

INTRODUCTION

Inspire the spirit while your body is revitalized by the healing hands of therapists trained in a fusion of healing practices, as well as modern rejuvenation and well-being techniques. A wide range of relaxation, balancing, revitalizing along with treatments of international influences to soothe your senses, restore vital balances and enhance energy of both body and mind.

RELAXATION

DESIGN TO ACHIEVE TOTAL RELAXATION AND WELL-BEING
OF THE SOUL SOOTHING AWAY STRESS AND TENSION

AROMATHERAPY MASSAGE

Fingertip and palm pressure applied evenly about the body with essential oils used to relax or rejuvenate the senses, perfect for general de-stress or jet lag recovery.

60 / 90 Mins

2,600 / 3,200 ++

SWEDISH MASSAGE

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

60 / 90 Mins

2,600 / 3,200 ++

SPORT MASSAGE

A deep-tissue massage that combines long stroke and aromatherapy to ease muscular and joint pain calms and deeply relaxes.

60 / 90 Mins

2,600 / 3,200 ++

THAI TRADITIONAL MASSAGE

Holistic, non-oil treatment that combines rhythmic massage, acupressure and gentle twisting to stimulate muscles and release tension all over the body.

60 / 90 Mins

2,600 / 3,200 ++

EXPECTANT MOTHER MASSAGE

This gentle, massage is specifically designed for the expectant mothers (more than 4 months pregnant).

60 / 90 Mins

2,600 / 3,200 ++

HEAD & SHOULDER MASSAGE

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

60 / 90 Mins

2,600 / 3,200 ++

THAI FOOT MASSAGE

Traditional Thai foot therapy to promote general health and well-being. Depending on your preference – a soft to medium kneading of the soles of the feet up to the knee refreshing the body all over.

60 Mins

1,900 ++

THAI HAND & ARMS MASSAGE

Suitable for office worker who needs to unwind and relax their fingers, hand and arms from tired everyday life.

30 Mins

1,500 ++

* ++ are subject to 10% service charge and 7% applicable Government Tax.

** All prices are in Thai Baht.

BALACING

DESIGN TO ACHIEVE CLEANSING, FORTIFICATION AND NOURISHMENT OF THE BODY AND MIND.

DURATION

PRICE

LEMONGRASS SCRUB AND MASSAGE

Finely ground texture mixed with lemongrass is applied to the skin and allowed to soak into the skin for 40 minutes, followed by a brisk shower to wash away the drawn out impurities.

90 Mins

3,200 ++

JASMINE OATMEAL SCRUB AND MASSAGE

A relaxing body exfoliation by hand, firm but gentle pressure to deep cleanse and revive the skin, followed with warm oil full body massage to renew the senses and rejuvenate your spirit completes this treatment.

90 Mins

3,200 ++

RED WINE BODY TREATMENT

This beauty body treatment experience begins with a gentle yet thorough exfoliation of the body using a blend of red wine scrub followed by a Red wine wrap that energizes and rejuvenates you while your body is cleansed.

120 Mins

4,300 ++

SEAWEED BODY TREATMENT

More than an ordinary wrap, this body experience begins with a vigorous yet gentle exfoliation using seaweed salt. Your body is then lathered with deep cleansing and detoxifying mud mask. While the mud cleanses and the body is wrapped, your therapist performs a scalp massage to relieve any tension or stress. Your treatment concludes with an application of our soothing massage blend to tone your skin.

120 Mins

4,300 ++

REVITALIZING

DESIGN TO ACHIEVE AND INCREASE BODY ENERGY, BLOOD CIRCULATION. BRING CLARITY TO THE MIND AND YOUR SPIRIT.

DURATION

PRICE

“LUK PRAKOB” HOT HERBAL COMPRESS THERAPY

Gently heated herbal compress therapy are used for rolling over tight muscles with warm oil to remove tension.

90 Mins

3,300 ++

MUSCLE RELIEVES MASSAGE

Oil Massage that stimulates circulation through a combination of slow and intense strokes according to your needs. Warm herbs are applied to increase blood flow and bring blood with oxygen and nutrients to the muscles and major organs.

60 / 90 Mins

2,600 / 3,200 ++

FOUR HAND MASSAGE

Two therapists gently work in harmony to create an all over sensation of complete relaxation, draining all feeling of stress from the body and mind. This oil massage is the ultimate relaxation indulgence.

