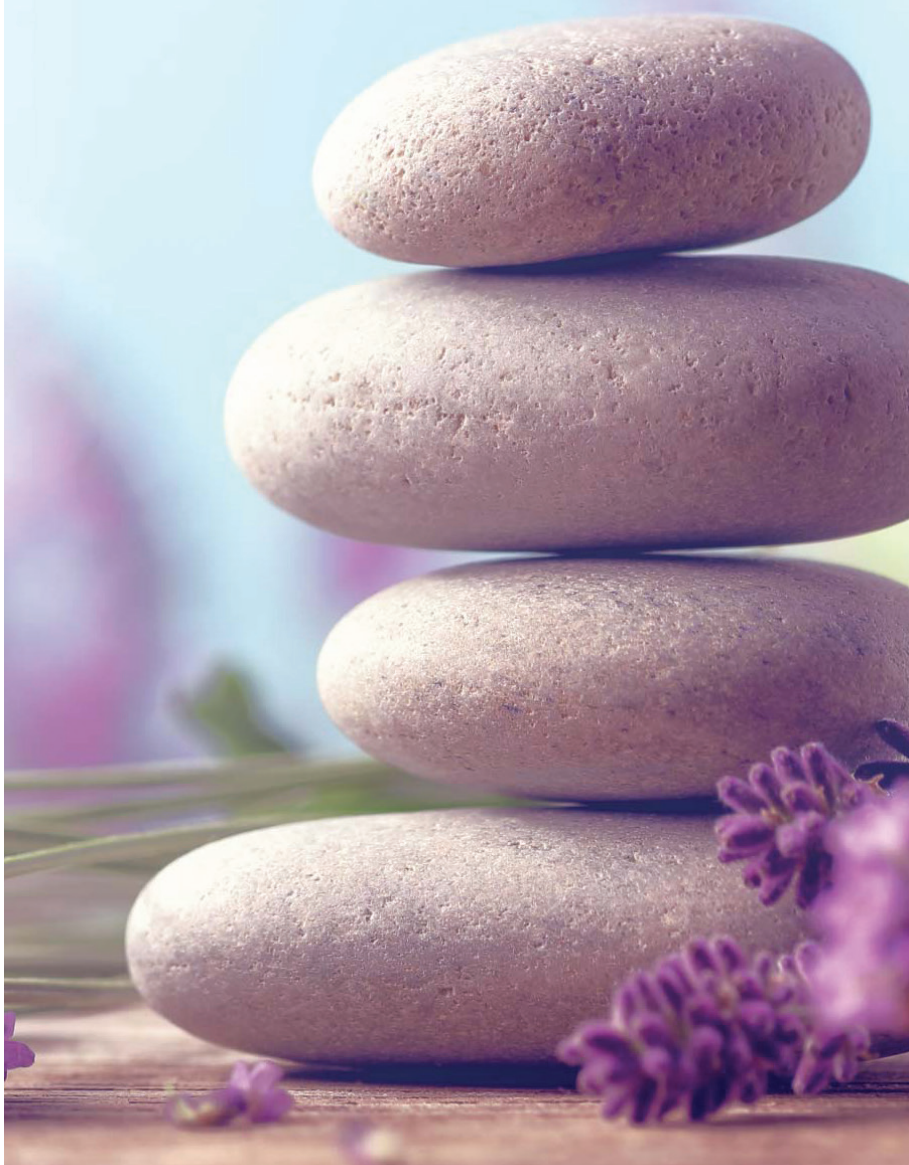


fitandspa

LOUNGE



"AT PULLMAN FIT AND SPA LOUNGE,
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.





WAKE UP TREATMENTS...

THE BEST WAY TO START THE DAY

DETOX

MARINE MINERAL PURIFIER - 75min – 440 AED

Traditional steam and extraction techniques are combined with the power of marine elements resulting in a deeply purifying treatment. The advanced **Anne Semonin detox peel off mask**, leaves the skin instantly calmed, decongested and perfectly smooth.

