

PULLMAN  
spa



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

PULLMAN LUANG PRABANG HAS  
SO MUCH TO OFFER FOR STAYING  
ON THE TOP OF THE GAME,  
MORNING, NOON AND NIGHT.  
BECAUSE THERE'S MORE TO LIFE  
THAN WORK.

"在铂尔曼水疗中心 我们明白每个人都是不同的  
每一天 我们的身体都在不断变化  
每一天 我们的健康体验都有所不同  
为了配合这些时刻，我们努力确保您恢复能量，  
实现身心灵的放松，享受被生命赐予的幸福。"

琅勃拉邦铂尔曼酒店为您在早、中、晚的  
日常生活保持领先地位提供了很多服务。

因为生活比工作更重要。





## PULLMAN SIGNATURE SPECIALS

### TOTAL REJUVINATING SPA EXPERIENCE

120 min - USD 100

A Pullman exclusive complete with our signature rice scrub, coconut oil massage, a relaxing bath and organic herbal compressions

### ORGANIC LUANG PRABANG TREATMENT

90 min - USD 75

Cleanse and rejuvenate with a coconut scrub, then finishing with a coconut oil massage to soothe and relax the body

### CHANG KHAM TREATMENT

90 min - USD 75

Eases away all the tension in your muscles by applying warm herbal compress throughout the body, followed by a relaxing oil massage

## MASSAGE THERAPY

### LAOS MASSAGE WITH HERBAL COMPRESS

90 min - USD 60

The blend of traditional Lao herbs used in these compresses relaxes and invigorates the body and mind, soothing sore and overworked muscles

### LAOS MASSAGE

60 min - USD 40 / 90 min - USD 55

This traditional massage helps the body to relax, detoxify, balance, heal and energize, giving you a new sense of wholesome wellbeing

## 铂尔曼特色水疗项目

### 全面焕活水疗体验

120 分钟 - 100 美金

铂尔曼专享服务，融合我们的招牌稻米磨砂、椰子精油按摩、放松沐浴和天然草药按摩

### 琅勃拉邦天然水疗

90 分钟 - 75 美金

先用椰子磨砂清洁和恢复活力，再用椰子精油按摩来舒缓和放松身心

### 金象传统老式水疗

90 分钟 - 75 美金

通过在全身涂抹温暖的草药敷布，然后进行放松的精油按摩，有效缓解肌肉的所有紧张感

## 水疗按摩

### 传统老挝式按摩

搭配老草药热敷

90 分钟 - 60 美金

在热敷按压中使用的传统老挝草药的混合物可放松身心并恢复活力，完美舒缓酸痛和过度劳累的肌肉

### 传统老挝式按摩

60 分钟 - 40 美金 / 90 分钟 - 55 美金

这种老挝式传统按摩有助于身心放松、排毒、平衡、治愈和恢复活力，给您一种健康的新感觉

# MASSAGE THERAPY

## AROMATHERAPY MASSAGE

60 min - USD 40 / 90 min - USD 55

With a synergy of aroma essential oils, this treatment embarks your body and mind on a journey of ultimate relaxation and will ease away tensions

## TENSION RELIEF MASSAGE (HEAD + SHOULDER + FOOT)

60 min - USD 40

A combination of massages that is guaranteed to help you feel relaxed and stress-free

## HEAD MASSAGE

30 min - USD 25 / 60 min - USD 35

A relaxing massage that reduces stress and tension within your head and neck area

## FOOT MASSAGE

30 min - USD 25 / 60 min - USD 35

Boosts your circulation, which helps with healing and keeps your muscles and tissues healthy

# TREATMENT ENHANCERS

## HAND MASSAGE

10 min - USD 10

## HEAD MASSAGE

10 min - USD 10

## SHOULDER MASSAGE

10 min - USD 10

# 水疗按摩

## 香薰按摩

60 分钟 - 40 美金 / 90 分钟 - 55 美金

凭借香薰和精油的协同作用，这种特殊护理让您的身心踏上终极放松之旅，缓解日常紧张情绪

## 舒压按摩

(头部 + 肩部 + 足部)

