



PULLMAN
spa



PULLMAN SPA MENU IS DESIGNED TO MOBILISE MENTAL, EMOTIONAL AND SPIRITUAL STATES IN SUPPORT OF PHYSICAL HEALING OF EACH GUEST.

EACH TREATMENT IS CREATED WITH THE FOUR KEY WELLNESS ELEMENTS IN MIND, AND THEY INCLUDE BALANCE, ENERGY BOOST, DETOX AND ANTI-AGEING. ALL UNIQUELY CUSTOMISED TO EITHER RESTORE INNER BALANCE OR BESTOW BLISSFULNESS.

日本語のプルマンスパメニューをご希望のお客様は、ダイヤル4 144にてお申し付けください。お部屋までお届けします。

我们也提供中文版的铂尔曼SPA水疗价目表-您可以拨打4144价目表将送达到您的房间。



SIGNATURE

YIN-YANG MASSAGE

90/120 MINUTES | THB 2,800/3,200

A holistic massage with the use of blended aromatherapy oil. This helps balance the movement of your yin and yang energy. This massage is personalised to your individual needs.

YIN-YANG BODY SCRUB

60 MINUTES | THB 1,600

Using a perfect mixture of black and white sesame seeds, almond oil and shea butter, this body scrub will deeply nourish and brighten your skin in no time.

BALANCE

AROMA-SOUL MASSAGE

60/90 MINUTES | THB 2,000/2,600

This aromatherapy massage involves flowing movement techniques applied with light to medium pressure. All to relieve your physical and emotional tension.

THAI MASSAGE

60/90 MINUTES | THB 1,600/2,000

An authentic Thai massage that focuses on healing you with pressing and stretching techniques. Revitalise your body and get your energy flow going again. This massage is applied without oils, and you remain fully clothed.

AROMA-HERBAL COMPRESS

90/120 MINUTES | THB 2,800/3,200

The heated herbal compress will stimulate and enhance your blood circulation, while the slow application of therapeutic touch and massage techniques will ease and untangle whatever muscle knots you might have.

JET LAG REMEDY

60 MINUTES | THB 2,000

A revitalising head and scalp massage to lessen headaches and alleviate any tension. Followed by a foot massage which eases swollen feet and ankles. Beat jet lag and improve your sleep quality.

ENERGY

DIGITAL GETAWAY

45/75 MINUTES | THB 1,600/2,200

A full back massage with the use of warm herbal oil. Applying pressure on your trigger points and stretching techniques, this massage will release your neck and shoulder tension. Forget about back strains and your office syndrome.

MUSCLE RESCUED

60/90 MINUTES | THB 2,000/2,600

A perfect healing programme after your intensive exercising session, which will release you from your muscle tension. Simple, effective massage strokes and light stretching techniques on specific areas of your body.

AWAKEN BODY SCRUB

60 MINUTES | THB 1,600

This full body exfoliation helps refresh and refine your skin with a nourishing mix of lemongrass, lime, tamarind and crushed almond shell. Ideal for all skin types. Eases mental fatigue.

FOOT RECLAMATION

45 MINUTES | THB 1,300

A treatment designed specially to relieve tension for heavy and tired legs. Best for those who are looking to relax after a long flight or a day of sightseeing.

DETOX

DETOX MASSAGE

60/90 MINUTES | THB 2,000/2,600

A stimulating massage with firming and toning oils. This helps improve skin texture and uneven skin tone. Prior to the treatment, you'll be pampered to a detoxifying steam for 15 minutes that opens up your pores to maximise effectiveness and better results.

SPICE UP BODY SCRUB

60 MINUTES | THB 1,600

A full body exfoliation that purifies your skin with ginger extracts, mint and avocado butter. Deep cleanses, too. Ideal for all skin types.

GINGER SCRUB & GREEN SEAWEED WRAP

75 MINUTES | THB 2,500

A body scrub that incorporates ginger extracts, which is later followed by a seaweed wrap that stimulates your body's ability to break down fat.

ANTI-AGEING

COCONUT COMPRESS MASSAGE

90/120 MINUTES | THB 2,800/3,200

A treatment that releases muscle tension by using an enriching, coconut-infused compress, as well as warm organic coconut oil. This luscious massage will soften, smoothen and nourish your skin.

GOLD RUSH BODY SCRUB

60 MINUTES | THB 1,900

A treatment kick-starts with a full-body exfoliation that incorporates a concentrated blend of gold powder, crushed almond shell and avocado butter. It ends with an application of light, golden shimmering oil which enhances and illuminates your skin texture.

