

*LeSpa*  
at pullman  
HOTELS AND RESORTS





# PHYTOMER



## FACIAL BY PHYTOMER

<b>Signature Facial Treatment</b>	75 mins	4,200 THB
Total repair: firming, smoothing your skin and reduces dark spot		
<b>Anti-Wrinkle Facial Treatment</b>	60 mins	3,900 THB
Reduces wrinkles, leave your skin firmness and smooth		
<b>Brightening Facial Treatment</b>	60 mins	3,200 THB
Reduces dark spots, wrinkles and give smooth skin		
<b>Hydrating Facial Treatment</b>	60 mins	3,200 THB
A treatment with plump, comfort your skin and radiance		
<b>Detoxifying Facial Treatment</b>	60 mins	3,200 THB
The complexion is more even and regains firmness skin		

At PHYTOMER we believe in the sea and in the infinite possibilities of the natural ingredients found in its depths.

We believe in everyone's right to beauty, and that skincare is of paramount importance.

We believe that safety and high performance go hand-in-hand. That quality is our duty and our calling.

That true pleasure is only found in an environment of trust and respect.

And because we believe, we create, for you and for thousands of spa professionals worldwide.



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

### DETOX

<b>Coffee Body Exfoliation</b>	45 mins	1,700 THB
A firming coffee body scrub combines apricot, jojoba and coffee seed powder to stimulate blood flow, smooth and firming skin.		

### ENERGY

<b>Tonic Aroma Massage</b>	60 mins	2,600 THB
	90 mins	3,600 THB

Combining techniques forearms, elbows and palms, using medium to strong pressure to stimulate blood circulation, release tension and generate vitality.

### BALANCE

<b>Traditional Thai Massage</b>	60 mins	1,800 THB
	90 mins	2,400 THB

Combining acupressure and stretching techniques using the palms, elbows and thumbs.

## DAY TIME TREATMENTS... TO REGENERATE

### DETOX

<b>Thai Herbal Compress Massage</b>	90 mins	2,800 THB
Heated aromatic herb poultices to improve blood circulation, soothe tired and aching muscles.		

### ENERGY

<b>Signature Massage</b>	60 mins	2,800 THB
	90 mins	3,800 THB

Combining Shiatsu, Swedish, Aromatherapy and Thai massage techniques, using medium to strong pressure. Your treatment will be completed by a face cleansing and scalp massage to relieve tension.

### BALANCE

<b>Oriental Foot Massage</b>	45 mins	1,500 THB
Aromatherapy oils and acupressure points stimulating and restoring the body balance.		

<b>Hamam Experience</b>	90 mins	4,200 THB
Improves blood circulation and detoxifies your skin with a steam bath, a black soap scrub with Kessa glove and Argan oil massage to relax and balance the body.		

### AGE DEFENSE

<b>Coconut Body Exfoliation</b>	45 mins	1,700 THB
Moisturizes and refreshes with the use of exfoliating coconut husks and ground coconut shells.		





## EVENING TREATMENTS... TO RELAX & UNWIND

### DETOX

<b>Thai Herbal Steam</b>	30 mins	800 THB
An ancient recipe using more than 10 different Thai herbs.		
<b>Jasmine Rice Body Exfoliation</b>	45 mins	1,700 THB
Ground organic jasmine rice with a mixed fruit extract and Aloe Vera powder regenerates skin cells and adds softness and moisturize.		

### ENERGY

<b>Relaxing Aroma Massage</b>	60 mins	2,600 THB
	90 mins	3,600 THB
Gentle to medium pressure of the hand to the body. You will experience a deep relaxation, stimulate circulation and boost energy.		

### BALANCE

<b>Exotic Rose Milk Bath</b>	30 mins	1,200 THB
This concentrated milk bath oil is ideal for stiff joints and muscles.		
<b>Jasmine Milk Bath</b>	30 mins	1,200 THB
A jasmine and Grape seed oil bath nourishes your skin and boost your mood.		

### AGE DEFENSE

<b>Aloe Vera Treatment</b>	60 mins	2,200 THB
Aloe Vera with snow lotus is natural remedy for skin care.		

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

<b>The Unwind Massage</b>	30 mins	1,000 THB
This relaxing massage concentrated on the back, neck and shoulder.		
<b>Hammam Experience</b>	30 mins	1,800 THB
A steam bath following by an application of black soap and skin scrub with a Kessa glove.		
<b>Hands or Feet Essential</b>	30 mins	1,000 THB
An exfoliation and massage using aromatherapy oils for relief of muscular tension.		

## SENSORIAL PACKAGES... TO UNWIND

<b>Siamese Treatment</b>	2 hrs.	3,000 THB, Duo 5,500 THB
Begin with a sea salt foot bath, followed by a Thai herbal steam, traditional Thai massage to balance your energy flow for the ultimate sense of relaxation. Your treatment is complemented by a refreshing blended herbal Tea.		

<b>Ultimate Retreat</b>	2.5 hrs.	5,500 THB, Duo 10,000 THB
<b>Temporarily unavailable</b>		
A complete body rejuvenation experience which starts with an exotic rose milk bath followed by a full body scrub, a deep relaxing aroma massage with warm oils and a refreshing blended herbal tea.		

<b>Deep Relax</b>	3 hrs.	6,500 THB, Duo 12,000 THB
<b>Temporarily unavailable</b>		
Start your spa experience with a sea salt foot bath and Thai herbal steam followed by a deep relaxing aroma massage with warm oils before ending with Brightening facial treatment for a radiant complexion and a refreshing blended herbal tea.		

<b>Double the Decadence</b>	3.5 hrs.	7,500 THB, Duo 14,000 THB
<b>Temporarily unavailable</b>		
Begin with an exotic rose milk bath and refreshing body with Coffee Body Exfoliation followed by a deep relaxation of a relaxing aroma massage with warm oil and Brightening facial treatment for radiant skin. Then end your spa journey with a refreshing blended herbal tea.		

## LIFESTYLE EXPERIENCE FROM SUNRISE TO SUNSET

\* 24 hours advance reservation is required.

<b>Energy</b>	60 mins	- 2,990 THB
30 minute Private Fitness coaching, 30 minute Hammam treatment before enjoying active culinary including Granola Yoghurt, Fresh Fruit Platte and Vegetable juice by the Pool		

<b>Balance</b>	90 mins	- 4,500 THB
Specialized Breathing techniques followed by a 30 minute Private Yoga session, 60 minute relaxing massage and including active breakfast by the pool.		

<b>Detox</b>	100 mins	- 4,700 THB
Start by warm lime juice with 30 minute Private Fitness coaching, 20 minute steam, 20 minute body scrub, 30 minute muscle massage and cereal bar with 3 shots healthy drink (Ginger, Turmeric, Coconut juice) by the Pool		

## 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.



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