

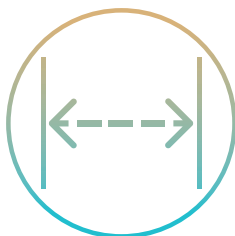


# WELCOME TO PULLMAN JAKARTA CENTRAL PARK

We have prepared a healthy protocol  
to ensure your safety and healthy.



PLEASE USE THE PROVIDED HAND  
SANITIZER BEFORE ENTERING THE HOTEL OR  
RESTAURANTS



MAINTAIN A 1,5 METER DISTANCE FROM  
OTHER GUEST



PLEASE TO WEAR MASK

**#RENEWYOURGAME**

PULLMAN JAKARTA CENTRAL PARK

YOUR REGENERATION



fitandspa  
LOUNGE

 pullman  
HOTELS AND RESORTS

## MORNING VITALIZING CARE FOR A REFRESHING START TO THE DAY

ALLOW

IDR

### Body Massage Therapy

#### Aromatique Signature Massage

Rejuvenate your body, mind, and spirit with a relaxing and healing therapeutic Pullman signature massage, a perfect elixir for good health. This superb treatment involves soothing hand movements to provide emotional and spiritual balance, and bring with it true relaxation and calm.

1h	500++
1h30	650++
2h	800++

#### Indonesian Body Massage

Enjoy our relaxing and invigorating heritage massage with extract finger pressures and long stroking techniques to stimulate your body. This is one of our cultural heritages handed down from one generation to the next. Enriched with Indonesian beauty essential herbs, the treatment thoroughly penetrates the blood stream & soothe the central nervous system.

1h	500++
1h30	650++
2h	800++

#### Deep Tissue Massage

Greatly improve the condition of many different body parts, Deep Tissue Massage is a firm pressure to your muscles using hands, fingertips, knuckles, elbows and even forearms, which stimulates muscles and body tissues beyond the exterior level. A deep tissue massage can be an ideal and relaxing way to lower your blood pressure, suitable for sport person.

1h	500++
1h30	650++
2h	800++

#### Hot Stone Massage

To relieve sore muscles and tired joints using the rich in minerals volcanic stone enjoy our new technique massage combined with essential oil. This treatment can be extremely effective to relax body & mind, and flush away toxins with the touch of our highly trained therapist.

1h30	700++
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#### Back to Basic Massage

It is an ancient system of healing which relies on a deep pressure massage to break down tensely knotted tissue and promote harmony of body, mind and soul. It improves blood circulation, calms nerve, relieves stress and melts away tension. Back to Basic Massage ends perfectly with hot towel compress and Shiatsu to your feet and legs.

45	400++
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**ALLOW****IDR****Reflexology**

This specialized treatment involves the systematic stimulation of foot and leg nerves, which corresponds to the internal organs and all body parts. It perfectly improves blood circulation and alleviates muscle fatigue and tension.

1h  
1h30

280++  
375++

**Mom to Be Massage**

Experience our exclusive treatment to relieve from the stress of the physical, psychological, spiritual and social changes specifically presented for "Moms to Be". Benefits include the relaxation of leg and hip and a rub down in the back which is believed to result in insignificant swelling, less painful labor and faster postpartum recovery.

1h30

650++

**Magic Twin Massage**

Magic Four-Hands Massage is a sheer bliss specially created for spa-goers who have difficult time to let go of day-to-day stress and tension. It is a synchronicity massage where two superbly trained therapists simultaneously guide their hands to facilitate the harmonizing energies.

1h15

900++

**Vichy Shower**

The ultimate shower experience using the most up-to-date facility with water jets of various temperatures and pressures that are poured to the your back while lying on a waterproof cushioned mat.

30

350++

Begin this experience with supplementary treatments:

- Salt scrub

60

550++

- Body wrap

60

550++

- Body massage

60

700++

## **MORNING VITALIZING CARE FOR A REFRESHING START TO THE DAY** ALLOW IDR

### **Body Exfoliating Therapy**

Buff yourself from dead surface cells for a smoother skin. Highly recommended before body massage with deep treatment of aromatherapy oil. Your skin will look brighter and feel silkier. This therapy is ended with a thorough-cleansing ritual and lotion application.

### **Black Rice & Kaffir Lime Scrub**

This absolute body scrub treatment is specially created for those who are frequently in air-conditioned room. The antioxidant properties of black rice come from anthocyanin and vitamin E to smooth and moisturize perfectly your skin and leaving you a sensation of freshness.

### **Javanese White Lulur**

This traditional body treatment from the Javanese Palace starts with a relaxing body massage using the essential oils. Lulur is a beauty ritual for coating the skin for a smoother and suppler feel.

### **Coffee Cinnamon Scrub**

Indulge and relax both your mind and body. Exfoliate, stimulate and refresh your skin with a fresh, and invigorating fragrant of the world-reknown Bali Coffee. Recommended for men.