90 Mins

4,500 ++

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PURIFYING

DESIGN TO INCREASE BRIGHTEN AND REPLENISH THE SOUL THERAPY PROMOTING FIRMING AND TONING

DURATION

PRICE

ALOEVERA BODY WRAP AND MASSAGE

Damaged, dry or sun burnt skin is treated to the cooling effect of circular application strokes to the body with hand prepared ingredients.

90 Mins

3,300 ++

REFRESHING ORGANIC FACIAL

Natural ingredients freshly hand prepared after consultation, and then applied with relaxing pressure strokes to the face. Rejuvenates and repairs facial skin.

45 / 75 Mins

1,900 / 3,000 ++

You and Me treatments (Choose from RELAXATION OR BALANCING OR REVITALISING) Magnificent treatment suite filled with soothing music and blissful aromas, the perfect setting to share a spa treatment experience with a friend or loved one

RELAXATION

2 Hrs

4,600 ++

RELAXING MASSAGE

A gentle therapeutic massage technique maximizes the healing properties of essential oil and is customized to promote relaxation all well-being.

60 Mins

REFRESHING ORGANIC FACIAL

Combining skin renewing fresh product and a deep facial massage, This treatment release facial tension, increase the clarity of the skin and eye and improve skin texture.

60 Mins

BALANCING

2 Hrs 30 Mins

5,400 ++

DETOXIFYING BODY SCRUB

A deep detoxification scrub that stimulates circulation to reduce cellulite followed by an application of lemongrass yoghurt to promote moisturizing

50 Mins

AFTER WORK OUT MASSAGE

A deep-tissue massage that combines long stroke and aromatherapy to ease muscular and joint pain calms and deeply relaxes.

65 Mins

HEAD & SHOULDER MASSAGE

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

35 Mins

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REVITALISING

4 Hrs

7,700 ++

SAUNA

30 Mins

A gentle therapeutic massage technique maximizes the healing properties of essential oil and is customized to promote relaxation all well-being.

AROMATIC MILK BATH WITH ROSE PETAL

30 Mins

Relax your body in wonderful aroma milk bath and unwind your mind with soft and smooth bubble milk from the luxurious benefit of milky bath.

YOGURT COFFEE SCRUB

45 Mins

Combining skin renewing fresh product and a deep facial massage, This treatment release facial tension, increase the clarity of the skin and eye and improve skin texture

FRUITY BODY WRAP

45 Mins

This will energizes and rejuvenates you while your body is cleansed with grape seed, strawberry, chamomile, guava, geranium and Kiwi kernel.

AROMATHERAPY MASSAGE

90 Mins

The ultimate refreshing treatment with soothing fresh cucumber water applies all over your body and finish touch with Rose aromatherapy massage oil.

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BEAUTY SALON

	DURATION	PRICE
Manicure	60 Mins	1,600 ++
Pedicure	60 Mins	1,800 ++
Shampoo & Blow dry	60 Mins	1,300 ++
Hair plus for kids	60 Mins	800 - 1,200 ++
Under-arms Waxing	45 Mins	1,500 ++
Full arms Waxing	60 Mins	1,900 ++
Half legs Waxing	45 Mins	1,900 ++
Full legs Waxing	60 Mins	2,000 - 3,000 ++
Chest or Back Waxing	60 Mins	2,000 - 3,000 ++

(Complimented with foot massage for all waxing.)

Nail services are available from 10:30 am - 04:00 pm only.

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Please call the spa extension “5090 / 5092” or press “0” for Pullman touch on your guest room phone for FIT activities and Spa treatments

To ensure that your FIT & SPA experience is a relaxing journey, we recommend the following: All SPA TREATMENT appointments can be scheduled or cancelled at the spa. If you find that you are unable to keep your appointment, we request 4 hour notice to avoid being charged for the treatment.

We encourage you to schedule your treatments 24 hours in advance. For your convenience, we suggest you come to the FIT & SPA reception 15 minutes prior to your treatment in order to change and prepare yourself. You may wish to come to the spa already wearing the robe provided in your room.

We suggest the relaxing effect of a shower before your treatment. To fully enjoy the peaceful and tranquil environment of the FIT & SPA, cellular phones and electronic devices are discouraged.

Home spa – Most of the body and skin care products that we use in our therapies are available for purchase.

We understand that unavoidable circumstances may arise and cancelling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa within a 4-hour time frame to avoid the full charge of your service

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