

Facial Treatments

Intensive Age Defying Hydrating Facial Treatment – 90 min / AED 480

This Intensive Age Defying Hydrating facial treatment has been created to stimulate cell renewal and regenerate the skin providing long lasting results that counteract the signs of aging. This facial is a sophisticated clinical treatment formulated with Lactic Acid, highly concentrated peptides, botanical extracts, skin hydrators and potent anti-oxidants to revitalize the skin. Soothes, hydrates, softens and restores a youthful radiance. Focus is on dry, dehydrated skin types without any breakouts.

Luxury Copper Replenishing Facial Treatment – 90 min / AED 480

This treatment is designed to energize the skin cells with a unique rejuvenating dual enzyme process and a nourishing collagen bio matrix masque improving the overall texture of the skin. Anti-aging, prevention and curative, this treatment is intended to help firm and tone the skin for a more youthful appearance. Focusing on skin types with post acne scarring and in need of tender loving care.

Stone Renewal Facial Treatment – 75 min / AED 410

This renewing facial utilizes Lactic Acid with cool marble stones to optimize cell regeneration. The combination of natural botanicals, active anti-oxidants, AHAs and cool marble stones stimulate the skin and relieve sinus congestion producing a deep state of relaxation and well-being.

Anti-Aging Blemish Control Facial – 75 min / AED 410

Combining natural botanicals, blue daisy extract, anti-oxidants and a patent pending oil-based extract of broccoli sprouts, this facial will detoxify and revitalize the skin at the same time. Accompanying the therapeutic aromas of natural botanical extracts, this facial boasts a double cleanse technique specific to this dual action treatment. The Anti-Aging Blemish Control Facial offers the detoxifying benefits of a deep cleanse without sacrificing the need for an anti-aging facial experience. This treatment is designed for those clients that experience adult acne associated with hormones and stress.

Redness Diffusing Facial – 60 min / AED 325

This specialized facial is especially targeted to treat sensitive skin. A gentle exfoliation allows the skin to slough off with jojoba spheres followed by a concentrated masque enriched with therapeutic and anti-inflammatory botanical extracts and soothing vitamins specifically designed to calm skin. Skin is left nourished and refreshed.

Pore Purifying Facial – 60 min / AED 325

An effective Pore Purifying Facial, which deep cleanses the skin, combining professional strength Lactic Acid and botanical extracts. This treatment refines skin clarity and reduces acne blemishes while soothing redness and inflammation. Focal point can be either post acne scarring or present acne treatment by alternating the exfoliation products.

Botanical Brightening Healthy Skin Facial 60 min / AED 325

A highly effective, and hydroquinone free skin brightening facial designed for those who are concerned with uneven skin tone. A gentle exfoliation with Lactic Acid allows for better penetration of an intensive treatment infused with botanically derived lightening agents: Bearberry Root, Mulberry Root and Licorice Root. These brightening ingredients help to significantly reduce hyper pigmentation by inhibiting the enzyme responsible for pigmentation production.

Gentleman's Fitness Cleanse – 60 min / AED 325

A cleansing facial designed to address skin concerns unique to men and helps to protect against the harsh effects of shaving and everyday environmental damage. Gentle exfoliation removes impurities and prepares the skin for a rehydrating masque leaving the skin refined, refreshed and absolutely radiant. A simple and effective men's facial with high-performance ingredients provides clear and visible results.

Ultimate Radiant Refining Exfoliating Treatment 60 min / AED 325

This unique refining facial includes a two-step exfoliating process to revive and illuminate dull skin. Gently sweeps away dead skin cells with papain, rice, bamboo, salicylic acid and pumpkin enzyme, leaving skin soft, smooth and clarified. Natural brightening ingredients of lemon peel and licorice extract help balance overall skin tone.

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Kindly book your treatments at least 24 hours in advance in order to secure your desired appointment. Our Cancellation Policy is six (6) hours prior to the treatment time without any charges. However, cancellation less than six (6) hours will be charged a cancellation fee of 50% to your credit card. Please feel free to contact us if you have any further inquiries. We look forward to welcoming you to Fit & Spa by Pullman.

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Signature Treatments

Recharge and Energize With Super Detox – 190 min / AED 699

Start the treatment with a Luxury Body Scrub highly-concentrated on green tea anti oxidative to stimulate your natural skin activity by gently exfoliating and removing dead cells, excess oils and residue to reveal healthier and younger skin. A seaweed mask containing a warming blend of essential oils will be applied to your body before you are cocooned in a warm wrap relaxing while active ingredients are working to melt away your stress detoxify and re-mineralize your body. Meanwhile, you will receive a mini facial.

We finish your treatment with a de – stress massage with lemongrass oil to help detoxifying your muscles, reducing the fatigue, speed up your lymphatic system in order to lower your toxicity levels, relieves the symptoms of jetlag, clears headaches and so on.

The Complete Indulgence – 190 min / AED 699

If your concerns are stressful days, tension, lack of sleep, lack of energy, sore muscles, migraines, headaches and so on, this treatment comes in the right moment to help you. Starts with a gentle and relax scalp massage to stimulate blood flow in the scalp. After a gentle body scrub, it will eliminate dead skin cells, hydrates and leave your skin smooth and soft. A warm shower will clean your body and will open the pores to receive and absorb easily the essential oils from your massage. After finishing your massage, it will be time for a foot reflexology to bring you to a deep state of relaxation and to complete your treatment, a facial will be performed in order to clean and nourish the skin, promoting a clear, well-hydrated complexion, and helping your skin look younger.

