



Anantara Spa

Reading between tea leaves



THE PULI
HOTEL AND SPA

Reading between tea leaves

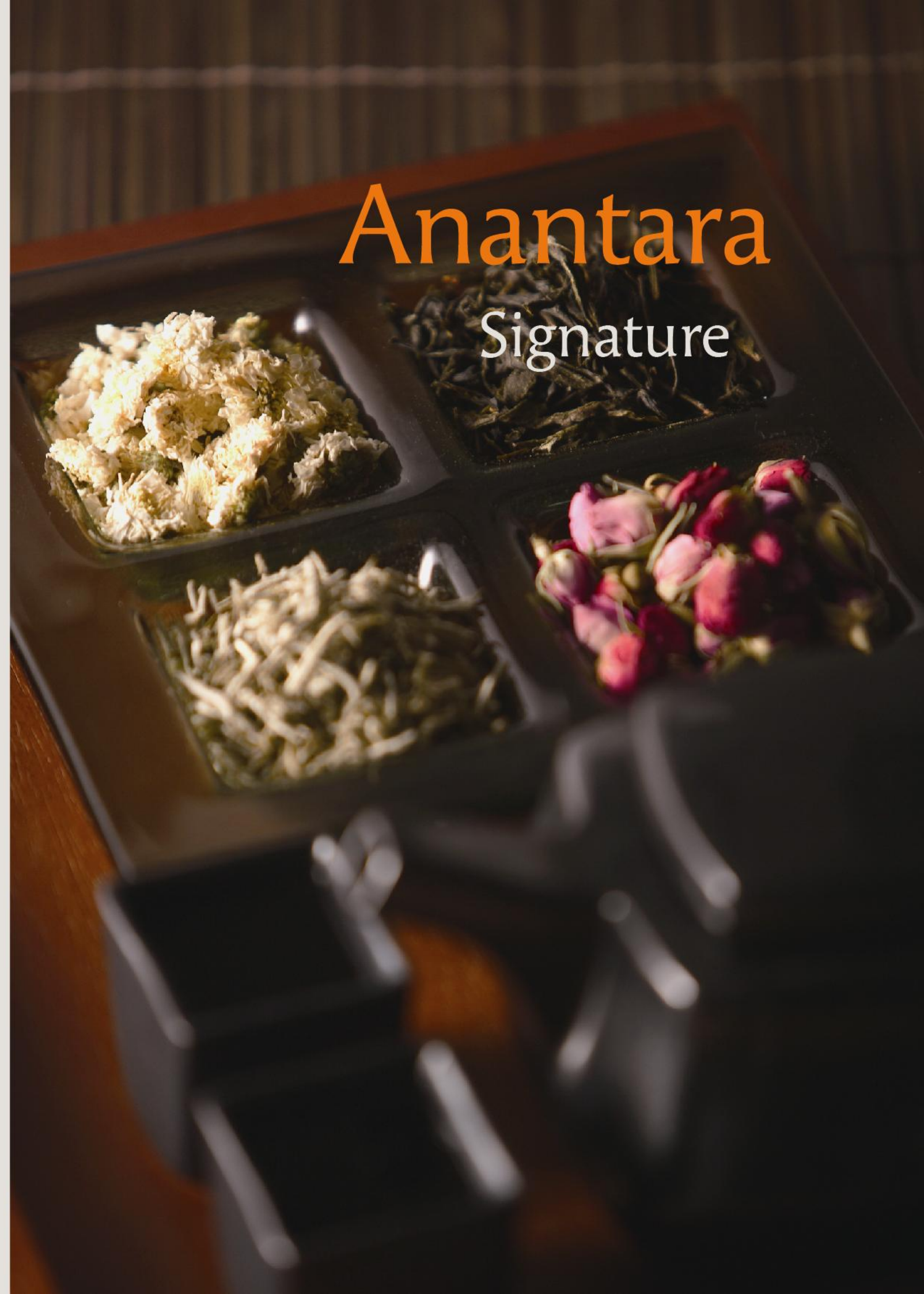
Inspired by the healing agents of China's finest tea leaves, Anantara Spa at The Puli envelops authentic spa therapies with a journey connected with exotic, oriental romance.

