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# Spa Menu

Sofitel London St James

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# Starters

## **SOTHYS Body Polish (30 minutes)**

Sugar and salt scrub exfoliation for velvety skin.

Choose from the following scents:

Lemon & petitgrain

Orange & Cedarwood Blossom

Cinnamon & Ginger

Sothys Men

**£65**

## **CODAGE Eye Lift and Glow (30 minutes)**

Focusing on the most delicate area of the face, this amazing treatment offers a rejuvenated and uplifted eye contour. Fine lines and wrinkles are smoothed, and all signs of fatigue are erased thanks to our exclusive massage combining manual techniques as well as pressure points realised with spoons over gold patches.

**£65**



# Mains - Massage

## **Hot Stone Rolling (60 / 90 minutes)**

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

**£120 / £175**

## **Deep Pressure Massage (60 / 90 minutes)**

This massage frees the body from all its tensions by working on muscles that are highly stressed and overworked. It is a full body massage designed to remove blockages, tension and fatigue.

**£130 / £185**

## **Pre / Post Natal Massage (60 minutes)**

A tailor-made massage to invigorate the skin and soothe the muscles. Using specific massage techniques, it will improve circulation and bring a sense of relaxation. Suitable from the 13th week of pregnancy.

**£120**

## **CODAGE Prêt à Porter Draining & Slimming (60 minutes)**

This toning massage with highly concentrated caffeine and extract of pink pepper smoothens the skin, helps eliminate cellulite and stimulates the microcirculation for a true sensation of comfort and lightness.

**£120**

## **SOFITEL Signature Relaxing Massage (30 / 60 / 90 minutes)**

Combining flowing and enveloping sweeping movements, this soothing treatment aids relaxation and helps overcome physical and emotional tension. Choose from four scents: Lemon & petitgrain, Orange & Cedarwood Blossom, Cinnamon & Ginger, Sothys Men.

**£65 / £120 / £175**



# Mains - Facials

## **Platinum HydraFacial (60 minutes)**

The ultimate HydraFacial experience. Begin the detoxification process with Lymphatic Drainage. Then, the Signature HydraFacial deeply cleanses, exfoliates, extracts and hydrates the skin while addressing specific skin concerns with a chosen Booster. This treatment concludes with LED Light Therapy to further reduce the visible signs of ageing.

**£170**

## **Deluxe HydraFacial (45 minutes)**

An invigorating treatment that includes all of the essentials of the Signature HydraFacial while addressing specific skin concerns with a chosen Booster. This treatment concludes with LED Light Therapy to further reduce the visible signs of ageing.

**£130**

## **Signature HydraFacial (30 minutes)**

This treatment deeply cleanses, exfoliates, extracts, and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acid.

**£105**



# Mains - Facials

## **Perk Eye (15 minutes)**

The first signs of ageing appear around the eyes where skin is more prone to dryness, fine lines and wrinkles. HydraFacial Perk Eye brightens and refreshes the outer-eye area with key ingredients like horse chestnut seed extract and arnica flower extract, leaving this delicate area toned, firmed, and hydrated.

**£30**

## **Perk Lip (15 minutes)**

Lips feature some of the thinnest skin on the entire body, making them especially prone to damage and dehydration. This treatment revitalizes lips with key ingredients like peppermint oil and peony extract, leaving lips refreshed, hydrated and lightly plumped.

**£30**

## **Facial Lymphatic Drainage (15 minutes)**

The ultimate detoxification process, improves circulation of the lymph system and helps to eliminate toxins.

**£30**

## **LED Light Therapy (15 minutes)**

Blue light fights acne causing bacteria and reduces redness, while red light stimulates circulation supporting the natural production of collagen and vitamin D.

**£30**

## *Upgrades*

Add on to any HydraFacial Treatments

## **Scalp Massage (15 minutes)**

**£15**

## **Foot Massage (15 minutes)**

**£15**

## **Hand & Arm Massage (15 minutes)**

**£15**



# Mains - Facials

## **SOTHYS Detox Energie™ (75 minutes)**

A facial to treat the skin to a burst of energy, provide ultimate radiance and help to defend against the harmful effects of environmental stress, which can accelerate skin ageing.

**£150**

## **SOTHYS Hydra Hyaluronic Acid 4 (75 minutes)**

This high-performance treatment combines four sources of hyaluronic acid with two Sothys patented active ingredients. The absolute hydration solution with six stages to quench, hydrate and plump the skin, renewing its appearance. A perfect alliance of technical advancement and sensory pleasure.

**£150**

## **SOTHYS Youth BP3. Tricomplex™ Saffron-Sophora-Peptides (75 minutes)**

Targeted treatment to combat the signs of ageing: wrinkles and slackened skin. Through five steps and eight specific formulas, live the experience of Sothys exclusive techniques, with relaxation massage and expert manoeuvres, for visibly younger skin.

