



So | SPAMENU
by SOFITEL

REJUVENATING
TRADITIONS FROM AROUND
THE WORLD WITH
FRENCH COSMETOLOGY.

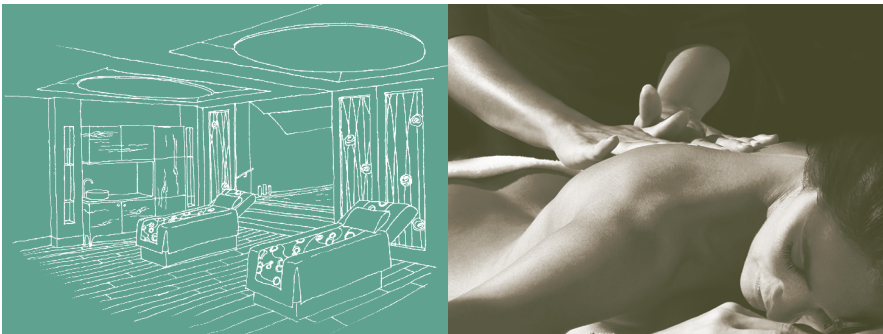
À LA CARTE

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

Awaken your senses and feel re-energised; explore an exhilarating and rejuvenating spa experience where ancient traditions from around the world meet the refinement and skill of the latest in French cosmetology.

Make the stresses and strains of daily life fade away with our menu inspired by gastronomy and two highly prestigious brands from French cosmetology, Cinq Mondes and Carita.

The Cinq Mondes spa philosophy mixes French refinement and inspiration from the world's best health and beauty traditions; while Carita's unique approach, with the exclusive Pro-Lift technology, offers unrivalled anti-ageing expertise and an uncompromising vision of luxury cosmetology.



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

(F) Facial treatment

(B) Body massage

SIGNATURE TREATMENTS

So Rejuvenating Facial Treatment (F)

60 minutes **£90**

A luxurious blend of products combines harmoniously with the latest French skincare techniques to help restore a youthful complexion.

So Exhilarating Body Massage (B)

60 minutes **£90**

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

STARTERS

30 minutes

Aromatic Scrub with Spices (B)

30 minutes **£45**

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

Papaya Radiance Scrub (B)

30 minutes **£45**

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.

« Fleur de Bali » Radiance Facial (F)

30 minutes **£45**

Peeling 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.

Aromatic Bath (B)

30 minutes **£45**

Wellbeing and relaxation in a chromotherapy bath with aromatic essential oils, chosen to meet your energy needs (relaxation, energy, balance, meditation, etc.).

Traditional Hamam with « Savon Noir Beldi » (B)

30 minutes **£45**

Embrace the North African tradition of purifying and cleansing the skin with olive rich black soap, followed by a steam and an invigorating scrub with the kassa mitt.

SPECIALS

Claret-Coquet Method Acupuncture Face-Lift

45 minutes **£145**

An alternative to botox and hyaluronan, the rapid insertion of fine gold needles stimulates the muscles, smoothes wrinkles and fine lines, helping tone the entire face, leaving the skin more radiant and firm, while harmonising inner energy.

Look Good Breakfast

60 minutes **£65**

Work up an appetite in our So FIT by Sofitel gym and 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 So SPA morning ritual.

MAINS

60, 90 minutes

Revisited Classics

Hot Stone Rolling (B)

60 minutes **£90** / 90 minutes **£125**

Specifically designed to overcome stress and encourage relaxation, this massage uses heated stones to help muscles release tension faster than traditional massage.

Cotton Soothing Facial (F)

60 minutes **£90**

Tailored to the delicate needs of sensitive skin, specialised formulas work to strengthen your skins natural defence.

Pro-Lift Firming Rejuvenation (F)

90 minutes **£125**

The ultimate anti-ageing facial celebrated for its incredible lifting effect which is clearly visible after just one treatment.

Re-Balancing Jet Lag Pack (B)

60 minutes **£90** / 90 minutes **£125**

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

In-Deep Relaxing Massage (B)

60 minutes **£90** / 90 minutes **£125**

A full body massage designed to deeply relax muscle tissue, improve circulation and relieve tension.