Presenting a menu inspired by the renowned properties of artisan tea that is woven into the very fabric of Chinese history and ritual; custom spa therapies have been paired with four tea purities to enhance each benefit of your spa experience, guiding your journey through peace, prosperity and wellness.

Discover treatments that draw on the detoxifying powers of Green Tea, the balancing force of White Tea, the enhancing properties of Chrysanthemum Tea and the beautifying spirit of Rose Tea.

Sip on your personal pot while indulging in the romantic blend of Chinese antiques and modern day Shanghai.

Anantara Signature



Anantara Signature Massage **90 Minutes** **1,280**

Purpose-designed wringing, kneading, stretching and effleurage combined with our signature blend of oils stimulate the circulation and promote deep relaxation of the muscles. Reflexology is also incorporated to remove blockages of energy, or prana, along the meridian lines, thus relieving tension, improving circulation, and releasing stress from tired muscles.

[Shower - Floral Foot Ritual - Body Brush - Anantara Signature Massage - Refreshment](#)

Marma Abhyanga Massage **90 Minutes** **1,280**

Literally from head to toe, this delightful Ayurvedic massage focuses on the Marmas – the significant sites on the body that can be stimulated to achieve overall health and balance – applying special techniques of rhythm and pressure to the junctions of blood and lymph vessels, muscle and bone tissue, and nerves.

[Shower - Floral Foot Ritual - Body Brush - Marma Abhyanga Massage - Refreshment](#)

**Anantara Signature Facial
All Skin** **60 Minutes** **780**

Choose the product that suits your skin type, from chamomile and jojoba to refresh and hydrate, or lavender and honey to balance and tone. With warm compresses, effleurage, tapping, acupressure and stretching, the signs of aging will diminish while cucumber eye gel or absolute eye cream works to reduce puffiness and dark circles.

[Floral Foot Ritual - Anantara Signature Facial - Oriental Head Massage - Refreshment](#)

Detoxifying Green Tea

All the healing teas, with their strong Qi – or life force – calm, stimulate, detoxify and heal, but among them green tea, with its abundance of anti-oxidants, has been the most widely consumed ever since it was discovered that it has ten times the amount found in fruits and vegetables.

Green tea is a staple of Traditional Chinese Medicine and is used to treat aches, pains, headaches and depression, as is perhaps best known as a detoxifier, an immune enhancer and an energizer. This treatment combines a series of green tea therapies specially selected to revive and cleanse the body and mind.

Two-Day Green Tea Urban Retreat Journey **2,600**

Day 1: Awaken **90 Minutes**

Floral Foot Ritual - Green Tea Bath - Body Brush - Sports massage - Hot Green Tea

Day 2: Rejuvenating **120 Minutes**

Floral Foot Ritual - Green Tea Wrap or Scrub - Shower - Anantara Signature Facial - Hot Green Tea

Green Tea Purification Journey **120 Minutes** **1,550**

Floral Foot Ritual - Green Tea Scrub - Shower - Sport massage - Hot Green Tea



Green Tea Scrub **60 Minutes** **720**

Indulge all your senses as you are covered and polished with this potent antibacterial and detoxifying treatment, and witness the vibrant, healthy glow that is dramatically apparent as the fine granules deep-cleanse and leave the skin smooth, healthy and soft.

Floral Foot Ritual - Green Tea Scrub - Shower - Stress Relief Massage - Body Moisturiser - Hot Green Tea

Green Tea Wrap **60 Minutes** **880**

Let us wrap you in a calming cocoon of gently hydrating green tea, long known for its anti-inflammatory properties and kindness to the skin. Relax in the comforting embrace of this invigorating treatment, submit to an energizing scalp and digito-pressure facial massage, and feel nature working its magic.

