

S spa

AT THE PULLMAN

A JOURNEY TO WELLBEING

ESCAPE

Spa at the Pullman offers your mind and muscles an environment in which they can unwind. A full service facility, the spa caters to all requirements with six spa treatment rooms, a relaxation area, 25-metre heated swimming pool, sauna, steam room, spa pool, and a cutting edge fitness centre.

RELAX

Spa at the Pullman focuses on three distinct practices: natural, traditional and scientific. Modern Western remedies, Eastern philosophies and Indigenous elements combine to create unique spa treatments and wellness journeys that encourage deep relaxation.

REVIVE

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

VOYA FACIALS

DELUXE FACIAL EXPERIENCE | 90 MINS \$210

The ultimate VOYA facial experience, this treatment allows guests to experience the best of both worlds! The treatment starts with a relaxing back massage to induce relaxation and gently melt away muscular pain. Next, let us raise your organic skincare expectations with a 70 min results driven hydrating and purifying facial. This facial contains a 20 min massage to deeply hydrate the skin followed by 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 hydrated, the appearance of deep set wrinkles is reduced and the skin's texture is left hydrated and plumped. This is the crème de la crème of all facial experiences.

ANTI-AGEING RESTORATIVE FACIAL | 75 MINS \$185

This treatment is suitable for all skin types, particularly for those in search of anti-ageing results. The anti-ageing restorative facial is 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.

SELF DISCOVERY RADIANCE FACIAL | 60 MINS \$160

This incredible skin specific organic facial is deeply detoxifying, thoroughly revitalising 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. In the comfort of the treatment room, we will go through a comprehensive skin analysis and choose specific facial products to target your particular skin concerns. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced.

MARINE EYE TREATMENT | 45 MINUTES \$90

Using organic Laminaria Digitata seaweed eye compresses, which are hand harvested from the wild Atlantic Ocean, this is a unique treatment for refreshing and rejuvenating tired eyes. Combining both relaxing and decongesting lymphatic massage movements to banish puffiness and dark shadows, we also use specialised eye masks for those individuals who are specifically concerned with ageing around the eye area. This is a firming, hydrating and results-orientated treatment that uses specific products rich in seaweed extract, green tea and vitamin C, to help reduce the appearance of fine lines and decongests the eye area.

SODASHI FACIALS

SAMADARA ULTIMATE AGE DEFYING FACIAL | 105 MINS \$225

The Samadara Ultimate Age-Defying Facial uses a sequence of timeless, anti ageing techniques rooted in Ayurvedic healing traditions that are designed to reawaken the skin's natural healing energies. Turn back the hands of time and transform your skin with this intensely hydrating and nourishing treatment to increase firmness and elasticity, diminish the appearance of fine lines and restore a youthful glow. A rose quartz crystal facial massage enables the powerful Samadara crème to penetrate deeply into the skin for maximum benefit.

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 maximise 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.

SODASHI PURE RADIANCE FACIAL (RENEWAL) | 60 MINS \$150

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 fresh.

SODASHI REVIVE FACIAL \$80

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 the perfect add-on to any of our body treatments

SENSORY MASSAGE

VOYAGER MESSAGE JOURNEY | 90 MINS \$200

A complete top to toe VOYA relaxation journey, incorporating scalp massage, face massage, stretches and body massage that replicates the movement of the sea combining both gentle and stimulating movements. The ultimate luxury treatment to relieve aches and pains tailored to individual needs.

Choose a VOYA organic body oil from:

Uplifting — Angelicus Serratus

Relaxing — Mindful Moments

Muscle Relaxing — Serenergise

SODASHI CRYSTALUS MASSAGE | 90 MINS \$210

A sensory experience designed to influence the mind, body and spirit using ancient Australian healing stones and crystals. Through

the power of massage and intention, the vibrations of the Australian plant essences and crystals resonate deeply with our beings, bringing about total relaxation, rejuvenation and harmony.

SODASHI PURITY BODY MASSAGE | 60 MINS \$150 90 MINS \$190

This massage uses slow strokes and medium to firm pressure to ease built up stress and muscle tension assisting the release of blockages, knots, and toxins from the body. Perfect for fitness recovery or deep seated tension, your muscles will feel realigned and relaxed with improved movement and circulation.

INDIGENOUS GREENSTONE MASSAGE | 75 MINS \$170

Experience an authentic New Zealand treatment using the healing and balancing properties of Greenstone (Pounamu). A combination of stones of varying temperatures, alongside flowing, gentle massage strokes, will soothe and uplift. Pounamu, considered a sacred stone by Māori and only found in the South Island of New Zealand, is thought to contain its own special life force.

