

PULLMAN
spa



Pullman Jakarta Central Park FIT & SPA

Immerse yourself in premium wellness at Pullman Jakarta Central Park, where our 5-star fitness and spa facilities redefine excellence.

Experience a diverse range of services including Hammam, Infrared Sauna and expert treatments in our indulgent spa.

Achieve your fitness goals in our state-of-the-art gym, then unwind in tranquility in our Semi-Olympic pool, designed for relaxation and training alike.

Our professional therapists are dedicated to elevating your experience to new heights.

Whether you seek rejuvenation or relaxation, our exceptional fitness and spa offerings cater to every guest, ensuring a truly memorable stay amidst the lavish environment of Pullman Jakarta Central Park.

"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 THE GAME, MORNING,
NOON AND NIGHT.
BECAUSE THERE'S MORE TO LIFE
THAN WORK.





WAKE UP TREATMENT

FOUR HANDS

The Four Hands Massage, also we known as synchronized or tandem massage, offers more than skin nourishment. With two therapists working in harmony, it delivers a luxurious and healing experience. This technique synchronized all four limbs, providing simultaneous and coordinated benefits for ultimate relaxation and rejuvenation.

60 minutes 800.000++

90 minutes 1.100.000++

NATURAL HEALING

Experience a therapeutic massage incorporating peppermint oil, alleviating sore muscles with gentle technique.

The cooling sensation of peppermint oil provides a calming effect, offering relief to the body during the massage session.

60 minutes 775.000++

90 minutes 950.000++

ENERGY

VICHY SHOWER 'HYDROTHERAPY'

A fusion hydrotherapy. A lavish escape featuring multiple shower heads varying pressure and temperatures that massage your back, neck and legs combined with an aromatic body scrub

75 minutes 700.000++

AROMATIQUE AUTOGRAPH

Rejuvenate your body, mind and spirit with 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 using warm massage oil.

60 minutes 750.000++

90 minutes 900.000++



DETOX

INDONESIAN BODY MASSAGE*

Experience our revitalizing heritage massage, combining precise finger pressures and elongated strokes to invigorate your body.

Passed down through generations, it's enriched with Indonesian beauty herbs, deeply penetrating to bloodstream and calming the central nervous system to complete relaxation.

60 minutes	750.000++
90 minutes	900.000++

BALINESE HERITAGE*

The Balinese Heritage Massage envelops you in relaxation, employing aromatic essential oils to gently dissolve stress from head to toe.

In contrast, the Deep Tissue Massage employs firm, therapeutic strokes to address chronic muscle pain and joint stiffness.

60 minutes	750.000++
90 minutes	900.000++



DAY TIME TREATMENT

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.

60 minutes Legs, Feet & Shoulder 350.000++

SWEDISH

An elegant fusion of revitalization and wellness, skillfully manipulates muscles to dissipate tension, alleviate discomfort, and promote rejuvenating blood circulation, offering profound relaxation and invigoration for the body and mind.

60 minutes 750.000++

90 minutes 900.000++

BALANCE

HOT STONE

Experience relief from sore muscles and tired joints with volcanic stones brimming with minerals from mountains regions. Our innovative massage technique, completed by essential oils, deeply relaxes both body and mind, purging irritating toxins. Let our adept therapists expertly massage targeted areas with the soothing touch of these stones.

60 minutes 550.000++

DEEP TISSUE SPORT

Deep Tissue Massage significantly enhances various body areas by applying firm pressure to muscles using hands, fingertips, knuckles, elbows and forearms.

This technique stimulates muscles and tissues deeply, reaching beyond the surface for comprehensive relief and revitalization.

60 minutes 750.000++

90 minutes 900.000++



SENSORIAL TREATMENT

BALINESE SIGNATURE

The essence of Indonesian Massage, a 90 minutes holistic journey blending gentle stretches, acupressure, reflexology, and aromatherapy completed by 30 minutes of Balinese " Boreh " herbs scrub. Stimulating blood flow, oxygen, and energy it foster profound well-being, serenity and relaxation.

120 minutes

1.100.000++

RELAXATION RETREAT

Indulge in ultimate relaxation and revitalizing.

Experience complete rejuvenation with our head to toe treatment, beginning with foot cleansing ritual passing to a blissful 60 minutes Aromatique Autograph Massage with your preferred body scrub and conclude with heavenly facial treatment with Lancôme products.

120 minutes

1.300.000++

REJUVENATE SPARKLING

Embark on rejuvenating journey with a session that intertwines a soothing massage, face acupressure, eye massage and invigorating body scrub.

The body scrub not only exfoliates but also nourishes, leaving your skin radiant and healthy.

This holistic approach boosts blood circulation, promoting relaxation and revitalization.

120 minutes

1.100.000++



EXPRESS TREATMENT

Revitalize body and spirit with our 'Express'

30 minutes treatments.

FEET REFLEX

175.000++

Unwind with a gentle yet powerful therapeutic foot massage inspired by traditional Chinese reflexology. Experience the initiation of internal healing as your energy levels soar and mood elevates.

FACE MASSAGE

300.000++

Bid farewell to the visible signs of weekly stress with a comprehensive facial treatment. Purify, exfoliate, hydrate, and shield your complexion, unveiling an instant enhancement in both appearance and mood.

