

dhatri spa

BY

PULLMAN





"AT PULLMAN SPA, WE UNDERSTAND THAT EVERYBODY IS DIFFERENT EVERY DAY AND OUR BODIES CHANGE THROUGHOUT THE MOMENTS OF EACH DAY. OUR WELLNESS EXPERIENCES ARE DESIGNED TO MATCH THESE MOMENTS, ENSURING ENERGY IS RESTORED, RELAXATION ACHIEVED AND BLISSFULNESS BESTOWED."

PULLMAN HOTELS & RESORTS HAVE SO MUCH TO OFFER FOR STAYING ON TOP OF YOUR GAME, MORNING, NOON AND NIGHT. BECAUSE THERE'S MORE TO LIFE THAN WORK.



WAKE UP TREATMENTS...

THE BEST WAY TO START THE DAY

DETOX

Aromatherapy Massage — 60/90/120 Mins 2,800/3,600/4,800

Gentle fingertip pressure and palm pressure are applied evenly throughout the body, using essential oils to relax or rejuvenate the senses. This treatment is ideal for general de-stressing or recovering from jet lag.

Swedish Massage — 60/90/120 Mins 2,800/3,600/4,800

Medium pressure with long strokes concentrated on the back and shoulders for body de-stress.

Expectant Mother Massage — 60/90 Mins 2,800/3,600

This gentle massage is specifically designed for expectant mothers who are more than four months pregnant.

ENERGY BOOST

Sport Massage — 60/90/120 Mins 2,800/3,600/4,800

A deep-tissue massage that combines long strokes and aromatherapy to ease muscular and joint pain, calming the body and promoting deep relaxation.

BALANCE

Thai Traditional Massage — 60/90/120 Mins 2,800/3,600/4,800

A holistic, non-oil treatment that combines rhythmic massage, acupressure, and gentle twisting to stimulate muscles and release tension throughout the body.

Thai Classic Massage — 90/120 Mins 3,600/4,800

A medium to strong pressure massage that blends Eastern and Western techniques. Aromatherapy oils are used alongside body stretching to help you relax and relieve tension.



DAY TIME TREATMENTS...

TO REGENERATE

AGE DEFENCE

Aloe Vera Aroma Massage — 60/90/120 Mins **3,200/3,800/4,900**

This comforting massage provides soft to medium pressure. It is ideal for extra soothing and nourishing your skin. It is particularly beneficial for sunburn and post-sun exposure.

ENERGY BOOST

Thai Foot Massage — 60 Mins **2,800**

This traditional Thai foot therapy promotes overall health and well-being. Depending on your preference, soft to medium kneading of the soles of the feet up to the knees refreshes the entire body.

BALANCE

Thai Hand & Arms Massage — 30 Mins **1,800**

This massage is perfect for office workers looking to unwind and relax their fingers, hands, and arms after a long day.

Head & Shoulder Massage — 30 Mins **1,800**

A universal relaxation treatment that concentrates on the neck, head, back, and scalp, using firm strokes and aroma-infused hot towels.



EVENING TREATMENTS...

TO RELAX & UNWIND

DETOX

Lemongrass Scrub And Massage — 90/120 Mins 3,600/4,800

Lemongrass-infused scrub, ground to a fine texture, is applied to the skin and allowed to soak for 40 minutes. This is followed by a brisk shower to wash away impurities, leaving you refreshed.

ENERGY BOOST

“Luk Prakob” Hot Herbal Compress Therapy — 90/120 Mins 3,600/4,800

Gently heated herbal compresses are used to roll over tight muscles with warm oil, effectively releasing tension.

BALANCE

Jasmine Oatmeal Scrub And Massage — 90/120 Mins 3,600/4,800

This treatment includes a relaxing body exfoliation by hand, firm yet gentle pressure to deeply cleanse and revive the skin, and a warm oil full-body massage to renew the senses and rejuvenate the spirit.

AGE DEFENCE

Red Wine Body Treatment — 90/120 Mins 3,600/4,800

This beauty treatment begins with a gentle yet thorough exfoliation using a blend of red wine scrub, rejuvenating the skin while cleansing the body.

Coconut Body Scrub And Massage — 90/120 Mins 3,600/4,800

This exotic treatment focuses on moisturizing dry skin. It involves exfoliation with a coconut scrub, followed by a moisturizing coconut oil massage.



REVITALIZE TREATMENTS...

TO UNWIND

Muscle Relieves Massage — 90/120 Mins

3,600/4,800

Our oil massage stimulates circulation through a combination of slow and intense strokes tailored specifically for you. Warm herbs are applied to enhance blood flow, bringing oxygen and nutrients to the muscles and major organs.