AROMATHERAPY | 90 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.

HOT HERBAL LAVENDER | 75 MINS \$170

The treatment begins with a luxurious French inspired aromatic warm herbal foot ritual before returning you to equilibrium with a tailored full body relaxation massage. The use of warm lavender aromatherapy oil alongside long soothing movements will ensure you receive a deeper sense of relaxation. Areas of tension will be calmed by the strategic placement of heated lavender wheat bags.

COCONUT ORANGE BODY BLISS | 90 MINS \$180

Your journey begins with a coconut foot ritual, feet and calves will be bathed in a warm mixture of coconut milk with a hint of orange extract, your therapist will buff your feet and calves with an invigorating sugar scrub. Your treatment continues with a full body relaxation massage using nourishing coconut oil, fortified with orange oil to uplift and revive the senses.

VOLCANIC STONE | 75 MINS \$170
90 MINS \$210

Many ancient cultures have used the healing power of stones for medicinal and spiritual purposes. Harnessing the properties of the volcanic basalt stones, small stones are placed on key energy points on the body. Evoking an aura of warmth, the deep penetrating heat from the stones is used to massage the body using traditional techniques to release muscular tension and balance the spirit.

REFLEXOLOGY | 30 MINS \$70
60 MINS \$140

Reflexology is an ancient art based on the principle that there are reflex areas in the feet and hands which correspond to all the organs and physical parts of the body. Reflexology uses the thumb and fingers on these reflex areas. It promotes deep relaxation, peace and a natural balance within the body.

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.

WELLNESS MASSAGE

SWEDISH MASSAGE WITH ELEMENTS OF AOTEAROA | 60 MINS \$140
90 MINS \$190

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, a full body massage treatment with light to medium pressure.

THERAPEUTIC MASSAGE | 75 MINS \$170
90 MINS \$210

A combination of massage techniques to ease aches, pains and strains. This massage will vary according to your particular needs. Please indicate to our Spa Therapist if you have any specific concerns.

COUPLES' MASSAGE | 60 MINS \$260
90 MINS \$360

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.

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 during pregnancy should be enjoyed after your first trimester).

STRESS RELEASE MASSAGE | 30 MINS \$80

Ease away aches, pains and stresses from day-to-day life via a relaxing shoulder, neck and back massage.

BODY WRAPS AND SCRUBS

VOYA ORGANIC SEAWEED LEAF WRAP | 90 MINS \$290

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a bladder wrack body buff, this treatment detoxifies firms and softens the skin and is excellent in conjunction with a weight loss programme. The whole body is then covered in Laminaria Seaweed leaves for instant results. Completed with an application massage of Softly Does it to nourish and soften.

ORGANIC LAVENDER & SEAWEED SUGAR GLOW | 60 MINS \$170

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.

SODASHI REFINING BODY TONER | 75 MINS \$170

This treatment begins with a full body exfoliation with Sodashi's Jojoba Bead Body Polish. A nurturing full body mask, rich in French Pink Clay and herbal extracts to firm, tone and condition the skin is then applied. The body is cocooned in a comforting body wrap and a scalp massage is performed, completing this process of total relaxation.

SODASHI PURIFYING BODY BOOST | 60 MINS \$170

Designed to boost energy levels and re-energise the entire system, this cleansing treatment begins with invigorating dry body brushing. Sodashi's natural purifying and detoxifying mask is then applied to stimulate the circulatory system, relieve sluggishness and congestion, and help to remove unwanted toxins. To finish, an enlivening Sodashi body moisturiser is massaged into the skin.

SPA PACKAGES

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. Surrender to deep relaxation as your journey continues 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 Facial.

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 bespoke Sodashi facial tailored to your skin type, followed by a rejuvenating classical Swedish massage.

PRE NATAL REST AND RESTORE RITUAL | 210 MINS \$420

Your retreat will begin with a Sodashi Vanilla body exfoliation followed by an hour's massage specifically designed to assist with the special requirements that occur during pregnancy. After your massage, you will enjoy a Sodashi facial that rebalances, remineralises and renews the skin using anti-oxidant rich minerals and vitamins. To conclude you will be pampered with a Spa pedicure leaving your feet feeling light and fresh.

ESSENTIAL MAN | 135 MINS \$300

The ultimate realignment designed especially for men. Relax and enjoy an invigorating Himalayan back scrub followed by a deep therapeutic massage will ease away stress from day to day life, followed by a tailored Sodashi facial to leave skin feeling fresh and energised.

