



## SPA MENU



SOFITEL  
SPA  
with L'OCCITANE



# 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, Sofitel SPA with L'Occitane welcomes you daily from 9am to 9pm

Get your French glow, call +971 4 281 4030  
or speak to our reception team.

# FIND YOUR FRENCH GLOW



# JOURNEY TO PROVENCE

When you step into a Sofitel SPA with L'Occitane, you are entering a little corner of Provence. Every gesture, every ingredient and every ritual is inspired by our favorite place on earth.

Your journey will start with a Welcome Ritual that will help you dive into well-being right away. Then, your targeted treatment will engage all of your senses - with sensorial textures, relaxing music, and herbal teas inspired by Provencal traditions.

Like the rest of L'Occitane's universe, our Spa is all about authenticity and we always prefer hand-performed treatments over machines, and traditional massage techniques over technology.

Just as Provence is the land of beauty, Sofitel SPA with L'Occitane is a sanctuary of tranquility that will refresh your senses and restore peacefulness and inner balance.

# THROUGH YOUR SENSES



## SPECIALTIES

### FACIAL

#### Sofitel SPA REJUVENATING EXPERIENCE

50 minutes

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 50 minutes of pure pleasure by Sofitel.

### BODY MASSAGE

#### Sofitel SPA EXHILARATING EXPERIENCE

50 minutes

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.

### FACE & BODY

#### IMMORTELLE DIVINE YOUTHFUL GLOW JOURNEY

50/80 minutes

A head to toe massage that features the best and most of L'Occitane's premium anti-ageing Immortelle Divine products.

2 versions are designed to suit your need: a 50-minute version of full front body and face pampering; a 80-minute version with anti-ageing express facial and body massage focusing on key body tensions.

Discover the power of our advanced Divine formulas, enriched with organic Immortelle essential oil, and get the youthful and radiant glow you've always wanted.

### APPETIZERS / EXPRESS

#### DISCOVERY FACIAL

25 minutes

This 25-minute 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.

#### EXPRESS HAND GROOMING

15 minutes

Looking for the finishing touch to complete an impeccable allure? This is a quick yet perfect express grooming for beautiful hands and nails.

## STARTERS / PREPARE

### BODY SCRUBS

#### ALMOND SMOOTHING SCRUB

25 minutes

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

25 minutes

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

### BODY TREATMENTS

#### PREPARATORY BODY TREATMENT

15 minutes

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. To continue the benefits at home, you will be offered the L'Occitane brushes after the treatment journey.

#### HAMMAM RITUEL BLEU

60 minutes

Restore your skin's natural color and revive its freshness with a hammam treatment inspired by the special ingredient, blue Nila, a skin-lightening secret using Indigo that has been passed on for generations by the Sahara women. The treatment refreshes and cleanses your skin and removes the dark tone and dullness caused by stress and pollution.

#### HAMMAM RITUEL BLANC

90 minutes

Scrub away those toxins and those worries with a relaxing Hammam Blanc and detoxify your body and soul. Let the amazing beldi black soap with Eucalyptus prepare your skin for exfoliation with loofah, your skin will enjoy the extra nourishing almond scrub. The white clay body mask absorb the harmful toxins from body and the antioxidant Green tea face mas will do as well for your face while your hair is being nourished by the powerful nutritive oil for dry and dull hair.

## MAIN COURSE / CORE TREATMENTS

### BODY MESSAGES

#### SLEEP & RESET MASSAGE

80 minutes

This 80-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 toe. Tensions fades away and the body finds a feeling of serenity. A specific massage to unwind the mind and recover from accumulated fatigue. Tested by European Sleep Center.

#### RELAXING AROMACHOLOGIE MASSAGE

50/80 minutes

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

50/80 minutes

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

50/80 minutes

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 6, 3 and camelina oil.

#### ALMOND SILHOUETTE REFINING MASSAGE

50 minutes

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

25 minutes

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



## FACE TREATMENTS

### CADE POWERFUL SKIN PROTECTION FOR MEN 25/50 minutes

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. You will feel as rejuvenated and your skin will feel as protected.

You love your nice beard but you can feel some discomfort from time to time? Our protocol can be adapted for you with our Cade Softening Beard Oil, to pamper your beard properly and give it a nice nourishing feeling.

### AQUA REOTIER SOURCE OF HYDRATION

25/50 minutes

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.

### IMMORTELE DIVINE SECRET

80 minutes

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 seven natural active ingredients, including organic Immortelle essential oil and Myrtle. A radiant and youthful skin for a harmonious beauty! The result is divine: Deep wrinkles seem relaxed, fine lines smoothed, face contour firmer and the décolleté smooth and satin-soft again. Skin looks glowing with youth.

