

S O F I T E L
S P A A



SU-MAN

EXCLUSIVE TO SOFITEL LONDON ST JAMES

Sofitel London St James is delighted to count the world-renowned facialist Su-Man as Spa practitioner. Previously the personal facialist of Juliette Binoche, she brings her unique fusion of Asian wisdom and Western science to facials that have been described as "a life-changing experience".

SU-MAN CONSULTATION

Gain advice and knowledge from the one and only Su-Man in a 20 minute private consultation. This can be taken in-person, over the phone or via video call. Su-Man can offer advice on lifestyle, skincare products for at home use and the best facials to target skin concerns.

20 min - £80

ADVANCED AWAKENING OXYGEN FACIAL

This facial combines Su-Man's signature facial technique with powerful oxygen therapy to penetrate the deep layers of the skin. Su-Man applies her exclusive Skin Brightening Serum with a spray gun to target congested and dry areas. This process allows the skin to breathe and renew itself from the inside out. The appearance of lines and blemishes are visibly reduced, the skin looks rejuvenated, clearer, radiant and fresh with a beautiful glow.

75 min - £300

SU-MAN DIGITAL DAMAGE RESCULPT FACIAL

This 10-step facial was designed to combat the negative effects of long hours staring down into mobile phones by restoring skin brightness and definition around the neck and face area. Su-Man uses her unique facial massage techniques combined with electrical muscle stimulation to activate facial muscles, reduce the appearance of a double chin, dropped jawline and sagging skin. The result is an elegant looking décolleté and lifted looking complexion.

Some contraindications apply. Please speak to your therapist.

70 min - £350

SKIN REBORN SCULPTING FACIAL

A pure hands on, non-surgical face lift with Su-Man's crafted massage technique stimulates the bone structure, activates and energises facial muscles, minimises fine lines and wrinkles and brings glow back to the skin. The result is an instantly brighter, more sculpted complexion and skin that looks and feel reborn.

60 min - £260

SU-MAN AT SOFITEL SPA

CHI FLOW CONTOUR FACIAL

This Contour facial uses a gua sha tool (skin scraping) to lift and tone the facial muscles, refines skin texture and lymphatic drainage by stimulating the meridian lines and pressure points. The result is a dramatic and defined jawline, a more toned complexion and the lifted appearance of the eye area. All over younger, energised and glowing skin.

60 min - £250

ULTIMATE GLOW FACIAL

This facial focuses on deep cleansing, purification and hydration. Completely treating the skin with Su-Man's high performance products combined with her unique massage technique and radio frequency facial equipment tailored to stimulate the skin's metabolic function to bring out its ultimate glow.

45 min - £220

SHIATSU

Shiatsu is a form of bodywork therapy. It works on meridians and pressure points to relieve tension and pain, to free any blockage to the Chi flow and restore energy to areas where it is low - just like acupuncture, but without the use of needles. Shiatsu literally means 'finger pressure'; however, a practitioner will use their knuckles, elbows, forearms or knees and sometimes feet during a treatment. These techniques encourage self healing, rebalancing of the body, and the easing of both mental and physical tension.

30 min - £100

60 min - £200

SU-MAN HEALTH & HAPPINESS QI FLOW MOVEMENT CLASS

One of the cornerstones of Su-Man's wellness philosophy is that movement is life and one of the most powerful ways to restore and heal the body. After years of practicing Thai Chi, Qigong and dance, Su-Man found a way to sustain and invigorate her wellbeing. Through a combination of simple, elegant and dynamic movements Su-Man will help clients to create a harmonious flow of Qi to give them a sense of freedom and control, making them feel full of vitality and youthful energy.

By appointment only.

60 min - £200

HOW TO ENJOY SOFITEL LONDON ST JAMES SPA

ARRIVAL AT THE SPA

We invite you to arrive 20 minutes before the time of your appointment. This will allow you to change in the tranquillity of our Spa facilities (towels, robes and slippers are provided). Please be advised that late arrivals will result in a reduction of treatment time and the original price will still apply.

GIFT VOUCHERS

Sofitel Spa offers a serene and calm environment for relaxation, making it an ideal present for any occasion. Our gift vouchers, available at the Spa, are issued in the name of the recipient and valid for a period of one year. Vouchers may not be exchanged or refunded.

SPA BOUTIQUE

Upon your departure from the spa, you can browse the Sofitel Spa boutique to purchase your preferred products used during your treatment to bring a piece of your spa experience home with you. If you require any assistance in selecting the most suitable product for yourself or your loved ones, please ask our reception desk.

HEALTH

At the time of making your reservation, we appreciate it if you can provide any relevant information about your health, allergies, or injuries. A health questionnaire must be completed prior to any treatment. This procedure is mandatory in order to provide you with a service tailored to your needs.

PREGNANCY

We offer specific treatments for expectant mothers. Our Spa receptionists are able to guide you in choosing the best care for this special moment in life. Please be advised that we have specifically designed treatments that we can recommend for you.

CANCELLATION POLICY

Please note that for any treatment not cancelled at least 24 hours prior to your scheduled time, a full charge will be incurred. For group bookings of 5 guests or more, please be advised that any appointments require to be cancelled at least 4 days prior to your scheduled appointments.

AGE REQUIREMENTS

Please note that any individual wishing to book a spa treatment should be 18 years old or above. Any individual wishing to use our Spa Facilities should be 16 years old or above.

SPA FACILITIES AND ACCESS

The following Spa facilities are available: Steam Room, Jacuzzi, Spa changing rooms and Relaxation Lounge. Spa facilities are complimentary with any 90-minute or longer booking. If you have booked a shorter treatment, then a charge per facility of Steam or Jacuzzi will be payable in order for you to enjoy them. Please note a bathing suit is required to use these facilities.

FITNESS

Discover the fresh dynamic atmosphere of our Sofitel Gym when you want to recharge your batteries or let off steam. Ingenious Technogym equipment, free weights and exercise balls are available, as are personal trainers (*upon request*). If you have recently crossed a few time zones, be sure to use the AlphaSphere by Sha chair for an intensely relaxing multisensory experience that can greatly alleviate jetlag.

Please note Sofitel Gym is reserved for Hotel guests only.

TEL: +44 (0)20 7747 2204 E-MAIL: SPA.STJAMES@SOFITEL.COM

Open from Tuesday to Sunday, 10am to 6:30pm and on Mondays from 10am to 5pm

S O F I T E L
HOTELS & RESORTS

LONDON ST JAMES



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