



S O F I T E L

S P A A

MENU

REJUVENATING  
WORLD TRADITIONS  
FRENCH COSMETOLOGY



The Sofitel SPA treatments offer you the perfect way to spend your day relaxing and enjoying an experience of total luxury. Our Sofitel SPA team is committed to provide the highest quality of service that will help you unwind from the stress of everyday life. We will pamper your mind, body and spirit, allowing you to relax, recharge, and reenergize.

Whether you book an appointment for hair and make-up, a quick manicure or pedicure, a relaxing massage or a yoga or personal training session, our Sofitel SPA team will do everything to make you shine.

The Sofitel SPA welcomes hotel and external guests from 8 a.m. until 9 p.m. daily. For treatments outside the indicated hours, an additional cost can be charged. Please contact reception for more information.

The Sofitel SPA swimming pool & sauna welcomes hotel guests from 6 a.m. until 10 p.m. daily. Children until the age of 14 years old are permitted access to the Sofitel SPA from noon until 6 p.m. and must be accompanied by an adult at all times.

The Sofitel FITNESS welcomes hotel guests 24 hours daily.

# SIGNATURE TREATMENTS

Find ultimate relaxation when choosing one of the luxurious *Signature Treatments*. These spa treatments offer the greatest pampering and total bliss and include a glass of Champagne, seasonal fruit and aromatouch oils.

## **A Celebration for Two**

60 / 90 / 120 minutes

€ 275 / € 350 / € 395 for two

This treatment is specially designed for couples or friends who are looking for the ultimate way to unwind together. Each of you chooses the massage or treatment of your preference and we do the rest.

## **Imperial Face & Body Experience**

150 minutes

€ 275

Refresh and recharge your face and body with this amazing experience. The treatment includes a body scrub, a 60 minute facial and a 60 minute massage of your choice. Our professional team will make sure you feel reenergised afterwards.

## **Four Hands Massage**

60 / 90 / 120 minutes

€ 225 / € 300 / € 395

The unique *Four Hands Massage* is given by two of our highly trained therapists, who work together to provide an exceptional level of peace and relaxation within your mind and body.

## **Choose Your Own Favourite Treatments**

180 minutes

Price depending on the chosen treatments

Customize your spa treatment by choosing your three favourite treatments and save 10%. Select from our menu and choose a manicure, pedicure, facial, scrub or massage to create your perfect spa day...

## **Our Signature Massage**

90 / 120 minutes

€ 180 / € 250

First you will receive a deep tissue massage that will leave your body feeling tension-free. This specialized massage will make your muscles and connective tissue feeling so much lighter than before. Combined with a 30 minutes massage of pure relaxation, our *Signature Massage* is the best way to spend your day.

# MASSAGE TREATMENTS

We proudly offer you a carefully selected collection of holistic massages designed to put your mind and body at ease.

## **Legs and Foot**

30 / 45 minutes

€ 70 / € 95

A relaxing massage for tired, achy legs and feet. An excellent choice after a day of being on your feet.

## **Head, Face and Neck**

30 / 45 minutes

€ 70 / € 95

A warm and relaxing head, face, and neck massage offers complete stress and tension relief, leaving you totally renewed.

## **Classic Swedish**

60 / 90 / 120 minutes

€ 115 / € 160 / € 205

Choose from a traditional massage or a Swedish massage and feel well-rested and revived afterwards.

## **Deep Tissue**

60 / 90 / 120 minutes

€ 125 / € 170 / € 215

A deep tissue massage will leave your body feeling tension-free. This specialized massage will make your muscles and connective tissue feel so much lighter than before.

## **Hot Stone**

60 / 90 / 120 minutes

€ 125 / € 170 / € 215

An excellent choice for sore and, tired tissues. The hot stones work to relax and release all muscle tension.

## **Aroma Touch**

60 / 90 / 120 minutes

€ 125 / € 170 / € 215

A wonderful massage, using the best quality essential oils from industry-leading DoTerra. Your body and soul will thank you!

## **Ayurvedic**

60 / 90 / 120 minutes

€ 125 / € 170 / € 215

This Indian massage uses special oils to cleanse the skin and relax both the mind and body. Mixing ancient traditions with modern cosmetology.