Floral Foot Ritual - Green Tea Wrap - Oriental Head Massage - Shower - Stress Relief Massage - Body Moisturiser - Hot Green Tea



Balancing White Tea

Made from new buds and very young, gently dried leaves, all the anti-oxidants in white tea are retained. Similar to green tea in its detoxifying properties, clear, slightly golden white tea has even more anti-viral and anti-bacterial qualities and is believed to help slow the aging process as well as balance the Qi.

White tea is rich in potent anti-oxidants that will purge your body and skin of contaminants and your mind of worldly cares. This treatment combines the natural powers of white tea with the moisturising properties of avocado and the healing power of Swedish Massage, leaving the skin feeling supple, smooth and vibrant.

Two-Day White Tea Urban Retreat Journey

2,800

Day 1: Revival

120 Minutes

Floral Foot Ritual - White Tea Bath - Body Brush - Swedish Massage - Hot White Tea

Day 2: Nourishing

120 Minutes

Floral Foot Ritual - White Tea & Avocado Wrap or Scrub - Anantara Signature Facial - Hot White Tea

White Tea Moisturiser Journey

150 Minutes

1,800

Floral Foot Ritual - White Tea & Avocado Wrap or Scrub - Shower - Swedish Massage - Hot White Tea



White Tea & Avocado Body Scrub

60 Minutes

720

Especially designed for dry skin, this creamy unguent combines essential oils to detoxify, natural avocado to soothe and moisturise, and apricot beads to unclog pores and scrub away impurities, dead skin cells and grime. Following this full-body hydration, a vibrant, healthy glow will be dramatically apparent from head to toe.

Floral Foot Ritual - White Tea & Avocado Scrub - Shower - Stress Relief Massage - Body Moisturiser - Hot White Tea

White Tea & Avocado Body Wrap

60 Minutes

880

This deep-moisturising wrap incorporates all the penetrating power of avocado to convey essential vitamins and nourishment to the glands that lie just beneath the skin. Enriched with Vitamins E and B, the wrap is also a wonderful nutrient booster.

Floral Foot Ritual - White Tea & Avocado Wrap - Oriental Head Massage - Shower - Stress Relief Massage - Body Moisturiser - Hot White Tea



Beautifying Rose Tea

Roses have long been given to express love because they soothe the heart and make us feel beautiful. So, too, does Rose tea. It also balances our mind and hormones, helps to reduce wrinkle formation, boosts immunity, uplifts the nervous system and relieves insomnia, depression and fatigue.



There is no better gift on earth for the body, mind and spirit than beautifying rose tea. While clearing toxins and heat from the body and fighting infection, this natural elixir hydrates, relaxes, and soothes the skin back to its naturally beautiful appearance.

Two-Day Rose Tea Urban Retreat Journey **2,600**

Day 1: Refresh **90 Minutes**
Floral Foot Ritual - LingZhi Bath - Body Brush - Aromatic Massage - Hot Rose Tea

Day 2: Renew **120 Minutes**
Floral Foot Ritual - Rose Tea Body Wrap or Scrub - Shower - Anantara Signature Facial - Hot Rose Tea

Rose Tea Beautification Journey **120 Minutes** **1,550**
Floral Foot Ritual - Body Brush - Aromatic Massage - Anantara Signature Facial - Hot Rose Tea



Rose Tea Body Scrub **60 Minutes** **720**

By applying light effleurage with delicate cleansing beads, dead skin is removed, circulation on the skin's surface is enhanced and the senses come alive with the fragrance of rose water.

Floral Foot Ritual - Rose Tea Body Scrub - Shower - Stress Relief Massage - Body Moisturiser - Hot Rose Tea

Rose Tea Body Wrap **60 Minutes** **880**

Light effleurage with this creamy exfoliant hydrates, moisturises and balances the skin while relaxing it and providing a refreshing boost.

