

PULLMAN
spa



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

LOCATION OF PULLMAN SPA

Tucked away in a far corner of the resort, the Pullman Spa takes full advantage of its seclusion to deliver a truly serene experience. Classical spa features here are set with modern design and the layout exemplifies the sense of space that the entire resort offers. The entrance itself sets the mood for relaxation, pampering and wellbeing - beginning with the Relaxation Pavilion set apart from the individually secluded and private treatment Pavilions aptly named after local waterfalls.

Pullman Spa offers the most extensive spa services in Luang Prabang – including classic Thai massage with Lao influences as well as a Beauty Salon offering pedicure and manicure services. Therapists are thoroughly trained and they make use of Ytsara premium spa products.

PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 10% GOVERNMENT TAX





RELAXATION

For total soulful relaxation and wellbeing – Soothing away stress & tension!

RELAXING AROMA INDULGENCE

60/90 mins – 40/60 USD

Abandon your body to a state of deep relaxation! Malabar grass melts away tension while Sweet Orange and Vetiver calms the busy mind. Enjoy a moment of serenity, then unwind and emerge prepared to seize the day!

FRESH COCONUT BODY SCRUB

30/45/60 mins – 30/40/50 USD

A moisturizing body exfoliation by hand - with firm but gentle pressure to deep cleanse and revive the skin.

*PURE NATURAL INGREDIENTS

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RELAXATION

For total soulful relaxation and wellbeing – Soothing away stress & tension!

JADE FACE MASSAGE

30 mins – 40 USD

For total rejuvenation of the skin! More precious than gold, vibrations from jade stone bring beauty, balance and vibrancy to your face. Sacred Lotus combats the effects of aging while Marine Extract increases inner moisture. Employing deep sculpting Guasha massage to stimulate blood circulation - oxygenating and nourishing the tissues, plumping up the skin and smoothing away wrinkles. Skin is toned, lively and radiant.

REFRESHING ORGANIC FACIAL

60 mins – 40 USD

Natural ingredients are freshly hand prepared after consultation to determine your ideal combination - applied with relaxing pressure strokes to the face. Rejuvenates and repairs facial skin.

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REVITALISING ...

For an increase in Body Energy, brightens the spirits and brings clarity to the mind!

THAI MASSAGE

60/90 mins – 40/50 USD

Holistic, non-oil treatment that combines rhythmic massage, acupressure and gentle twisting to stimulate muscles and release tension all over the body.

DEEP TISSUE MASSAGE

60/90 mins – 40/60 USD

For improved flexibility! This stimulating massage helps to release muscle tension, which can infiltrate your body over long office hours and overdoing workouts. While you relax on warm salt cushions to comfort your spine, experience an age-old combination of Asian restorative muscle-kneads that unleash tension and erase fatigue to encourage blood flow!

ABSOLUTE DESKTOP RECOVERY

30 mins – 30 USD

Relieves stiff and sore muscles from back, neck, shoulders and head. The calming properties of Rainforest Clove bark is combined with deep kneading to break down knots and improve flexibility while your own vital energy re-energizes your body, back, neck and shoulders!

REVITALISING ...

For an increase in Body Energy, brightens the spirits and brings clarity to the mind!

EVEN SKIN

60 mins – 80 USD

For a translucent complexion, Grapefruit Citroflavanoids work at a deep level to fade and reduce existing age spots and provides the skin with a defense system that prevents the appearance of new ones. This early stage skin color prevention system is complemented by anti-oxidant Pearl Tea to protect against loss of collagen. Licorice and Mulberry further lighten the skin for a perfectly even complexion.

VISIBLE LIFT

60 mins – 80 USD

Enjoy looking in the mirror again! Proven to boost the skin rejuvenating system, this treatment addresses the most visible signs of aging. Laminaria returns stem cells to the vitality of young skin and stimulates the internal defense system to erase fine lines and wrinkles. Marine Ferments stimulate collagen and elastin production for a tight skin!

SKIN PERFECTING WRAP

30/45/60 mins – 30/40/50 USD

An exceptional multifaceted body wrap using powerful Black Mulberry extract combined with essential oils - acting on the body to detox, firm, rejuvenate and brighten. Dull complexion, dehydrated and flabby skin are all treated at once. Combined with scrub or massage, the possibilities are almost endless. Results in more radiant, healthy, elastic and fair skin as well as a toned body!

BALANCING

For Cleansing, Fortification and Nourishment of Body and Mind!

