

PULLMAN
spa





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

DETOX

Body Detox Exfoliation - 60 mins - 2,200 THB

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 THB,
90 mins - 2,400 THB, 120 mins - 3,000 THB**

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

BALANCE

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

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

AGE DEFENSE

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

With the essential oil of your choice for pain relief.

Facial White Radiance Treatment- 60 mins - 3,200 THB

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 THB, Duo 5,500 THB

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

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

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 THB, Duo 14,000 THB

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 THB, Duo 15,000 THB

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 THB,
Duo 18,500 THB**

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 THB

90 mins - 3,800 Baht, 120 mins - 4,800 THB

Combining Shiatsu, Swedish, Aromatherapy and Thai massage

ENERGY

Thai Herbal Compress Massage - 90 mins - 3,000 THB

Heated aromatic herb poultices soothe tired and aching muscles.

BALANCE

Oriental Foot Massage - 60 mins - 1,800 THB

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

Volcanic Hot Stone Massage - 90 mins - 4,000 THB

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

Hamam Experience - 90 mins - 4,500 THB

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 THB

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

Anti-Aging Facial by Filorga - 60mins - 4,500 THB

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

Manicure / French - 60 mins - 800 / 1,000 THB

Pedicure / French - 60 mins - 1000/ 1,200 THB

LIFESTYLE EXPERIENCES... FROM SUNRISE TO SUNSET

ENERGY - 60 mins - 2,990 THB

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 THB

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

DETOX - 100 mins - 4,700 THB

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 THB

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 THB

An ancient recipe using more than 10 different Thai herbs.

Jasmine Rice Body Exfoliation - 60 mins - 2,200 THB

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 THB

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

BALANCE

Jasmine Milk Bath - 30 mins - 1,200 THB

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

AGE DEFENSE

Aloe Vera & Sunburn Treatment - 60 mins - 2,500 THB

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

Extra Firming Facial by Filorga - 75 mins - 5,500 THB

Helps alleviate sagginess, dryness and a lack of elasticity.

Skin Repair Facial by Filorga - 75 mins - 5,500 THB

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 THB

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

Hamam Experience - 45 mins -3,500 THB

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 THB**

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

Hands or Feet Essential - 45 mins 1,500 THB

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

All prices are net and inclusive of service charge and government tax.

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.



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SLEEP



FOOD



SPORT



SPA

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