



So | SPA MENU
SOFITEL

REJUVENATING
WORLD TRADITIONS,
FRENCH COSMETOLOGY.

Worldwide ancient traditions meet the refinement and skill of the latest in French cosmetology to create SoSPA: an exhilarating and rejuvenating experience. Awake your senses and feel re-energised with a selection of health and beauty treatments. Explore a new kind of spa experience with a wide range of poetic and surprising treatments. Discover all the ingredients to sublime your natural glow and make the stresses and strains of daily life fade away with our menu inspired by gastronomy.

A desire to escape the hustle and bustle of the city?
In the heart of London, discover SoSPA where high ceilings, natural daylight, smooth music and fragrance are staged to create a moment of total relaxation.



SoSPA welcomes you
from 9am to 9pm
Monday to Saturday and
10am to 8pm Sunday.

À LA CARTE

SIGNATURE TREATMENTS

SO EXHILARATING BODY MASSAGE

60 minutes **£110**

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

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.



THE HERBALL

Based on organic and natural plant ingredients, The Herball treatments allow to reconnect with nature and to enjoy the plants not only for their healing properties but also for their aroma and energy.

SoSPA Botanical Massage

60 minutes **£110** / 90 minutes **£150**

Combining freshly distilled botanicals and pure cold pressed plant oils, the treatment integrates mindful massage techniques and acupressure.

Calming and detoxifying, Botanical Body Oil No1 offers a light and feminine blend with rose, lavender, pine needle and calendula essential oils.

Anti-ageing and stimulating, Botanical Body Oil No2 offers a deep and spicy blend with sandalwood, vetiver, black pepper and ginger essential oils.

STARTERS

30, 45 minutes

Aromatic Scrub with Spices

30 minutes **£55**

Scrub following a ritual from the island of Java based on spices and sea salt, makes the skin satiny and energises the body by enhancing its radiance.

Papaya Radiance Scrub

30 minutes **£55**

Nourishing but gentle, this scrub provides a vital stimulant for cell regeneration while leaving the skin refined and illuminated. An ideal complement to a full body massage.

Traditional Hamam with Savon Noir Beldi

45 minutes **£75**

Embrace the North African tradition of purifying and cleansing the skin with olive rich black soap. Steam, invigorating scrub with a kassa glove, followed by a Moroccan oil application.

Hamam with Savon Noir Beldi

For one, 45 minutes **£50** / For two, 45 minutes **£90**

Traditional hamam with a self-cleansing ritual to enjoy on your own or as a couple.

MAINS

60, 90 minutes

Revisited Classics

Carita Lagoon Hydration

60 minutes **£100**

Dive into Polynesian waters and give your skin a burst of moisture. Specially designed for dehydrated and tired skin.

Carita Genesis of Youth

60 minutes **£105** / 90 minutes **£140**

A relaxing blend of massaging techniques combined with renowned anti-ageing products ensuring intensive revitalising results.

Carita Papaya Purity

60 minutes **£100**

Infuse the skin with papaya extract and rediscover a matte and luminous complexion. Pores are refined, the skin is purified, leaving it fresh and smooth.

Carita Gold Perfection

90 minutes **£145**

Reawaken the skin's youthfulness and recapture its vitality with this radiance inducing treatment. Leaving the facial contours firmer thanks to Carita's bespoke anti-ageing massage techniques, it makes the skin glow with the trio of gold complex.

Carita Cinetic Facial

The alternative to cosmetic surgery.

The exclusive combination of micro-currents, ultrasound and LED creates an incredible lifting effect, clearly visible from your first treatment.

Carita Cinetic Lift Expert Facial

60 minutes **£150** / 90 minutes **£160**

Carita Cinetic Gold Perfection Lift Expert Facial

60 minutes **£160** / 90 minutes **£175**

Carita Cinetic Sculpting Eye

40 minutes **£60** - Add on

World's Best

Cinq Mondes Youthfulness Ko Bi Do Facial Ritual

60 minutes **£100** / 90 minutes **£140**

Complete and specific anti-wrinkle care focused on the most fragile areas of the face (eyes, forehead and lips). Using Japanese ancestral ritual technique, « Ko Bi Do » is combined with reflexology for a total relaxation.

Balinese Massage

60 minutes **£100** / 90 minutes **£140**

Following a ritual from Bali, relaxing massage with Baume Fondant aux Noix Tropicales® combining traditional gentle pulling and smoothing movements.

Traditional Oriental Massage

60 minutes **£100** / 90 minutes **£140**

A relaxing massage with warm sumptuous oils, which follows an ancient tradition from North Africa.

Ayurvedic Massage

60 minutes **£110** / 90 minutes **£150**

Experience the thousand-year-old Indian ritual, where warm ayurvedic oil is massaged into the body, relieving tension, restoring energy and improving vitality.

In-Deep Relaxing Massage

60 minutes **£100** / 90 minutes **£140**

A full body massage designed to deeply relax muscle tissue, improving circulation and relieving tension.

Hot Stone Rolling

60 minutes **£110** / 90 minutes **£150**

Specifically designed to overcome stress and encourage relaxation, this heated stone massage helps to release muscle tensions faster than a traditional massage.

DESSERTS

20, 30, 45, 60 minutes

File and polish	20 minutes	£25
Express manicure	30 minutes	£45
Express pedicure	30 minutes	£45
French polish - Add on	15 minutes	£10

Martini & Manicure

45 minutes **£55**

Enjoy a martini made the way you like it while you indulge in a well deserved and truly blissful experience for hard working hands.

