



RELAX & UNWIND

PULLMAN
spa



F R O M
T H E
S E A
T O
T H E
S K I N

As one of Pullman's 4 pillars of wellness, a restorative spa visit is an integral part of any stay at Pullman Maldives Maamutaa. Because for Pullman, creative work cannot flourish without relaxation. And balance, physically and spiritually is of prime importance for reconnecting and realising your capabilities.

To reach this equilibrium, Pullman has partnered with Brittany-born skincare brand Phytomer. A pioneer that shares Pullman's holistic approach to wellbeing and respect for the natural elements that surround us. The rich and infinite possibilities of the sea are their secret. And their award-winning results the foundation of our Spa.

Pullman is committed to promoting a healthier generation of travellers. Which is why The Pullman Spa by Phytomer has designed a comprehensive menu to reflect the diverse and ever-changing needs of our bodies. Inspired by the intersection between the sea and the land, our treatments are informed by Pullman's wellness themes: energy boost, age defence, detox and balance. A powerful quadrant with transformative potential.

PHYTOMER

Phytomer not only recognises the rejuvenating qualities of marine-derived ingredients, but also its environmental responsibility. Coupling smart recycling systems with silicone, paraben and alcohol-free products, Phytomer is kind to skin. And the planet.

Family-run and a favourite with luxury spas all the world over. Pullman is proud to partner with Phytomer to welcome organic, wild and sustainably grown ingredients as the wellness of tomorrow.

ABOUT
PHYTOMER



CELEBRATION OF LOVE

This relaxing scrub and massage with sea boluses is a treat for the senses. In the embrace of soothing lavender, Thai-inspired light strokes and targeted pressure eliminates knots, while sea salt crystals gently exfoliate. Experience the relieving sensation of tension escaping your body, while your deserving skin is restored to its natural softness.

120 minutes
US\$290 (1 person)
US\$550 (2 persons)

P5 CONTOURING

A whole-body slimming treatment that combines a toning massage with Phytomer's exclusive Algae wrap to define your curves and tone the silhouette.

70 minutes
US\$180 (1 session)
US\$340 (2 sessions)
US\$480 (3 sessions)
US\$600 (4 sessions)

PAMPER

A perfectly pampering spa experience, complete with a calming massage, customized facial and a spa manicure or pedicure.

*Steam & Foot ritual *60 mins Signature massage *Customized facial *Spa manicure or pedicure

180 minutes US\$320

MORPHO DESIGNER

Feel and look your best with this multi-exfoliation scrub and slimming massage. An innovative body treatment that uses contour and firming techniques to enhance your shape and skin quality.

70 minutes
US\$160 (1 session)
US\$290 (2 sessions)
US\$400 (3 sessions)