Floral Foot Ritual - Rose Tea Wrap - Oriental Head Massage - Shower - Stress Relief Massage - Body Moisturiser - Hot Rose Tea



Clarifying Chrysanthemum Tea

In traditional Chinese medicine, chrysanthemum tea is said to clear the liver and the eyes, which are related as the liver is associated with anger and stress and the bright yellow tea relieves the eye pain brought on by tension and yin deficiency, as well as blurred and diminished vision and dizziness.

From East to West, chrysanthemum tea is prized for its medicinal properties and has been used as treatment for flu and fever, headache, bloodshot eyes, congestion and even vertigo. This specially formulated treatment harnesses the healing power of chrysanthemum tea and combines the exfoliating properties of pearl cream with traditional Thai massage to cleanse the skin and energize the body.

Two-Day Chrysanthemum Tea Urban Retreat Journey 2,900

Day 1: Recondition 90 Minutes

Floral Foot Ritual - Chinese Herbal Bath - Thai Massage - Hot Chrysanthemum Tea

Day 2: Revamp 150 Minutes

Floral Foot Ritual - Chrysanthemum Tea & Pearl Body Wrap or Scrub - Thai Herbal Compress Massage - Hot Chrysanthemum Tea

Chrysanthemum Tea Cleansing Journey 120 Minutes 1,380

Floral Foot Ritual - Thai massage - Oriental Foot Massage - Hot Chrysanthemum Tea

Chrysanthemum Tea & Pearl Body Scrub 60 Minutes 720

The application of light effleurage with this exfoliant of fine beads and olive extract removes dead cells and balances the skin's natural moisture to keep it clear and smooth.

Floral Foot Ritual - Chrysanthemum Tea & Pearl Body Scrub - Shower - Stress Relief Massage - Body Moisturiser - Hot Chrysanthemum Tea

Chrysanthemum Tea & Pearl Body Wrap 60 Minutes 880

Light effleurage is applied to pressure points on the scalp with this creamy olive extract-enriched exfoliant, allowing it to deep-cleanse, moisturise and relax while stimulating and toning the skin.


Floral Foot Ritual - Chrysanthemum Tea & Pearl Body Wrap - Oriental Head Massage - Shower - Stress Relief Massage - Body Moisturiser - Hot Chrysanthemum Tea





