



LUXE SPA

— AT THE PULLMAN —

TREATMENT MENU

THE JOURNEY TO WELLNESS



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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 well-being.

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.

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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.

2 HRS | \$300





MASSAGE

🌿 AROMATIC MASSAGE 1 HR | \$185 ♦ 1 HR 30 MINS | \$245

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

🌿 DEEP TISSUE MASSAGE 1 HR | \$195 ♦ 1 HR 30 MINS | \$255

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 1 HR 30 MINS | \$255

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!

🌿 SOTHYS™ ENERGIZING LEGS 1 HR | \$185

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.

 **AMPOULE FACIAL**

1 HR | \$190

Enjoy a personalised ampoule infusion facial tailored just for you. This treatment features gentle exfoliation, deep cleansing, and a powerful ampoule serum, complemented by a soothing massage and a customised treatment mask. The result is rejuvenated, glowing skin that radiates vitality. Treat yourself and let your natural beauty shine!

 **SEASONAL FACIAL**

1 HR | \$190

An innovative concept that merges chronobiology with delicious flavours to enhance skin radiance throughout the seasons. It features oxygen and minerals to strengthen skin's defences before winter, and vitamins to revitalise before summer. This treatment deeply oxygenates, rejuvenates, and leaves skin visibly radiant, serving as a quick pick-me-up and a part of a regular skincare ritual for a healthy glow.

 **ILLUMINATION FACIAL**

1 HR 15 MINS | \$250

Experience a targeted treatment specifically designed to address pigmentation, dark spots, and uneven skin tone. This facial, developed by Sothys™ Advanced Research, features an exclusive patented active ingredient at the core of its scientific solution. This treatment incorporates the ridoki accessory, inspired by traditional Asian medicine, which complements the beauty therapist's techniques and enhances the effectiveness of the products on the targeted areas.

This 6-step treatment is suitable for all skin types and is renowned for its effectiveness and thorough care. Special attention is given to the hands, which are often one of the areas most affected by pigmentation issues.

Indulge in this revitalising journey to restore your skin's youthful glow and achieve a more luminous complexion. It is recommended to undergo a series of six treatments, scheduled once a week for optimal results.

 **DX GLOW FACIAL**

1 HR 15 MINS | \$250

Sothys™ Glow Defence Intensive Treatments is a dual-action facial designed to repair and strengthen the skin barrier, which can become exhausted and weakened due to lifestyle and environmental factors. This intensive radiance defence treatment incorporates digi-aesthetics, a technique that combines massages and acupuncture from Eastern and Western traditions. The treatment program aims to protect the skin from various environmental aggressors while enhancing its resilience. This unisex facial is especially well suited for men's skin.

 **HYDRA4 HYALURONIC ACID FACIAL**

1 HR 15 MINS | \$250

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 dehydration 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

COUPLES

LUXE GENTLEMEN

1 HR 30 MINS | \$260

- ◆ Back Exfoliation (10m)
- ◆ Back, Neck & Shoulder Massage (30m)
- ◆ Sothys™ Homme Facial (35m)
- ◆ Foot Massage (15m)

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. Indulge 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.

MEN'S WELL-BEING RETREAT

2 HRS | \$300

- ◆ Deep Tissue Massage (60m)
- ◆ Sothys™ Homme Facial (40m)
- ◆ Energising Foot Massage (20m)

Unwind and recharge at our Men's Well-being Retreat, designed to help men enhance their well-being, improve sleep, and rediscover joy through relaxation and recovery.

Experience our exclusive package that includes a soothing full-body deep tissue massage to relieve muscle tension, followed by a revitalizing Sothys™ Homme facial tailored to male skin. To complete your retreat, enjoy an invigorating foot massage that refreshes tired feet and promotes complete relaxation. Rediscover your vitality in a serene and supportive environment.

LUXE RETREAT & DINE (FOR 2)

1 HR 15 MINS | \$460

- ◆ Aromatic or Deep Tissue Massage (60m)
- ◆ Energising Foot Massage (15m)
- ◆ Two-course lunch at the Tapestry
- ◆ Juice or cup of tea

Experience ultimate relaxation with a Retreat & Dine at Luxe Spa. Begin with a one-hour massage of your choice – aromatic or deep tissue – tailored to your needs, followed by a soothing 15-minute foot massage. After unwinding, head to Tapestry Restaurant for a delightful two-course lunch with a refreshing glass of juice or your favourite tea. Enjoy the perfect blend of relaxation and culinary indulgence with someone special. *Lunch to be served from 12pm to 3pm.*

DIVINE DUO (FOR 2)

2 HRS 30 MINS | \$690

- ◆ Foot Ritual (15m)
- ◆ Aromatic Massage (60 m)
- ◆ Sothys™ Customised Facial (45m)
- ◆ Mini Pedicure (30m)
- ◆ Cheese Platter for 2
- ◆ A glass of bubbles each

Indulge in a blissful retreat with a dear friend or loved one. Start your experience with a calming foot ritual that melts away stress, followed by a soothing aromatic massage for your mind and body. Enjoy a personalized Sothys™ facial to enhance your glow, and treat yourself to a delightful mini-pedicure for perfectly pampered toes. To complete this serene experience, sip on sparkling bubbles while savouring a delicious cheese platter, allowing you to relish every exquisite moment together.

RITUALS

SOUL RENEWAL

1 HR 30 MINS | \$260

- ◆ Aromatic Massage (45m)
- ◆ Sothys™ Customised Facial (45m)

Experience a rejuvenating journey that uplifts your body and spirit. Begin with a customised body massage, choosing from fragrant aromatherapy oils to ease away stress. The therapist's skilled touch melts tension, leading you to serene relaxation. Then, enjoy a luxurious facial that reveals a radiant complexion. Emerge feeling revitalised and ready to take on the world.

