



LUXE SPA

— AT THE PULLMAN —

TREATMENT MENU





THE JOURNEY TO WELLNESS





Luxe Spa at the Pullman is a rare jewel

The perfect escape where you will instantly be transported to another realm, experience exquisite relaxation, and where you can reconnect with your inner soul.

Discover our personalised Spa treatments with specially selected Aromatherapy Associates oils and Sothys, a cruelty-free skincare brand renowned for harnessing the power of botanicals for beauty and wellbeing.

Our facilities include an expansive sun terrace, a 25-metre heated indoor lap pool, sauna, steam room, spa pool, cutting-edge fitness equipment, six spa treatment rooms, a chill-out zone, and a private lounge for group bookings.



LUXE SIGNATURE



BESPOKE RITUAL

A perfect package to immerse in a world of various therapies to escape from the busy world.

- ◆ A full body signature exfoliation, aiming to increase body circulation and remove dry skin.
- ◆ Infusion cold and hot stone body massage with personalized aromatherapy oils. Helping to release toxins from your body and decrease stress levels, prepare to feel the tension melt away.
- ◆ Finish with a relaxing pressure point scalp massage and foot massage to leave you in a state of well-being bliss totally relaxed and restored.


120 MINS | \$300

MASSAGE



 **AROMATIC MASSAGE** 60 MINS | \$180 ◆ 90 MINS | \$240

A rejuvenating massage with select aromatherapy oils. Long strokes, kneading, and acupressure techniques will help nourish your skin, promote relaxation and a sense of wellbeing, and revitalise the mind and body.

 **DEEP TISSUE MASSAGE** 60 MINS | \$190 ◆ 90 MINS | \$250

Deep muscle work is combined with stretching, rocking and circulation-enhancing strokes. This therapy targets the deep layers of connective tissue and muscle throughout the body, using slow strokes to apply pressure, increase blood flow, and reduce the inflammation that can lead to pain and tension.

 **HOT STONE HEALING MASSAGE** 90 MINS | \$250

Let our trained therapists take you on a journey of pure bliss! Enjoy a full body massage with aromatic oils to deeply relax you, enhanced with warmed natural stones that take that calming feeling even deeper and soothe any tiredness in your muscles. Perfect for when you need downtime to regain your strength, energy, and vitality. Go on, treat yourself!



PRENATAL MASSAGE*

60 MINS | \$190 ◆ 90 MINS | \$250

Celebrate this special time of your life with a therapy specifically designed for the comfort of an expectant mother to help relieve physical discomfort and fatigue. As your body continues to change in a way you never imagined, this calming massage helps ease muscle tension, improve circulation, and increase mobility. * *Suitable from 13 weeks until the birth of the baby.*

SOTHYS ENERGIZING LEGS

60 MINS | \$180

For those who struggle with tired, heavy legs and feet occasionally or as an ongoing concern. This ultra-refreshing protocol aims to refresh, reduce swelling and improve lymphatic flow. Combining active formulas renowned for their toning and stimulating properties, the treatment also boasts specific massage and drainage techniques to ensure comfort and long lasting freshness.

FACIALS



ORGANICS FACIAL

60 MINS | \$180

This treatment's fresh scent awakens the skin, giving instant radiance. Dive into the heart of nature and enjoy 60 minutes of delightful relaxation.

AMPOULE FACIAL

60 MINS | \$180

Your therapist will prescribe a personalised ampoule therapy facial treatment, incorporating deep cleansing, an intensive ampoule complex and a treatment mask. Afterwards, your skin will feel rejuvenated and radiant.

SEASONAL FACIAL

60 MINS | \$180

An original concept, combining chronobiology and exquisite aromas to reveal your skin's radiance, season by season. Includes exfoliation, double-mask, and relaxing massage for revitalised and glowing skin.

DETOX ENERGIE FACIAL

75 MINS | \$240

One hour and 15 minutes to treat your skin to a burst of energy and help it defend itself against the harmful effects of environmental stress, which can accelerate skin ageing. Your skin is recharged with energy, leaving your complexion bright and appearing depolluted.



