



So | SPA MENU
SOFITEL

REJUVENATING
WORLD TRADITIONS,
FRENCH COSMETOLOGY.



This SoSPA has found its roots in the most impressive discoveries made by the greatest explorers and travelers of the Dutch Golden Age.

Our Spa expresses its heritage throughout Sofitel SoSPA philosophy and throughout a menu inspired by gastronomy, where ancient traditions from India, Indonesia, Japan, Brazil and Africa meet the refinement and skill of the latest in French cosmetology to create a new kind of Spa experience.

The Cinq Mondes spa philosophy mixes French refinement and inspiration from the world's best health and beauty traditions. Exclusive to So SPA, Marisa Berenson sublime care uses Prickly Pear Oil containing an exceptional wealth of antioxidants to repair and moisturize the skin as well as slowing signs of aging.

SoSPA reception welcomes hotel and external guests from 9 a.m. to 9 p.m. daily

SoSPA swimming pool & sauna welcomes hotel guests from 6 a.m. to 10 p.m. daily

SoFIT welcomes hotel guests 24 hours daily



MASSAGE MENU

Classic Swedish Massage

60 / 90 minutes 110 / 150

This is a gentle form of massage that uses long strokes, kneading and circular movements, vibration and tapping to help relax and energize you. Feel yourself in harmony on physical and psychic levels.

Deep Tissue Massage

60 / 90 minutes 120 / 160

This massage technique uses slower and more forceful strokes to target the deeper layers of muscle and connective tissue. This technique is suitable for sport people and guests who feel a lot of tension and prefer a deeper technique. This treatment will bring you back to balance and refresh your senses.

Hot Stone Massage

60 / 90 minutes 120 / 160

Hot stone massage is a variation on classic massage therapy. Heated smooth sea stones are placed on the chakra energy centers of the client's body. The heat from the stones is going to melt tension away while leaving you feeling deeply relaxed and clear minded.

Head, Face and Neck Massage

30 minutes 70

A soothing massage of the head, neck and shoulders is performed with warm herbal oil. This massage increases the supply of oxygen to the brain along with improving blood circulation. It is not only relaxing but also improves sleep and reduces headache symptoms.

Legs and Foot Massage

30 minutes 70

A stimulating massage that will activate the acupressure points of your lower legs and feet. It is performed with a menthol feet balm or warm oil. This massage will also relieve tired toes, induce deep sleep, reduce hypertension, soothe cracked heels and soften the skin.

Ayurvedic Massage

60 / 90 minutes 120 / 160

This is a thousand year old Indian ritual which treats the whole body through touch with long stimulating strokes. It is a physical, mental and emotional experience that will restore your energy and vitality. Also this massage technique provides relaxation, circulation and the elimination of toxins.

Balinese Massage

60 / 90 minutes 120 / 160

This is a form of traditional Indonesian ritual originating from the exotic island of Bali. This journey starts with a ritual sprinkling of fresh flower petals to generate positive energy prior to a massage. This technique is great for relaxation and also includes acupressure, reflexology and gentle Thai stretching.

BODY TREATMENTS

Marisa Berenson Body Toning Treatment

90 / 120 minutes 185 / 220

This luxurious treatment designed to deeply cleanse, hydrate and tone your skin. An application of a brightening Sublime scrub is followed by a soft and relaxing body wrapping with the red clay mask. The treatment is completed by a regenerating and toning massage with Fabulous Prickly Pear Oil and a Toning gel (for 30 or 60 minutes, respectively). Your skin is delighted with the renewed feeling of elasticity and revitalization.

Slimming and Firming Brazilian Ritual Anti-dimpling & Firmness

60 minutes 110

A treatment that aims to reduce located fatty build-ups and limit their formation. It also aims to improve the appearance of the 'orange peel skin'. Treatment starts with energizing massage and follows with the fresh, firming and purifying clay and algae body wrap.

Slimming and Silhouetting Indian Ritual Drain & Detox

60 minutes 110

A thousand-year-old Indian body slimming treatment that incorporates drainage techniques to help fight aqueous cellulite on the legs, hips and arms. This treatment is preceded by a warm body wrap to maximize detoxification and optimize the benefits of a concoction of ginger and Lipocare®.

Scrubs

Traditional Hamam Scrub

30 minutes 75

Leisurely sock away nervous tension and stress in the North African traditional hamam. Enjoy purifying and cleansing experience of your skin with black soap made with olive oil, and the invigoration of scrub with a kassa glove.

Traditional Hamam Ritual

90 minutes 185

Enjoy a complete Oriental experience combining North African traditional aromatic hamam "Savon Noir Beldi" scrub and "Crème de Rhassoul" wrap with a heady blend of cinnamon, cardamom, and essential oil followed by a relaxing massage with the warm oil. This refreshment has extraordinary healing properties to calm your nerves and fill you up with enthusiasm for the whole day.

