

*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 restore, moisturize and smooth the skin.

**Hamamm Discovery** 60 mins 1,800 THB  
Start your experience with a steam bath followed by a deep cleansing using black soap and a Kessa mitt to improve your skin's complexion, leaving you with desirably smooth and soft skin, before ending the experience with a refreshing rose water mist.

**ENERGY**  
**Tonic Aroma Massage** 60 mins 2,800 THB, 90 mins 3,600 THB  
Combining techniques using the forearms, elbows and palms, this massage uses medium to strong pressure to stimulate blood circulation, release tension and generate vitality.

**BALANCE**  
**Traditional Thai Massage** 60 mins 2,000 THB, 90 mins 2,400 THB  
An ancient massage combining firm acupressure and stretching techniques using the palms, elbows and thumbs which helps relaxation and improves balance.

**AGE DEFENSE**  
**Japanese Sakura Glowing Body Exfoliation** 60 mins 1,700 THB  
Moisturize and rejuvenate the skin with a body scrub made from jojoba beads, cherry blossom, algae extract and coconut shell.

## ME TIME ...TO REGENERATE DETOX

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

**ENERGY**  
**Signature Massage** 60 mins 3,000 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 stimulate and restore body balance.

**Hamamm Full Experience** 120 mins 4,200 THB, Duo 7,900 THB  
Pamper yourself with a steam bath to improve blood circulation, followed by a deep cleansing black soap and Kessa exfoliation. Continue with a Ghassoul mask to detoxify your skin, leaving it with a soft and nourished feeling, before finishing the treatment with an Argan massage oil for the holistic relaxation of your mind, body, and soul.

**AGE DEFENSE**  
**Oatmeal Yoghurt Body Exfoliation** 60 mins 1,700 THB  
A unique antioxidant of oat rice, milk protein, yoghurt extract and apricot to promote deep cleansing which moisturizes and smooths the 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 moisturizes.

**ENERGY**  
**Relaxing Aroma Massage** 60 mins 2,800 THB, 90 mins 3,600 THB  
A gentle to medium pressure massage. Perfect for deep relaxation, stimulate circulation and boost energy.



All prices are inclusive of service charge and government tax



**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  
This rich, milky bath with a mix of sweet almond oil and coconut oil will leave you relaxed as well as restore, smooth and moisturize your skin.

**AGE DEFENSE**  
**Lotus Body Wrap** 60 mins 1,700 THB  
Stimulate and moisturize your skin with lotus seeds, 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 concentrates on the back, neck and shoulders.

**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, beginning with a sea salt footbath, followed by a Thai herbal steam and a 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, beginning 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  
A spa experience for deep relaxation and to renew your body. Beginning with a sea salt footbath, Thai herbal steam and refreshing 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: firms and smooths the skin and reduces dark spots.

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

**Brightening Facial Treatment** 60 mins 3,200 THB  
Reduces dark spots and smooths your skin.

**Detoxifying Facial Treatment** 60 mins 3,200 THB  
For a more even complexion and firmer skin.

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

## 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.
- Should you arrive late your treatment time may regrettably have to be curtailed depending on the availability of staff/rooms.
- 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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