

menu of spa services



spa

AT THE PULLMAN



stroll 5 minutes from the heart of the city and you'll find

Spa at the Pullman, a million miles away from the busy world around you. With a fully equipped gym, a 25-metre heated swimming pool, spa pool, sauna, steam room and sun terrace, Spa at the Pullman is an ideal location for those with fitness and relaxation in mind. More than anything, this is a sanctuary for anyone wanting respite from the ordinary – the perfect place for tired muscles and minds to be rejuvenated before returning to the outside world with renewed zest. Soothing massage therapy, sensuous oils and scrubs, heated stones, exotic wraps, facials and beauty treatments await in an atmosphere of Eastern influenced calm. Sit in the secluded relaxation area and contemplate the bliss that lies ahead before our expert therapists work their 5-star magic. Whether it's a healthier lifestyle you want, or an escape from the hectic pace of business or busy home life, take refuge at Spa at the Pullman. Then lie back, relax, and feel the new "you" emerge.

elemis facial

ELEMIS ADVANCED PERFORMANCE FACIALS

Pro-Collagen Quartz Lift Facial – anti-wrinkle facial, with proven results

75 minutes

\$150

The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimize cellular respiration and regeneration for a firmer, uplifted more youthful looking appearance.

Elemis Oxygen Skin Calm Facial – for sensitive skin

75 minutes

\$150

This face and eye treatment is pure soothing heaven for sensitive skin. Gentle massage techniques and a Japanese Silk Mask help to rebalance delicate, fragile and sensitive skin.

Elemis S.O.S. Purifying Facial – for oily and problem skin

75 minutes

\$150

This powerful purifying face and eye treatment helps to absorb excess sebum, and regulate and balance the function of the skin, whilst helping to repair scarring.

Tri-Enzyme Resurfacing Facial – peel away the years for smoother, more radiant skin

60 minutes

\$150

Pioneering the precision layering of three targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion. This unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin.

Prices are inclusive of GST

elemis facial

ELEMIS SKIN-SPECIFIC-FACIALS

Elemis Fruit Active Glow – for dull, lifeless skin

60 minutes

\$95

For a powerful skin recharge, this facial will bring back the glow to tired, dull and lifeless complexions. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful skin-conditioning actives nourish and renew vital radiance.

Elemis Exotic Moisture Dew – for dry skin

60 minutes

\$95

For skin in need of a super-saturating moisture boost, this thirst-quenching facial is perfect. Following a deep cleanse and nourishing facial massage, the skin is fed with moisture-loving actives that will bring back that healthy, dewy look to the skin.

Elemis Herbal Lavender Repair – for combination and oily skin

60 minutes

\$95

For perfect restoration of skin balance, this facial helps to heal and repair oily, problem and congested skin. Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

guinot facial

Hydradermie – advanced anti-aging

90 minutes	\$160
Course of 3 treatments	\$420

Under the magical effect of active ingredients selected to suit your skin type and diffused by gentle ionization, massage and oxygenation, your face recovers a new radiant beauty. This treatment meets all your needs for oily, dry, sensitive and pigmented skin.

Hydradermie Lift – advanced contouring

90 minutes	\$160
Course of 3 treatments	\$420

A specialized anti-aging treatment gives immediate, long lasting visible results. Designed for skin showing loss of elasticity using a safe, effective micro current, the Hydraderm machine eliminates toxins while treating both the skin and delicate facial muscles around the face, eyes and neck.

Beaute Neuve – double peeling, ideal for special occasions

60 minutes	\$150
Course of 3 treatments	\$400

As a multi-task facial, it exfoliates, brightens and regenerates the skin as well as reducing pigmentation. Combining powerful natural exfoliating properties with pure Vitamin C and anti-aging ingredients. The level and intensity of exfoliation can be controlled, so suits all skin types.

Liftosome – advanced anti-aging, warms and remodels facial contours

60 minutes	\$150
Course of 3 treatments	\$400

A rapid, spectacular "lifting" effect that instantly makes the skin look more youthful. Orange extracts revive the skin and the tone is immediately improved, fine lines are minimized and the facial contours appear firmer. After a heavenly massage you'll feel renewed inside and out.

Prices are inclusive of GST

massage

Classical Swedish Massage with a Touch of New Zealand

60 minutes

\$130

Choose your aromatic blend using traditional New Zealand oils for this superb massage involving soothing hand movements. These work into the muscle and soft tissue to provide relief from stress and tension. Strength can be varied as you wish.

