



SPA MENU



SOFITEL
SPAA
with L'OCCITANE

LIVE
THE FRENCH
WAY

GO WITH THE FLOW

Treat yourself to the French glow.

From radiant skin-boosting experiences that detox, cleanse and revitalize to the chic, tranquil setting that combats the demands of modern life, Sofitel SPA with L'Occitane is the ultimate in French cosmetology.

Here, beauty is more than skin-deep.

Taking care of yourself is a lifestyle and our approach is multi-dimensional, blending innovation with tradition to help you look – as well as feel – your absolute best.

Equipped with the savoir-faire, attention to detail and a passion for modern French art de vivre, the Sofitel SPA with L'Occitane team welcomes you daily from 10am to 9pm.

Get your french glow, call +971 (0)4 455 5433 or speak to our reception team.

FIND YOUR FRENCH GLOW



SPA MENU

SIGNATURE TREATMENT

JOURNEY TO ARABIA

60/90 minutes

AED630 / 810

Transforming the beautiful Rose scent into a massage journey, this treatment combines the Swedish effleurage, Chinese acupressure and Balinese massage technique to release stress and tensions, together with L'OCCITANE's Rose collection Discover the delicate freshness of a bouquet of roses, united with the velvety softness of petals kissed with dew, in an exquisite treatment

SOFITEL SPA REJUVENATING EXPERIENCE

60 minutes

AED630

Enjoy a relaxing facial treatment that will make your skin glow. Thanks to the Sofitel SPA Rejuvenating treatment, the quest for youth has never been so pleasurable. Enjoy a room fragrance, and the music and lighting to accompany your treatment. Now settle back and enjoy 60 minutes of pure pleasure by Sofitel.

SOFITEL SPA EXHILARATING EXPERIENCE

60 minutes

AED630

This experience uses various pressures and techniques to perform a therapeutic whole body massage. This treatment is designed to rejuvenate and revitalise, along with detoxifying the body by rapidly eliminating toxins and waste materials in the blood stream and skin cells.

APPETIZERS / EXPRESS

DISCOVERY/EXPRESS FACIAL

30 minutes

AED390

This 30 minutes personalized facial will take you in the heart of Provence. This personalized treatment will be adapted according to skin needs and provide an immediate radiance. For a complete well being experience, this treatment can be completed with a body massage.



SPA MENU

STARTERS / PREPARE

ALMOND SMOOTHING SCRUB

30 minutes

AED390

This body scrub offers a gentle, yet effective body exfoliation as it luxuriously melts into the skin. Using the Almond Delicious Paste that contains almond butter, almond oil infused with crushed almonds shells and sugar crystals, body is left perfectly smooth and soft, delicately fragranced with the notes of almond.

SHEA NOURISHING SCRUB

30 minutes

AED390

Delicious textures to eliminate dead cells, leaving skin perfectly prepared for a treatment or massage.

PREPARATORY BODY TREATMENT

15 minutes

AED60

This gentle body brushing performed all over the body effectively stimulates micro circulation and prepares the body to receive a treatment. This stimulating step enhances body's energy and metabolism. An express sequence to boost your body treatment benefits. And to continue the benefits at home, you will be offered the Spa L'Occitane brushes after the treatment journey.





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FACE TREATMENTS

IMMORTELLE DIVINE SECRET

90 minutes

AED790

An ideal treatment to combat skin slackening of the face and neck, as well as the décolleté area. This exceptional anti aging facial uses lifting and contouring massage techniques with the fabulous properties of 7 natural active ingredients, including organic Immortelle essential oil and Myrtle. A radiant and youthful skin for a harmonious beauty!

AQUA REOTIER SOURCE OF HYDRATION

60 minutes

AED610

This facial features an ultra hydrating face care range Aqua Reotier for healthy looking skin. Enriched with Réotier water, hyaluronic acid and glycerin, this facial helps recharge skin with water, leaving it glowing with moisture and softness. Your skin is refreshed and radiant, it feels more plump.

CADE POWERFUL SKIN PROTECTION FOR MEN

60 minutes

AED610

Enjoy a protective treatment that starts with a deep cleansing of the skin, followed by a face massage that will help soothe the skin and reduce cutaneous inflammations. The Cade products used in this treatment have been formulated for men's skin specific needs they are true to men's nature and to the nature of their skin Enriched with a patented complex of Cade wood Rosemary Essential Oils the Cade range has anti bacterial and anti inflammatory benefits. This deep facial treatment is completed with a scalp and shoulders massage, to make you dive into a pure moment of relaxation.