SPA COCOON WRAP

1 HR 30 MINS | \$240

- ◆ Full Body Exfoliation (25m)
- ◆ Cocoon Wrapped with Body Mask (30m)
- ◆ Head & Scalp Massage while body mask is on
- ◆ Back, Neck & Shoulder Massage (25m)
- ◆ Full Body Lotion Application (10m)

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.

DEEP RELAX SLEEP RITUAL

1 HR 45 MINS | \$280

- ◆ Foot Ritual (15m)
- ◆ Aromatic Massage (60m)
- ◆ Facial Massage (15m)
- ◆ Head & Scalp Massage (15m)

Transform your night with our aromatherapy sleep blends, crafted for ultimate calm and serenity. This soothing collection features the calming scents of vetiver, chamomile, and sandalwood, creating a tranquil atmosphere that invites you to unwind.

Your experience begins with a rejuvenating foot ritual, followed by a full-body massage that releases tension from head to toe. A gentle facial massage alleviates tightness in your facial muscles, and a relaxing head and scalp massage concludes the journey.

Embrace true tranquillity and enjoy deep, restorative sleep with this carefully curated package.

IN MY ELEMENTS

2 HRS 30 MINS | \$400

- ◆ Full Body Exfoliation (30m)
- ◆ Aromatic Massage (60m)
- ◆ Sothys™ Ampoule Facial (60m)

Delight your senses and rejuvenate your inner glow with a soothing treatment. Start with a full-body scrub in which nourishing rice flour, green tea, sea salt, and brown sugar blend with warmed grapeseed oil to invigorate your skin. Following this, enjoy a one-hour Aromatic Massage that eases away everyday stress. Finally, experience a personalised Sothys™ facial tailored to your skin type and priorities, which serenely completes this blissful ritual.

MIND BODY & SOUL WELLNESS

3 HRS 30 MINS | \$490

- ◆ Full body exfoliation (30m)
- ◆ Aromatic or Deep Tissue Massage (90m)
- ◆ Sothys™ Ampoules Facial (60m)
- ◆ Mini Manicure or Mini Pedicure (30m)

This retreat package offers a rejuvenating escape for those seeking relaxation. Your experience begins with a refreshing full body exfoliation, followed by a soothing massage to ease muscle tension and improve circulation.

Next, enjoy a personalised Sothys™ Ampoule Facial tailored to your skin's needs. This treatment includes gentle exfoliation, deep cleansing, a potent professional ampoule serum, and a relaxing facial massage, finishing with a nourishing moisturiser and SPF protection.

To complete your retreat, choose a mini manicure or mini pedicure, ensuring your hands or feet receive the same level of pampering. This experience is designed to refresh your body and uplift your spirit.

PRENATAL CARE

 **PRENATAL MASSAGE*** 1 HR | \$195 ◆ 1 HR 30 MINS | \$255

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.

 **PRENATAL NURTURING PACKAGE*** 2 HRS | \$300


Designed for Expectant Mothers

- ◆ Pregnancy Massage (45m)
- ◆ Sothys™ Ampoule Facial (45m)
- ◆ Mini Pedicure (30m)

Pregnancy is a beautiful yet challenging journey. This package provides a soothing escape to relieve tension and stress. Our calming massage uses aromatherapy rose oil, known for its restorative properties, to ease tension from head to toe. Enjoy this indulgent experience as a well-deserved treat before your baby arrives.

**Suitable from 13 weeks until the birth of the baby.*

HANDS & FEET

 **SPA MANICURE** 1 HR | \$120

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** 1 HR | \$120

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

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.

EXPRESS FACIAL

30 MINS | \$120

An express facial is perfect for busy individuals who want to improve their skincare routine. This treatment includes a double cleanse, manual exfoliation, a hydrating mask, and a moisturiser. It enhances skin texture, replenishes hydration, and leaves the skin looking refreshed and glowing.



EYE ENHANCEMENT

DURATION

PRICE \$

Eye brow Wax	15 MINS	28
Eye brow Tint	15 MINS	28
Eye lash Tint	30 MINS	38
Eye brow Shape & Tint	20 MINS	50
Eye brow Wax & Tint & Eye lash Tint	30 MINS	80

WAXING

Lip OR Chin Wax	15 MINS	28
Lip & Chin Wax	15 MINS	48
Underarm Wax	15 MINS	35
Forearm Wax	30 MINS	38
Full arm Wax	30 MINS	48
Half Leg Wax	30 MINS	45
3/4 Leg Wax	30 MINS	60
Full Leg Wax	45 MINS	80
Bikini Wax	15 MINS	38
Extended Bikini Wax	30 MINS	48
Brazilian Wax (first time)	1 HR	85
Brazilian Wax (aftercare)	45 MINS	75
Back OR Chest Wax (including shoulders)	30 MINS	70
Chest & Stomach	30 MINS	70

ADVICE

- Eye enhancement and waxing services are only available as add-ons and do not have access to valet parking.
- It's advisable to refrain from tanning or exfoliating your skin within 24 hours prior to waxing to prevent irritation.
- After waxing, it's best to steer clear of swimming, steam rooms, saunas, and direct sunlight.

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 & 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.

THE JOURNEY TO WELLNESS



All prices effective as of 1 March 2025



LUXE SPA

— AT THE PULLMAN —



PULLMAN AUCKLAND HOTEL & APARTMENTS

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