Fit & Spa Signature Facial – 60 min / AED 420

By combining natural botanicals, vitamins, anti-oxidants and plant derived proteins, this facial will nourish and revitalize the skin. Accompanying the therapeutic aromas of natural botanical extracts is a Sensitive Formula Mandarin Polishing Beads exfoliant to gently whisk away dead skin cells followed by an intensive treatment designed to balance the skin. This signature Facial experience is further enhanced with a specialized masque customized to the client's skin type and a relaxing décolleté massage.

Traditional Treatments

Traditional Hot Stone Massage – 50 min / 80 min / 120 min – AED 380 / AED 520 / AED 640

The Hot Stone massage promotes deep muscle and tissue relaxation, alleviates stress, releases toxins, relieves pain, improves circulation and brings the feeling of wellbeing to life.

Balinese Massage – 50 min / 80 min / 120 min – AED 360 / AED 490 / AED 610

This traditional massage from Bali, engages a variety of techniques, including acupressure movements such as press point and palm pressure, and standard massage techniques like sliding, long exploration, short exploration and kneading. Balinese massage has been reported to ease migraines, sleep disorders and breathing problems.

Traditional Thai Massage – 50 min / 80 min / 120 min – AED 380 / AED 520 / AED 640

Thai massage has its roots in the ancient medicine of Indian Ayurvedic practice. Through application of pressure on energy lines and points, and a vast array of passive stretching movements performed with the hands, feet, knees and elbows, the body experiences profound relaxation, peripheral stimulation of internal organs, increased flexibility and increased flow of energy.

Shiatsu – 50 min / 80 min / 120 min – AED 360 / AED 490 / AED 610

Shiatsu reduces stress and fatigue accumulated in the body, increases circulation of lymph and blood, reduces muscle stiffness and blood pressure, and it increases vitality, stamina and energy.

Real Aromatherapy Experience – 50 min / 80 min / 120 min – AED 380 / AED 520 / AED 640

Aromatherapy is an ancient art, which involves the use of natural plant oils for healing, cleansing, and relaxation. The therapeutic use of essential oils and massage can affect all the systems of the body - in particular the muscular, circulatory, lymphatic (immune) and nervous systems.

Jet Lag Massage – 50 min / 80 min / 120 min – AED 360 / AED 490 / AED 610

The treatment begins with the inhalation of eucalyptus oil to clear the airways. Body brushing stimulates the skin and improves circulation, before a series of stretches are used to re-align the body. We work on spinal pressure points to reset your body clock, encouraging healthy circulation, digestion and elimination of toxins. Finally, carefully selected essential oils are combined with effective massage techniques to get you back on track.

Swedish Massage – 50 min / 80 min / 120 min – AED 360 / AED 490 / AED 610

Swedish massage uses five basic movements to increase circulation and remove toxins from the muscles. Always working towards the heart, the massage therapist incorporates these techniques into a flowing massage session that leaves the patient physically and emotionally relaxed.

Pure Relaxation – 50 min / 80 min / 120 min – AED 360 / AED 490 / AED 610

This is the perfect treatment to relieve the stress and tightness caused by stress of everyday life! Blending Swedish, Reflexology and Circulatory Massage Strokes, it will gently knead your muscles to increase flexibility, stimulate circulation and promote relaxation. This massage invokes an overall sense of mind and body relaxation.

Reflexology – 30 min / AED 240

Reflexologies often concentrate on the hands and feet due to their plentiful reflex points. Each reflex point relates to a particular area of the body, including the organs located in the area.

Sports Massage – 50 min / 80 min / 120 min – AED 390 / AED 530 / AED 650

Sports massage tends to be deeper and more intense. It is based on the various elements of Swedish massage and often incorporates a combination of other techniques involving stretching, compression, friction, toning, and trigger point response techniques similar to Acupressure and Shiatsu.

Scalp Massage – 30 min / AED 210

Massaging the scalp stimulate the nerves and blood vessels beneath the skin while calming muscle tension around the head increasing relaxation, lowering stress levels and reducing scalp conditions. The kneading pressure applied by massage warms the skin and opens up blood vessels to increase flow and boost circulation allowing the cells of the hair follicle receive more of the nutrients necessary for optimal hair growth function.

Body Scrub – 30 min / AED 240

By choosing an organic body scrub you will be helping your body in maintaining a healthy immune system. Up to 60% of certain ingredients in skin care products can be absorbed through the skin straight into the bloodstream. Honey and milk has natural anti-oxidants that helps in protecting the skin from the damage of the sun's rays, supports the skin's ability to rejuvenate and leaving it feeling silky soft.

Body Treatments

Marine Contouring Care 75 – 95min (including scrub) / AED 360 / AED 450

This care includes a manual draining and anti-cellulite massage combined with the effectiveness of the silhouette shaper. It includes a refreshing wrap (gel) or toning wrap (powder) combined with the more appropriate complex: contouring or toning. Contouring treatments improve circulation, drain and accelerate water elimination. They reduce fatty excess in order to attenuate cellulite appearance.

Marine Firming Care 75 – 95min (including scrub) / AED 360 / AED 450

This care includes a manual firming massage combined with the effectiveness of the silhouette shaper. It includes a firming wrap (powder) combined with the firming complex. Firming treatment is necessary to complete contouring program to give firmness and elasticity to the skin. It helps in smoothing the skin, tone and reduce the appearance of cellulite.

Marine Toning Care 45min (targeted treatment) / AED 270

This treatment dedicated to legs includes a manual circulatory massage and a cryogen powder wrap combined with the toning complex. It instantly tones, relieves and revives heavy legs. It helps in draining toxins and cellulite trapped in the water. Ideal occasionally or combined in a slimming program with contouring or firming treatments.