## **In-Room** (on request)

60 / 90 / 120 minutes

€ 125 / € 170 / € 215

Instead of coming to us, relax in your room while we come to you. In-room massages are available on special request for individuals and couples.

# MANICURE & PEDICURE

## **Luxury Manicure**

60 minutes

€ 75

Get pampered with a luxury manicure from one of our exceptional manicurists. We take care of your cuticles, shape your nails and scrub your hands with a lovely massage. Normal nail polish included.

## **Luxury Pedicure**

70 minutes

€ 85

Enjoy a luxury pedicure that leaves your feet feel relaxed and looking gorgeous. Normal nail polish included.

## **Luxury Manicure & Pedicure Package**

120 minutes

€ 150

Combine a manicure and pedicure that leaves your nails feel and look great. Enjoy both services at the same time.

## **Shellac Manicure**

70 minutes

€ 85

After a lovely manicure, we will polish your nails with shellac. Shellac ensures your nails will stay beautiful for at least 2 weeks.

## **Shellac Pedicure**

75 minutes

€ 95

Enjoy a relaxing pedicure that will help to soothe your feet and let your nails be polished with the durable, beautiful shellac polish of your choice.

## **Shellac Manicure & Pedicure Package**

120 minutes

€ 165

*(or 2 persons at the same time - if available - 75 minutes)*

Take care of your nails with a luxurious manicure and pedicure and finish with a shellac nail polish, that stays beautiful for at least 2 weeks.

# FACIAL TREATMENTS

## **Sofitel SPA Deluxe Facial**

60 / 90 minutes

€ 125 / € 175

An anti-aging spa facial that focusses on the connective tissue with special Japanese rituals and massages, using the best products and Ko-Bi-Do techniques. Look and feel vibrant after this exquisite deluxe facial treatment.

## **Facial Cinq Monde**

60 / 90 minutes

€ 120 / € 170

Using French technology and Cinq Monde products, this facial is designed to create a softer looking, more youthful skin, combining the best ingredients and rituals from the world. Whether you are getting ready for a night out or just looking for relaxation; a facial is always a good idea.

## **Facial Oolaboo**

75 / 90 minutes

€ 140 / € 175

The Oolaboo facial infuses the refreshing qualities of a facial with the all-natural features of the Dutch brand Oolaboo, linking inner and outer beauty.

# HAMAM RITUALS

## **Hamam Detox Wrap**

30 minutes

€ 70

Add a hamam detox wrap to your massage or facial to enhance the after-effects of your spa therapy.

## **Traditional Hamam Scrub**

30 / 45 minutes

€ 75 / € 95

A traditional hamam scrub is a highly effective gentle exfoliation ritual, using black soap and a special glove. This full-body scrub will leave your skin feel extremely soft and smooth.

## **Traditional Hamam Ritual**

45 / 60 minutes

€ 95 / € 125

The *Traditional Hamam Ritual* will leave you feeling pampered beyond imagination. Your skin will be scrubbed with black soap, followed by a warm water ritual and a massage, using a soap bag.

# HAIR & MAKE-UP

*(upon availability)*

## **In-Room Blow Dry**

45 / 60 / 60 minuten

€ 90 / € 100 / € 110

Short / medium / long hair

Experience the convenience that comes with the luxury of having someone blow dry your hair and enjoy it in the privacy of your own room.

## **Hair and Make-Up Package**

105 minutes

€ 195

Getting ready for a special occasion? Let our team create a beautiful hairstyle and the perfect make-up for you. Go out and explore the city, looking glamorous!

## **Day / Evening / Glamour Make-Up**

45 / 60 / 60 minutes

€ 85 / € 95 / € 125

Do you have a date or a special event to attend? One of our make-up artists can help you with your make-up and create a beautiful natural day look or glamorous evening look. False eyelashes are included in the Glamour Make-Up price.

# HAIRCUT

*(upon availability)*

## **In-Room Haircut**

45 / 60 minutes

€ 110 men / € 150 women (including blow-dry)

To trim your hair just before an important meeting or because you want to look good, our experienced hairdressers are ready to give you an wonderful (new) hairstyle. All in the comfort of your own room.

