

LeSpa
at pullman
HOTELS AND RESORTS

PHYTOMER



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

DETOX

Brown Sugar Body Exfoliation 60 mins 1,700 THB
This high-performance aromatherapy scrub with a mix of purified salt, brown sugar, cinnamon powder and vitamin E helps restores skin's moisturize and smooth

ENERGY

Tonic Aroma Massage 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

Traditional Thai Massage 60 mins 1,800 THB, 90 mins 2,400 THB
An ancient massage combining firm acupressure and stretching techniques using the palms, elbows and thumbs helps relaxation and improves balance

AGE DEFENSE

Japanese Sakura Glowing Body Exfoliation 60 mins 1,700 THB
Moisturize and rejuvenate skin Body scrub combines with jojoba bead, Cherry blossom, algae extract, and coconut shell

ME TIME ...TO REGENERATE

DETOX

Thai Herbal Compress Massage 90 mins 2,800 THB
Heated aromatic poultices of herbs to improve blood circulation, soothing tired and aching muscles.

ENERGY

Signature Massage 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

Oriental Foot Massage 60 mins 1,500 THB
Aromatherapy oils and acupressure points stimulating and restoring the body balance.

AGE DEFENSE

Oatmeal Yoghurt Body Exfoliation 60 mins 1,700 THB
A unique antioxidant of oat rice, milk protein, yoghurt extract, apricot to promote deep cleansing adds moisturize and smooth skin

EVENING TREAT...TO RELAX & UNWIND

DETOX

Thai Herbal Steam 30 mins 800 THB
An ancient recipe using more than 10 different Thai herbs.

Jasmine Rice Body Exfoliation 60 mins 1,700 THB
Ground organic jasmine rice with a mixed fruit extract and Aloe Vera powder regenerates skin cells, adds softness, and moisturize.

ENERGY

Relaxing Aroma Massage 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

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

Almond Milk Bath 30 mins 1,200 THB
The rich, milky bath with a mixes sweet almond oil and coconut oil leave you relax, restore your skin smooth and moisturized.

AGE DEFENSE

Lotus Body Wrap 60 mins 1,700 THB
Stimulating and moisturizing skin with lotus seed, kaolin white clay and organic water lily

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

The Unwind Massage 30 mins 1,000 THB
This relaxing massage concentrated on the back, neck and shoulder.

Hands or Feet Essential 30 mins 1,000 THB
An exfoliation and massage using aromatherapy oils for relief of muscular tension.

SENSORIAL PACKAGES...TO UNWIND

Siamese Treatment 2 hrs. 3,000 THB, Duo 5,500 THB
Reconnect your body and mind from head to toe, begin with a sea salt footbath, followed by a Thai herbal steam, traditional Thai massage to balance your energy flow for the ultimate sense of relaxation.

Ultimate Retreat 2.5 hrs. 5,500 THB, Duo 10,000 THB
A complete body rejuvenation experience, begin with an exotic rose milk bath followed by a body exfoliation and deep relaxing aroma massage with warm oils.

Deep Relax 3 hrs. 6,500 THB, Duo 12,000 THB
Start your spa experience for deep relax and renew, begin with a sea salt footbath and Thai herbal steam and refreshing body with body exfoliation followed by a deep relaxing aroma massage with warm oils before ending with a Brightening facial treatment for a radiant complexion

FACIAL BY PHYTOMER

Signature Facial Treatment 75 mins 4,200 THB
Total repair: Firming, smoothing your skin and reduce dark spot.

Hydrating Facial Treatment 60 mins 3,200 THB
A treatment with plump, comfort your skin and radiance.

Brightening Facial Treatment 60 mins 3,200 THB
Reduce dark spot and give smooth skin.

Detoxifying Facial Treatment 60 mins 3,200 THB
The complexion is more even and regains firmness skin

Cyfolia Organic Facial Treatment 60 mins 3,200 THB
This treatment combines the use organic product to leave your skin glow and healthier



All prices are inclusive of service charge and government tax

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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SLEEP



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SPA

PULLMAN BANGKOK KING POWER

8/2 Rangnam Road, Thanon-phayathai, Ratchathewi, Bangkok 10400, Thailand
T. +66(0) 680 9999, E-mail: H6323-TH@accor.com
www.pullmanbangkokkingpower.com