



spa

AT THE PULLMAN

SPA AT THE PULLMAN

Escape, Relax and Revive.

Spa at the Pullman is the perfect escape to take respite from the norm and reconnect with your inner source of vitality. Our facilities include an expansive sun terrace, 25 metres heated indoor lap pool, sauna, steam room, spa pool and cutting edge fitness facilities, six spa treatment rooms, a chill zone and private lounge for group bookings.

We focus on regaining your energy levels so you're centre-aligned and balanced. This is achieved through specialized spa techniques, carefully selected ingredients and internationally inspired treatments to result in a stronger mind, body and a renewed sense of wellbeing.



FACIALS

SODASHI REVIVE FACIAL | 30 MINS - \$89

For those on-the-go, this facial will leave your skin looking and feeling great without taking time out of your busy schedule. This facial is perfect on its own or as an add-on to any of our body treatments.

SODASHI PURE RADIANCE FACIAL | 60 MINS - \$160

Let us take your skin on a journey of total renewal. Deeply relax as you enjoy Sodashi's aromatic warm facial compresses that soften and exfoliate, followed by a nurturing face mask rich in herbal extracts, to purify and hydrate the skin. This facial experience is tailored to your skin's needs and is enhanced with the Sodashi facial massage. Luxurious Sodashi plant essence synergies will leave your skin revitalised and freshed.

SODASHI THERMAL INFUSING FACIAL (NATURE'S FACE LIFT) | 90 MINS - \$195

This is an intensive boost of all nature's vitamins and minerals. Sodashi's exclusive warm infusing mask will maximize penetration of these essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skin's needs to purify, deeply cleanse, and nourish leaving your skin hydrated and toned. This is more than just a facial; it's nature's face lift.

VOYA SELF DISCOVERY RADIANCE FACIAL | 60 MINS - \$160

This incredible skin specific organic facial is deeply detoxifying, thoroughly revitalizing and helps to even skin tone and increase clarity. This facial incorporates a relaxing facial massage that releases any build-up of toxins, to improve radiance and restore a glowing complexion. Allow VOYA to tailor your facial specifically to your skin's unique needs. This facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced.

VOYA ANTI-AGEING RESTORATIVE FACIAL | 75 MINS - \$185

This treatment is suitable for all skin types, particularly for those in search of anti-ageing results. Designed using VOYA's finest organic ingredients combined with anti-oxidant algae complexes with a restorative blend of aromatherapy oils. It's this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. This facial results in instantly firmed and tightened skin with a natural and more radiant glow.

VOYA DELUXE FACIAL EXPERIENCE | 90 MINS - \$210

The ultimate VOYA facial experience gives the best of both worlds! The treatment starts with a stimulating body brush and relaxing back massage to induce relaxation and gently melt away muscular pain. Complete your experience with our Anti-ageing Restorative Facial to hydrate the skin with a dual action facial mask, utilising the exclusive re-mineralising Mermaid's Purse face mask and Laminaria seaweed leaves. This facial leaves the skin rejuvenated and nourished, the appearance of deep set wrinkles is reduced and the skin's texture is left hydrated and plumped.

MARINE EYE TREATMENT | 15 MINUTES ADD ON WITH ANY FACIAL \$30

This treatment is for those who are specifically concerned with ageing and fine lines around the eye area. Combining both relaxing and decongesting massage movements to banish puffiness and dark circles and a specialized seaweed eye mask. This facial is a firming, hydrating and results-orientated treatment and works perfectly as an add on to any VOYA Facial.



MASSAGES

SWEDISH MASSAGE | 60 MINS - \$150 | 90 MINS - \$200

A full body massage treatment with light to medium pressure. An aromatic blend of traditional New Zealand essential oils and organic almond oil is applied with soothing hand movements. These oils work into the muscle and soft tissue to provide relief from stress and tension.

COUPLES' MASSAGE | 60 MINS - \$280 | 90 MINS - \$380

Relax and enjoy a Swedish massage in each other's company in our couples' suite. Experience some quality time with your loved one and escape to another world.

