



So | SPAMENU  
by SOFITEL

REJUVENATING  
TRADITIONS FROM  
AROUND THE WORLD.  
FRENCH COSMETOLOGY.

Ancient traditions from around the world meet the refinement and skill of the latest in French cosmetology to create So SPA: an exhilarating and rejuvenating experience.

Awaken your senses and feel re-energised. Explore a new kind of spa experience with a wide range of surprisingly poetic treatments. Discover the ingredients that enhance your natural glow. Make the stresses and strains of daily life fade away with our menu inspired by gastronomy.

Need to escape from the hustle and bustle of the city? In the heart of London; high ceilings, natural daylight, smooth music and fragrance are staged to create a moment of total relaxation. Welcome to the brand new So SPA at Sofitel London St James.

The Cinq Mondes spa philosophy, mixes French refinement, and inspiration from the world's best health and beauty traditions. This combines with Carita, the prestigious Parisian skincare brand. Carita's unique approach with the exclusive Pro-Lift technology offers unrivalled anti-ageing expertise and an uncompromising vision of luxury cosmetology. Two natural partners for So SPA at the Sofitel London St James.



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

## À LA CARTE

### 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 Bath

30 minutes **£30**

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

#### Traditional Hamam with « Savon Noir beldi »

30 minutes **£45**

Embrace the North African tradition of purifying and cleansing the skin with olive rich Black Soap, then a steam and an invigorating scrub with the Kassa mitt.

## MAIN

60, 90 minutes

### Revisited Classics

#### 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, reducing 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

#### 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**

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

#### 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 and Pedicure

30 minutes **£45**

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

## SPECIALS

#### Look Good Breakfast

60 minutes **£65**

Work up an appetite in our So FIT 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.

## EXPRESS TREATMENTS

30 minutes

#### 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 & 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.

## **Spa time**

Book time and prepare your own spa journey and selection of treatments with our Spa Butler.

## **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.



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