60 分钟 - 40 美金

保证帮助您感到放松和压力减轻的按摩组合

## 头部按摩

30 分钟 - 25 美金 / 60 分钟 - 35 美金

90 分钟 - 50 美金

放松按摩，减轻头部和颈部的压力和紧张

## 足部按摩

30 分钟 - 25 美金 / 60 分钟 - 35 美金

促进血液循环，有助于愈合并保持肌肉和组织健康

# 促进治疗

## 手部按摩

10 分钟 - 10 美金

## 头部按摩

10 分钟 - 10 美金

## 肩部按摩

10 分钟 - 10 美金





# SENSORIAL TREATMENTS TO UNWIND

## PULLMAN SIGNATURE RICE BODY SCRUB

60 min - USD 55

Leaves your skin fully replenished and nourished using our signature rice body scrub

## YOGURT COFFEE BODY SCRUB

60 min - USD 55

Renews your skin with a fusion of yogurt and coffee to detoxify your skin

## PURIFYING SALT BODY SCRUB

60 min - USD 55

Nurtures your skin with purifying salts leaving it smooth and silky

## EXFOLIATING COCONUT BODY SCRUB

60 min - USD 55

Revitalizes skin with our homemade coconut body scrub resulting to brighter skin

## DETOXIFYING GREEN TEA BODY SCRUB

60 min - USD 55

Detoxifies skin with our homemade green tea body scrub resulting to a healthier skin

## BROWN SUGAR BODY SCRUB

60 min - USD 55

Replenishes your skin using our homemade brown sugar body scrub

# 放松感官护理

## 铂尔曼招牌稻米身体磨砂

60 分钟 - 55 美金

通过使用我们的招牌稻米身体磨砂膏，让您的肌肤得到充分的补充和滋养

## 酸奶咖啡身体磨砂

60 分钟 - 55 美金

融合酸奶和咖啡的营养，让您的肌肤焕然一新，并充分为您的肌肤排毒

## 净化盐身体磨砂

60 分钟 - 55 美金

用净化盐滋养您的肌肤，令肌肤光滑如丝

## 去角质椰子身体磨砂

60 分钟 - 55 美金

使用我们自制的新鲜椰子身体磨砂膏令您肌肤焕发活力，更加明亮

## 绿茶排毒美肤身体磨砂

60 分钟 - 55 美金

使用我们自制的绿茶身体磨砂膏为肌肤排毒，让肌肤美丽健康

## 特色红糖身体磨砂

60 分钟 - 55 美金

使用我们自制的红糖身体磨砂膏为您肌肤补充能量，恢复健康

## AIDS AND TIPS FOR AN ENHANCED SPA EXPERIENCE

Pullman Spa is open daily from 09:30 to 19:00hrs. To ensure that your Pullman 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. This will give you enough time to change and prepare yourself in ease and at leisure.

Guests with high blood pressure, heart condition or other medical complications, as well as ladies who are pregnant, should consult their doctor before scheduling an appointment for any spa treatment.

In order to maintain a peaceful and tranquil environment, cellular phones and electronic devices are discouraged in the treatment rooms.

For added comfort, showers are available in individual treatment rooms that you may use before your treatment.

### BOOKING CHANGE

In the event of late or change booking time, we will try on the best possible time, however your treatment may be shortened or rescheduled to another day.

### CANCELLATION POLICY

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 incurring a cancellation fee of 100% of the reserved treatment price.

Please call extension "8152" or press "0" in your guest room phone to connect with Pullman Spa.

## 帮助和技巧 提升您的水疗体验

铂尔曼水疗中心每天 09:30 至 19:00 开放。为了确保您的铂尔曼水疗体验是一次轻松的旅程，我们建议您遵循以下措施：

提前 24 小时预定您的水疗项目，以确保有空档。

为了帮助您实现最佳的放松体验，我们建议您在护理前 15 分钟抵达水疗中心接待处，这将使您有足够的时间轻松自在地进行更衣和准备。

患有高血压、心脏病或其他并发症的客人以及孕妇在预约任何水疗护理之前应咨询医生。

为了保持身心的平静与安宁，不鼓励在水疗室内使用手机和电子设备。

为了增强项目舒适度和体验感，您可以在项目开始前在水疗室淋浴间进行全身沐浴。

### 更改预定

如果有需要延迟或更改预订时间，我们将尽可能最有效地重新为您安排时间，但您的治疗可能会缩短或重新安排到另一天。

### 取消政策

我们理解可能会出现不可避免的情况，因此您可能出现取消预约的需要。如果您发现自己无法如期赴约，请在至少 4 小时内联系水疗中心，否则将被收取100%的预订疗程取消费用。

如有需要可拨打分机号“8152”或在您的客房电话中按“0”联系铂尔曼水疗中心。



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