DEEP TISSUE MASSAGE | 60MINS - \$160 | 75 MINS - \$185

A full body massage treatment with medium to firm pressure. An aromatic blend of traditional New Zealand essential oils and organic almond oil is applied with soothing hand movements. These oils work into the muscle and soft tissue to provide relief from stress and tension.

HOT STONE MASSAGE | 75 MINS - \$180 | 90 MINS - \$205

A combination of relaxing Swedish Massage techniques and incorporating hot stone throughout the treatment. The heat from the stones provokes a deeper sense of relaxation for the mind and muscles. Many ancient cultures have used the healing power of stones for medicinal and spiritual purposes.

THERAPEUTIC MASSAGE | 75 MINS - \$190 | 90 MINS - \$210

A highly specialised massage targeting areas of specific concern. Your therapist will incorporate trigger point therapy, stretching and a deep massage technique to treat pain and injury.

STRESS RELEASE MASSAGE | 30 MINS - \$84

Ease away aches, pains and stresses from day-to-day life. Choose either back, neck and shoulder OR feet and legs.

PRE-NATAL NURTURING MASSAGE | 60 MINS - \$150

This special massage supports the body through the muscular and structural changes that occur in pregnancy whilst offering complete relaxation and tension relief. Massage will only be performed after the 1st trimester of pregnancy.

AROMATHERAPY | 75 MINS - \$180

Combined with the soothing power of massage and 100% pure essential oils, the aromatherapy massage makes for a truly holistic therapy. A unique combination of essential oils is blended with your specific needs in mind to bring about enhanced wellbeing to take you on a sensory journey for the body, mind and spirit.

VOYA
ORGANIC BEAUTY



ORANGE OR LAVENDER BODY BLISS | 75 MINS - \$180

Choose from your preferred scent of Sweet Orange or Lavender. Your journey begins with a relaxing foot ritual. Your feet will be soaked and your therapist will buff your feet and calves with an invigorating sugar scrub. Your treatment continues with a full body relaxation massage using nourishing oil, fortified with your chosen essential oil to either uplift and revive (Sweet Orange) or relax and calm (Lavender) the senses.

VOYAGER MASSAGE JOURNEY | 90 MINS - \$200

A complete top to toe VOYA relaxation journey. This treatment incorporates a full body brush and body massage that replicates the movement of the sea combining both gentle and stimulating movements using VOYA organic body oil and body lotion. Finish up with a conditioning treatment scalp massage and a mini cleanse and facial massage with VOYA's My Little Hero facial serum. The ultimate luxury treatment to relieve aches and pains and evoke pure relaxation.

INDIAN HEAD MASSAGE | 45 MINS - \$90

Designed to pamper and rejuvenate the mind and body. Using pressure points and soft tissue massage you will be treated to the delights of an age old massaging ritual. This invigorating head and shoulder massage comes complete with a replenishing hair and scalp conditioning treatment.

BODY TREATMENTS

ULTIMATE COCONUT FOOT RITUAL | 15 MINS - \$25

Immerse your feet in a luxurious mixture of warm coconut milk. Using massage techniques your therapist will buff away rough, weathered skin with an invigorating coconut sugar scrub leaving your feet clean and polished.

SUGAR RUB BODY BUFF | 30 MINS - \$89

Your skin will be buffed and polished from top to toe with Pure Fiji's Milk Bath and Sugar Rub. This treatment will leave your skin feeling silky smooth and renewed.

ORGANIC LAVENDER & SEAWEED SUGAR GLOW | 60 MINS - \$160

A wonderful fragrant mix of lavender oil, seaweed & sugar. It's has a double action of gently removing dead skin cells with sugar and healing with seaweed extracts and lavender essential oil. You will then enjoy a hydrating application massage of Softly Does It body lotion

VOYA ORGANIC SEAWEED LEAF WRAP | 90 MINS - \$290

This truly amazing body treatment detoxifies, firms and softens the skin using real organic seaweed leaves to scrub, wrap and moisturise your body. Beginning with a Bladder Wrack body scrub followed by a full body wrap in Laminaria seaweed leaves, your skin will be left feeling smooth and supple. Complete this experience with an application of Softly Does It moisturiser to the body and a relaxing back massage.



