



FIGHT FOR NATURAL BEAUTY

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.



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.

Brightening Facial Treatment - 60 mins - 3,200 Baht

Reduce dark Spot, Give radiance and even complexion.

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, White Radiance Facial Treatment 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 Wrinkle Facial by Filorga - 60 mins - 4,500 Baht

A treatment which plump and smooth your 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 minutes private fitness coaching, 30 minutes Hammam treatment and culinary options by the pool plus mixed fruit and vegetable juice.

BALANCE - 90 mins - 4,500 Baht

Specialized breathing techniques, 30 minutes private yoga session, 60 minutes 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 minutes body scrub, 30 minutes 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.

FIRMNESS

Firmness facial by filorga - 60 mins - 4,500 Baht

A treatment which redensifying and improve firmness of your skin.

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.

Signature Facial by Filorga - 90 mins - 5,500 Baht

Premium Global treatment which rejuvenate your skin by improving the firmness, smoothing your skin and reducing dark spot.

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.

Hammam Experience - 45 mins - 3,500 Baht

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

Exclusive Pullman Facial by Filorga - 45 mins - 3,500 Baht

A unique relaxing combination of specialized Filorga Products to give a radiance and hydrate skin.

Hands or Feet Essential - 45 mins 1,500 Baht

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



ENDERMOLOGIE® TREATMENTS



Experience new Endermologie® and slimming techniques using the latest technology with amazing results at Pullman Spa.

LPG or Louis Paul Guitay who developed Endermologie® technique from France which it aims to optimize tissue health, rejuvenate the senses and reinvigorate the body. The 100% natural non-invasive, non-aggressive mechanical skin stimulation technique which naturally reactivates the cells' metabolism.

Body Endermologie® features customized body treatments from 1-10 targeted areas for women and from 1 to 6 targeted areas for men including the arms, back, waist, stomach and thighs. It helps to smooth cellulite, release fat and firm the skin.

Face Endermologie® boosts the natural synthesis of essential youth substances including collagen for more firmness, elastin for more suppleness and hyaluronic acid for more volume and hydration.

THB 100 NET PER MINUTE

CLASSIC TREATMENTS

	MIN	THB
Glow	15	1,500
Eye & Lip	10	1,000
Fluid Mobilization, Total Eye	20	2,000
Décolleté & Bust	25	2,500
Anti-aging Replumping, Resculpting, Toning	30	3,000

SIGNATURE TREATMENTS

Skin awakening	10	1,000
Cellular Stimulation	30	3,000
Perfect Eyes & Lips treatment	10	1,000

EXPRESS TREATMENTS

Forehead, Eye circles & puffs, Eye anti-wrinkle, Mouth area, Jaw line, Double chin, Neck, Décolleté, Hands	10	1,000
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ENDERMOLOGIE® WELL-BEING TREATMENTS

Detox	30	3,000
Relaxation	30	3,000

90-MIN RELAXATION TREATMENT: Perfect shaping, perfect eye & lip and 1 time of hammam experience

60-MIN FIRMNESS TREATMENT: Fluid mobilization and total care program

60-MIN REDYNAMING TREATMENT: Cullulite smoothing and stomach skin tonic

60-MIN JET LAG TREATMENT: Re-plumping and fluid mobilization

ENDERMOLOGIE® MINUTE TREATMENTS

250 mins	FREE 25 minutes
500 mins	FREE 25 minutes and 1 time of Hammam Experience
1000 mins	FREE 45 minutes plus LPG® Endermowear™ bodysuit and 1 time of Hammam Experience

All prices are inclusive of service charge and government tax