Four Hand Massage — 60/90 Mins

3,200/4,900

Experience the ultimate in relaxation as two therapists work in perfect harmony, delivering a synchronized oil massage that soothes both body and mind. This luxurious treatment melts away stress, providing a profound sense of tranquility and rejuvenation



REJUVENATING...

SPA PACKAGE

Aloe Vera Body Wrap And Massage — 90/120 Mins **3,800/4,900**

Damaged, dry, or sunburned skin is treated with the cooling effect of circular application strokes using hand-prepared ingredients.

Red Wine Body Wrap And Massage — 90/120 Mins **3,800/4,900**

This beauty treatment begins with a gentle yet thorough body exfoliation using a blend of red wine scrub, followed by a red wine wrap that energizes and rejuvenates you while cleansing your skin.



FACIAL TREATMENT

Refreshing Organic Facial — 60/90 Mins

2,800/3,600

Natural ingredients are freshly hand-prepared after your consultation and applied with relaxing pressure strokes to the face. This treatment rejuvenates and repairs facial skin.

GUINOT INSTITUT PARIS

Hydra Summum Treatment — 60/90 Mins

3,800/4,900

Utilizing highly concentrated Hyaluronic Acid, our Hydrating Plumping Care treatment intensely rehydrates and smooths the skin. By the end of the session, your skin will feel perfectly rehydrated, comfortable, and noticeably plumper, with wrinkles and fine lines smoothed away.

Lift Summum Treatment — 60/90 Mins

3,800/4,900

The Lift Summum treatment is a “lifting” treatment that smooths and firms areas affected by loss of firmness. It combines advanced movements with high-performance active firming ingredients, ensuring an instant, visible lifting effect.

Aromatic Treatment — 60/90 Mins

3,200/4,600

This facial pampers and enhances your skin’s natural glow with Guinot’s aromatic facial treatment. It soothes and refreshes fatigued skin while providing deep nourishment.



COUPLE'S ROMANCE RETREAT

(2 HRS)

5,600 per person / 11,000 per couple

Body Scrub — 30 Mins

Choose from a selection of Jasmine, Lemongrass or Coconut body scrubs

Body Massage — 60 Mins

Choose from a selection of Aromatherapy or Sport massage.

Dhatri Milky Bath — 30 Mins

Indulge in a relaxing, aromatic milk bath that soothes both body and mind, leaving your skin soft, supple, and beautifully rejuvenated.



DHATRI ORIENTAL PACKAGES

SPA JOURNEY (2 HRS 30 MINS)

7,200

Body Scrub — 30 Mins

Choose from a selection of Jasmine, Lemongrass or Coconut body scrubs

Body Massage — 60 Mins

Choose from a selection of Aromatherapy or Sport massage.

Organic Facial — 60 Mins

Enjoy a natural Tanaka powder facial enriched with honey, finished with a refreshing cucumber mask. Your skin will feel purified and revitalized.

DHATRI OF SIAM (2 HRS 30 MINS)

6,400

Coconut Body Scrub — 60 Mins

This exotic treatment focuses on moisturizing dry skin. Purify your skin with a coconut scrub and hydrate with coconut massage oil.

Thai Herbal Compress — 90 Mins

Experience the soothing effects of gently heated herbal compress therapy, rolled over tight muscles with warm oil to relieve tension and promote relaxation.

SAUNA AND BATH RITUALS (1 HR)

1,600

Thai Herbal Sauna — 30 Mins

Enjoy a sauna with an herbal plate, enhancing your relaxation experience in the sauna room.

Dhatri Milky Bath — 30 Mins

Indulge in a relaxing, aromatic milk bath that soothes both body and mind, leaving your skin soft, supple, and beautifully rejuvenated.



BEAUTY PAMPER

Deluxe Manicure — 60 Mins 1,800

Includes hand wash, hand scrub, hand filing, cuticle work, nail buff or gel colour, and a hand massage.

Deluxe Pedicure — 60 Mins 2,000

Includes foot wash, foot scrub, foot filing, cuticle work, nail buff or gel color, and a foot massage.

Nail Gel Colour Removal — 30 Mins 500

Includes gel soak-off, nail buffing, and nail filing.

Hair Treatment — 60/90 Mins 1,700/2,800

Includes hair wash and blow-dry.



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to create a healthier generation of travellers.



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TO YOUR WELLBEING

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We're looking after you in the way that you deserve.



SLEEP



FOOD



SPORT



SPA

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