GENTLEMAN'S FIRST CHOICE - 75min – 440 AED

Natural sea minerals and essential oils combined with steam and extraction techniques resulting in a skin that is deeply cleansed and totally purified. This treatment concludes with a **detoxifying peel off mask** to reveal a smooth texture and a brilliantly clear complexion.

ENERGY

AROMA ENERGISER • 60min • 90min- 360/435 AED

Embracing the warming aromas of ginger and enriched with vitamin E will stimulate and uplifts the senses releasing muscle tension, leaving the body and mind revived.

BALANCE

RELAX & RENEW • 60min • 90min – 360/435 AED

Extracts of hazelnut and sesame form a rich base of oils to facilitate the slow flowing movements of this total body de-stress therapy.

AGE DEFENSE

AGE DEFENDER - 60min – 375 AED

Defy the ageing process with this quintessential regenerating facial therapy. Signs of ageing dissolve as essential oils and minerals are gently massaged into the skin improving tone and elasticity.



WAKE UP
TREATMENTS

DAY TIME TREATMENTS... TO REGENERATE

DETOX

VITAL DETOX - • 60min • 90min – 360/435 AED

The sublime synergy of lemongrass and peppermint is introduced into the body using specialized lymphatic drainage techniques to effectively release toxins and stimulate circulation to leave the body feeling light and refreshed.

PURE DETOX WRAP EXPERIENCE - 60min – 360 AED

Wrap your body in a cocoon of Spirulina micro-algae to stimulate toxin release and purify the skin with this green laminaria algae body mask, rich in iodine and powerful marine elements. Together these dynamic ingredients purify, energize and help reduce inches.

ENERGY

CRYO TIME FREEZE – 60min – 375 AED

A flawless skin brightening experience, this facial uses the age defying effects of Cryotherapy combined with the [Anne Semonin Super Active Serum](#) to reinforce the skin's firmness at a cellular level.

CRYO-LIPOLYSE (Anti- Cellulite) - 90min – 475 AED

Inspired by cryotherapy techniques, ultra-cold treatment designed to shock the body into action by reviving blood circulation and boosting the immune system. Followed by a specially designed detox massage using an active ingredients complex of brown and red algae. This treatment concludes with a firming body mask application to problematic areas.

5x Sessions – 1,800 AED 10x Sessions – 3,150 AED

For perfect and long lasting results a series of treatments are recommended.

BALANCE

OLIGO SKIN PROTECT - 60min – 360 AED

The ultimate in anti-oxidant defense, this treatment instantly hydrates and balances, boosting oxygenation to the skin cells. Using the exclusive Anne Semonin Oligo range of products, this facial treatment combines dynamic ingredients to protect skin from urban environmental aggressors.

MOMMY TO BE - 60min – 360 AED

Gentle and enveloping, this massage improves blood flow and relaxes your leg and back muscles in order to relieve tension and discomfort related to pregnancy. Ideal for expectant mothers seeking a little "me" time to feel lighter, more relaxed and radiant. (Suitable for Pregnant Women, 12 weeks onwards).

AGE DEFENSE

ULTIMATE EXPERIENCE AGE PROTECT - 90min – 475 AED

A ritual that delivers an experience as individual as you. A bespoke blending of aromatic essential oils and trace elements is used in this tailored eye, face and décolleté treatment to perfectly balance, hydrate and revitalize, while offering the ultimate in skin protection.



EVENING TREATMENTS...

TO RELAX & UNWIND

DETOX

ANTI-FATIGUE BACK REMEDY - 45min – 350 AED
An exceptional treatment created to alleviate tension stored in the back, neck and shoulders and reduce fatigue. This exquisite combination of heat, minerals and oils begins with a generous application of a self-heating mineral mud mask to release stiffness, strain and stress in the muscles completed by a bespoke back massage.

ENERGY

REPLENISHING LOMI-MAE – 90min – 435 AED
Inspired by Hawaiian beauty rituals, this massage is performed with the forearms. Movements are wide and enveloping, reproducing the ebb and flow of the ocean to release energy from muscles and relieve tension. Rocked by these successive waves of well-being, your body is intensely replenished.

VOLCANIC THERMAL STONES - 90min – 475 AED
Muscles yield to the gentle yet powerful warmth of the black basalt stones, releasing tension and imbuing a total sense of relaxation. The heated stones, infused with centuries of ancient energies are skillfully combined with the perfect blend of essential oils designed to stimulate the senses and unwind both body and mind.

BALANCE

SOOTHING SKIN SAVIOUR - 60min – 360 AED
The secret to soothing even the most delicate skin lies in the exquisite blending of minerals and essential oils. Skin is prepared with gentle cleansing and exfoliation before delighting in the application of the luxurious Anne Semonin cream mask. The generous application of this algae and kaolin clay formula soothes and nourishes skin revealing a perfectly calm and soothed complexion

AGE DEFENSE

PRECIOUS PEARL ULTRA LIFT - 90min – 475 AED
This ultimate wrinkle-fighting facial will restore the skin's lack of firmness and tone leaving your skin and face contours in top condition. This treatment includes a series of comprehensive lifting and drainage massage techniques and a Firm & Lift peel off mask harnessing the powerful touch of pearl powder.



EXPRESS TREATMENTS...

FOR A WELLNESS MOMENT ON THE GO

SUBLIME RADIANCE EXPRESS - 30min – 240 AED
Suitable for everyone, this clever combination of cleansing, exfoliating and a mask application allows even the busiest person to attain a look of instant freshness. The fast-effective results leave skin hydrated, soft and radiating health.

MINERAL POLISH EXPRESS - 30min – 240 AED
Anne Semonin has created four tailor-made luxurious body smoothing treatments, combining the effective results of a salt scrub with the highest quality of essential oil blends.

RELAXING HEAD AND SHOULDERS
30min – 240 AED
A relaxing and deeply healing scalp treatment to soothe away stress and tension. The neck, shoulder and scalp are massaged using effective energizing oriental techniques to rebalance your energy levels and reactivate your senses.

EXQUISITE MIRACLE EYES - 30min – 240 AED
An exquisite treatment specifically designed for the delicate eye area which brings together a unique combination of eye contour masks and a specialized lymphatic drainage massage, ideal for reducing the signs of ageing and melting away stress.



EXPRESS
TREATMENTS

SENSORIAL TREATMENTS... TO UNWIND

HEAVENLY ANTI-STRESS FACE AND BODY EXPERIENCE 2 hours – 600 AED

A synergy of heat and cold is the essence of this truly exceptional experience combining a relaxing back therapy and anti-ageing facial.

This advanced cryotherapy treatment, supports the skin at a cellular level, as the whole body experiences a rush of complete wellbeing.

We recommend you complement your treatment with our 100 Mysteries Wellness Tea.

ABSOLUTE REJUVENATION 2 hours – 600 AED

Aromatic oils and salts dance across the skin in a symphony of texture and scents, smoothing and polishing your body from top to toe. This ritual concludes with the perfect facial.

We recommend you complement your treatment with our Pink Paloma Wellness Tea.

WELLNESS EXPERIENCE... FOR A WELLNESS MOMENT ON THE GO

Pullman Jumeirah Lakes Towers aims to address the needs of on-the-go travellers, particularly millennial travellers, by offering wellness experience that allows them to balance productivity and personal wellbeing.

Pullman's Global Wellness Coach, Sarah Hoey, together with the Pullman team have implemented a holistic approach to wellbeing by curating an Active Breakfast featuring four menus:

Energy Boost, Age Defense, Detox and Balance

Active breakfast is served daily in Seasons Restaurants.

The fitness centre team is trained by Sarah enabling them to offer specialized sessions suitable to everyone's needs.

A fitness kit is available upon request in each room and includes a yoga mat with fitness workout program accessible on TV for guests to practice in the comfort of their rooms.



WELLNESS
EXPERIENCE



STAY FIT AND FIND SERENITY
IN AN EXQUISITE HAVEN
OF WELL-BEING AND
RELAXATION IN THE VIBRANT
JUMEIRAH LAKES TOWERS

THE FITNESS EXPERIENCE...