World's best

Balinese Massage (B)

60 minutes **£90** / 90 minutes **£125**

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

Youthfulness Ko Bi Do Ritual (F)

60 minutes **£90** / 90 minutes **£125**

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 », combined with reflexology for total relaxation.

Traditional Oriental Massage (B)

60 minutes **£90** / 90 minutes **£125**

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

Ayurvedic Massage (B)

60 minutes **£90** / 90 minutes **£125**

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

DESSERTS

30, 60 minutes

Angel Hands and Light Feet

60 minutes **£90**

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

Martini & Manicure

30 minutes **£45**

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

30 minutes **£45**

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 traditional British beer.

EXPRESS TREATMENTS

30 minutes

Sunless Tanning with Sienna X

30 minutes **£45**

A lightly coloured solution applied with a specialist low pressure spraying machine to get a natural looking sunless tan avoiding all the adverse effects of sun exposure, while actively moisturising and nourishing the skin.

Carita Skin Diagnosis

30 minutes **£20**

Provides an extremely precise analysis of the skin to give the best possible advice on products and treatment. Scientific dermatological approval.

Express Body Massage

30 minutes **£45**

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

Pro-Lift Sculpting Eye Treatment

30 minutes **£45**

An express treatment to lift the eye area using the ultimate Pro-Lift technology. Results are immediate and remarkable.

MENU SUGGESTIONS

90 minutes & more

So SPA Razzle Dazzle Experience

150 minutes **£215**

Enjoy our two signature treatments; So Exhilarating body massage and So Rejuvenating facial treatment. Then Razzle Dazzle with our surprising Spa mignardises: manicure or pedicure served with a smooth cocktail! A three course menu including: facial, body massage, manicure or pedicure.

Gentlemen's Escape

90 minutes **£125**

Created only for men, this spa experience is tailored to your needs. This is not about pampering but immediate results on your body and skin. You feel good and you look good. A full course menu including: scalp, face and neck massage and a deep tissue body massage.

Deluxe Tasting Oriental Menu

150 minutes **£215**

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

WAXING

3/4 Leg	45 mins	£30	Full Arm	30 mins	£25
High Bikini	30 mins	£23	Full Leg	45 mins	£45
Back	30 mins	£25	Half Arm	15 mins	£18
Bikini Line	15 mins	£18	Half Leg	30 mins	£35
Brazilian	30 mins	£30	Hollywood	45 mins	£54
Cheek	15 mins	£18	Lip	15 mins	£18
Chin	15 mins	£18	Stomach	30 mins	£25
Chest	30 mins	£25	Under Arm	15 mins	£18
Eyebrow	15 mins	£18			

MATERNITY SPA TREATMENTS

Making a baby is a stressful business, both physically and mentally. It is the perfect time to check out of reality and into a spa. Mama's Touch is our special programme of skin salvation; indulgent spa treatments designed to take you right through every stage of your nine month stretch.

Yummy Tummy

60 minutes **£90** / 90 minutes **£125**

This is a facial for your tummy, because it is your tummy that needs the attention to maximise skin strength, health and elasticity. Combined with the luxury of an upper back, neck and head massage to ensure it is a full-on stress banishing treat.

Lighten Up

30 minutes **£45**

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load.

Mellow Mama

60 minutes **£90** / 90 minutes **£125**

A completely relaxing full body massage using our safe but effective pre-natal techniques to specifically relax the lower back muscles.

4th Trimester Healing Hour

60 minutes **£90** / 90 minutes **£125**

Your baby is here and you are in need of a little rejuvenation. This restorative massage treatment helps your body realign as you remember how to be one person again. This is the perfect present for new mothers.



Gift Voucher

A chic and refined gift that suits every occasion.
Offer from one hour to an entire day of wellbeing.
The So SPA team is at your disposal for any information
or purchase.

Cancellation Policy

Cancellation is free of charge if made 24 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 So SPA
are guaranteed by the signing of a reservation. Bookings made
by external guests directly with So SPA may be secured
by a credit card or cash payment.

Arrival at So SPA

To enhance your spa experience, we encourage you to arrive
10 minutes prior to your treatment. Throw 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 So SPA

Reservations of 30, 60, 90 or more minutes have an effective
treatment time of 20, 50, 80 or more minutes.