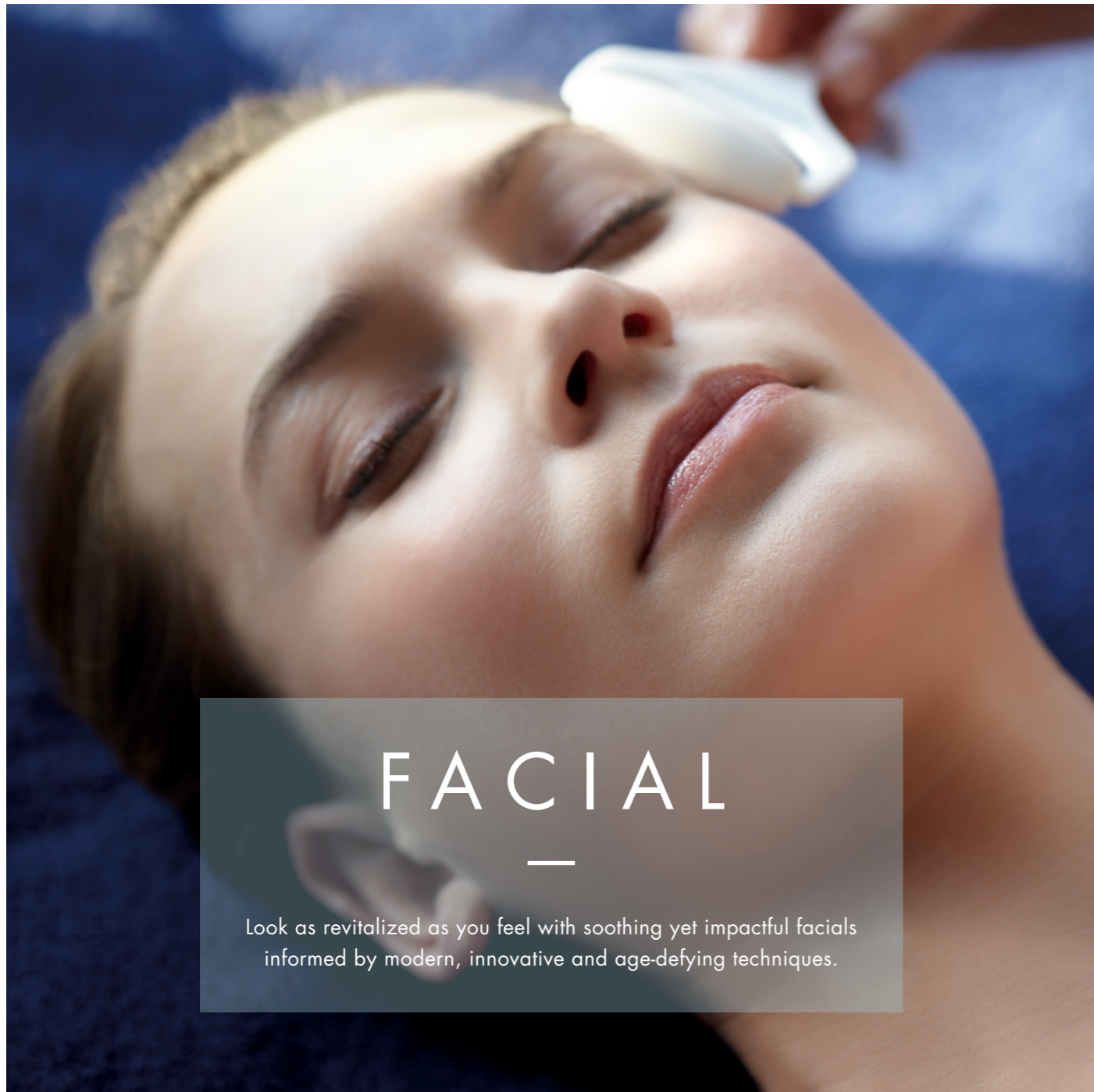
INDULGE

The Ultimate escape comprising an awakening body polish & wrap, relaxing massage, a spa manicure or pedicure and a private yoga and meditation session.

*Steam & Foot ritual *Body Scrub & Wrap *60 mins Signature massage *Purifying facial *Hair Cream Bath *Spa manicure or pedicure *60 mins Private Yoga and Meditation.

270 minutes US\$520





FACIAL



Look as revitalized as you feel with soothing yet impactful facials informed by modern, innovative and age-defying techniques.

PIONEER TREATMENT Signature Facial

Rediscover your youth with two new masks, a unique resurfacing lotion and signature massage designed to combat damage from free radicals. Responsible for sunspots, ageing and dullness, this treatment instead leaves skin instantly refreshed, nourished and hydrated.

85 minutes US\$180

CITYLIFE

An intense detoxifying facial designed to eliminate pollution deposits and revive parched, dehydrated skin. Hydrate, erase signs of fatigue and enjoy a more even, glowing complexion.

75 minutes US\$150

HYDRA BLUE

The Hydra Blue plumping treatment rewards the skin with an ultra-sensorial soak. Balancing hydration with relaxation, it's the perfect way to restore your skin's moisture and natural freshness.

75 minutes US\$120

EXTENDED YOUTH

Aimed at revitalising mature skin, the Extended Youth Treatment works to resurface the skin and correct fine lines using 3 high-performing products. This unique procedure optimises the effectiveness of the ingredients, leaving the skin firmer, more radiant and wrinkles less visible.

75 minutes US\$150

DOUCEUR MARINE

A comforting cocoon treatment ideal for after-sun care. Rediscover your radiant complexion by strengthening your skin's defences for a more soothed and hydrated epidermis.