RITUALS

ABSOLUTE SPA RITUAL | 120 MINS - \$280

From the soles of your feet to the top of your scalp, embark on a sensory journey to complete relaxation. This ultimate mind, body and soul experience includes a rejuvenating classical Swedish massage and followed by a Sodashi Pure Radiance facial tailored to your skin type.

DELUXE SPA EXPERIENCE 150 MINS - \$310

Indulge in a full body relaxing experience. This package includes a relaxing Body Bliss massage – a foot ritual and 60 minute massage with your choice of Uplifting Sweet Orange or Relaxing Lavender oils. Continue your journey to relaxation with an express facial and completed with a mini manicure or pedicure.

EMERALDS OF THE OCEAN | 150 MINS - \$350

Surrender to the ultimate relaxation experience. Your journey begins with a full body scrub using a wonderful fragrant mix of lavender oil, seaweed and sugar. Continue with a VOYA body massage that replicates the movement of the sea combining both gentle and stimulating movements to relieve aches and pains tailored to individual needs. Your skin will be left refreshed and renewed after an Organic Anti-Aging Restorative Facial.

BEAUTY ESSENTIALS

PURE FIJI PARADISE MANICURE | 60 MINS - \$90

Ensure your hands are looking their best. This treatment will include a nail shape, cuticle maintenance and a paint in the colour of your choice. You will also be indulged in a relaxing Pure Fiji soak, exfoliation and a warm Body Butter wrap for your hands and a beautifully relaxing hand and arm massage.

PURE FIJI PARADISE PEDICURE | 75 MINS - \$110

Ensure your feet are looking their best. This treatment will include a nail shape, cuticle maintenance, foot file and a paint in the colour of your choice. You will also be indulged in a relaxing Pure Fiji soak, exfoliation and a warm Body Butter wrap for your feet and a beautifully relaxing foot and lower leg massage.

BODY WAXING

Full leg	\$70
Half leg	\$40
Underarms	\$30
Bikini Line	\$30
Extended Bikini	\$40
Back or Chest	\$50
Brazilian (maintenance)	\$60
Brazilian	\$80

FACIAL WAXING

Eyelash tinting	\$25
Eyebrow shaping	\$25
Eyebrow tinting	\$25
Lip or Chin	\$25
Combo of two	\$45
Combo of three	\$60



HOURS

Day Spa Hours 9am – 9pm 7 days

Facilities Hours 6am – 10pm 7 days

CANCELLATION POLICY

Bookings will be secured with credit card details. Should you need to cancel or change your appointment please give us 24 hours notice otherwise a cancellation fee equivalent to 50% of the total of the treatment price will be charged.

ARRIVAL

Please arrive at the Spa, located on the lower ground floor of the Pullman Hotel, at least 15 minutes prior to your scheduled appointment. Late arrivals will be subject to a time reduction from the scheduled treatment.

PARKING

Complimentary valet parking for up to 4 hours is available for non hotel guests for treatments of 60 minutes or more. Paid valet parking or street parking is available for all others.

FACILITIES

Complimentary use of the steam, sauna, pool, Jacuzzi and gym facilities is available for all guests spending over \$80 on any spa treatment.

GIFT VOUCHERS

Spa at the Pullman vouchers make the perfect gift. You can buy a voucher for a specific treatment or a dollar value. Vouchers are valid for 6 months.

SPA AT THE PULLMAN

PULLMAN AUCKLAND
CNR WATERLOO QUADRANT & PRINCES STREET
AUCKLAND, NEW ZEALAND

RESERVATIONS: T. (09) 355 1242

