



# 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.

Experience our personalised spa treatments that utilise specially selected doTERRA essential oils, which meet the highest quality standards with the CPTG (Certified Pure Therapeutic Grade) certification. We proudly use Sothys™, a cruelty-free skincare brand that has mastered the art of harnessing botanicals for exceptional 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.



NEW TREATMENT

# AOTEAROA BODY RENEWAL

Nestled within the stunning landscapes of New Zealand, Rotorua is home to a skincare gem: Rotorua Mud.

Recognized for its rich, dark tones and high mineral content, this mud is celebrated as a secret detox elixir. Revered by Māori culture for its healing properties, it has long been an essential part of their wellness practices.

Begin your Aotearoa body treatment with our mineral-rich thermal bath salt, which restores skin balance and calms irritation. Then, enjoy a rejuvenating mud wrap, known for its cleansing and healing properties, that nourishes the skin and alleviates aches. Finish your experience with a full body massage that reduces anxiety, calms the nervous system, and promotes deep relaxation.

- ◆ Enjoy a full-body exfoliation using Pohutukawa Thermal Salt
- ◆ A Thermal Mud Body Mask infused with Manuka Honey will be applied and wrapped in foil
- ◆ While the body mask is on, relax with a soothing head and scalp massage, followed by a shower to rinse off
- ◆ Finally, indulge in a full body massage.

2 HR | \$300

# 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 HR | \$300



# MASSAGE

 AROMATIC MASSAGE 1 HR | \$185 ◆ 1 HR 30 MIN | \$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 MIN | \$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 MIN | \$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.



# SOTHYS FACIALS

PARIS

## 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 vitamin 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.

## CRYO EYE PROFESSIONAL TREATMENT

1 HR | \$190

This treatment is specifically designed for the eye area, instantly reducing signs of fatigue and aging. The exclusive Sothys™ modelling porcelain spoon enhances the refreshing effect. The Prescription Jeunesse™ eye care range is enriched with flax seed extract from Sothys™ Advanced Research, featuring an ultra-regenerating complex and targeted active ingredients tailored to meet the unique needs of the eye area.

## BACK BALANCING TREATMENT

1 HR | \$190

Transform your skin with our specialized back facial, designed to tackle back acne, dead skin cells, and clogged pores. The treatment includes gentle steaming, a thorough cleanse, skin analysis, customized exfoliation, and a mask. Extractions will be performed if needed. We conclude with a specialized treatment mask to lock in results. Experience smoother, clearer skin with this effective treatment.

## DOUBLE PEEL FACIAL

1 HR | \$200

The Double Peel Professional Treatment offers powerful results with complete safety. Featuring a potent 30% acid peel of Glycolic, Mandelic, and Salicylic acids, this protocol ensures a worry-free experience. It is suitable for all ages and skin types, except for sensitive or reactive skin, and concludes with the application of a personalized ampoule to enhance your results.

## ILLUMINATION FACIAL

1 HR 15 MIN | \$250

Experience a targeted facial treatment designed to address pigmentation, dark spots, and uneven skin tone. Developed by Sothys™ Advanced Research, this treatment features a patented active ingredient and incorporates the ridoki accessory, inspired by traditional Asian medicine, to enhance its effectiveness. This six-step treatment, suitable for all skin types, provides thorough care, with special attention to the hands, which are often affected by pigmentation issues. Restore your skin's youthful glow and achieve a luminous complexion. For optimal results, a series of six weekly treatments is recommended.

## DX GLOW FACIAL

1 HR 15 MIN | \$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 acupressure 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 MIN | \$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

## LUXE GENTLEMEN

1 HR 30 MIN | \$260

- ◆ Back Exfoliation | 10 MIN
- ◆ Back, Neck & Shoulder Massage | 30 MIN
- ◆ Sothys™ Homme Facial | 35 MIN
- ◆ Foot Massage | 15 MIN

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 HR | \$300

- ◆ Deep Tissue Massage | 60 MIN
- ◆ Sothys™ Homme Facial | 40 MIN
- ◆ Energising Foot Massage | 20 MIN

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.