75 minutes US\$120

MAAMUTAA SIGNATURE

One of our most popular massages, the Maamutaa Signature harmonises techniques from the Orient with Western-influenced practices to ease tension and restore spiritual balance. Ideal for jet lag recovery, it includes aromatherapy, a pampering pressure point facial and relaxing scalp massage to improve blood flow and relieve stress.***

60 minutes US\$150
90 minutes US\$190

AROMATHERAPY

A personalised holistic treatment that combines the power of essential oils with breathing and massage techniques to create an atmosphere of calm. This gentle pressure massage activates circulation, relieves muscle stiffness and offers uplifting relief for the mind.*

60 minutes US\$130
90 minutes US\$160

THAI

An oil-free and fully-clothed traditional Thai massage that helps re-awaken your body's energy flow. Succumb to the relaxing sensation of having your body stretched and pressed by our professional therapist. (Please note: no twisting or bone cracking is performed)**

90 minutes US\$180

HOT STONE

A deluxe full body treatment that uses heated stones for an invigorating deep heat massage. Unwind amidst a uniquely delicious aroma, specifically chosen for clearing the mind and releasing tension.**

90 minutes US\$180

DEEP TISSUE

Deep muscle compression increases blood and lymphatic flow, encouraging them to operate at full capacity. A natural way to enhance detoxification and experience a prolonged state of reduced muscular tension.***