BNS

325.000++

This Massage targets tension hotspots on the back, shoulders, and neck, melting away the day's stress with a blend of calming and deep pressure techniques that release tension from fatigued muscles.

BODY SCRUB

300.000++

Refresh your body, sweeping away the urban hustle with a revitalizing full-body exfoliation using salt and honey. Experience cleansed, smooth, and fragrant skin, coupled with a surge of recharged energy. Perfect for post-flight rejuvenation or those sluggish days needing a boost.

MILK BATH

300.000++

Immerse yourself in a therapeutic bath while savoring a specially crafted jamu, a traditional Indonesian herbal elixir concocted with locally harvested spices like turmeric, ginger, galangal, lime, and honey. Rooted in recipes passed down through generations, this soothing ritual promises to transform your experience.

GENTLE FLOW MASSAGE

400.000++

Discover the epitome of relaxation therapy. Gentle pressure, fluid strokes, and fragrant oils rejuvenate skin, soothe muscles, and restore balance to a busy mind.

Guiding you effortlessly towards rest, this holistic journey ensures you face each day with a radiant smile.



NAILS & WAXING

NAILS

Manicure	250.000++
Pedicure	200.000++
Classics Nail Polish	225.000++
Nails Art	350.000++

WAXING

Underarm	150.000++
Hands	200.000++
Half Leg	200.000++
Full Legs	300.000++
Upper Lips	100.000++
Bikini	150.000++
Chest or Back	350.000++



Lifestyle Experiences

LANCÔME SERVICES

Discover Lancôme, where the essence of luxury intertwines seamlessly with Parisian sophistication.

With a legacy spanning over eight decades, Lancôme has captivated hearts globally with its exquisite range of skincare, make up, fragrance and treatments.

Renowned for its timeless elegance and innovative formulas, Lancôme transcends traditional beauty standard, offering a symphony of colors, textures, and scents tailored to enhance every individual's unique beauty.

From iconic classics to groundbreaking discoveries, each Lancôme product embodies the brand's commitment to quality and craftsmanship.

Embrace the artistry of beauty with Lancôme and immerse yourself in a world where every application becomes a celebration of self-expression and refinement.

RADIANCE PRO BOOSTER

Indulge in our Full Face Massage featuring Lancôme Advance Génifique youth activating serum, delivering 10 days' worth of results in a single session. This treatment strengthen the skin barrier, layer by layer, for rejuvenated, youthful-looking skin.

Clinically proven to activate 7 skin parameters, it's Lancôme #1 anti-aging serum

45 minutes

850.000++

EYE MASSAGE

Utilizing advanced 3 million ultrasonic vibration technology, diminish the effects of stress on your eyes, achieving a more youthful vibrant appearance.

Experience relaxed eyes, fortified contours, and a brighter, hydrated eye area for a rejuvenated look and feel.

30 minutes

450.000++

ABSOLUE SERVICE

Indulge in luxurious French premium service featuring Lancôme Absolu product promoting healthier, youthful skin with a radiant glow.

Infused with millions of Petal Rose Molecular Fractions™, renowned for activating the key molecule AMPK, it rejuvenates skin cells, enhancing hydration and firmness for revitalized complexion.

45 minutes

1.000.000++

*All price are shown in Indonesian Rupiah and subject to 21% service charge and government tax
10% discount on Couple Massages*



LANCÔME
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ADVANCED
YOUTH ACTIVATING
CONCENTRATE

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PULLMAN FIT & SPA POLICY

APPOINTMENT

Appointments are scheduled on a first-come, first-served basis.

Advance reservations are highly recommended.

Please arrive at least 15 minutes before the start of your treatment to fully enjoy our facilities and optimize your SPA experience.

Note that late arrivals will not extend the treatment time and treatments will only be provided for the remaining time of the scheduled appointment, with full charges applicable.

CANCELATION POLICY

If you need to cancel your appointment, please inform our associates at least

5 hours in advance to avoid a 50% cancellation fee or a 100% fee in case of a no-show.

HEALTH POLICY

Please refrain from shaving before all body treatments and men's facials to maximize the benefits of your spa experience. Inform us of any health issues, allergies, or injuries that may make your chosen treatment unsuitable, so we can advise safer alternatives.

PREGNANCY

We recommend our female clients avoid deep pressure, hydrotherapy treatments, and certain essential oils during pregnancy or monthly cycles.

Please notify your therapist if you are pregnant.

PULLMAN FIT & SPA POLICY

LOST OR DAMAGED ITEMS

We regret that we cannot be responsible for any loss or damage to personal items and valuables during your visit.

Please refrain from wearing jewelry or bringing valuables to the spa. Use our locker room

IN ROOM TREATMENTS

In room treatments are offered from our spa menu.

Additional charge is applied

LAST RESERVATION

The last reservation is at 22:00 for treatments with a maximum duration of two hours.

NOTE

Disposable panties should be worn throughout the duration of the treatment.







Pullman Jakarta Central Park is helping
to create a healthier generation of travellers.

FIT AND SPA LOUNGE

PULLMAN JAKARTA CENTRAL PARK

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