

PULLMAN
spa



"AT PULLMAN SPA, WE UNDERSTAND
THAT EVERYBODY IS DIFFERENT
EVERY DAY AND OUR BODIES CHANGE
THROUGHOUT THE MOMENTS
OF EACH DAY. OUR WELLNESS
EXPERIENCES ARE DESIGNED
TO MATCH THESE MOMENTS,
ENSURING ENERGY IS RESTORED,
RELAXATION ACHIEVED
AND BLISSFULNESS BESTOWED."

PULLMAN HOTELS & RESORTS HAVE
SO MUCH TO OFFER FOR STAYING
ON TOP OF THE GAME, MORNING,
NOON AND NIGHT.
BECAUSE THERE'S MORE TO LIFE
THAN WORK.

SPA PACKAGES

INTIMATE MOMENT (Couple) 90 / 120 mins 5,500++ / 6,800++

Rediscover romance with skin pampering treatment, followed by a full body massage to relax your mind as you indulge in the ultimate rose milky bath. Sharing quality time with a loved one.

ORIENTAL DETOXIFYING HERBAL REMEDY 150 mins 4,500++

Natural Asian extract combined with traditional acupressure are used to stimulate internal energy. Your journey, includes scrub and wrap using organic green tea extract ending with a full body massage.

EXHILARATING RITUAL 150 mins 4,500++

Experience a divine body treatment by revitalizing your senses, nourishing your body and uplifting your mood. Celebrate with a full body scrub, massage and complete this journey with a rejuvenating facial.

FULL BODY REPLENISHING 90 mins 3,050++

Start your journey with an invigorating purifying salt scrub followed with a total body relaxing massage to rebalance your mind and soul.

BLISSFUL BREEZE 150 mins 4,500++

A gentle body exfoliation with a nourishing organic body mask will leave your skin soft and radiant. Unwind with a luxuriant milk bath and complete this journey with sensational relaxing massage.

Price are in Thai Baht and exclude 7% VAT and 10% service charge.government tax

MASSAGE

BACK MASSAGE

30/60 mins 1,350++ / 2,050++

A wonderful back massage helps relieve tension for those who encounter immense stress. The massage Techniques release tightness in the back, neck and shoulders.

THAI MASSAGE

60/90 mins 2,050++ / 2,450++

Experience Thai traditional massage through authentic acupressure and stretching techniques to enhance body flexibility.

RELAXING AROMATHERAPY

60/90 mins 2,150++ / 2,650++

Ease your body and soul with a tranquil and calming massage whilst slowly drifting into a relaxed state of mind.

HOT STONE MASSAGE

60/90 mins 2,550++ / 2,950++

Our professional therapist works on muscle tissues with warm stones and deep pressure to ease muscle tensions. Skin is also nourished with pleasant scent from our luxurious four teas body oil.

SPORT MASSAGE

60/90 mins 2,550++ / 2,950++

Restore agility and relieve muscle pain with the application of elbow, long strokes and skin rolling methods. Appropriate for people who enjoy strong pressured massage.

Price are in Thai Baht and exclude 7% VAT and 10% service charge.

MASSAGE

MASSAGE CREATION

60/90 mins 2150++/2650++

A full body massage with aromatherapy oil. A combination of Thai and aromatherapy massage using medium pressure, kneading strokes and circular motions. The purpose is to increase the oxygen flow in the blood circulation and release toxin from muscle while promoting health and well-being.

SWEDISH MASSAGE

60/90 mins 2250++/2550++

This massage is perfect for sore muscles and tension after workout. problem areas may be pointed out to the therapist, who can then personalize the massage to heal your aches and reduce pains and enhance relaxation.

PREGNANCY MASSAGE

60mins 2150++

This gentle therapeutic massage creates a sense of serenity, helping the body to rebalance and function more effectively. For safety reasons no firm Pressure is used during this massage and is advised from 4th to 7th month of pregnancy.

THERMA CANDLE MASSAGE

60/90 mins 2,550++ / 2,950++

Experience the bliss of candle massage for body relaxation. Ayurvedic wisdom meets modern therapy, detoxifying and balancing the body with warm oil treatments. Stimulate circulation, relax muscles, and rejuvenate skin. With soothing scents and sounds, indulge in complete relaxation. Warm candle oil, crafted from pure soy wax, eases aches, tones skin, and ensures a truly tranquil experience.

SIGNATURE TREATMENTS

AROMATIC HERBAL COMPRESS 60/90 mins 2,250++ / 2,850++

Warm oil is massaged into pressure points, followed by a Hot Compress Massage. Authentic traditional herbs are used to relax your muscles and improve circulation.

BODY TREATMENTS

BODY SCRUB

45 mins 1,550++

Glowing Body Scrub

The blend of sea salt, mineral salts and essential oils rejuvenates dull skin and leaves the body feeling Vibrant and tingling

Coconut Body Scrub

Coconut has been used for centuries in Asia to moisturize the skin. This is an ideal pre-sun treatment as coconut oil helps to keep your skin colouring after a day in the sun and gives your skin a golden glow.

Traditional Herb Scrub

Using traditional Asian recipes blended to cleanse, restore and hydrate your skin with tamarind to further soften the skin.

SUNBURN REVIVER

60 mins 1,800++

The healing power of aloe vera and cucumber are used too cool, soothe and hydrate your skin, after long exposure to the sun. A relaxing and therapeutic foot and scalp massage is performed during the body envelopment; you will begin to feel rested and refreshed.

Price are in Thai Baht and exclude 7% VAT and 10% service charge.

AROMATIC BODY SLIMMING TREATMENT 90 mins 3,500++

This treatments begins with a mild exfoliation and then an anti-cellulite modelling massage using detoxifying essential oils. This helps to physically break down cellulite & improves lymphatic drainage. The treatment ends with a Sauna Masque, an incredible body wrap with clay and green tea to detoxify and drain the tissues. This treatment filters out the water that clogs the tissues for an instant slimming effect! Your silhouette is refined and you feel lighter!

AROMATIC BODY FIRING TREATMENT 90 mins 3,500++

This treatments begins with a mild exfoliation and then doing firming massage using toning energizing essential oils. This helps to firm and tone the shkin. The treatment ends with a Sauna Masque, an incredible body wrap with clay and green tea to detoxify and drain the tissues. This treatment is recommended for after dramatically weight loss or after pregnancy period or aging skin.

SPA EXPRESS SERVICES

30 mins

INDIAN HEAD

30 mins 1200++

Find clarity. This illuminating experience draws from mystical practices of ancient Indian massage with warm oil and powerful Thai therapies

HEAD & FACE

Find clarity. This illuminating experience draws from mystical practices of ancient Indian massage and powerful Thai therapies.

SHOULDER, NECK & SCALP

Lighten your load. This deep relaxation experience draws from Chinese acupressure, modern science of trigger point therapy, and traditional methods of Swedish massage.

FEET

Ground yourself. This foot and legs experience combines the richness of ancient Egyptian reflexology with spiritual concepts of Native American healers.

A LA CARTE

30 mins 1,100++

SELECT SECOND TREATMENT

30 mins 1,000++

Price are in Thai Baht and exclude 7% VAT and 10% service charge.

FACIAL TREATMENTS

MOISTURIZING

60 mins 2,250++

A long-lasting moisture balance can be maintained using innovative active ingredients such as Hydroplasma and Hydrocyte Complex to enrich, smoothen, supple, and radiance your skin.

- Hydroplasma is a multi-moisturizing compound created to moisturise deep within skin cells. It binds water durably to the heart of the cellular structure.
- Hydrocyte Complex binds water to cells in a sustainable manner and slows evaporation.

SOOTHING

60 mins 2,250++

This facial experience provides comfort and suppleness to the skin protecting it from environmental irritants with Lymphokine and Omega '6'.

- Lymphokine improves skin tolerance by combining an instant soothing action to reduce the discomfort of irritations with a protective action that reinforces the skin's natural defenses.
- Omega 6 are known for their nourishing properties, giving the skin elements that are essential for its protection and comfort.

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YOUTH

60 mins 2,250++

This facial restores vitality and youthfulness to the skin using 56 Cellular Ingredients and Dermostimulines.

- 56 Cellular Ingredients are used to rebuild skin cells, especially in the case of a severe burn.
- Dermostimulines has been proven effective in the stimulation of collagen I synthesis.

TRULY ASIAN FACIAL

30/60 mins 1,250++ / 1,950+

Enliven your skin with this facial treatment by incorporating deep cleansing, exfoliating, and pressure point facial massage. Your journey completes with a face mask treatment using all natural elements.stimulation of collagen synthesis.

KID'S MENU

For children between the age of 4-10 years

BODY EXFOLIATION

30 mins 950++

Well-being includes relaxing coconut Cream Body Scrub

BODY MASSAGE

45 mins 1,100++

Well-being begins with relaxing massage using a blend of natural massage oil with long strokes and soft pressure.

KIDS HARMONY RITUAL

60 mins 1,500++

Well-being begins with *Coconut Body Scrub (20)*
Relaxing Massage (40).

KIDS PAMPERING RITUAL

90 mins 1,800++

Well-being begins with *Coconut Cream Scrub (30)*
Relaxing Oil Massage (45) *Natural Kids Facial (15).

Price are in Thai Baht and exclude 7% VAT and 10% service charge.

BEAUTY SALON

OPEN DAILY FROM 10 AM TO 5 PM

Appointments are kindly requested to be scheduled at least one hour in advance.

HAIR CARE

Shampoo & Blow Dry

Short Hair 650++ | Long Hair 850++

Shampoo, Cut and Blow Dry

Short Hair 1,250++ | Long Hair 1,550++

Hair Coloring for men

2,000++

NAIL CARE

Spa Manicure 850++

Spa Pedicure 950++

French Manicure or Pedicure 1,000++

Manicure Gel Polish 1,250++

Pedicure Gel Polish 1,500++

Change Nail Polish Soft Gel(Hands or Feet) 800++

File and Paint (Hands or Feet) 500++

Nail Gel Remover (Hands or Feet) 500++

MEN'S TIME OUT

Haircut & Wash 950++

Wet Shave 500++

Spa Manicure 750++

Spa Pedicure 850++



HOW TO SPA

INFORMATION

At Pullman spa, we value our reputation as a spa that both excels in technical services and creates an atmosphere of genuine caring and consideration for your well being. Please don't hesitate to approach one of our spa representatives if you need any assistance or have any question. We are here to help.

APPOINTMENTS

Being on time for your appointment is greatly appreciated, both in consideration of our other guests and in order for you to receive your full service. Please arrive 15–30 minutes in advance of your appointment to allow time to change into a robe, complete our Guest Pre-Treatment Form and relax before your service. Thirty minutes is suggested if you are having facial or body treatments.

CANCELLATION POLICY

If you need to make a cancellation or date change, we request a minimum of 24-hours notice for any single service. A 24-hours notice is required for any multiple service or spa package cancellation. The full service will be charged on any late cancellations or no-show appointments.

PRICING

Pullman spa reserves the right to modify, discontinue or raise prices on certain treatments without prior notification to ensure that maximum standards of service and quality are met. If you have any questions, please ask your spa.

Price are in Thai Baht and exclude 7% VAT and 10% service charge.

METHODS OF PAYMENT

Restore your skin's vitality to revive your smooth and youthful rad

GUEST PRE-TREATMENT FORM

Before your service, you may be required to complete a Guest Pre-Treatment Form to safeguard your well-being and comfort, and to allow us to safely deliver our services by minimizing any risk of injury. Please read our Explanatory Information Sheet to obtain further details on the conditions and questions included on the Pre-Treatment Form are relevant to the services we provide. Pullman spa assures and maintains confidentiality of the strictest standards.

AGE REQUIREMENT

The Spa is an adult-oriented atmosphere; therefore we are not able to accept appointments for children under the age of 16 years, unless accompanied by a parent. Children under the age of 18 are not allowed in the spa unless they are receiving services. Children under the age of 18 may need a signed waiver and/or accompaniment by a parent or adult guardian for services. Please contact the spa for further information.

GIFT CERTIFICATES

Pullman spa gift certificate makes a wonderful gift for any special occasion or holiday. Gift certificates are not refundable, not transferable or redeemable for cash or credit. Please review all terms and conditions.

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Pullman Hotels & Resorts are helping
to create a healthier generation of travellers.

PULLMAN PHUKET ARCADIA KARON BEACH RESORT

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