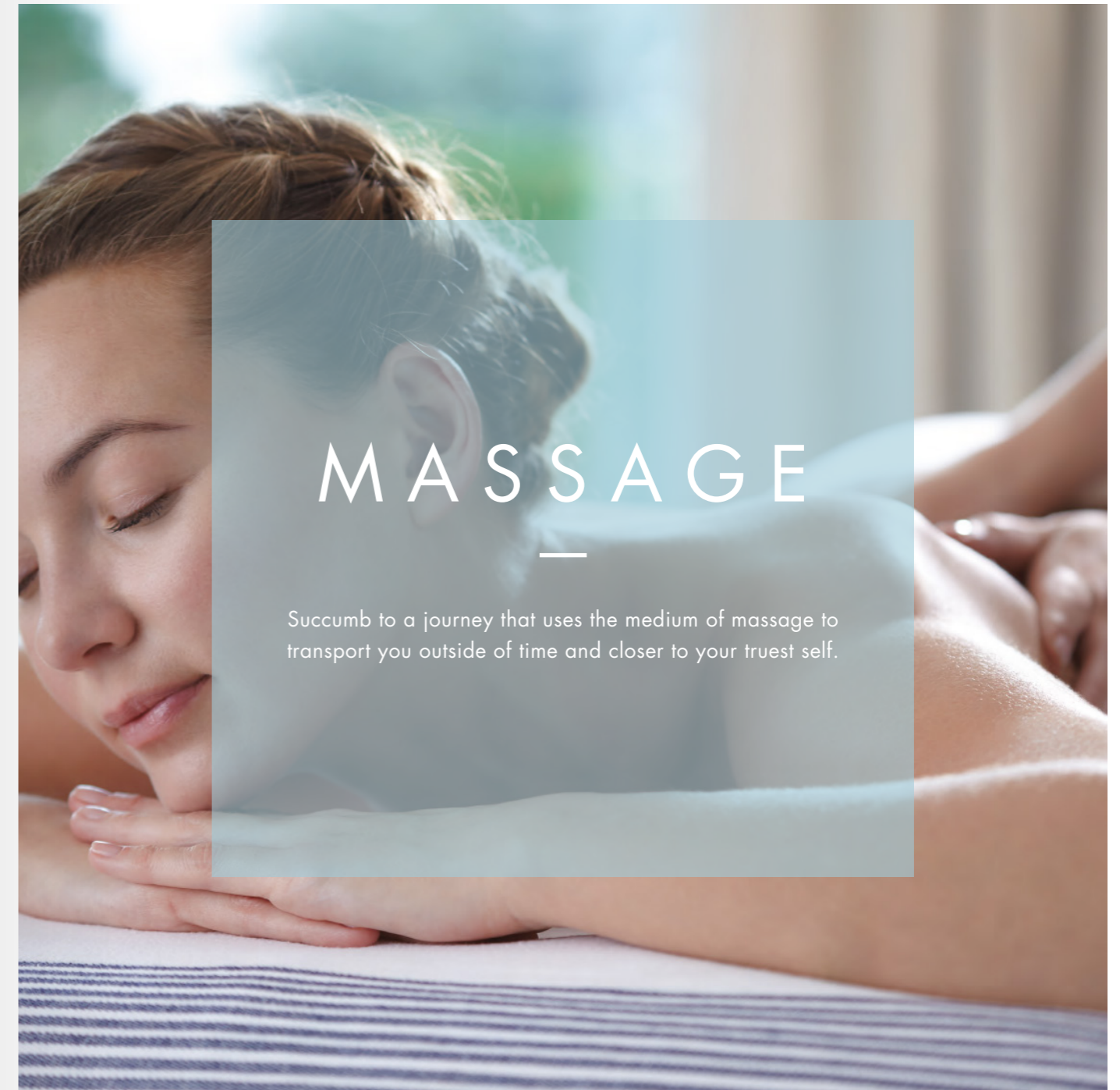
60 minutes US\$150
90 minutes US\$190

MOTHER-TO-BE

Customised specifically for the needs of pregnant women, this maternity massage has the added benefit of connecting mother and baby through the power of touch. Designed to ease sore spots and improve mobility and circulation, it will leave mothers-to-be with relaxed muscles and a rested mind (Recommended for 3 months and above)*

60 minutes US\$130
90 minutes US\$160

* Light pressure for relaxation | ** Medium pressure for firm massage | *** Hard pressure for deep tissue massage



MESSAGE

Succumb to a journey that uses the medium of massage to transport you outside of time and closer to your truest self.



BODY TREATMENTS

Indigenous techniques allow your body to escape the demands of everyday life and enter a new realm of enlightened awareness.

SATIN SHIMMER by PHYTOMER

An express exfoliating treatment that combines a sea salt crystal scrub with a moisturising massage to leave skin soft, silky and luminous.

45 minutes US\$95

DETOXIFYING ALGAE WRAP by PHYTOMER

Rich in laminaria algae, this full body wrap encourages the elimination of toxins and fat, while reinvigorating skin tissue. Indulge in a relaxing scalp, neck and shoulder massage while the moisturising wrap is activated and absorbed by the body.

45 minutes US\$95

BODY EXFOLIATION

Suitable for all types of skin, this therapy scrub moisturises and hydrates dry, flaking or ageing skin, while eliminating dead skin cells. A speciality blend that reveals healthy and glowing skin.

45 minutes US\$80

AFTER SUN COOLER

Soothe and rehydrate skin overexposed to the sun with this refreshing treatment. The body is enveloped with a blend of essential oils, followed by a chilled Aloe Vera mask to speed up the recovery of distressed cells.

45 minutes US\$80

BACK & SHOULDER by PHYTOMER

An ultra-relaxing, anti-fatigue back massage that helps relieve stiffness from your back and shoulders, followed by a gentle slathering of Phytomer's detoxifying Marine Mud along the spine for optimal detox.

45 minutes US\$80
30 minutes US\$60*

*without Self-Heating Marine Mud

SCALP

Be transported into a state of coconut oil-scented calm with this relaxing scalp massage treatment. Designed to increase oxygen and circulation to the scalp, hair is deeply nourished for optimum growth.

30 minutes US\$60
60 minutes US\$80*

*includes a stimulating acupressure hand and shoulder massage to help ease and release tension in the arms and hands caused by constant use of tech and mobile devices.

FOOT

Give tired feet the attention they deserve with a blissful foot massage that uses natural healing techniques to encourage a reduction in cramps, swelling and promote healthy circulation.

30 minutes US\$55
60 minutes US\$80*

*includes a relaxing foot scrub using our luxury selection of scrubs, leaving your skin feeling naturally smooth, hydrated and refreshed

RELAXING BATH RITUAL

A deep milk bathtub and glass of bubbly awaits for a peaceful 30 minutes of bliss before or after your treatments. Romance doesn't get more relaxing than this...

30 minutes* US\$150 for 2 people

CLEAR SKIN EXPRESS by PHYTOMER

This warming, absorbent marine face mask is followed by a custom facial mask to clear pores for cleansed skin and a complexion that's refreshed and revitalised.

30 minutes US\$80

EYE PERFECTION by PHYTOMER

A complete, efficient and relaxing treatment for beautiful eyes that sparkle with youth. Sensory products are combined with a massage dedicated to the eye contour area for immediately visible results. In one treatment, the eye area is smoothed, revived and refreshed.