Deep Tissue Massage

75 minutes

\$140

Focusing on the relief of specific stress and muscle tension, this deep ritualised pressure massage gives the whole body a vigorous workout. Combined with specially blended massage oils, this treatment can be tailored to suit your individual needs.

Therapeutic Massage

60 minutes

\$130

A combination of massage techniques to ease aches, pains and strains. This massage will vary according to your particular needs. Please indicate to our Spa Therapist if you have any particular muscular problems.

Stress Release Massage

30 minutes

\$80

Ease away aches, pains and stresses from day-to-day life via a relaxing shoulder, neck and back massage. Includes a foot ritual.

massage

Aroma Stone Therapy

90 minutes

\$190

Many ancient cultures have used the healing power of stones for medicinal and spiritual purposes. Harnessing the properties of the volcanic basalt stones, small stones are placed on key energy points on the body. Evoking an aura of warmth, the deep penetrating heat from the stones is used to massage the body using traditional techniques to release muscular tension and balance the spirit.

Massage for Two

60 minutes

\$260

Relax and enjoy a one-hour massage in each other's company in our couple's suite. Enjoy a tailor-made massage to suit both your individual needs.

Aromatherapy Massage

90 minutes

\$160

Combined with the soothing power of massage and 100% pure 1st grade essential oils, aromatherapy massage makes for a truly holistic therapy.

A unique combination of essential oils are blended with your specific needs in mind to bring about enhanced wellbeing. A sensory journey for the body, mind and spirit.

Indian Head Massage

45 minutes

\$90

Designed to pamper and rejuvenate the mind and body. Using pressure points and soft tissue massage you will be treated to the delights of an age-old massaging ritual. This gorgeous head and shoulder massage comes complete with a replenishing hair and scalp conditioning treatment.

Prices are inclusive of GST

massage

Reiki

60 minutes

\$100

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki meaning "spiritually guided life force energy", is a simple, natural and safe method of healing. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.

Traditional New Zealand Greenstone Massage

75 minutes

\$150

Experience an authentic New Zealand treatment using the healing and balancing properties of Greenstone (pounamu). A combination of stones of varying temperatures, alongside flowing, gentle massage strokes, will soothe and uplift. Pounamu, considered a sacred stone and only found in the South Island of New Zealand, is thought to contain its own special life force or mana.

exotic spa

Exotic Lime and Ginger Salt Glow

75 minutes

\$160

An exotic exfoliation ritual to invigorate and bring vitality to your body. After light body brushing, warm oils are luxuriously poured all over your body before an Exotic Lime and Ginger Salt Glow is applied. Your skin is deeply cleansed, polished and softened to perfection.

Exotic Frangipani Body Nourish Wrap

75 minutes

\$160

From the shores of Tahiti, coconut and frangipani flowers are soaked together to produce Monoi "scented oil" to soothe, condition and soften the skin.

Muscle Ease Aroma Spa Wrap

75 minutes

\$170

Aromatherapy is combined with the riches of the ocean in this deep, muscle-warming treatment. A heated seaweed mask containing pine and rosemary essential oils is applied to your body to ease away muscle tension.

Cellutox Aroma Spa Wrap

75 minutes

\$170

Combining the richness of sea plants and marine algae with aromatherapy, this treatment is deeply detoxifying. A heated seaweed mask containing cleansing juniper and lemon essential oils is applied to reduce the appearance of cellulite.

hands and feet

Spa at the Pullman manicures and pedicures help to rejuvenate and strengthen nails, all delivered in a ritualised and relaxing environment. A high level of detail and colour selection is also incorporated to ensure that the finish is of a superior standard.

MANICURES

Spa Manicure

60 minutes

\$85

Our Spa Therapist will file and shape your nails while you relax on our heated beds. Whilst relaxing, your cuticles will be manicured and nails buffed and shined to perfection. To compliment this, your hands and arms will be hydrated with a silkening ginger lotion, and then your nails will be painted with your choice of colour.

Deluxe Spa Manicure

75 minutes

\$100

Experience our deluxe treatment for the hands and nails. Your nails will be filed and shaped according to your preference and a micro-algae scrub applied to gently exfoliate and refine the skin. Cuticles will be attended to while an Indonesian ginger essential oil mask locks in the moisture and softens the skin. To complement this, your hands and arms will be massaged with a silkening lotion to leave your hands feeling like silk. Your nails will then be buffed to a shine and painted with a colour of your choice.

