

PULLMAN  
spa



"AT PULLMAN SPA, WE UNDERSTAND THAT EVERYBODY IS DIFFERENT EVERY DAY AND OUR BODIES CHANGE THROUGHOUT THE MOMENTS OF EACH DAY. OUR WELLNESS EXPERIENCES ARE DESIGNED TO MATCH THESE MOMENTS, ENSURING ENERGY IS RESTORED, RELAXATION ACHIEVED AND BLISSFULNESS BESTOWED."

PULLMAN HOTELS & RESORTS HAVE SO MUCH TO OFFER FOR STAYING ON TOP OF THE GAME, MORNING, NOON AND NIGHT. BECAUSE THERE'S MORE TO LIFE THAN WORK.



## PULLMAN SPA RITUALS

*The Pullman Spa offers a selection of rejuvenating therapies to restore the balance of mind, body, and spirit. Choose from an array of Eastern and Western therapies to revitalize your body. Select from a range of nourishing beauty treatments for a glowing radiance.*

*Below are some samples to guide you in creating your own memorable spa journey.*

*\*Prices vary based on your selection.*

### **Spa Bath: Duration 30 mins**

A powerful, calming, and private bath in a serene setting to relax your nerves. These miracle bath salts, packed with rich healing minerals, will soothe you in seconds. Enjoy a beautifully scented and nourishing soak as you feel the tension floating away, leaving your body relaxed. Ideal for treating various skin conditions.

*Includes seasonal flowers, bubbles, bath salts, and relaxing, uplifting essential oils.*

### **Pullman Spa Experience: Duration 150 mins**

A complete rejuvenation for the body, face, and head. This therapy journey begins with a body exfoliation for deep cleansing, followed by the Pullman signature massage to release muscle tension, improve blood circulation, and enhance body flexibility. It continues with a clear skin express facial and a head massage while a detoxifying body wrap is performed.

### **Pullman Spa Couple Essence: Duration 120 mins**

Celebrate love and togetherness with your partner through a deeply relaxing massage. Experience serenity and intimacy as your muscles are soothed and your senses are awakened by the calming fragrance of rose. This special treatment is designed to nurture a deeper connection with your loved one.

# MASSAGE THERAPY

## **Deep Tissue: Duration 60 mins**

An oil-based massage designed to ease muscle tension and awaken your senses. This therapy uses deep, deliberate strokes to separate and lengthen muscle fibers-perfect for relieving muscular tension and spasms.

## **Aroma Therapy: Duration 60 mins**

Experience a soothing massage with long, flowing palm strokes and aromatic essential oils. This therapy stimulates blood circulation, relieves aches and pains, and promotes a sense of balance and deep relaxation.

## **Balinese: Duration 60 mins**

This traditional Balinese massage reawakens the senses and induces a deep state of calm. It combines acupressure techniques to restore energy levels, using palm and thumb movements to stimulate blood circulation and promote overall well-being.

## **Traditional Thai: Duration 60 mins**

The traditional Thai massage promotes healing and leaves you with a profound sense of relaxation. This dry massage involves passive stretching and gentle pressure on key points to ease tense muscles and improve flexibility.

## **Hot Stone: Duration 75 mins**

This treatment uses hot basalt stones to generate warmth and release muscle tightness. The stones act as an extension of the therapist's hands, gliding over the body to deliver deep therapeutic benefits and promote profound relaxation.

**Pullman Spa Signature: Duration 75 / 90 mins**

A personalized therapy that combines multiple techniques to address various conditions, reduce physical pain, and promote relaxation and overall well-being. This tailored treatment targets specific concern areas using palm walks, deep pressure points, and a customized pressure level. The 90-minute version incorporates hot stones, providing relief from chronic pain, such as backaches, arthritis, and fibromyalgia.

**Lymphatic Drainage: Duration 60 mins**

A gentle and effective massage designed to stimulate the lymphatic system, eliminating excess toxins and refining overall function. This therapy is excellent for improving fluid retention, reducing puffiness around the lymph nodes while supporting weight loss.

**Shiatsu: Duration 60 / 90 mins**

A traditional and holistic massage therapy that focuses on the meridian lines to balance the flow of energy. This technique helps alleviate various health conditions by applying deep, soothing pressure, promoting complete relaxation. The treatment is performed without oil.

# EXPRESS SPA

## **Indian Head Massage: Duration 30 mins**

This scalp, neck, and shoulder massage brings a unique, Ayurvedic stress-relieving practice to the modern world. It effectively relieves tension in the head, neck, and shoulders, promoting relaxation and mental clarity.

## **De-Stress Massage: Duration 30 mins**

This therapy is designed to counterbalance a stressed back, relieving aches, pains, and tension, helping you achieve a blissful state of serenity and calm.

## **Hand / Foot / Face Massage: Duration 30 mins**

An ancient healing therapy that involves massaging reflex points on the feet, hands, or face to restore the natural energy flow and send waves of deep relaxation throughout the body.

### **Shirodhara: Duration 30 / 45 mins**

Shirodhara is an ancient Ayurvedic therapy that dates back over 5,000 years. It involves a continuous stream of warm oil flowing over your forehead and scalp, bringing deep calmness, relaxation, and mental stillness. "Shiro" means "head," and "dhara" means "flow" in Sanskrit.

