



FIGHT FOR NATURAL BEAUTY

HOW TO SPA

- All the treatments offered are non-therapeutic procedures for a feeling of well-being. The term "massage" may also be used to refer to body sculpture. All our massages are performed by professionally-trained therapists.
- The spa is open every day of the week. Advance booking is recommended. Please call or visit to discuss your treatment.
- Please arrive for your appointment at least 15 minutes in advance.
- We recommend you come to the spa dressed in a bathing costume and robe.
- Admission to the spa is only for adults and persons over 16 years of age.
- Please refrain from smoking or using your mobile phone inside the spa.

CANCELLATION POLICY

- Please cancel your appointment at least 4 hours in advance to avoid a 50% penalty charge.
- Regrettably should you arrive late your treatment time may have to be curtailed depending on availability.
- Please complete a spa consultation form to ensure that any allergies or medical concerns are known to us. This will prevent any unexpected reactions to the products or treatments.



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

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PULLMAN
spa



WAKE UP TREATMENTS...THE BEST WAY TO START THE DAY

DETOX

Body Detox Exfoliation - 60 mins - 2,200 Baht
A firming coffee body scrub combines apricot, jojoba and coffee seed powders to stimulate circulation and give a radiant complexion.

ENERGY

Traditional Thai Massage - 60 mins - 1,800 Baht, 90 mins - 2,400 Baht, 120 mins - 3,000 Baht
Combines acupressure and stretching techniques using the palms, elbows and thumbs.

BALANCE

Relaxing Aroma - 60 mins - 2,800 Baht, 90 mins - 3,800 Baht, 120 mins - 4,800 Baht
With the essential oil of your choice to awaken the senses.

AGE DEFENSE

Tonic Aroma Massage - 60 mins - 2,800 Baht, 90 mins - 3,800 Baht, 120 mins - 4,800 Baht
With the essential oil of your choice for pain relief.
Brightening Facial Treatment - 60 mins - 3,200 Baht
Reduce dark Spot, Give radiance and even complexion.

DAY TIME TREATMENTS...TO REGENERATE

DETOX

Signature Massage - 60 mins - 2,800 Baht, 90 mins - 3,800 Baht, 120 mins - 4,800 Baht
Combining Shiatsu, Swedish, Aromatherapy and Thai massage

ENERGY

Thai Herbal Compress Massage - 90 mins - 3,000 Baht
Heated aromatic herb poultices soothe tired and aching muscles.

BALANCE

Oriental Foot Massage - 60 mins - 1,800 Baht
Aromatherapy oils and acupressure points stimulate and restore the body's balance.
Volcanic Hot Stone Massage - 90 mins - 4,000 Baht
Smooth hot basalt stones rebalance your body, mind and spirit.
Hamam Experience - 90 mins - 4,500 Baht
Improves blood circulation and detoxifies your skin by combining a steam bath, Kessa glove black soap scrub and Argan oil massage.

AGE DEFENSE

Coconut Body Exfoliation - 60 mins - 2,200 Baht
Moisturizes and refreshes with the use of exfoliating coconut husks and ground coconut shells.
Anti Wrinkle Facial by Filorga - 60 mins - 4,500 Baht
A treatment which plump and smooth your skin.
Manicure / French - 60 mins - 800 / 1,000 Baht
Pedicure / French - 60 mins - 1000/ 1,200 Baht



A SPECIAL TEA SERVICE IS SERVED WITH THESE TREATMENTS.

Siamese Treatment - 2 hrs. - 3,000 Baht, Duo 5,500 Baht
Sea Salt Foot Bath, Thai Herbal Steam, Traditional Thai Massage and Blended Herbal Tea.

Ultimate Retreat - 3 hrs. - 6,600 Baht, Duo 12,800 Baht
Jasmine Rose Milk Bath, a choice of Body Scrub, Deep Relaxing Aroma Massage with Warm Oils and Blended Herbal Tea.

Deep Relax - 3 hrs. - 7,500 Baht, Duo 14,000 Baht
Sea Salt Foot Bath, Thai Herbal Steam, Deep Relaxing Aroma Massage with Warm Oils, White Radiance Facial Treatment and Blended Herbal Tea.

Perfect Beauty - 3.5 hrs. - 8,000 Baht, Duo 15,000 Baht
Exotic Rose Milk Bath, a choice of Body Scrub, White Radiance Facial Treatment and Nail Polish for Hands & Feet.

Double the Decadence - 4 hrs. - 9,900 Baht, Duo 18,500 Baht
Romantic Rose Milk Bath, a choice of Body Scrub, Le Spa Warm Oil Massage, White Radiance Facial Treatment and Blended Herbal Tea.