Anantara Massage

-  **Hot Stone Massage** **90 Minutes** **1,280**
This indulgent massage harnesses all the healing power and penetrating warmth of natural, heated volcanic stones to release the accumulated tension from muscle tissue, while smaller healing stones are placed on the key energy centres to channel their healing power towards ultimate relaxation and a balanced spirit.
Shower - Floral Foot Ritual - Body Brush - Hot Stone Massage - Hot Green Tea
-  **Sport Massage** **60/90 Minutes** **980/1280**
Employing classic Swedish massage strokes, this therapy works deeply into the muscles, stretching and releasing tension in the fascia that could cause restricted movement and pain, and is the essential treatment for those desiring to improve flexibility, prevent injury, and hasten the healing of sore or pulled muscles.
Shower - Floral Foot Ritual - Body Brush - Sport Massage - Hot Green Tea
-  **Swedish Massage** **60/90 Minutes** **980/1280**
Since it was developed nearly 200 years ago, Swedish massage has become the foundation of most western massage techniques with its percussive, tapping movements, and five variations of strokes that manipulate each part of the body to stimulate the nervous system, improve circulation and flexibility, and enhance physical and mental well-being.
Shower - Floral Foot Ritual - Body Brush - Swedish Massage - Hot White Tea
-  **Traditional Chinese Massage** **60/90 Minutes** **880/1180**
By applying a combination of the ancient Chinese massage techniques of Tui (pushing), Na (pulling and dragging), An (rapid rhythmic pressure), Pai (tapping), Cha (rubbing), Zhen (vibrating), Bo (vertical pressure), and Dian Xue (acupressure), the flow of energy through the meridians is restored, muscles are relaxed and fatigue dissipates.
Shower - Floral Foot Ritual - Traditional Chinese Massage - Hot White Tea
-  **Aromatic Massage** **60/90 Minutes** **980/1280**
Blending the best of aromatherapy and Swedish massage, this is the perfect remedy for jetlag. Choose from four specially blended essential oils – Anantara, Harmony, Thailand Spice and Tranquillity – and surrender to our therapist's touch as your mind eases into a state of utter calm and grace.
Shower - Floral Foot Ritual - Body Brush - Aromatic Massage - Hot Rose Tea
-  **Oriental Head Massage** **60 Minutes** **680**
Clear your mind of incessant thoughts as tension build up is gradually released by massaging meridian points on the scalp, shoulders and neck-Instant relief for headache sufferers, office executives, or those that expend a lot of mental energy.
Shower - Floral Foot Ritual - Oriental Head Massage - Hot Rose Tea
-  **Thai Herbal Compress Massage** **90 Minutes** **1,280**
Tensions simply drift away in the course of this traditional Thai herbal therapy that begins with the application of a warm herbal poultice containing a variety of therapeutic Thai herbs and spices, followed by a full body massage using natural herbal oils that penetrate the body to work their wonders.
Shower - Floral Foot Ritual - Body Brush - Thai Herbal Compress Massage - Hot Chrysanthemum Tea
-  **Traditional Thai Massage** **60/90 Minutes** **880/1180**
Anyone searching for optimal health and the restoration of dwindling vitality should experience this ancient therapy. Conducted in a meditative environment, your therapist uses fingers, thumbs, elbows, arms and feet to apply passive stretching techniques and gentle acupressure along the energy lines, allowing your body's internal energy to flow freely once again.
Shower - Floral Foot Ritual - Traditional Thai Massage - Hot Chrysanthemum Tea
-  **Oriental Foot Massage** **60 Minutes** **680**
In this age-old therapy, pressure is applied with the thumbs and fingers to specific zones on the feet that link to our internal organs to induce relief from stress and tension. A dynamic blend of stimulation and relaxation, the result fosters overall well-being.
Shower - Floral Foot Ritual - Oriental Foot Massage - Hot Chrysanthemum Tea



Anantara Facial

Men's Own Facial

75 Minutes

980

From Egypt to India to ancient Greece, the Blue Lotus has come to symbolize purity. Our gentlemen's deeply cleansing and hydrating facial employs wild-crafted Blue Lotus, Algae Extract, Rice Germ, Bamboo, Ginger, Lemon and Tiger Grass to exfoliate and purify the skin and decongest pores. Perfect for a man's skin, this facial provides the full spectrum of skin benefits as nature intended.

Floral Foot Ritual - Stress Relief Massage - Men's Own Facial - Oriental Head Massage - Refreshment

Nature's Most Pure Facial Combination Combination Skin

75 Minutes

980

In the religious culture of Eastern Asia, Blue Lotus symbolizes purity of mind and body. Blue Lotus, and other healing plants and flowers of Eastern Asia, inspired this balancing, clarifying and restorative treatment. Sun-dried Indian Rhassoul Clay is incorporated for its deep-cleansing properties. A Vedic Marma Cleansing Technique combined with wild-crafted Indian Blue Lotus, bamboo, and ginger provide essential nutrition, replenish amino acids and purify the skin as it restores balance. The rare Blue Lotus infuses skin with all-natural vitamins, minerals and amino acids; essential nutrition for a pure, healthy complexion.