 HYDRA4 HYALURONIC ACID FACIAL 75 MINS | \$240

A high-performance youth solution combines four sources of hyaluronic acid for long-lasting hydration through synergistic action. The absolute hydration solution with 6 stages to quench thirsty skin, combat hydration and plump the skin, renewing its youthfulness.

The skin is infused with hyaluronic acid, from the deeper layer with low molecular weight of hyaluronic acid, to the skin's surface to plump with the high molecular weight of hyaluronic acid. Additionally, the boletus extracts a patented ingredient, boosts and reinforces the natural hyaluronic acid present in the skin.

MENS



 LUXE GENTLEMEN 90 MINS | \$250

A unique package specially designed for men. Begin your journey with back exfoliation, incorporating warm towel removal, leaving the skin totally stimulated and refreshed. Followed by an aromatherapy back, neck and shoulder massage to soothe away everyday stress, aches and pains. Indulgence in a Sothys Homme facial designed for men's skin to re-energise and rebalance the skin. Complete your journey with a foot massage to leave you feeling like you're walking on clouds.

HANDS & FEET



SPA MANICURE

60 MINS | \$110

Nail trimmed and shaping, and cuticle care, followed by a nourishing scrub and keratin-rich gloves fortifying emulsion to strengthen the nails and soften cuticles will leave your skin feeling nice and soft. Enjoy hand stress relief massage and finish with nail polish is applied.

SPA PEDICURE

60 MINS | \$110

Your Spa pedicure begins with a therapeutic foot bath to soften your skin, followed by a foot scrub to slough off any dead skin with salts and minerals. Your foot will be wrapped with keratin fibrous protein socks that are loaded with intensive antiseptic and deep moisturising feet. Cuticle care and dry skin treatments with a foot massage before your toenails are shaped, buffed, and polished. *Please inform reception in advance if you require gel polish application or gel polish remover.*

GEL POLISH / REMOVER (ADD ON)

15 MINS | \$20

BODY THERAPY



HANAKASUMI

90 MINS | \$230

A unique ritual of Japanese inspiration: peeling with exfoliating gloves, relaxing modelling of the entire body, and specific modelling of the feet. Your mind will be cleared, and your delicately perfumed skin will be softer and more nourished.

SPA BODY COCOON WRAP

90 MINS | \$230

Full body scrubs with our signature body exfoliation to promote skin cell turnover and blood circulation. Then you will be wrapped cocooned in a nourishing body mask with customise aromatherapy oil to stimulate energy flow in the body and eliminate toxins from your body. Relish in a moment of relaxing head and scalp massage.

Once the wrap is rinsed off, a back massage to release any muscular tension and full body lotion application and leave you feeling silky-smooth.



RITUALS



SOUL RENEWAL

90 MINS | \$250

Relax and revive your body and spirit in less than two hours. A 45-minute customised body massage with your choice of aromatherapy oils gently soothes away tension. Then a 45-minute classical facial leaves you feeling radiant.

IN MY ELEMENTS

150 MINS | \$390

Delight your senses and rejuvenate your inner glow. Begin with a 30-minute full-body scrub. Nourishing rice flour, green tea, sea salt, and brown sugar are blended with warmed almond oil to invigorate your skin. An hour's Aromatic Massage eases away everyday stress. A 60-minute facial, personalised for your skin type and priorities, serenely completes this blissful ritual.

PURE PARADISE

180 MINS | \$440

Perfect for those seeking refuge from today's frantic pace of life. After a half-hour skin-energising full-body exfoliation, you will be gently swathed in a body wrap. While warmly cocooned, a head and scalp massage will lift away stress and relax your body and mind. Then a 60-minute full-body Aromatic Massage eases you further into tranquillity. Finally, enjoy the benefits of an hour-long Sothys Organics facial. Simply heavenly!