SPA MENU

MASSAGE

ORIENTAL MASSAGE

60/90 minutes

AED610/790

With enveloping sweeping movements, this soothing treatment aids relaxation and helps overcome physical and emotional tension.

POLYNESIAN MASSAGE

60/90 minutes

AED610/790

A full body massage through rhythmic movements of the palms, elbows and forearms; medium to deep pressure.

SLEEP & RESET MASSAGE

90 minutes

AED790

This 90 minute massage uses unique rituals to prepare your body for a well deserved sleep! The massage begins with guided breathing techniques using a special blend of essential oils designed to lull you into relaxation. The increasing intensity of movements on the whole body help remove negative energy and promote well being from head to foot. Tensions fades away and the body finds a feeling of serenity. A specific massage to unwind the mind and recover from accumulated fatigue.

RELAXING AROMACHOLOGIE MASSAGE

60/90 minutes

AED610/790

Swedish effleurage, Chinese acupressure and Balinese massage technique come together to stimulate circulation and help ease tensions & relieve stress. The body and mind feel calmed; sleep can come more easily.

DEEP TISSUE INTENSE RELIEF

60/90 minutes

AED610/790

This massage combines Lomi Lomi deep pressure, acupressure points and gentle stretching. It helps ease muscular tension, with a focus on the back, shoulders & neck area. As a result, the whole body feels refreshed and deeply rebalanced.

ALMOND DETOXIFYING BALANCE

60/90 minutes

AED610/790

Inspired by Lymphatic Drainage massage techniques, this treatment boosts circulation and promotes elimination of toxins & excess water. The skin feels nourished, supple, firmer and smoother due to the almond supple skin oil, rich in omega 3, 6 and camelina oil.



SPA MENU

ALMOND SILHOUETTE REFINING MASSAGE

60 minutes

AED610

This treatment is based on a combination of Lymphatic Drainage and active massage techniques to fight dimpled looking skin. The almond supple skin oil will act on skin's elasticity. As a result, body feels refined with a lighter feeling sensation.

RELAXING MASSAGE FOR THE BACK

30 minutes

AED390

This Relaxing Massage specifically targets the neck, back and shoulders to help release tensions & stress.

HOT STONE MASSAGE

90 minutes

AED850

A Relaxing Massage combining the use of hot and refreshing stones placed on energy points along the body.

FOOT MASSAGE

60 minutes

AED610

The massage using the combination of pressure point oil massage on the feet and legs.

THAI MASSAGE

60/90 minutes

AED620/850

Combining firm acupressure and stretching techniques to release muscle tension, activate circulation and increase vitality.

PRE-NATAL MASSAGE

75 minutes

AED690

Using specific pre-natal techniques to help relax, increase circulation, alleviate tired muscles.





SPA MENU

HAMMAM

ORIENTAL HAMMAM

60 minutes

AED620

This purification experience commences in the steam room followed by an invigorating body traditional black soap and Kessa exfoliation. The body is then deeply cleansed with a rhassoul body mask. Completed with an enrapturing body spritz and a full body nurturing a massage oil.

PURIFICATION HAMMAM

90 minutes

AED790

Commencing with an enchanting olfactory experience in the steam room. This deeply enlightening experience enlivens the skin with the traditional woven Kessa mitt and black soap exfoliation. Full body cleansing is achieved with gentle body buff followed by a rhassoul mask for the body and a deep cleansing facial exfoliation and nurturing face mask and a full hair cleanse and treat. This captivating experience culminates in an body mist and hydration.

PACKAGE

ANTI - AGEING PACKAGE

180 minutes

AED1,450

Immortelle Divine Facial - 90 minutes
Almond Detoxifying Balance - 60 minutes
Immortelle Divine Eyes - 30 minutes

SLEEP & RESET PACKAGE

165 minutes

AED1,350

Body Polishing - 15 minutes
Almond Body Scrub - 30 minutes
Sleep & Reset Massage - 90 minutes
Spa Wave - 30 minutes

S O F I T E L

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