MOISTURE BOND SCRUB AND WRAP

75 MINUTES | THB 2,900

Aside from the Gold Rush Body Scrub, the treatment also includes a golden body wrap that is made of a unique mixture of natural clay, gold powder and witch hazel extracts. The latter helps reduce skin irritation that is generally caused by pollution.



Qi by SHISEIDO PROFESSIONAL

FACIAL CARE QI EXTRA MOISTURISING TREATMENT

60 MINUTES | THB 2,200

The facial designed specially to lock in the moisture in your skin with a deeply concentrated cream mask, which also hydrates your complexion with bio-hyaluronic acid.

QI BALANCING COMBINATION TREATMENT

60 MINUTES | THB 2,200

The treatment normalises cell turnover with a combination mask that helps balance and enhances the physiological functions of your skin. Enjoy this facial treatment and walk out with a bright and radiant renewed complexion.

QI SENSITIVE SKIN TREATMENT

60 MINUTES | THB 2,200

This treatment improves and balances the skin's pH level with Qi lotion mask, which protects your skin from oxidation and allergic reactions, and fights back against skin fatigue.

QI REJUVENATING TREATMENT

90 MINUTES | THB 2,800

Protect your complexion from dark pigments, freckles and dullness with a special skin-cooling mask that contains nurturing sea plant extract. This marine-based mask helps balance melanin, a type of natural pigment, and restore your skin's natural radiance.

QI ANTI-AGEING TREATMENT

90 MINUTES | THB 3,200

This treatment is specifically designed to slow the signs of ageing with a specialised mask that helps lift and firm the skin. This is also a facial contouring treatment that helps prevent the formation of lines.



Qi
SHISEIDO
PROFESSIONAL

SENSORIAL TREATMENTS

SIGNATURE "BODY AND SOUL" (COUPLE PACKAGE)

3 HOURS | THB 9,000

- Mineral and Milk Bath
- Yin Yang Body Scrub
- Aroma-Soul Massage
- Qi Extra Moisturising Treatment

TIME-HONOURED

3 HOURS | THB 5,500

- Gold Rush Body Scrub
- Sacred Gold Body Massage
- Qi Rejuvenating Facial Treatment

COMPLETE UNPLUGGED

2 HOURS | THB 2,900

- Aroma-Soul Massage
- Head and Scalp Massage

ESSENTIAL MEN

1.45 HOURS | THB 3,500

- Organic Coffee and Charcoal Scrub
- Qi Balancing Combination Treatment



ADD SOME SPARKLE

AROMATIC ROSE MILK BATH

30 MINUTES | THB 1,000

Immerse in a sweet milky bath that is wonderfully aromatic. It will stimulate your senses and help you achieve a better mind-body balance.

NAIL & HAND CARE

45 MINUTES | THB 850

Cuticle removal, hand scrub, as well as buffing and shaping nails. Step out with soft hands and beautiful nails.

FOOT CARE

60 MINUTES | THB 850

Rid of all calluses and enjoy a relaxing foot scrub first. Shape, file and buff those toenails afterwards.

GEL NAIL POLISH REMOVER TREATMENT

30 MINUTES | THB 300

WAXING

	MINUTES	THB
UNDER ARM	30	850
FULL ARMS	45	1,250
HALF LEG	45	1,250
FULL LEG	60	1,750
BIKINI LINE	45	1,250
BRAZILIAN	60	1,750
BACK	60	1,750

IN-ROOM MASSAGE SERVICES

Let the relaxation come to you. Hotel guests may request to see our in-room massage menu. For pricing details and reservation instructions dial extension 4144.

HOW TO SPA

- Pullman spa is located on the 7th floor, open every day from 10.00 am to 10.00 pm. Advance reservation is highly recommended.
- Admission to the spa is only for guests over 16 years old.
- Please arrive at least 15 minutes prior to our appointment.
- Please inform us of any health conditions, pregnancy, allergies, injuries that you might have prior to starting your treatment.
- For hotel guests, feel free to wear the bathrobe and slippers provided in your room. Comfort comes first. Disposable underwears will be provided.
- Please refrain from smoking or using your mobile phone inside the spa.

LATE ARRIVALS – Please understand that Pullman spa cannot guarantee the availability of our spa practitioners at your preferred hour for late arrivals.

CANCELLATION POLICY

- Please cancel your appointment at least 4-hour in advance to avoid a 100% penalty charge.
- We do regret that we cannot be responsible for any loss or damage of personal belongings of any sorts that are brought into Pullman spa.



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to create a healthier generation of travellers.

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SLEEP



FOOD



SPORT



SPA

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