## DESSERT / ADD ONS

### IMMORTELLE DIVINE EYES

30 minutes

For a complete eye rejuvenation, this 40-minute sequence includes the use of our signature Divine formula that intensively treats the signs of ageing, and a unique hot & cold care for lifting effect. The perfect luxurious treat to your eyes, and a great moment of relaxation.

### SLEEP & RESET SCALP MASSAGE

15 minutes

A 15-minute scalp and neck massage to unwind, free your mind and disconnect.

### FOOT RELIEF WITH ESSENTIAL OILS

25 minutes

The feet are one of the most mistreated parts of the body. Under daily pressure from the body, shoes, walking and physical activities, the feet deserve as much care and attention as the rest of the body. A comforting and relaxing foot massage, combining smoothing strokes and deep circular movements with a revitalizing essential oil blend, helps the body to unwind, improve blood circulation and release tensions! The feet & body feel lighter, ready for a new journey.

### LEG REFRESHER WITH ESSENTIAL OILS

45 minutes

Legs and feet are treated with a stimulating drainage massage using shea butter to help intensely nourish and protect the skin. Ideal for travellers to help soften rough feet and relieve the sensation of heavy legs.

### SHEA ULTRA-SOFTENING HAND CARE

25 minutes

In just 25 minutes, hands are nourished, softened and protected, simply more beautiful. Ideally combined with any facial or massage treatment.

### SHEA ULTRA-SOFTENING FOOT CARE

50 minutes

Pamper yourself with a happy feet moment with a 50 minutes foot care. The skin is soft, nourished and hydrated. The relaxing massage offers a moment of well-being and a lightweight feeling.

### SHEA ULTRA-MOISTURIZING WRAP

50 minutes

The ideal repairing care for very dry, sun damaged or overworked skin. This formula has been developed exclusively for Sofitel SPA with L'Occitane. While the entire body soaks up active ingredients that nourish (shea butter and grape seed oil), moisturize (honey extracts) and soften (kaolin), a foot and scalp massage ensures a moment of pure relaxation.

## **RESERVATIONS**

Appointments without reservation are allowed according to availability, however, we recommend guests to make a reservation at least 2 hours prior. Appointments scheduled and not attended will be considered as a no show and therefore will be fully charged.

Late arrival will reduce the total treatment time, in order to respect the following appointments. Reservations made by hotel guests directly with Sofitel SPA with L'Occitane will be supported by the document proving the reservation. Reservations made by external clients directly with Sofitel SPA with L'Occitane will be supported by a credit card requested during the reservation.

Changes ahead of time in treatments and schedules are possible without penalties. These changes are subject to availability and must be confirmed via e-mail at least 4 hours prior.

In-room treatments will have an additional charge per treatment, please verify with Sofitel SPA with L'Occitane for prices and availability. Couples treatments can only be delivered within the facilities of Sofitel SPA with L'Occitane.

## **ARRIVAL**

We recommend you to arrive at Sofitel SPA with L'Occitane 15 minutes before your scheduled treatment. You will be provided with a robe, towels and sandals.

For safety reasons, we do not recommend food and alcohol consumption before, during and after the treatment. Prior to your treatment, we request to complete our health questionnaire to protect your well-being.

Clients must be over 18 years old. The use of cell phones, cameras and other electronic devices are not allowed, to guarantee the tranquility and privacy of all our clients.

Our therapists are highly trained to perform our treatments. Underwear can be used for clients comfort during the treatment. The use of swimsuit is mandatory in the spa area.

## **LIABILITY RELEASE**

The hotel will not be responsible for any inconvenience, accident, injury, impact on the health of clients which could result from issues beyond it. The hotel will not be liable for the protection of the clients' belongings, the client releases the hotel from any responsibility for loss or theft of their belongings. The client acknowledges that the hotel will not be responsible in any case for the misuse that clients give to the facilities of the Sofitel SPA with L'Occitane since the use of the facilities of the same is under the responsibility of the client. The client expressly releases the hotel for any inconvenience, accident, injury, health impairment, resulting from the misuse of the facilities of the Sofitel SPA with L'Occitane by the clients.

REJUVENATE,



THE FRENCH  
WAY

# LIVE THE FRENCH WAY

SOFITEL DUBAI THE OBELISK

SHEIKH RASHID ROAD - WAFI  
P.O. BOX 30904 - DUBAI - UAE - +971 4 281 4030  
WELLNESS.DUBAITHEOBELISK@SOFITEL.COM  
WWW.SOFITEL-DUBAI-THEOBELISK.COM