

*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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