Stay fit and find serenity in an exquisite haven of well-being and relaxation in the vibrant Jumeirah Lakes Towers

THE FITNESS CENTRE

Located on the 34th floor, Fit & Spa Lounge invites you to enjoy your workout routine in our fully equipped, panoramic, state-of-the-art gymnasium, overlooking Sheikh Zayed Road and the Dubai Marina skyline.

SWIMMING POOL AND JACUZZI

Opening hours from 8 am to 8 pm*, the temperature controlled outdoor swimming pool on the 35th floor is ideal for sunbathing all year round.

CHOOSE FROM OUR FITNESS EXPERIENCES

Private Fitness coaching session

1 session – 125 AED
10 sessions – 1,045 AED

Gym Membership

1 month – 500 AED	3 months – 1,275 AED
6 months – 2,400 AED	12 months – 4,500 AED

*The pool timings are subject to change according to seasonality



THE FITNESS
EXPERIENCE

YOUR PERSONAL GUIDE TO ETIQUETTE AT FIT AND SPA LOUNGE

OPENING HOURS

The Fit & Spa Lounge opens daily from 10am to 10pm. The services and the facilities of Fit and Spa Lounge are for the use of guests 16 years of age and older.

RESERVATION

To schedule an appointment for the perfect treatment, please speak to a member of our Fit & Spa Lounge team who will guide you in making the right choice. Kindly call us on +971 4 567 1181 or email H6305-TH1@accor.com. The Fit & Spa Lounge reception will assist you in planning your Fit & Spa Lounge experience including recommendations on suitable treatments.

All treatments offered here are non-therapeutic procedures designed to encourage a feeling of well-being. The term "massage" may also be used to refer to body sculpture. All our massages are performed by therapists who have been trained by approved instructors.

ARRIVING AT THE FIT AND SPA LOUNGE

We recommend that you arrive 15 minutes before your appointment time, in order to complete your health assessment form and to make the most of your Fit and Spa experience. Arriving late will decrease the time of your treatment to accommodate our next guest.

PERSONAL VALUABLES

Lockers are provided for your personal items; however we recommend that no jewellery be worn during the spa treatments. If you bring valuables and jewellery with you, a place will be provided for the safekeeping, but please note that we cannot be held responsible for them. If you are a guest of the hotel we advise you to store all personal valuables in the safety deposit box located in your room.

HEALTH CONDITIONS

When making a reservation kindly inform the Fit & Spa Lounge reception of any medical conditions, allergies or injuries which could affect the service. For pregnant guests, please inform the Fit & Spa Lounge reception how far along you are in your pregnancy as some treatments may not be safe or suitable in these cases.

FOOD AND ALCOHOL

Please avoid eating a heavy meal prior to your treatment. Consumption of alcohol is prohibited prior to any treatment.

GIFT CERTIFICATES

Gift Certificates are an ideal gift for that special someone and are available for treatments and Day Fit & Spa Lounge Programs. Gift Vouchers are non-refundable and must be presented at the time of the treatment.

MOBILE PHONES

We want to ensure that The Fit & Spa Lounge environment is a haven of relaxation and tranquillity. This is why the Fit & Spa Lounge is a mobile phone and smoke free zone. Please ensure all mobile phones and electric devices are placed on silent or turned off.

LOCAL LAWS

In adherence to UAE Law, female guests will be attended to by female therapists and male guests will be attended to by male therapists.

CANCELLATION POLICY

If you would like to cancel your appointment, please kindly do so at least 4 hours prior to the treatment in order to avoid a 50% penalty charge.

While every effort will be made to provide you with your full treatment time reserved, should you arrive late for your appointment, the treatment time may have to be reduced depending on availability. We appreciate your understanding.

PRICES

All prices are quoted in UAE Dirhams and include 7% Municipality fee, 10% Service charge and 5% Value added Tax.



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

An  **ACCORHOTELS** brand

ACCORHOTELS IS COMMITTED TO YOUR WELLBEING

Our Hospitality is designed with 4 pillars of wellbeing in mind.
We're looking after you in the way that you deserve.



SLEEP



FOOD



SPORT



SPA

PULLMAN DUBAI JUMEIRAH LAKES TOWERS

CLUSTER T DUBAI- UAE

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