ENERGISING AROMA INDULGENCE

60/90 mins – 50/60 USD

Re-energise with the empowering benefits of Blue Ginger - a wild root that infuses skin with pure regenerative energies - bringing about a renewal of vitality and clarity of mind.

FOOT TREATMENT MASSAGE - SERENITY SOAK

60 mins – 40 USD

A foot soak & foot massage that engenders serenity - using calming botanicals to induce relaxation and help promote deep restorative sleep!

RENEWING BODY POLISH

30/45/60 mins – 30/40/50 USD

Reveal the body's hidden glow with ingredients known to purify and refine the skin - Jasmine Rice removes dullness and brightens; Jojoba Oil and Shea Butter provide deep nourishment and hydrating smoothness!

BALANCING

For Cleansing, Fortification and Nourishment of Body and Mind!

SKIN DRINK

60 mins – 80 USD

Marine Plankton extract restores the physical and chemical skin barrier to prevent water loss and protect against external assailants, while at a deeper level, replenishing the skin water reservoir - essential for a flawless appearance. Anti-oxidant rich Sacred Lotus prevents cell damage. Skin restructuring Hyaluronic Acid plumps the skin from inside out for replenished vibrant skin!

ABSOLUTE CONTROL & FOCUS

60 mins – 80 USD

For a deep dose of calm & clarity with a potent blend of actives to keep complexion matte, clear and balanced around the clock. Bamboo Tears control excess oil and fight acne while a rare Tree Gum reduces pore size and blemishes. Plankton Extract decreases skin reactivity and Safflower restores essential hydration. Butter provides deep nourishment to soothe and develop a radiant skin.

PURIFYING...

For Increased Blood Circulation and Replenishing the Body's Vital Fluids – thereby toning and promoting Firmness!

DETOX AROMA INDULGENCE

60/90 mins – 40/60 USD

A magical elixir that blends Shatangu (orange family of fruits – removes toxic substances and improves oxygen absorption, purifying the blood) with Rosemary leaves for eliminating toxins, thus normalizing Qi (life force). Cleanse your body of pollutants and purify it for a new beginning!

FOOT TREATMENT MASSAGE - EQUILIBRIUM SOAK

60 mins – 40 USD

A detoxifying foot soak with a blend of deeply toxin extractive plants followed by a foot massage aimed at further draining the body of harmful free-radicals!

FOUR HAND MASSAGE

90 mins – 100 USD

Two therapists gently work in harmonic tandem to create an overall sensation of complete relaxation – overwhelming the senses and draining stress from body and mind. This oil massage is the ultimate relaxation indulgence!

PURIFYING...

For Increased Blood Circulation and Replenishing the Body's Vital Fluids – thereby toning and promoting Firmness!

COFFEE & YOGHURT BODY SCRUB

30/45/60 mins – 30/40/50 USD

A deep detoxification scrub by hand using two tried and tested exfoliants and cleansers - with firm but gentle pressure to deep cleanse and revive the skin.

PURIFYING SALT SCRUB

30/45/60 mins – 30/40/50 USD

This exceptional skin softening body exfoliation combines mineral-rich Pink salts and a unique blend of Shatangu (fruit) essential oils – followed by a refreshing and hydrating aqua infusion cream applied onto your body, leaving your skin with a baby soft touch.

MOOD & FACIAL BOOSTER

30 mins – 40 USD

Calming and detoxifying French Green Clay masque helps to draw out toxins and sebum responsible for dull, rough skin. Bamboo Tears re-mineralize while Centella and Hibiscus calm and refine pores. Deep, express face care that leaves your skin matte and clear with a soothing radiance.

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TREATMENT ENHANCERS

Exhilarating side dishes to enhance your main course!

*(*Available only with a main spa/massage treatment)*

Targeted and personalized extras are specially designed to accompany and enhance any of the main treatments in this menu. As such, they are available only as add-ons and not obtainable as individually separate treatments

FOR THE FACE

FLAWLESS EYE CONTOUR

10 mins – 10 USD

Erases signs of fatigue around the eyelids

MINI SMOOTHING & FIRMING DÉCOLLETÉ

15 mins – 10 USD

Improves firmness and texture of the neckline and shoulders

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FOR THE BODY

TRIGGER POINTS

Targeted treatments working deeply on muscular tension to release pain and ease adhesion - based on your specific and individual need.