### **Body Mask Therapy**

This calming treatment nourishes the skin and relaxes aching muscles and joints. It is the ultimate restful therapy and natural healing from inside out.

### **Black Rice & Kaffir Lime Mask**

One of the most effective anti-oxidant and anti-bacterial for a younger and refresh looking skin.

### **Honey Body Mask**

Utterly soothe and moisturize the skin, a perfect end for after scrub treatment to tighten the pores.

### **Volcanic Mud**

Pure and rich in minerals, this treatment is enriched in natural elements that are perfectly suitable to counteract dry skin.

**ALLOW****IDR**

### **Facials Therapy**

Experience a luxurious relaxation with selections of international therapeutic dermatological products from Decleor for a healthier looking skin. A series of treatment dedicated to give care to the outer layer, the easiest to be exposed by environmental factors which reflect lifestyle and overall health and well-being.

#### **Refreshing Facial**

A formulated treatment to deep cleanse the skin by removing excess oil and unblocking pores conduct in a series of sequence that result in skin feeling fresh and radiates.

1h

600++

#### **Fitness Facial For Man**

Uniquely designed for men. This masculine facial treatment cleanses, hydrates, moisturizes and refreshes the skin. Suitable for all skin types.

1h30

750++

### **Spa Package**

#### **Spice Island Treatment**

From the bounties of the Indonesian Archipelago, we bring you a traditional treatment mix with our 60 minute Indonesian Body Massage, followed by Javanese body scrub and a yogurth splash or a natural body mask.

2h

800++

#### **Spa Relaxation Retreat**

A total rejuvenation from head to toe treatment prepared by Pullman including foot cleansing ritual, a relaxing 60 minute Aromatique Signature Massage, a choice of body scrub and a heavenly end of the Refreshing Facial.

2h30

1.000++

#### **City Escape Energizer**

Indulge in the sensation of our Coffee Cinnamon Body Scrub followed by our 90 minute Deep Tissue Massage a therapy that concentrates on the deep layers of muscles to reduce chronic pain and improves blood pressure.

2h

900++

**ALLOW****IDR****Magical Romance Package (couple)**

3h

2.200++

Enjoy the special day with your loved one. This exclusive treatment starts with a relaxing 60 minute Aromatique Signature Massage and Black Rice and Kafir Lime body scrub for her and Coffee Cinnamon body scrub for him. Followed by a refreshing Mini Facial and heavenly end your treatment by cocooning your body with Honey Mask for a fresher and glowing looking skin, Magical Romance Package is a luxurious indulgent.

**Hand & Foot Therapy**

It is time to get you pamper on our decadent hand and foot treatment.

**Manicure**

1h10

330++

**Pedicure**

1h10

350++

**Nail Polish**

50

220++

**Waxing Treatment**

For a perfect daily grooming, we offer an extensive range of waxing services.

**Underarm**

20

160++

**Hand**

20

200++

**Half Leg**

30

200++

**Full Leg**

45

275++

**Bikini**

45

160++

**Eyebrow**

20

160++

**Back**

45

275++



*All prices are shown in thousands of Indonesian Rupiah and subject to 21% service charge and government tax.*

## **FIT AND SPA LOUNGE ESSENTIALS**

### **Appointment Procedures**

- Appointment will be scheduled on a first come first served basis. Advance reservation is highly recommended.
- Prompt arrival will help us to ensure you receive full and quality service in a timely manner. We recommend that you check in at least 10 minutes prior to your scheduled timing where you will be guided to change into the appropriate attire prior to the start of the service. This puts you in a more relaxed mood to receive maximum benefits from your treatment.
- Late arrival may result in shortened of treatment duration or an alternative treatment with shorter duration.

### **Cancellation Policy**

A 2 (two) hour prior notification is required to cancel your appointment to avoid a full charge cancellation fee.

### **Special Policy for Man**

- We recommend our male clients to shave at least 1 (one) hour prior to the facial treatment appointment schedule.
- Disposable panties must be worn throughout the duration of the treatment.

### **Special Policy for Woman**

- We recommend our female clients to avoid deep and strong pressure and hydrotherapy treatments and the application of certain essential oils during pregnancy or monthly cycle. Please notify your therapist.

### **Smoking & Alcoholic**

Smoking and alcoholic beverages are not allowed in the Fit and Spa Lounge. We recommend guests to refrain from consuming alcohol beverages 6 (six) hours prior the treatment.

### **In Room Massage**

Body Massage Therapy is available in the privacy of your room. Additional charge is applied.

### **Last Booking**

23.00 for 1 hour treatment, 22.00 for 2 hour treatment

### **Fit and Spa Lounge**

Location: Floor 1

Open daily from: 09.00 – midnight

#UpYourGame and stay healthy during your trip by following the Pullman 4 minute evening yoga routine with Wellness Coach, Sarah Hoey, by simply scanning the below QR code:

