

PULLMAN spa

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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.

“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.

SENSORIAL TREATMENTS TO UNWIND

ທຣີດເມັ້ນປິ່ນປົວຄວາມຮູ້ສຶກ ເພື່ອ
ຄວາມຜ່ອນຄາຍ

PULLMAN SIGNATURE RICE BODY SCRUB

ການຂັດຜິວດ້ວຍເຂົ້າ ພູວແລະເມນ ຊີກເນເຈີ

60 min - USD 55

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

YOGURT COFFEE BODY SCRUB

ການຂັດຜິວດ້ວຍໂຍເກີດ ກາເຟ

60 min - USD 55

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

PURIFYING SALT BODY SCRUB

ການຂັດຜິວດ້ວຍເກືອ ເພື່ອຜິວໃສ

60 min - USD 55

Nurtures your skin with purifying salts leaving it smooth and silky

EXFOLIATING COCONUT BODY SCRUB

ການຂັດຜິວດ້ວຍໝາກຟ້າວ

60 min - USD 55

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

DETOXIFYING GREEN TEA BODY SCRUB

ການຂັດຜິວດ້ວຍຊາຂຽວ ເພື່ອລ້າງສານພິດ

60 min - USD 55

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

BROWN SUGAR BODY SCRUB

ການຂັດຜິວດ້ວຍນ້ຳຕານແດງ

60 min - USD 55

Replenishes your skin using our homemade brown sugar body scrub

All prices are subject to 10% service charge and 10% government tax.



MASSAGE THERAPY

ນວດບໍາບັດ

AROMATHERAPY MASSAGE

ນວດ ອາໂຣມາເທີຣາຟີ

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)

ນວດບັນເທົາຄວາມຄວາມຕຶງຄຽດ

(ຫົວ, ບ່າໂຫຼ້, ຕີນ)

60 min - USD 40

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

HEAD MASSAGE ນວດຫົວ

30 min - USD 25 / 60 min - USD 35

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

FOOT MASSAGE ນວດຕີນ

30 min - USD 25 / 60 min - USD 35

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

TREATMENT ENHANCERS

ການບໍາບັດຮັກສາ

HAND MASSAGE ນວດມື

10 min - USD 10

HEAD MASSAGE ນວດຫົວ

10 min - USD 10

SHOULDER MASSAGE ນວດບ່າໂຫລ່

10 min - USD 10

PULLMAN SIGNATURE SPECIALS

ພູລແມນ ຊີກເນເຈີ

TOTAL REJUVINATING SPA EXPERIENCE

ສະບາຜົນພູສຸຂະພາບ

120 min - USD 100

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

ORGANIC LUANG PRABANG TREATMENT

ທຣີດເມັ້ນ ອໍແກນິກ ຫຼວງພະບາງ

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

ທຣີດເມັ້ນ ຊ້າງຄໍາ

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

ນວດບໍາບັດ

LAOS MASSAGE WITH

HERBAL COMPRESS

ນວດລາວດ້ວຍສະໝຸນໄພ

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

ນວດລາວ

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

All prices are subject to 10% service charge and 10% government tax.

