - 4,500 Baht**

Improves blood circulation and detoxifies your skin by combining a steam bath, Kessa glove black soap scrub and Argan oil massage.

**AGE DEFENSE**

**Coconut Body Exfoliation - 60 mins - 2,200 Baht**

Moisturizes and refreshes with the use of exfoliating coconut husks and ground coconut shells.

**Anti-Aging Facial by Filorga - 60mins - 4,500 Baht**

A treatment which intensely rehydrates tissues as well as boosting and redensifying the skin.

**Manicure / French - 60 mins - 800 / 1,000 Baht**

**Pedicure / French - 60 mins - 1000/ 1,200 Baht**

**LIFESTYLE EXPERIENCES...  
FROM SUNRISE TO SUNSET**

**ENERGY - 60 mins - 2,990 Baht**

30-minute private fitness coaching, 30-minute Hammam treatment and culinary options by the pool plus mixed fruit and vegetable juice.

**BALANCE - 90 mins - 4,500 Baht**

Specialized breathing techniques, 30-minute private yoga session, 60-minute relaxing massage and culinary options by the pool.

**DETOX - 100 mins - 4,700 Baht**

Warm lime juice with 30 minutes' private fitness coaching, 20 minutes in the steam room, 20-minute body scrub, 30-minute muscle massage and active breakfast by the pool.

\* 24 hours advance reservation is required.

\*\*Guests can select more than one activity and we can devise a wellness program on other days during your stay. Book more than 2 activities and receive 10% discount.

**AGE DEFENSE - 120 mins - 5,500 Baht**

Anti-aging facial by Filorga, 30-minute body scrub and 30-minute body massage.

**EVENING TREATMENTS...  
TO RELAX & UNWIND**

**DETOX**

**Thai Herbal Steam - 30 mins - 800 Baht**

An ancient recipe using more than 10 different Thai herbs.

**Jasmine Rice Body Exfoliation - 60 mins - 2,200 Baht**

Ground organic jasmine rice with a mixed fruit extract and Aloe Vera powder regenerates skin cells and adds softness and moisture.

**ENERGY**

**Exotic Rose Milk Bath - 30 mins - 1,200 Baht**

This concentrated milk bath oil is ideal for stiff joints and muscles.

**BALANCE**

**Jasmine Milk Bath - 30 mins - 1,200 Baht**

A jasmine and grape seed oil bath with nourishing vitamin E and plants extracts.

**AGE DEFENSE**

**Aloe Vera & Sunburn Treatment - 60 mins - 2,500 Baht**

With snow lotus to reduce inflammation, rehydrate and cool the skin.

**Extra Firming Facial by Filorga - 75 mins - 5,500 Baht**

Helps alleviate sagginess, dryness and a lack of elasticity.

**Skin Repair Facial by Filorga - 75 mins - 5,500 Baht**

Refreshes tired and dry skin, pores, irregularities, imperfections and shine and helps to reduce wrinkles.

**EXPRESS TREATMENTS...  
FOR A WELLNESS MOMENT ON THE GO**

**The Unwind Massage - 30 mins - 1,000 Baht**

This relaxing massage concentrates on the back, neck and shoulders.

**Endermologie - 30 mins - 3,000 Baht**

**Endermologie - 45 mins - 4,100 Baht**

LPG's treatment using the Endermologie technique from France is 100% natural for visible slimming skin radiance and anti-aging results.

**Series of 3 Sessions - 45 mins 10,700 Baht**

**Series of 5 Sessions - 45 mins 17,500 Baht**

**Series of 7 Sessions - 45 mins 23,900 Baht**

Select your priority (...), android body, gynoid body, shorty, total care, cellulite smoothing, aqueous cellulite, fluid mobilization, skin toning, perfect shaping

**Hammam Experience - 45 mins -3,500 Baht**

A steam bath following by an application of black soap and skin scrub with a Kessa glove.

**Wellness Facial Treatment  
for Men /Woman - 45 mins - 3,500 Baht**

A unique combination of specialized products to give all skin types the perfect balance.

**Hands or Feet Essential - 45 mins 1,500 Baht**

An exfoliation and massage using aromatherapy oils for the relief of muscular tension.