### **Abhyangam: Duration 60 mins**

Abhyangam is a traditional Ayurvedic body massage performed with herbal-infused oil. Long, rhythmic strokes are applied to relieve fatigue, improve blood circulation, and enhance sleep quality.

### **Face Yoga Facial: Duration 60 mins**

This facial combines yoga-inspired techniques to target fine lines, dark circles, and double chin correction. It includes deep facial muscle lifting, jaw toning, and cheek-lifting hand massage, helping to strengthen facial muscles and boost skin radiance.

### **Podikizhi (Potli/Bundle): Duration 60 mins**

An Indian traditional therapy that combines Abhyangam with an Ayurvedic herbal potli compress. Ingredients such as mineral salt, camphor, eucalyptus, gudmar leaf, tesu and mahua flower are used to promote deep relaxation and help strengthen joints.



## FACE CARE

### **Collagen Boost Facial: Duration 75 mins**

A rejuvenating facial that combines face yoga and lifting hand massage with facial cupping, a collagen roller, and LED light therapy for overall skin enhancement. It targets under-eye correction and provides a plumping, youthful appearance.

### **Clear Skin Express: Duration 30 mins**

A deep-cleansing treatment for visibly clearer and healthier skin. This express facial refreshes the complexion, hydrates the skin, and leaves it feeling smoother and more radiant.

### **Hydra Original Facial: Duration 60 mins**

A restorative skin treatment using organic algae and other natural ingredients to re-balance and restore skin vitality. It maintains optimal moisture levels, keeping the skin supple, plump, and glowing. Ideal for sensitive and dehydrated skin.

### **Timeless Age: Duration 75 mins**

A skin-refining facial designed to repair underlying issues at the cellular level, reactivating healthy cell functions. It instantly contours, reduces fine lines, and re-sculpts features for nourished, luminous, and youthful-looking skin.

### **Oligoforce Advanced Illumination Treatment:**

### **Duration 90 mins**

An ultra-comprehensive anti-aging treatment that brightens and corrects uneven skin tone. It reduces dark spots and softens wrinkles, promoting healthy, youthful skin. This treatment pairs a 20% acid facial peel with a soothing cloth mask enriched with oligomer to bathe the skin in radiance.

### **Eye Contour: Duration 25 mins**

An eye care treatment that soothes and reduces fine lines, puffiness, and dark circles. It provides deep relaxation for the eye area, leaving it refreshed and revitalized.

## BODY TREATMENT

### **Salt Glow Exfoliation: Duration 30 mins**

Relax and renew with our Salt Glow Body Exfoliation. This exceptional skin-softening treatment combines the natural benefits of salt and essential oils, leaving your skin smooth, refreshed, and radiant.

### **Body Rejuvinating: Duration 60 mins**

A revitalizing treatment that begins with body exfoliation to deeply cleanse and remove dead skin cells, revealing soft, healthy skin. This is followed by a body wrap with powerful natural ingredients. The wrap helps detoxify, tighten, and rejuvenate the skin, leaving it refreshed and nourished.

# SPA ETIQUETTE

*Pullman Spa & Salon caters to hotel guests, spa members and day spa guests.*

## Special Considerations

Your personal needs are important to us. Please inform our spa team at the time of reservation if you have any special requirements or medical conditions such as pregnancy or product sensitivity.

## Age Restriction

Guests must be at least 16 years of age to access the fitness center, locker rooms, swimming pool, and spa facilities.

## Reservations

We encourage guests to schedule spa appointments in advance to ensure treatment and availability of preferred therapist. Same-day reservations and walk-in appointments are welcome, subject to availability.

## Cancellation Policy

We kindly request a minimum of three hours notice for cancellations to avoid a 50% charge of the booked treatment. No-shows will incur a 100% charge.

## Late Arrival

Arriving late may require us to shorten your treatment time, with the full service fee applied, so as to avoid disrupting other guests' schedules.

## Arrival And Check In Procedures

For all massage, body, and facial services, we ask that you arrive at least 30 minutes prior to your appointment. This allows ample time to familiarize yourself with our spa and enjoy the facilities, including the steam room, sauna, and showers.

## **Valuables**

While we take care to ensure a safe environment, the spa is not responsible for the loss of personal belongings or valuables. We recommend leaving them securely stored or in your room safe.

## **Attire**

Guests will be provided with disposable undergarments for treatments and are required to wear them. Our therapists use professional draping techniques to ensure your comfort and privacy at all times.

## **Mobile Phone Usage**

To maintain a peaceful environment, we request that all phone calls are concluded, and devices are switched to silent mode before entering the locker room and treatment areas.

## **Treatment Eligibility**

Guests under the influence of alcohol or any other substances will not be permitted to undergo any therapies or treatments at the Spa or Salon.



Pullman Hotels & Resorts are helping  
to create a healthier generation of travellers.

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#### PULLMAN NEW DELHI AEROCITY

For more details, call: +91 11 4608 0811 / 92054 77222  
Direct Spa Extension: 8205 (8am to 11pm)

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