LIFESTYLE EXPERIENCES...FROM SUNRISE TO SUNSET

ENERGY - 60 mins - 2,990 Baht
30 minutes private fitness coaching, 30 minutes Hammam treatment and culinary options by the pool plus mixed fruit and vegetable juice.

BALANCE - 90 mins - 4,500 Baht
Specialized breathing techniques, 30 minutes private yoga session, 60 minutes relaxing massage and culinary options by the pool.

DETOX - 100 mins - 4,700 Baht
Warm lime juice with 30 minutes' private fitness coaching, 20 minutes in the steam room, 20 minutes body scrub, 30 minutes muscle massage and active breakfast by the pool.
* 24 hours advance reservation is required.
**Guests can select more than one activity and we can devise a wellness program on other days during your stay. Book more than 2 activities and receive 10% discount.

FIRMNESS
Firmness facial by filorga - 60 mins - 4,500 Baht
A treatment which redensifying and improve firmness of your skin.



EVENING TREATMENTS...TO RELAX & UNWIND

DETOX

Thai Herbal Steam - 30 mins - 800 Baht
An ancient recipe using more than 10 different Thai herbs.
Jasmine Rice Body Exfoliation - 60 mins - 2,200 Baht
Ground organic jasmine rice with a mixed fruit extract and Aloe Vera powder regenerates skin cells and adds softness and moisture.

ENERGY

Exotic Rose Milk Bath - 30 mins - 1,200 Baht
This concentrated milk bath oil is ideal for stiff joints and muscles.

BALANCE

Jasmine Milk Bath - 30 mins - 1,200 Baht
A jasmine and grape seed oil bath with nourishing vitamin E and plants extracts.

AGE DEFENSE

Aloe Vera & Sunburn Treatment - 60 mins - 2,500 Baht
With snow lotus to reduce inflammation, rehydrate and cool the skin.

Signature Facial by Filorga - 90 mins - 5,500 Baht
Premium Global treatment which rejuvenate your skin by improving the firmness, smoothing your skin and reducing dark spot.

EXPRESS TREATMENTS...FOR A WELLNESS MOMENT ON THE GO

The Unwind Massage - 30 mins - 1,000 Baht
This relaxing massage concentrates on the back, neck and shoulders.

Hamam Experience - 45 mins - 3,500 Baht
A steam bath following by an application of black soap and skin scrub with a Kessa glove.

Exclusive Pullman Facial by Filorga - 45 mins - 3,500 Baht
A unique relaxing combination of specialized Filorga Products to give a radiance and hydrate skin.

Hands or Feet Essential - 45 mins 1,500 Baht
An exfoliation and massage using aromatherapy oils for the relief of muscular tension.

SLIMMING & ANTI-AGING TREATMENTS



Non-surgical facelift and cellulite reduction by using the **LPG Cellu M6 Integral Machine** which is more targeted, more intense and bring faster results, called Endermologie® technique which is developed by Louis Paul Guitay.

Lipomassage features customized body treatments including the arms, back, waist, stomach and thighs. It helps to smooth cellulite, release fat and firm the skin.

Facelift smooths the appearance of wrinkles, reduces dark circles under the eyes, slims the face and targets double chins.

CLASSIC TREATMENTS

Glow	15	1,500
Eye & Lip	10	1,000
Fluid Mobilization, Total Eye	20	2,000
Décolleté & Bust	25	2,500
Anti-aging Replumping, Resculpting, Toning	30	3,000

SIGNATURE TREATMENTS

Skin awakening	10	1,000
Cellular Stimulation	30	3,000
Perfect Eyes & Lips treatment	10	1,000

EXPRESS TREATMENTS

Forehead, Eye circles & puffs, Eye anti-wrinkle, Mouth area, Jaw line, Double chin, Neck, Décolleté, Hands	10	1,000
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WELL-BEING TREATMENTS

Detox	30	3,000
Relaxation	30	3,000

RELAXATION TREATMENT

Perfect shaping, perfect eye & lip & 1 time of hammam

FIRMNESS TREATMENT

Fluid mobilization and total care program

REDYNAMING TREATMENT

Cellulite smoothing and stomach skin tonic

JET LAG TREATMENT

Re-plumping and fluid mobilization

MINUTE TREATMENTS

250 mins	FREE 25 mins
500 mins	FREE 25 mins & 1 time of Hammam
1,000 mins	FREE 45 mins plus LPG® Endermowear™ bodysuit and 1 time of Hammam Experience



All prices are inclusive of service charge and government tax