HANDS AND FEET

PURE FIJI PARADISE MANICURE | 75 MINS \$110

Bring back a youthful glow to the hands. This treatment starts with a relaxing soak in Coconut Milk Bath. Followed by an exfoliation of naturally occurring alpha hydroxyls in a pure cane sugar infused with essential oils, enzymes and coconut oil. A warm Body Butter wrap for your hands will deliver moisture to instantly revive skin while milk proteins set in motion a firming process to reduce the appearance of fine lines. Finishing the treatment, breathe deep and relax as a rich lotion is applied and gently massaged into the arms.

PURE FIJI PARADISE PEDICURE | 75 MINS \$110

Sit back, relax and be pampered from soul to sole. Starting with a ritual cleansing with coconut milk, followed by an exfoliation of natural occurring alpha hydroxyls in a pure cane sugar infused with essential oils, enzymes and coconut oil. A warm Body Butter wrap is then applied to the feet and while you are floating in paradise your legs are massaged with warm Coconut Exotic Massage Oil. Finally your choice of colour is applied to your nails to remind you daily of your excursion to paradise.

LITTLE EXTRAS

Please note these are add on treatments and cannot be booked alone.

ULTIMATE MILK AND HONEY FOOT RITUAL | 15 MINS \$25

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

SODASHI SCALP TREATMENT | 15 MINS \$30

This treatment begins with Sodashi's soothing warm and aromatic foot compresses to relax and refresh aching feet. A luxurious and moisture rich Sodashi scalp mud is then massaged over the scalp to release pressure and tension. This mask treatment is then left on post treatment to deeply nourish the scalp and leave the hair feeling silky, smooth and shiny.

SODASHI SOOTHING MINT FOOT THERAPY \$50

Soothe and revitalise tired, sore feet with Sodashi's invigorating Himalayan salt polish to refresh the skin and stimulate circulation. Sodashi's mint foot cream with the oils of arnica, lavender and peppermint is massaged into your feet and lower legs to provide total relaxation.

SODASHI GENTLE TOUCH HAND THERAPY | 30 MINS \$60

A well deserved treatment for your hard working hands. This nurturing treatment starts with warm aromatic compresses and is followed with Sodashi jojoba bead exfoliation. A soothing massage will leave your hands feeling silky, smooth and soft. Sodashi's blend of alluring fragrances such as lavender, geranium and lemon make this a wonderful experience.

BARE ESSENTIALS

WAXING

Full leg \$80
Upper leg \$50
Lower leg \$40
Underarms \$30
Upper lip \$25
Bikini \$40
Brazilian \$85
Brazilian (maintenance) \$60
Back \$50
Chest \$50
Full leg, underarms and bikini \$130
Lower leg, underarms and bikini \$90
Full leg, underarms and Brazilian (maintenance) \$150
Lower leg, underarms and Brazilian (maintenance) \$110

EYE ENHANCEMENTS

Eyelash tinting \$30
Eyebrow shaping \$25
Eyebrow tinting \$20
Combination of three \$60

DETAILS

DAY SPA HOURS

Monday to Sunday | 9.00 am – 9.00 pm

If you require a booking outside of these hours please let our spa reception team know and we will try our best to accommodate you.

GIFT VOUCHERS

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

TREATMENT PACKAGES

Prepaid packages are available for purchase at Spa at the Pullman. These are available in bundles of 5 or 10 and offer significant discounts. For more information, phone Spa at the Pullman on (09) 355 1242.

Appointment scheduling is designed to permit the proper amount of time required to complete each service. Please arrive at least 15 minutes before your scheduled appointment time so that you can relax prior to your treatment. Appointments include access to all the facilities which can be enjoyed both prior and post your treatment.

PRIVACY

The Spa is designed to provide the ultimate in comfort, privacy and relaxation. Services are performed in private rooms and your privacy is respected at all times. We provide robes and slippers for you to use during treatments.

For massages, facials and body treatments it is best to remove jewellery and store in a secure place. We regret that we cannot be responsible for loss and damage of personal belongings.

CANCELLATION POLICY

We understand that sometimes it is necessary to change an appointment. So that we may accommodate all of our customers, we ask that you provide 24 hours' notice if you wish to change or cancel an appointment.

If you give less than 24 hours' notice, a 50% cancellation fee will apply.

SPA AT THE PULLMAN

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

RESERVATIONS: T. (09) 355 1242
SPAATHEPULLMAN.CO.NZ