25 minutes US\$45

STEAM RITUAL

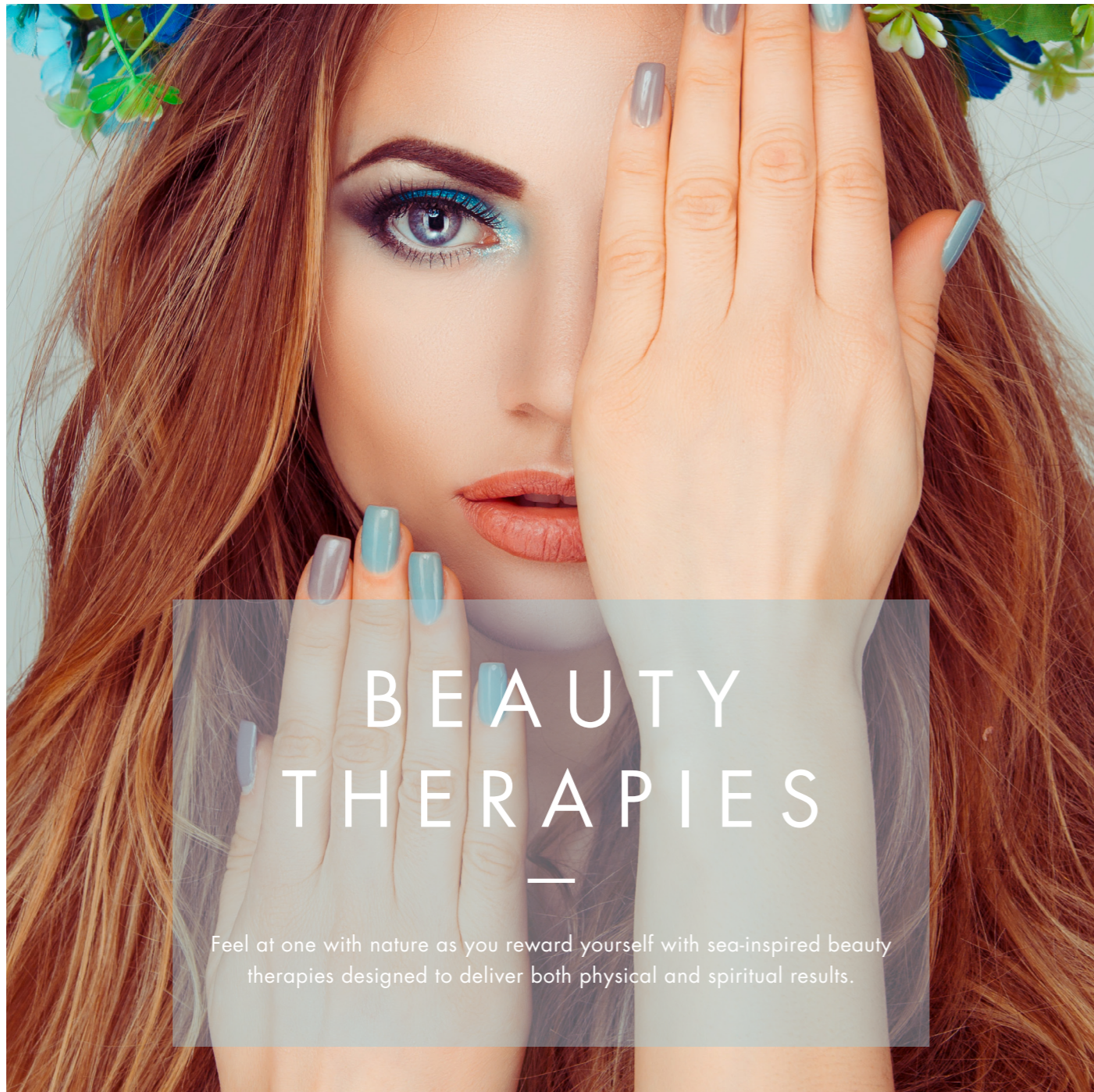
The wet steam supports the body's own detoxification process, reduces stress and mobilises the body's immune system. You are welcome to enjoy the steam room before and after your booked treatments.

*Due to capacity, steam room are based on availability. Please call ahead of your visit to confirm availability.

ADDITIONAL SERVICES

To optimize your experience, complement your treatment with a calming and nurturing add-on handpicked for its beautifying benefits.





BEAUTY THERAPIES

Feel at one with nature as you reward yourself with sea-inspired beauty therapies designed to deliver both physical and spiritual results.

