

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 you will experience a deep relaxation and relief from tension to restore the balance of your body and soul.

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.

DAY TIME TREATMENTS...TO REGENERATE

DETOX

Signature Massage -90/120 mins -4,200/5,200 Baht

Combining Shiatsu, Swedish, Aromatherapy and Thai techniques, using medium to strong pressure. Your treatment will be completed by a face cleansing and scalp massage to relieve tension and balance the body.

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.

Hamamm 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



A SPECIAL TEA SERVICE IS SERVED WITH THESE PACKAGES.

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

Begin with a Sea Salt Foot Bath followed by a Thai Herbal Steam and Traditional Thai Massage to balance your energy flow for the ultimate sense of relaxation. Your treatment is complemented by a refreshing blended herbal tea.

Ultimate Retreat-3 hrs.-6,600 Baht, 2 Guests 12,800 Baht

A complete body rejuvenation experience which starts with Exotic Rose Milk Bath followed by a Full Body Scrub, a Deep Relaxing Aroma Massage with Warm Oils and a refreshing blended herbal tea.

Deep Relax-3 hrs. -7,500 Baht, 2 Guests 14,000 Baht

Start your spa experience with a Sea Salt Foot Bath and Thai Herbal Steam followed by a Deep Relaxing Aroma Massage with Warm Oils before ending with a Brightening Facial Treatment for a radiant complexion and a refreshing blended herbal tea.

Perfect Beauty -3.5 hrs. -8,000 Baht, 2 Guests 15,000 Baht

Begin with an Exotic Rose Milk Bath then a choice of Body Scrub to remove dead skin followed by Brightening Facial Treatment and Nail Polish for the Hands & Feet.

Double the Decadence - 4 hrs. - 9,000 Baht, 2 Guests 18,500 baht

Begin with a Romance Rose Milk Bath and refreshing Body Scrub followed by the deep relaxation of a Le Spa Warm Oil Massage and Brightening Facial for radiant skin. Then end your spa journey with a refreshing blended herbal tea.

LIFESTYLE EXPERIENCE FROM SUNRISE TO SUNSET

24 hours advance reservation is required.

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

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.

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 - 4,750 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.

Hamamm 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.

LOUIS PAUL ENDERMOLOGIE

SLIMMING & ANTI-AGING TREATMENTS

Non-surgical facelift and cellulite reduction by using the **LPG Cellu M6 Integral Machine from France**. It is more targeted, more intense and bring faster results with no side effects.

Lipomassage features customized body treatments including the arms, back, waist, stomach and thighs. It helps to smooth cellulite, release fat and firm the skin.

Facelift smooths the appearance of wrinkles, reduces dark circles under the eyes, slims the face and targets double chins.

BODY	MIN	THB
Android Body	45	2,800
Gynoid Body	45	2,800
Shorty	45	2,800
Total Care	45	2,800
Cellulite Smoothing	45	2,800
Aqueous Cellulite	45	2,800
Skin Toning	45	2,800
Fluid Mobilization	45	2,800

INSTRUCTION FOR BODY TREATMENT

1. Guest wears Endermowear
2. Welcome massage
3. Clean feet
4. Massage with LPG Endermologie

FACE

Fluid Mobilization and Eyes & Lips	45	2,500
Glow and Total Eyes	45	2,500
Age-defying Replumping	45	2,500
Age-defying Skin Toning	45	2,500
Age-defying Resculpting	45	2,500
Cellular Stimulation	45	2,500

INSTRUCTION FOR FACIAL TREATMENT

1. Cleansing step on face and neck
2. Massage with LPG Endermologie
3. Moisture & Protect
4. Skull massage



All prices are inclusive of service charge and government tax

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LPG Endermologie®

ADDITIONAL FACIAL TARGET TREATMENTS

	MIN	THB
Forehead	10	550
Eye Wrinkle	10	550
Eye circles & Puffs	10	550
Jaw line	10	550
Mouth Area	10	550
Double chin	10	550
Neck	10	550

ADDITIONAL BODY TARGET TREATMENTS

Arm Slimming	15	850
Arm Skin Toning - Firm	15	850
Stomach Slimming	15	850
Stomach Skin Toning - Firm	15	850
Tight Slimming	15	850
Tight Skin Toning - Firm	15	850
Tight Cellulite	15	850
Knees	15	850
Back Slimming	15	850
Back Skin Toning - Firm	15	850
Waist Slimming	15	850
Buttocks Slimming	15	850
Saddlebag Slimming	15	850
Calves Slimming	15	850

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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.



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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

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