Pint & Pedicure

45 minutes **£60**

A perfect way to unwind. While your feet are being soaked in warm water, scrubbed, buffed and tended to, enjoy a pint of your favourite British beer.

Margaret Dabbs Supreme Manicure

60 minutes **£70**

These natural nail treatments are sure to pamper and refresh tired hands. An array of hydrating and exfoliating products will leave your nails beautifully groomed.

Margaret Dabbs Supreme Pedicure

60 minutes **£75**

These natural nail treatments are sure to pamper and refresh tired feet. An array of hydrating and exfoliating products will leave your nails beautifully groomed.

Gel Colour

Gel colour	30 minutes	£40
Manicure and gel colour	60 minutes	£65
Pedicure and gel colour	60 minutes	£70
Removal	30 minutes	£25

EXPRESS TREATMENTS

30, 45 minutes

Express Body Massage

30 minutes **£55** / 45 minutes **£75**

Ideal to ease the tension of a busy day, this corrective massage is customised to produce optimal stress reduction in only half an hour.

Fleur de Bali Radiance Facial

30 minutes **£55**

Peel removes unwanted 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.

Crème de Rassoul® Body Wrap

30 minutes **£55**

A body wrap including the traditional Moroccan recipe Crème de Rassoul® stimulates blood circulation, tightens the pores and stretches out the skin.

Perfect to combine with our traditional hamam treatment or body scrub.

WAXING

Under Arm	£18	Half Leg	£25
Half Arm	£18	³ / ₄ Leg	£35
Full Arm	£25	Full Leg	£45
Bikini Line	£20	Lip	£15
High Bikini	£25	Chin	£15
Brazilian	£40	Cheek	£15
Hollywood	£55	Eyebrow	£18
Back	£25		
Chest	£30		

MENU SUGGESTIONS

60, 90 minutes & more

RE-BALANCING JET LAG PACK

60 minutes **£100** / 90 minutes **£140**

Stimulate energy levels and cleanse the body after travel. Starts with an invigorating body brushing to boost your circulation and reduce fatigue, followed by a massage to relieve the body of sluggishness and congestion.

GENTLEMEN'S ESCAPE

90 minutes **£140**

Created only for men, this spa experience is tailored to your needs to feel and look good. A full course menu including: scalp, face, neck massage and a deep tissue body massage.

DELUXE TASTING ORIENTAL MENU

120 minutes **£205**

A complete hamam experience, combining the traditional hamam, scrub with savon noir beldi, Crème de Rassoul® wrap and a relaxing North African massage.

SO SPA RAZZLE DAZZLE EXPERIENCE

150 minutes **£230**

A three course menu starting with an in-deep relaxing massage, followed by a personalised facial treatment. Then razzle dazzle with a choice of either a manicure or pedicure.

LOOK GOOD BREAKFAST

60 minutes **£70**

Work up an appetite in our SoFIT gym, then enjoy the hamam whilst we press your shirt and polish your shoes! Breakfast and a newspaper of your choice will be ready to complete the SoSPA morning ritual.

SPECIALS

60, 90 minutes & more

Anti-ageing Facial by Marisa Berenson **Hydrating - Soothing - Regenerating**

60 minutes **£100** / 90 minutes **£140**

Original scrub with chickpea flour, Fabulous Oil and luminous water spray. In depth treatment with a descaling red clay mask and draining massage with the Fabulous Oil. Magnify your beauty treatment with filler, eye gel and regenerating cream.

Oriental Dream Massage by Marisa Berenson

60 minutes **£100** / 90 minutes **£140**

A relaxing and nourishing massage using the Fabulous Oil.

Toning Body Treatment by Marisa Berenson

90 minutes **£140**

Designed to tone the body and provide a relaxing experience. The treatment combines a full body scrub, a red clay body mask mixed with the pink pulp cream, followed by a regenerating 30 minute toning massage using the Fabulous Oil and a toning gel.

Dreamy Pregnancy Massage by Little Butterfly London

60 minutes **£110** / 90 minutes **£150**

Soothe and relieve pregnancy strains making you feel restored and rested using Fall Into Dreams, Mother and Baby Massage Oil. To continue your spa journey in the comfort of your own home, we invite you to take the newly opened bottle with you.

New Mum's Nurturing Touch by Little Butterfly London

60 minutes **£110** / 90 minutes **£150**

A post pregnancy relieving massage using Scent of Seas Toning Body Serum to restore elasticity and Fall into Dreams Mother & Baby Massage Oil to nourish the skin. With our compliments, you will receive the newly opened bottle of the Fall into Dreams Oil to take home.

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 48 hours in advance. Hotel guests must give four hours notice, after which the full cost of the treatments will be charged.

Reservations

Bookings made by hotel guests directly with SoSPA are guaranteed by the signing of the registration card. Bookings made by external guests directly with SoSPA may be secured by a credit card or cash payment.

Arrival at SoSPA

To enhance your spa experience, we encourage you to arrive 15 minutes prior to your treatment. Slip off your shoes and indulge yourself with our luxurious robes and slippers, leave your cares at the door and unwind in our calming, therapeutic and relaxed environment. Give yourself time prior to your treatment to optimise the overall effects, and completely re-balance your mind, body and spirit.

Treatments at SoSPA

Complimentary spa facilities are offered on request with a 90 minute treatment minimum.





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