

PULLMAN JAKARTA CENTRAL PARK

YOUR REGENERATION



Alaya   
Spa & Wellness

fitandspa  
LOUNGE



pullman  
HOTELS AND RESORTS

JAKARTA CENTRAL PARK

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

ALLOW

IDR

### BODY MASSAGE THERAPHY

#### 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 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 stocking techniques to stimulate your body. This is one of our cultural heritage handed down from one generation to the next. Enriched with Indonesian beauty essential herbs, the treatment thoroughly penetrates the bloodstream & soothes 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 on 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 a sports person.

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

#### 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 nerves, relieves stress, and melts away tension. Back to Basic Massage ends perfectly with a 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	280++
1h30	375++

**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 your back while lying on a waterproof cushioned mat.

Begin this experience with supplementary treatments:

- Salt scrub
- Body wrap
- Body massage

30	350++
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1h	550++
1h	550++
1h	700++



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

**ALLOW**

**IDR**

### **BODY EXFOLIATING THERAPY**

45

380++

Buff yourself from dead surface cells for 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.

### **BODY MASK THERAPY**

45

380++

This calming treatment nourishes the skin.

### **FACIALS THERAPY**

Experience a luxurious relaxation with selections of international therapeutic dermatological products 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**

1h

700++

Relax and experience our comforting cleansing treatment. this treatment gently cleanses and tones the skin, leaving your face radiant. (Suitable for all skin types, especially for dry skin)

Details : start from double cleansing, face massage continue with chemical peeling then face mask. The treatment end with moisturizing and pollution protection.

#### **Relax & Moisturizing Treatment**

1h30

850++

Give your thirsty skin the moisture and care it needs. This treatment increases the skin water-binding capacity and provides long-term improvement in skin moisture levels. ( Suitable for all skin types, especially for dry skin ). it includes a head, shoulder and arm massage.

Details : start from double cleansing, face massage continue with chemical peeling then face mask. The treatment end with moisturizing and pollution protection. Last, but not least a head, shoulder and arm massage.

## SPA PACKAGE

ALLOW

IDR

### 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 a body scrub and a natural body mask.

2h

800++

### Spa Relaxation Retreat

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

2h30

1.000++



	ALLOW	IDR
<b>City Escape Energizer</b> Indulge in the sensation of our 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++
<b>Romantic Desire Moments</b> Show your love to your beloved one by enjoying our romantic desire moment treatment. We create your spa room with a love ambience fulfil with a red rose to welcome both of you. Treatment time begins with a Relaxing body and face massage continued with a body scrub to pamper your soul and love passion at the same time. Your Romantic desire moment will end with a lovely bath with fresh rose petals at the bathing and enjoying glasses of Red wine. Not forgotten, a hand bouquet is ready for you to give to your loved one and feel the love in the air at our spa. Booking in advance 2 days before.	2h30	2.800++
<b>Hand &amp; Foot Therapy</b> It is time to get you pamper on our decadent hand and foot treatment.		
Manicure	1h10	330++
Pedicure	1h10	350++
Nail Polish	50	220++
<i>*Pre booking &amp; based on Availability</i>		





## **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 should be wear 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 & Alcohol**

Smoking and alcohol 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:





**FIT AND SPA LOUNGE**

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