DIVINE DUO (FOR 2)

150 MINS X 2 | \$680

Treat yourself to some quality time-out with a friend or loved one. Begin with a luxurious and soothing foot ritual. Then drift into a state of calm with a 60-minute full-body Aromatic Massage. A customised 45-minute facial and a 30-minute mini-pedicure ensure you're left feeling fabulous from head to toe! To complete your experience, indulge in a glass of bubbles and a shared cheese platter while you cherish each other's company.

ADD-ON



BACK, NECK & SHOULDER MASSAGE

30 MINS | \$95

A combination of Swedish and deep tissue massage techniques reduces muscular tension and contributes to joint mobility. This treatment enhances the feeling of relaxation and improves blood and lymph circulation.

BODY GLOW EXFOLIATION

30 MINS | \$95

Using rice flour, green tea, salt, and brown sugar, mixed with warmed almond oil, this therapy stimulates skin cell turnover, resulting in smoother and healthier skin.

HEAD & SCALP MASSAGE

15 MINS | \$45

Using a variety of pressure and techniques, including circular massage, this targeted massage helps relieve stress, reduce tension, ease headaches, and promotes relaxation.



LUXE SPA ETIQUETTE AND POLICIES



HOURS

Day Spa 9am-7pm

Facilities 6am-10pm (last entry 9.30pm)

CANCELLATION POLICY

A credit card is required to secure all appointments. Should you need to cancel or change your appointment please provide at least a 24 hours notice otherwise a cancellation fee equivalent to 50% of the total treatment price will be charged. Total of the full services will be charged for no shows.

PAYMENTS

We accept most major credit cards, cash and Luxe Spa gift vouchers. A credit card surcharge of 2% applied to majority of credit cards. Gratuities are gladly accepted and are not included in the price of services.

ARRIVAL

Please arrive at the Spa, located on the lower ground floor of the Pullman Hotel, at least 30 minutes prior to your scheduled appointment. Late arrivals will be subject to a time reduction from the scheduled treatment.

CELL PHONES AND SOFT VOICES

In keeping our commitment to create a relaxing and quiet environment for all guests, please use soft tones while in the Spa. Luxe Spa at the Pullman is a cell phone-free environment. We kindly ask that you turn your cell phone off or turn it to silent upon arrival.

PARKING

Complimentary valet parking for up to 4 hours is available for non-hotel guests. Paid valet parking or street parking is available for all others. Kindly note the Hotel will not compensate any other parking docket.



FACILITIES

Complimentary use of the steam, sauna, pool, Jacuzzi and gym facilities is available for Spa guests. Please bring your swimwear with you.

PERSONAL ITEMS

We advise you to refrain from bringing jewellery to the spa, as we do not provide safes for these or other valuables. We are not responsible for lost items while you are visiting the spa. Please wear what is comfortable; we will provide you with a robe and slippers for treatments requiring you to disrobe. Our staff is trained to drape you appropriately for privacy during your treatments. Private changing areas with lockers are available for your convenience.

LOCKER KEY

Upon check-in to the Spa, you will be issued a locker key for your personal belongings. Upon leaving the Spa, we kindly ask you to return your locker key to the Spa Reception desk. Failure to return the locker key will result in a replacement charge of \$50 for a lost key.

GIFT VOUCHERS

Luxe Spa at the Pullman vouchers makes the perfect gift. You can buy a voucher for a specific treatment or a dollar value. Vouchers are valid for 12 months and they are non-refundable. For your convenience, you can purchase gift vouchers online and have it emailed to you or pick-up from our Spa reception desk.

BOOKINGS

We highly recommend you book in advance to secure your booking. Minimum of booking is one hour. 15% surcharge on all treatments during public holidays. Promotional packages are not available on public holidays.

GROUP BOOKINGS

For group bookings of 6 guests or more, we required payment to be settled 48 hours in advance. 48 hours' notice is required to cancel or reschedule groups of 6 or more. This policy allows the Spa enough time to fill appointments as detailed in our Cancellation Policy.



LUXE SPA

— AT THE PULLMAN —



PULLMAN AUCKLAND HOTEL & APARTMENTS

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LOCATION 6 Princes Street, Auckland