WAXING

Full / Half Leg Wax	US\$60 / \$40
Full / Half Arm Wax	US\$50 / \$35
Chest or Back from Bikini	US\$60
Underarm / Lips	US\$35
Chin / Eyebrow	US\$25

HAIR CARE

Hair Wash, Dry and Style

Short and Medium Hair	US\$40
Long Hair	US\$55

Cut & Style only (Men's, Ladies, Kids)

Short and Medium Hair	US\$55
Long Hair	US\$70

Full Hair Color (Short/Medium)	US\$95
Full Hair Color (Long)	US\$125

HAIR CREAM BATH

This nourishing hair cream bath is designed to hydrate your hair and stimulate its growth, leaving it feeling beautifully soft and replenished.

45 mins US\$60

NAIL CARE by SPARITUAL

SPARITUAL'S multisensory vegan products allow you to embody a respect for your surroundings. Created using earth-sustaining ingredients, immerse in doing right to reach rejuvenation.

GOLD 2-step Color System, Cruelty-Free & Vegan

Spa Manicure	US\$65
Spa Pedicure	US\$85

*Spa Manicure & Pedicure includes nail and cuticle care, buffing, a hydrating cream massage and polish application.

Signature Manicure	US\$95
Signature Pedicure	US\$115

*Signature Manicure & Pedicure includes a natural grain exfoliation, nail and cuticle care, buffing, a luxurious cream massage and polish application.

Nail Cut & File	US\$35
Polish Change (fingers or toes)	US\$35

MINI ME MASSAGE

This gentle pressure massage for the back or feet aids circulation while encouraging a dream-like state of calm.

30 minutes US\$50

HAPPY HANDS

A relaxing hand massage that includes soaking and shaping of the nails, and the opportunity for princesses to pick their favourite nail colour.

30 minutes US\$35

45 minutes US\$45 (with nail art)

TWINKLE TOES

A toe-pampering experience complete with a mini foot massage and polish application.

30 minutes US\$35

45 minutes US\$50 (with nail art)

MINI REFRESH FACIAL

A delicate facial to assist the skin's natural ability to function in perfect harmony.

30 minutes US\$50

MINI WRAP

Soothe and rehydrate skin that has been overexposed to the sun with a refreshing wrap.

30 minutes US\$55

MUMMY OR DADDY & MINI ME CHOCOHOLIC SPA DAY

A delicious and fun chocolate treatment to enjoy together. A lather of chocolate mousse leaves skin soft and prepped for a melt-away massage.

90 minutes US\$280

CHILLAX

Let them experience the fun of a wrap before we pamper them with a soothing massage and mini cooling facial treatment.

90 minutes US\$150

KIDS SPA MENU

A carefully curated selection of natural and gentle treatments to leave little spa-goers aged 4 to 12 years old feeling ready and rested for a good night's sleep before their next adventure.





SPA ETIQUETTE

OPENING HOURS

Our spa is open every day from 9:00 am until 9:00 pm. Reservations can be arranged before 9:00 am with prior notice. Please arrive 15 minutes prior to your appointment in order to relax and change. Late arrival will decrease the time of your treatment.

APPOINTMENTS

We recommend booking treatments in advance to ensure your preferred timings and services are available. Our dedicated team will assist you in selecting the best treatment options to suit your needs and preferences.

CANCELLATION

We require notification of cancellations for all treatments 4 hours prior to your appointment time. Any cancellations within 4 hours of the treatment or no show will incur a 100% penalty.

VALUABLES

We advise you not to bring any valuables during your visit. Our Spa accepts no responsibility for the loss of money or valuables of any kind.

HEALTH MATTERS

We recommend that you do not sunbathe immediately after your spa treatment. Guest who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult the doctor before signing up for any treatments. Please notify our Spa reception of any existing medical condition.

COMMUNICATION

Please let your therapist know if there is any way we can improve your treatment or comfort – for example, deeper or lighter massage pressure, extra towel, lighting or music levels. We appreciate your feedback and encourage you to kindly fill out our guest questionnaire following your treatment.

DETOX

Please take time to relax in our tranquil surroundings before and after your therapy. Smoking or use of mobile phones is not permitted within the Spa area.

We hope you enjoy your Spa experience and look forward to seeing you soon.

All prices are in USD and are subject to 10% service charge and 12% TGST. Prices are subject to change without prior notice. Please contact our SPA reception at least 4 hours in advance for any cancellations, or to reschedule treatments.



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spa