ABDOMINAL MASSAGE

15 mins – 10 USD

Abdominal massage aimed at specifically aiding digestion and easing stress

HAND MASSAGE

15 mins – 10 USD

Relaxes your grip (metacarpal muscle tension) and induces a sense of wellbeing

HEAD MASSAGE

15 mins – 10 USD

Eases tension and a 'heavy' head - enhancing clarity of mind

FOOT TREATMENT

15 mins – 10 USD

Erases fatigue in feet and legs – balancing overall energy

AROMATHERAPY BATH

15 mins – 10 USD

A bath prepared with soothing aromas that infuse into the body – more directly and faster than even intravenous injection – and helps to float away tension

SPA PACKAGES

(YOU & ME TREATMENTS)

Experience a delightful Treatment Suite surrounded by soothing music and blissful aromatics – a magnificent setting to share a treatment with a friend or loved one!

FOR HIM

The Two-Hour (120 MINS – 80 USD)

COFFEE YOGHURT BODY SCRUB (30 MINS) *

A deep detoxification scrub with firm but gentle pressure by hand to deep cleanse and revive the skin!

DEEP TISSUE MASSAGE (90 MINS)

For Increased flexibility! This stimulating massage helps release muscle tension that may have infiltrated your body over long office hours or over strenuous workouts. While lounging and unwinding on warm salt cushions that comfort your spine, an age-old combination of Asian restorative muscle-kneads unleashes tension and erases fatigue to encourage blood flow!

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FOR HIM

The Three-Hour (180 MINS – 150 USD)

ENERGISING AROMA INDULGENCE (90 MINS)

Re-energise with the empowering benefits of Blue Ginger - a wild root that infuses skin with pure regenerative energies - bringing about a renewal of vitality and clarity of mind.

MINI SMOOTH & FIRM DÉCOLLETÉ (15 MINS)

Improves firmness and texture of the neckline and shoulders

FOOT TREATMENT (15 MINS)

Erases fatigue in feet and legs – balancing overall energy

ABSOLUTE CONTROL & FOCUS (60 MINS)

For a deep dose of calm & clarity with a potent blend of actives to keep the complexion matte, clear and balanced around the clock. Bamboo Tears control excess oil and fight acne while a rare Tree Gum reduces pore size and blemishes. Plankton extract decreases skin reactivity and Safflower restores essential hydration. Butter provides deep nourishment to soothe and develop a radiant skin.

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FOR HER

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DETOX AROMA INDULGENCE (60 MINS)

Clear your body of pollutants with a magical elixir that blends Shatangu fruit to normalize Qi (life force) with Rosemary leaves for eliminating toxins. Cleanse your body and purify it for a new beginning!

FOOT TREATMENT (15 MINS)

Erases fatigue in feet and legs – balancing overall energy

SKIN DRINK FOR PLUMPED-UP VIBRANT SKIN (60 MINS)

Marine Plankton extract restores the physical and chemical skin barrier to prevent water loss and protect against external assailants, while at a deeper level, replenishing the skin water reservoir - essential for a flawless appearance. Anti-oxidant rich Sacred Lotus prevents cell damage. Skin restructuring Hyaluronic Acid plumps the skin from inside out for a replenished vibrant skin!

FLAWLESS EYE CONTOUR (15 mins)

Erases signs of fatigue around the eyelids

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AIDS & TIPS FOR AN ENHANCED SPA EXPERIENCE

Our spa opens daily from 10.00 – 21.00 hrs. To ensure that your spa experience is a relaxing journey, we recommend the following:

- Schedule your treatment 24 hours in advance in order to ensure availability.
- To aid in winding down into the experience, we suggest you arrive at the spa reception 15 minutes prior to your treatment, in order to change and prepare yourself in ease and at leisure. You may also wish to come to the spa wearing the bathrobe provided in your room.
- Gentlemen who will be having a facial are advised to shave at least 3 hours before their treatment.
- Guests with high blood pressure, heart condition or other medical complications and ladies who are pregnant should consult their doctor before scheduling an appointment for spa treatments.
- Consult our therapists who will be pleased to advise you on a treatment that suits your individual needs.
- In order to maintain a peaceful and tranquil environment, cellular phones and electronic devices are discouraged in the treatment rooms.
- We suggest the relaxing effect of a shower before your treatment (Showers are also available in individual treatment rooms).
- Please note that the Spa is a strictly non-smoking area.
- Home spa – Most of the body and skin care products that we use in our therapies are available for purchase at Spa Reception. We encourage you to ask your therapist how to use these products to continue your spa experience at home.

RESERVATION AND CANCELLATIONS

We understand that unavoidable circumstances may arise and cancelling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa within a 4-hour time frame to avoid the full charge of your service.

Please call extension "8152" or press "0" for Pullman Touch on your guest room phone to connect you with the Spa.

PULLMAN SPA

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