Floral Foot Ritual - Stress Relief Massage - Nature's Most Pure Facial Combination - Oriental Head Massage - Refreshment

Hydrating Deep Moisture Facial Dry Skin

75 Minutes

980

Quench dry, dehydrated skin with the soothing fruits and flowers of Southeast Asia. Organic, fair-trade cultivated and custom distilled Jasmine, along with organic Papaya, Jojoba and Shea Butter will restore lasting hydration and elasticity while protecting skin from free radical damage. Fine lines and uneven skin texture are smoothed by Clove Bud, Lychee, Rosewood and Turmeric. The healing power of Jasmine and other South Pacific plant ingredients replenish and sustain skin's moisture level for a smooth texture and healthy, even tone.

Floral Foot Ritual - Stress Relief Massage - Hydrating Deep Moisture Facial - Oriental Head Massage - Refreshment

Calming Facial Sensitive Skin

75 Minutes

980

Drench the skin in nature's purest, most comforting botanicals from Morocco. Organic Desert Fig Seed Oil, from the moisture rich seeds of the Prickly Pear Cactus Fig, is rich in Omega 6 essential fatty acids and provides extraordinary levels of healing hydration to the most sensitive, reactive skins. Organic Nopal Leaf, Argan Seed Oil, Moroccan Chamomile and unfermented Red Tea, along with other soothing organic plants ingredients, will calm, strengthen and protect the skin, while infusing the skin with healing moisture.

Floral Foot Ritual - Stress Relief Massage - Calming Facial - Oriental Head Massage - Refreshment

Rejuvenating Anti-Oxidant Facial Mature Skin

75 Minutes

980

Nourish and revitalize skin with a facial inspired by the restorative fruits and plants of the Amazon. This facial will firm, smooth and renew elasticity. Organic, Fair-Trade Cocoa Bean, known for its unique ability to stimulate cell renewal, helps promote microcirculation and repair skin's moisture barrier. Natural, organic moisturizers Cocoa Bean, Acai, Buriti, Andiroba, and Muru Muru Butter will smooth fine lines and firm skin tone for healthy, radiant, and youthful skin.

Floral Foot Ritual - Stress Relief Massage - Rejuvenating Anti-Oxidant Facial - Oriental Head Massage - Refreshment

Eye Lifting Treatment

15 Minutes

450

Treat and revive tired or stressed eyes with Amala's mineral rich eye pack. This Eye Pack will work to restore tone and elasticity and assist in minimizing dark circles, puffiness and fine lines, while regenerating and oxygenating your skin. The delicate eye area will be soothed, remineralized and rehydrated by organic, wild-crafted seed oils, plants and flowers which are vital for the health and repair of our skin.

Neck & Décolletage Lifting Treatment

15 Minutes

720

Combining the rich ingredients of unrefined, sun-dried green clay and French Spirulina, and a blend of organic and wild crafted seed oils, plants and flowers, Amala's Neck & Décolletage pack will lift and firm the neck and chest area while brightening and oxygenating your skin. Mature or sun damaged skin will be remineralized and rehydrated, leaving your skin feeling firm, brighter, and rejuvenated.

Spa Basics

- Please arrive for your appointment 15 minutes prior to your treatment time.
- Our Spa Manager and Spa Consultants are available to advise you on which treatments best suit your needs. In order for us to make the most appropriate recommendations, please complete the spa consultation form.
- We recommend leaving your personal belongings in your room safe, but if you happen to bring or wear them to the spa, a safe box will be provided for you.
- Should you arrive late for your appointment the treatment time may have to be reduced depending on availability. Every effort will be made to provide you with the full treatment time. We appreciate your understanding.
- If you would like to cancel your appointment, please do so at least 4 hours prior to the treatment, otherwise a 50% charge will be incurred.
- The Spa environment is one of tranquility and relaxation. Please respect the peacefulness and privacy of other spa guests. Kindly refrain from smoking or using your mobile phone when you are in or near the spa. Thank you.

Prices are in Chinese Renminbi and subject to 15% service charge