## **Colour Roots**

90 minutes

€ 90

Do you want to colour your roots or fresh up your hair? Our hairdressers can help you out! For the optimal result, please provide us with a picture of your hair and ask us for the available colours, before you book your appointment.

## **Highlights**

90 / 120 minutes

€ 150 1/2 head / € 200 full

Our hairdressers can help you out with highlighting your hair, all in the comfort of your own room. To ensure an optimal result, please provide us with a picture of your hair and ask us for the available colours, before you book your appointment.



# BRIDAL SERVICES

*(upon availability)*

Your big day is coming closer and our team is on-site to provide all your wedding day services. Contact us today to discuss the possibilities and schedule your deluxe bridal services.

## **Bridal Hair**

90 minutes

€ 150

On a day that you will cherish forever, you want your hair to look perfect. Our hairstylist will work for you to create an unforgettable hairstyle for your special wedding day.

## **Bridal Make-Up or Trial Session**

90 minutes

€ 150

Your wedding day is coming up and of course you have to look perfect on your big day. We understand and we are here to help!

## **Bridal Hair and Make-Up Package**

150 minutes

€ 285

Get pampered on your wedding day with a full hair and make-up pack-age. One of our professional hair & make-up artists will help create an unforgettable look for your wedding day. Also available with a trial session hair and make-up.

## **Bridal Hair / Make-Up / Manicure Package**

120 / 180 minutes

from € 350

On your wedding day, you want to make sure your hair, make-up, and nails are perfect. Avoid any stress and let our team take care of your hairstyle, make-up, and manicure. And to save time, we will combine hair and manicure.

## **Blow Dry or Up do Family & Friends**

Time and price depend on specific wishes and the amount of people. Treat the ones you love to a blow dry or hair updo.

# YOGA CLASS & PERSONAL TRAINING

*(upon availability)*

## **Yoga Class**

60 minutes

€ 45 p.p.

Increase focus and release stress with a tranquil yoga class hosted by one of our amazing yoga specialists. Contact us for the schedule. Book 24 hours in advance, based on availability.

## **Small Group Personal Bootcamp** *(max. 5 persons)*

60 minutes

€ 45 p.p.

Are you looking for a team building activity or just a fun exercise to do with friends? A personal bootcamp is the ideal solution! Small group personal training bootcamp sessions will help you to reach goals, while connecting with those around you. Book 24 hours in advance, based on availability

## **One Hour Personal Training**

60 minutes

€ 125

Enjoy a personal yoga or training session under the guidance of one of our trained professionals. Book 24 hours in advance, based on availability.

## **In-room Private Yoga Session or Personal Training**

60 minutes

€ 125

Get all of the benefits of a yoga or personal training session, but in the comfort of your own room. Book 24 hours in advance, based on availability.

# SPECIAL MEMBERSHIP

## **Special Membership**

1 year

€ 750

Our exclusive membership includes two massages of your choice, discount on massages, access to the Sofitel SPA facilities such as the indoor swimming pool, sauna, Sofitel FITNESS and lockers. Of course the usage of bathrobes and towels is also included. Sign up now and become a member for only € 750.

### **GIFT CERTIFICATE**

A chic and refined gift that suits every occasion.

Offered from one hour to an entire day of well-being.

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

#### **Cancellation Policy**

Cancellation is free of charge if made 24-hours before the treatment. Hotel guests have until 4 hours before the treatment. Otherwise full cost of the treatment will be charged.

#### **Reservation**

- Bookings made by hotel clients directly with Sofitel SPA are secured by the signing of a reservation card or a credit card printout.
- Bookings made by external guests directly with Sofitel SPA 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 Sofitel SPA**

- We encourage guests to arrive at Sofitel SPA 20 minutes before the scheduled treatment. Our Sofitel SPA facilities, such as the heated swimming pool and sauna, are at your disposal in the meantime.
- Please refrain from sunbathing, heavy eating and consuming alcoholic 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, bathrobes, slippers, towels, shower facilities and a hair dryer for your comfort and convenience.
- Please leave any valuable belongings in your room or at home. We will not accept responsibility for the loss of valuables brought to the spa.

S O F I T E L  
S P A A

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