# COUPLES

## LUXE RETREAT & DINE (FOR 2)

1 HR 15 MIN | \$498

- ◆ Aromatic or Deep Tissue Massage | 60 MIN
- ◆ Energising Foot Massage | 15 MIN
- ◆ 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.*

*This promotional package is not eligible for any discounts and is unavailable on public holidays.*

## DIVINE DUO (FOR 2)

2 HR 30 MIN | \$690

- ◆ Foot Ritual | 15 MIN
- ◆ Aromatic Massage | 60 MIN
- ◆ Sothys™ Customised Facial | 45 MIN
- ◆ Mini Pedicure | 30 MIN
- ◆ 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 MIN | \$260

- ◆ Aromatic Massage | 45 MIN
- ◆ Sothys™ Customised Facial | 45 MIN

Experience a rejuvenating journey that uplifts your body and spirit. Begin with a customised body massage, choosing from our signature massage oil blends 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 MIN | \$250

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

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 MIN | \$280

- ◆ Foot Ritual | 15 MIN
- ◆ Aromatic Massage | 60 MIN
- ◆ Facial Massage | 15 MIN
- ◆ Head & Scalp Massage | 15 MIN

Transform your night with our signature sleep blend, crafted for ultimate calm and serenity. This soothing collection features the calming scents of marjoram, lavender and cedarwood, 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 HR 30 MIN | \$400

- ◆ Full Body Exfoliation | 30 MIN
- ◆ Aromatic Massage | 60 MIN
- ◆ Sothys™ Ampoule Facial | 60 MIN

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 apricot 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 HR 30 MIN | \$490

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

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 MIN | \$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 HR | \$300

*Designed for Expectant Mothers*

- ◆ Pregnancy Massage | 45 MIN
- ◆ Sothys™ Ampoule Facial | 45 MIN
- ◆ Mini Pedicure | 30 MIN

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

## HANDS & FEET ENHANCEMENT 1 HR | \$180

The Sothys™ 3 Salts Exfoliant effectively smooths skin texture. Follow with a relaxing massage and wrap with the Peel-off Toning Wrap. This protocol will immerse you in soft warmth and a softly citrus atmosphere.

## 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.*

HANDS *or* FEET TREATMENT (ADD ON) 30 MIN | \$95

GEL POLISH / REMOVER (ADD ON) 15 MIN | \$20

# ADD-ON

## BACK, NECK & SHOULDER MASSAGE 30 MIN | \$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 MIN | \$95

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

## EXPRESS FACIAL 30 MIN | \$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.

## CRYO EYE TREATMENT TO ANY FACIAS 30 MIN | \$120

## ADD-ON TO FACIALS ONLY 15 MIN | \$45

AC Peel: Suitable for ages 18-30. Skin is visibly clearer, smoother, and more radiant.

Glysalac Peel: Suitable for ages 30-45. It refines skin texture, provides immediate radiance, reveals a clear and vibrant complexion, and rejuvenates the skin.

*Excludes Illuminating Facial & DX Glow Facial*

## HEAD & SCALP or FOOT MASSAGE 15 MIN | \$45

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

EYE ENHANCEMENT	DURATION	PRICE \$
Eye Brow Wax	15 MIN	28
Eye Brow Tint	15 MIN	28
Eyelash Tint	30 MIN	38
Eye Brow Shape & Tint	20 MIN	50
Eye Brow Wax & Tint & Eyelash Tint	30 MIN	80

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

Starting September 1, 2025, non-hotel guests can enjoy complimentary valet parking for up to 3 hours with a one-hour minimum treatment. Street parking is available for others. Please visit the front of the Pullman Hotel, and our friendly Concierge team will park your car for you.

