

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

DETOX

Coffee Body Exfoliation 45 mins 1,700 THB
A firming coffee body scrub combines apricot, jojoba and coffee seed powder to stimulate blood flow, smooth and firming skin.

ENERGY

Tonic Aroma Massage 60 mins 2,600 THB 90 mins 3,600 THB

Combining techniques forearms, elbows and palms, using medium to strong pressure to stimulate blood circulation, release tension and generate vitality.

BALANCE

Traditional Thai Massage 60 mins 1,800 THB 90 mins 2,400 THB

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

DAY TIME TREATMENTS... TO REGENERATE

DFTO

Thai Herbal Compress Massage 90 mins 2,800 THB Heated aromatic herb poultices to improve blood circulation, soothe tired and aching muscles.

ENERGY

 Signature Massage
 60 mins 90 mins 3,800 THB

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

BALANCE

Oriental Foot Massage 45 mins 1,500 THB Aromatherapy oils and acupressure points stimulating and restoring the body balance.

Hammam Experience 90 mins 4,200 THB Improves blood circulation and detoxifies your skin with a steam bath, a black soap scrub with Kessa glove and Argan oil massage to relax and balance the body.

AGE DEFENSE

Coconut Body Exfoliation 45 mins 1,700 THB Moisturizes and refreshes with the use of exfoliating coconut husks and ground coconut shells.





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 45 mins 1,700 THB
Ground organic jasmine rice with a mixed fruit extract and Aloe Vela powder

Ground organic jasmine rice with a mixed fruit extract and Aloe Vela pow regenerates skin cells and adds softness and moisturize.

ENERGY

 Relaxing Aroma Massage
 60 mins
 2,600 THB

 90 mins
 3,600 THB

Gentle to medium pressure of the hand to the body. You will experience a deep relaxation, stimulate circulation and boost energy.

BALANCE

Exotic Rose Milk Bath 30 mins 1,200 THB
This concentrated milk bath oil is ideal for stiff joints and muscles.

Jasmine Milk Bath
A jasmine and Grape seed oil bath nourishes your skin and boost your mood.

AGE DEFENSE

Aloe Vera Treatment 60 mins 2,200 THB Aloe Vera with snow lotus is natural remedy for skin care.

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

The Unwind Massage 30 mins 1,000 THB This relaxing massage concentrated on the back, neck and shoulder.

Hammam Experience 30 mins 1,800 THB
A steam bath following by an application of black soap and skin scrub
with a Kessa glove.

Hands or Feet Essential 30 mins 1,000 THB An exfoliation and massage using aromatherapy oils for relief of muscular tension.

SENSORIAL PACKAGES... TO UNWIND

Siamese Treatment 2 hrs. 3,000 THB, Duo 5,500 THB
Begin with a sea salt foot bath, followed by a Thai herbal steam, 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 2.5 hrs. 5,500 THB, Duo 10,000 THB

A complete body rejuvenation experience which starts with an 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. 6,500 THB, Duo 12,000 THB

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 Filorga Brightening facial treatment for a radiant complexion and a refreshing blended herbal tea.

Double the Decadence 3.5 hrs. 7,500 THB, Duo 14,000 THB

Begin with an exotic rose milk bath and refreshing body with Coffee Body Exfoliation followed by a deep relaxation of a relaxing aroma massage with warm oil and Filorga Brightening facial treatment 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.

Energy 60 mins - 2,990 THB

30 minute Private Fitness coaching, 30 minute Hammam treatment before enjoying active culinary including Granola Yoghurt, Fresh Fruit Platte and Vegetable juice by the Pool

Balance 90 mins - 4,500 THB

Specialized Breathing techniques followed by a 30 minute Private Yoga session, 60 minute relaxing massage and including active breakfast by the pool.

Detox 100 mins - 4,700 THB

Start by warm lime juice with 30 minute Private Fitness coaching, 20 minute steam, 20 minute body scrub, 30 minute muscle massage and cereal bar with 3 shots healthy drink (Ginger, Turmeric, Coconut juice) by the Pool

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.



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.











SPOPT



PULLMAN BANGKOK KING POWER

8/2 Rangnam Road, Thanon-phayathai, Ratchathewi, Bangkok 10400, Thailand T.+66[0] 680 9999, E-mail: H6323-TH@accor.com www.pullmanbangkokkingpower.com

ENDERMOLOGIE® *Different, by nature!*

REJUVENATION: SLIMMING & ANTI-AGING TREATMENTS

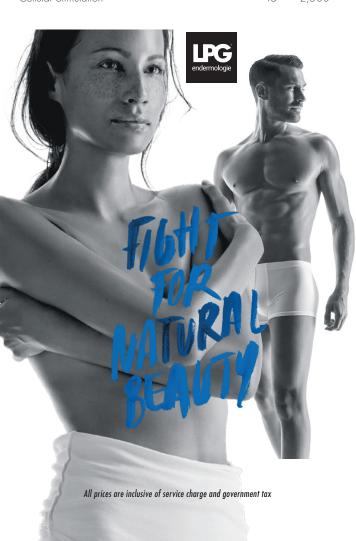
LPG Cellu M6 Integral machine from France stimulates the skin to reactivate cellular function and blood circulation with micro pulsations.

Face: cell stimulation helps fibroblasts (rejuvenating cells) to boost their production of collagen (firmness), elastin (suppleness), and hyaluronic acid (volume and hydration), naturally present in our skin.

Body: Acting directly on the **adipocytes** present in our hypodermis (slimming cells) and on the **fibroblasts** present in our dermis (rejuvenating cells).

Consulting and focusing on your concerned areas with our team. 100% Natural, Painless, Result Proven

BODY TREATMENTS	MINS	THB
Android Body (Upper body back & front)	45	2,800
Gynoid Body (Lower body back & front)	45	2,800
Shorty (belly, hips, buttocks, thighs)	45	2,800
Total Care (Full body back & front)	45	2,800
Cellulite Smoothing (Slimming & Smooth skin)	45	2,800
Aqueous Cellulite (Lymphatic drainage)	45	2,800
Skin Toning (Firming whole body front and back)	45	2,800
Fluid Mobilization (Detox and Stimulation)	45	2,800
FACE TREATMENTS	MIN	THB
Fluid Mobilization and Eyes & Lips	45	2,500
Glow and Total Eyes	45	2,500
Anti-Aging Replumping	45	2,500
Anti-Aging Toning	45	2,500
Anti-Aging Resculpting	45	2,500
Cellular Stimulation	45	2,500





ADDITIONAL FACIAL TARGET TREATMENTS		
	MINS	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