French Manicure – Can be added to any Manicure

Additional 15 minutes

\$25

hands and feet

PEDICURES

Spa Pedicure

60 minutes

\$95

Lie back and relax as our Spa Therapist files and cuts your toe nails, removes dead skin from your feet and tidies your cuticles. Your legs and feet will then be moisturised and massaged with an invigorating ginger lotion. To complete this treatment, your toe nails will be buffed to a shine and painted with the colour of your choice.

Deluxe Spa Pedicure

90 minutes

\$120

This deluxe facial for the feet begins with a therapeutic foot soak, file and shape. Your feet will be exfoliated with the help of a fruit acid complex to remove dead skin. A cooling mask that boosts cellular repair will be applied to deeply moisturise your legs and feet. Cuticles are then replenished, nails buffed and feet and legs massaged. To complete this treatment, your toe nails will be painted with a colour of your choice.

French Pedicure – Can be added to any Pedicure

Additional 15 minutes

\$25

Relaxing Foot Massage

30 minutes

\$50

Ease away the tension and take the pressure off your feet with a relaxing foot massage. Experience total relaxation in your private, Eastern-influenced sanctuary.

pre-natal

Experience the ultimate in beauty therapy in a relaxing environment designed to make the treatments as comfortable as possible. At Spa at the Pullman we recognise the importance of creating a treatment menu that supports the expectant mum through the stages of her pregnancy. The treatments are designed to meet the needs of a changing body which can affect the skin and posture, whilst ensuring a high level of relaxation and well-being are maintained.

Pre-Natal Massage

60 minutes

\$130

This special massage supports the body through the muscular and structural changes that occur in pregnancy while offering complete relaxation and tension relief (massage during pregnancy should be enjoyed after your first trimester).

Pre-Natal Retreat

210 minutes

\$365

Enjoy the ultimate in relaxation. Your half-day retreat will start with an hour's massage specifically designed to assist with the special requirements that occur during pregnancy. After your massage, you will enjoy a skin consultation followed by the Guinot Beaute Neuve Facial which includes a brightening exfoliating treatment to reduce pigmentation and is suitable for all skin types. To conclude, be pampered with a Deluxe Spa Pedicure.

salon services

Waxing

Full leg	\$70
Upper leg	\$50
Lower leg	\$40
Underarms	\$40
Upper lip	\$25
Bikini	\$30
Brazilian	\$80
Brazilian maintenance	\$50
Back	\$40
Full leg, underarms and bikini	\$110
Lower leg, underarms and bikini	\$80

Little Extras

Eyelash tinting	\$30
Eyebrow shaping	\$35
Eyebrow tinting	\$20
Combination of three	\$70

Prices are inclusive of GST

pamper packages

Pamper Man

120 minutes

\$230

The ultimate relaxation designed especially for men. Enjoy a stress release massage to ease away stresses from day-to-day life. Followed by the exclusive Guinot Hydradermie Facial which uses gentle ionization, massage and oxygenation to rebalance the skin. Specially used formulations ensure optimum results for all skin types.

Absolute Spa Ritual

120 minutes

\$250

From the soles of your feet to the tingling top of your scalp, embark on a journey to sensory heaven. This ultimate mind, body and soul experience includes the Guinot Liftosome Facial using active ingredients combined with a warming effect, to fill your skin with new energy, restore it's elasticity and regenerate new cells, followed by a relaxing Classical Swedish Massage.

Girls' Day Out

Private use of The Day Spa with tailor-made packages, incorporating treatments to suit your budget and timeframe. Spa cuisine nibbles and bubbles can be made available to celebrate in style. Please contact us to help you create your special day.

membership

Enjoy membership to Spa at the Pullman with gym and fitness instruction, personal training, yoga, complimentary lifestyle consultations, nutritional services, life coaching, high-tech chair massage and power walks.

Diamond

Full usage of all facilities, including swimming pool, sauna, steam, jacuzzi, changing facilities and amenities, and daily locker usage. Additional charges for spa treatments, rental lockers and personal training.

No time restrictions apply.

Platinum

Full usage of all facilities, including swimming pool, sauna, steam, jacuzzi, changing facilities and amenities, and daily locker usage. Additional charges for spa treatments, rental lockers and personal training.