## 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.

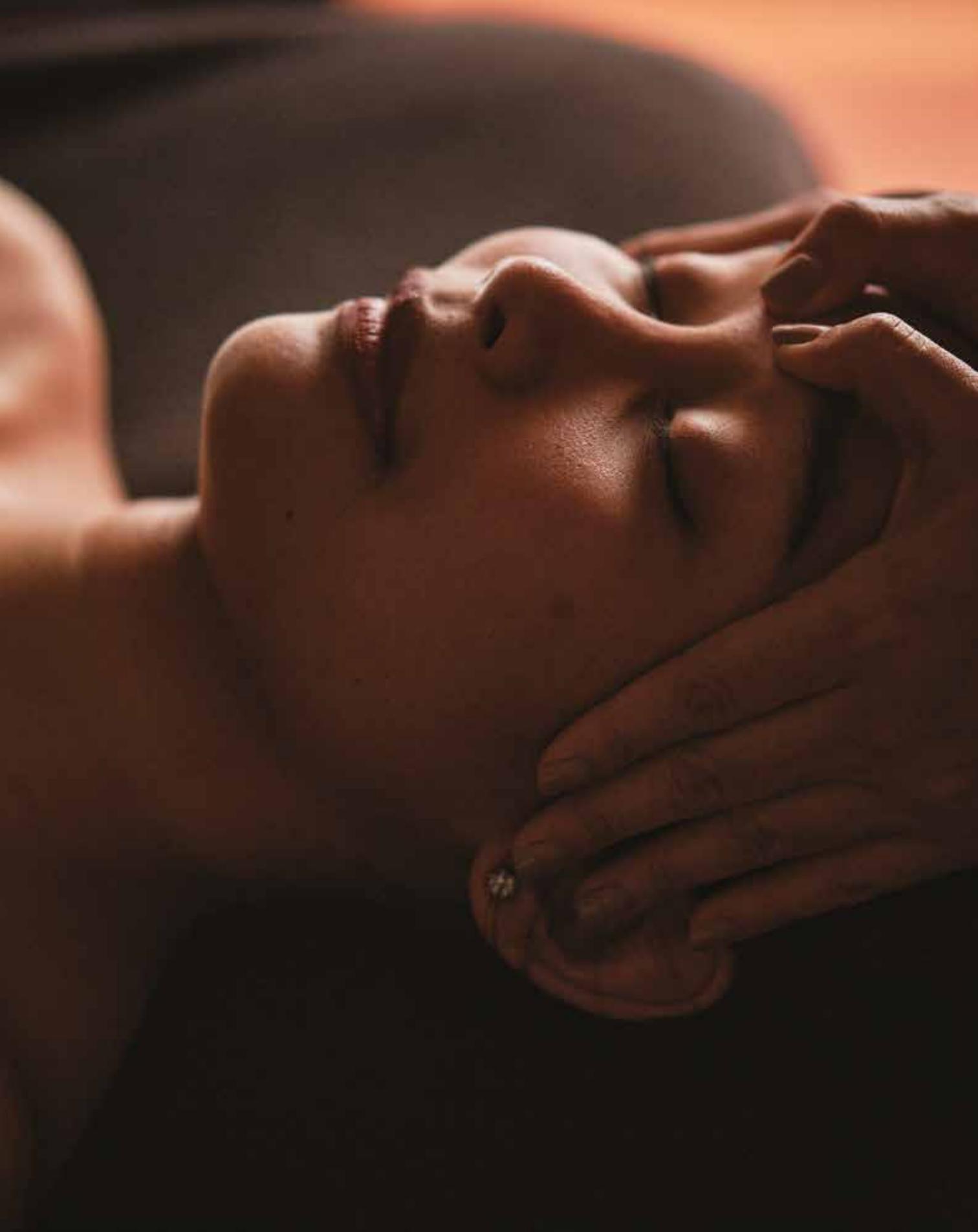
## BOOKINGS

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.

*All prices effective as of 1 March 2026*





# LUXE SPA

— AT THE PULLMAN —



PULLMAN AUCKLAND HOTEL & APARTMENTS

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