



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 8pm
Monday to Saturday
and 10am to 8pm Sunday
and Bank Holidays.

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.

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 Hammam 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.

Hammam with Savon Noir Beldi

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

Traditional hammam 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 Lift Expert 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

90 minutes **£150** / 105 minutes **£160**

Carita Cinetic Lift Expert Gold Perfection Facial

90 minutes **£160** / 105 minutes **£170**

Carita Cinetic Lift Expert Neomorphose Facial

90 minutes **£165** / 105 minutes **£175**

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 hammam 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	Eye brow	£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 hammam experience, combining the traditional hammam, 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.

PREGNANCY MASSAGE

60 minutes **£110** / 90 minutes **£140**

A tailor-made massage to invigorate your skin and soothe your muscles. Using carefully selected oil blends and massage techniques, it will improve your circulation and bring a sense of relaxation. This treatment is suitable from the 13th week of pregnancy.

SPECIALS

40, 60, 90 minutes

Gaylia Kristensen DÉLUXE: The Ultimate Firming Facial

90 minutes **£160**

Pure luxury and perfection, this unique facial treatment firms, lifts and brightens your skin, giving it a stunning even tone and superb natural radiance and brilliance. An extraordinary treatment inspired by emotional freedom tapping point techniques that will empower your body and mind, while cutting-edge molecular polypeptide and protein technologies in award-winning GAYLIA KRISTENSEN products dramatically lift, firm, tighten and smooth the skin, visibly sweeping away lines and wrinkles for ultimate age-defying results.

Gaylia Kristensen DRÈAM: Anti-Ageing Facial

60 minutes **£120**

A high performance, hands-on, non-surgical face lifting and sculpting facial massage that achieves amazing instant results. Capturing the powerful effects of new, state-of-the-art, natural skin brightening and lifting technologies this exceptional, advanced anti-ageing facial treatment features a Natural Collagen Infusion Face Mask that deeply hydrates, brightens and illuminates the skin giving it an amazing, younger, look and feel.

Gaylia Kristensen HÈAVEN: Digital Stress Release Facial

40 minutes **£95**

Experience this innovative facial treatment that removes all digital stress and tension to help you re-balance, re-charge and re-energise. A Natural Collagen Infusion Face Mask rehydrates, plumps and volumises the skin. The result is amazing younger looking skin and a new stress-free you, glowing with health, energy and vitality.

Gaylia Kristensen MENS POWER FACIAL: Rebuild, Firm & Repair

40 minutes **£95**

A powerful anti-ageing facial treatment with a unique stress-release massage for men focusing on deep tissue techniques, relieving deep-seated tension of the face, neck and shoulders, using award-winning GAYLIA KRISTENSEN products to deeply cleanse and purify the skin, with revolutionary natural molecular polypeptide and protein technologies for complete skin revitalisation and renewal.

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.

Private Facilities

Our luxurious private facilities, steam room and Jacuzzi, are available complimentary with any 90 minute treatment. The private facilities need to be booked in advance.

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. Please be advised late arrival will result in a reduction of treatment time.

Spa Etiquette

SoSPA is designed for a total relaxation. To respect other guest's serenity, we will kindly ask you to turn off your mobile phone and secure it in your locker.

Homecare

To enable you to continue your spa experience at home, your spa therapist will recommend products that are suitable for you. All the products are available for 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.

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.





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