Bali Scrub Javanese Lulur

30 minutes 75

This replenishing scrub was traditionally used as a pre-wedding beauty ritual for brides of the noble class in the royal places of Central Java. Nowadays, it is used by women throughout Indonesia to maintain healthy and radiant skin. They key ingredients of this scrub are Bali spices and ocean salt.

Puree de Papaye Radiance Scrub

60 minutes 110

This refined scrub made from papaya seeds will gently exfoliate skin and give it a radiant glow. The pure and natural ingredients of the papaya scrub are suitable for sensitive skin types.

FACIAL TREATMENTS

Marisa Berenson Anti-ageing Sublime Care Ritual

60 minutes 120

The Sublime Care facial treatment offers a unique combination of skin care products that nourish your skin, and effectively smooth away and plump lines on the face and neckline.

The Sublime scrub with chickpea flour, luminous water spray and red clay mask follows by a draining massage with Fabulous Prickly Pear Oil. To make the magic of Sublime Care complete, magnify your beauty treatment with anti-ride filler, eye gel and regenerating cream.

Fleur de Bali Smooth Facial Peeling

60 minutes 110

This deep cleansing treatment removes layers of dull, flaky skin to leave the skin smooth and visibly clearer.

Alpha and Beta Hydroxy Acids stimulate cellular renewal and reduce the appearance of fine lines and wrinkles. Skin feels soft and youthful, and the spirit and mind very restful.

Youthfulness Ko Bi Do Ritual

60 / 90 minutes 120 / 160

This intensive anti-ageing treatment is designed to combat wrinkles and loss of elasticity. Based on Japanese ancestral techniques, "Ko Bi Do" ritual begins with a deep cleanse of the skin including a peeling to encourage cell renewal followed by a relaxing face massage. The treatment is completed with the application of an intensive mask and kneading acupuncture movements, while massaging the arm and legs. The result is the radiant look and a visible reduction of the fine lines.

THE GRAND SPECIALS

So Rejuvenating Facial Treatment

60 minutes 110

A luxurious blend of products combines harmoniously with the latest French skincare techniques to help restore a youthful complexion.

So Exhilarating Body Massage

60 minutes 110

A euphoric and soothing body massage, using signature techniques that will shape and tone your silhouette.

Imperial Experience Face and Body Treatment

150 minutes 260

Pamper yourself from head to toe starting with a stimulating body scrub, followed by a 60 minute body massage of your choice and finish with an uplifting facial treatment to suit your skin type with professional products. Complete the Spa experience with a blissful treatment for hands and feet.

Luxury Manicure

60 minutes 70

Indulge in a truly blissful experience and revitalize your hands. This treatment is designed to nourish your hands and cuticles. Gentle exfoliation and massage will be completed with your chosen nail color. A perfect way to unwind.

Luxury Pedicure

60 minutes 70

A pampering spa pedicure includes an aroma therapy footbath, foot scrub, cuticle stimulation, nail shape and nail polish that will give your feet a smoother look. A relaxing foot massage will be finished with a lavish application of mint and citrus foot cream.

Shellac Manicure

70 minutes 80

This treatment is designed to nourish and groom your hands and give your nails a beautiful, long lasting shine. It will include cuticle stimulation, filing and shaping, completed with your chosen nail color. This treatment will give you a sense of refreshment, restful feeling and splendid looking hands.

Shellac Pedicure

75 minutes 90

This treatment will relax your feet and give them a great look. It includes hard skin removal with a foot file and cuticle stimulation. After being soaked in warm water, scrubbed, and buffed your feet will feel well rested and ready for a finishing touch with your chosen nail color.



GIFT CERTIFICATE

A chic and refined gift that suits every occasion.
Offer from one hour to an entire day of wellbeing.

The SoSPA team is at your disposal
for any information or purchase.

Cancellation Policy

Cancellation is free of charge if made 24-hours before
the treatment, except for hotel guests who have until 4 hours
before the treatment.

Otherwise full cost of treatment will be charged.

Reservation

Bookings made by hotel clients directly with SoSPA
are backed by the signing of a reservation card
or a credit card printout.

Bookings made by external clients directly with SoSPA
are secured by a credit card printout or cash payment.

Changes in relation to treatments and times are possible
without penalties being charged depending on availability.

Arrival at SoSPA

We encourage you to arrive at SoSPA
10 minutes before your scheduled treatment.

Please refrain from sunbathing, heavy eating and consuming
alcohol beverages prior to your treatment as this may have an
adverse effect on your spa experience.

Please let us know if you are feeling unwell or have a history
of high/low blood pressure, allergies, or poor health that
requires medication.

Our spa treatment rooms cater to the needs of individuals
or couples. We will provide you with disposable underwear,
robes, slippers, towels, shower facilities and a hair dryer for
your comfort and convenience.

To respect your privacy, our therapists have been trained
to discreetly drape a cloth over your body
during your treatment.

Please leave any valuable belongings in your room.
We will not accept responsibility for the loss of valuables
brought to the Spa.

While it is not for you to take out contact lenses during your
treatment, we advise you to bring your case and solution to
the Spa just in case you feel any discomfort.



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