Cannot use Health Club during peak times

Monday to Friday 5.00 pm – 8.00 pm.

Gold

Full usage of all facilities, including swimming pool, sauna, steam, jacuzzi, changing facilities and amenities, and daily locker usage. Additional charges for spa treatments, rental lockers and personal training.

Cannot use Health Club during peak times

Monday to Friday 6.00 am – 8.00 am and 5.00 pm – 8.00 pm.

membership

Facilities include:

- 25-metre swimming pool
- Sauna
- Steam room
- Jacuzzi
- Cool-down showers
- Gym with cardiovascular, strength training equipment and free weights
- Outdoor stretching area
- Spa treatment area
- Relaxation lounge
- Lockers

membership

Corporate Memberships

Corporate Memberships are available for selected business users or groups of five or more individuals joining at the same time.

SINGLE APPLICATIONS

MEMBERSHIP CATEGORY	JOINING FEE	6 MONTHS	1 YEAR	2 YEARS	PER MONTH
Diamond	\$500	\$870	\$1,650	\$3,120	\$160
Platinum	\$350	\$710	\$1,345	\$2,545	\$130
Corporate	\$150	PREPAY	PREPAY	PREPAY	\$120
Gold	\$200	\$550	\$1,040	\$1,970	\$120

COUPLE APPLICATIONS

MEMBERSHIP CATEGORY	JOINING FEE	6 MONTHS	1 YEAR	2 YEARS	PER MONTH
Diamond	\$900	\$1,520	\$2,875	\$5,425	\$280
Platinum	\$630	\$1,220	\$2,315	\$4,370	\$225
Gold	\$360	\$925	\$1,755	\$3,315	\$170

Prices are inclusive of GST

general spa

Treatment Room Hours

Monday to Sunday 10.00 am – 8.30 pm

Fitness Centre Hours

Monday to Friday 6.00 am – 10.00 pm

Saturday, Sunday & Public Holidays 7.00 am – 9.00 pm

Gift Vouchers

Spa at the Pullman gift vouchers make the perfect gift. You can buy a gift voucher for a specific treatment or by dollar value. For more information, visit www.spaathepullman.co.nz or phone Spa at the Pullman on (09) 355 1242.

Appointments

Scheduling is designed to permit the proper amount of time required to complete each service. Please arrive at least 15 minutes before your scheduled appointment time so that you can relax and enjoy the facility.

All treatments (excluding tinting and waxing) begin with a relaxing foot soak ritual during the consultation process which is included in the treatment time.

Privacy

The Spa is designed to provide the ultimate in comfort, privacy and relaxation. Services are performed in private rooms and your privacy is respected at all times. We provide robes and slippers for you to use during treatments.

For massages, facials and body treatments it is best to remove jewellery and store in a secure place. We regret that we cannot be responsible for loss and damage of personal belongings.

general spa

Cancellation Policy

We understand that sometimes it is necessary to change an appointment. So that we may accommodate all of our customers, we ask that you provide 24 hours' notice if you wish to change or cancel an appointment. If you give less than 24 hours' notice, a 50% cancellation fee will apply.

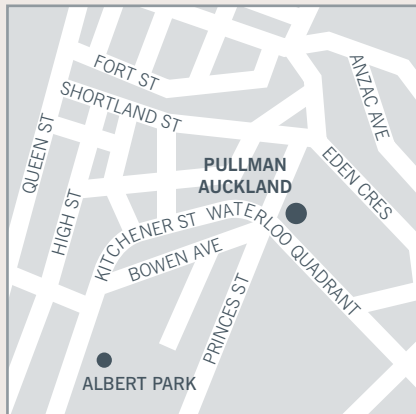
Parking

There are three options for parking at Spa at the Pullman:

1. Hotel Parking – Drive to main hotel entrance for Valet or self-parking directions. Car parking charges apply.
2. Parking New Zealand Building – Enter this parking building which is left of the hotel entrance (off Waterloo Quadrant). You can pay for this on Level B1 when you leave.
3. Pay and Display – There are several Pay and Display parking spaces on Princes Street.

Location

Lower Lobby, Pullman Auckland







PULLMAN AUCKLAND

Cnr Waterloo Quadrant and Princes Street
Auckland, New Zealand

T. (09) 355 1242 - F. (09) 303 2932

www.spaatthepullman.co.nz