**£150**

## **CODAGE Couture Facial Treatment (60 minutes)**

This custom treatment for the face and the décolleté targets and answers all desires and concerns. After a double cleansing and a complete exfoliation of the skin, the CODAGE Cellular Workout is performed using serums personally chosen according to the skin's needs. In addition to radiant skin and immediate visible results, this iconic facial provides a unique feeling of well-being.

**£120**



# Mains - Facials

## **CODAGE Hydrating Boost Facial (30 minutes)**

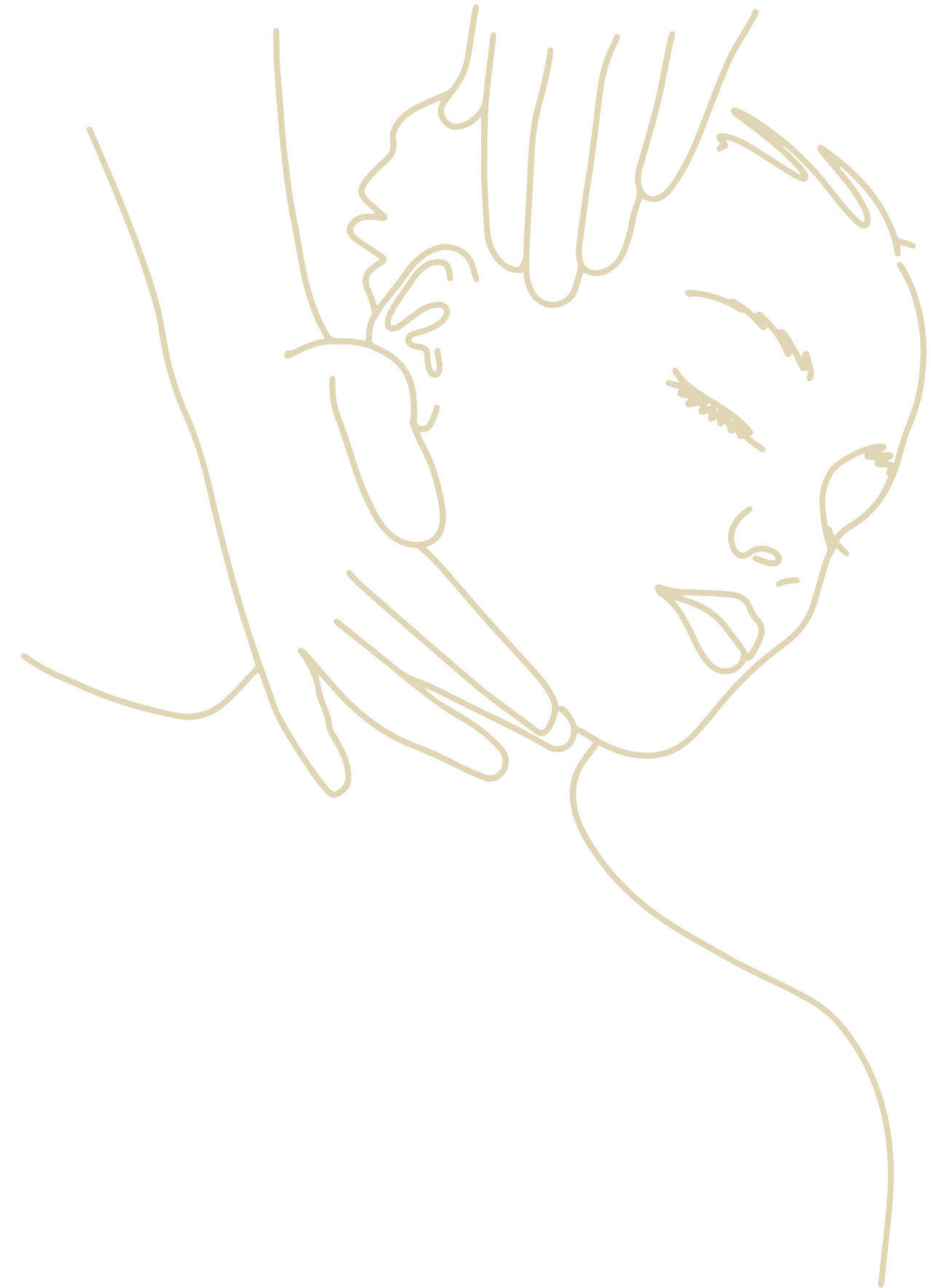
This quick but efficient face treatment will intensely rehydrate the skin thanks to highly concentration of hyaluronic acid in products used such as mask and serums. The skin is visibly and instantly more plumped and radiant.

**£65**

## **SOFITEL Signature Rejuvenating Facial (60 minutes)**

The facial starts with gentle cleansing and exfoliation, followed by a soothing cucumber compress. Combining the best of French massage technique, honey and mini stone, this treatment will revitalize and bring back youth to the skin.

**£120**



# Mains - Specials

## **CODAGE The Haute Couture Experience (120 minutes)**

A personalised face and body experience according to specific skin and well-being needs. A customized 60-minute couture body treatment, followed by a tailored and complete 60-minute face treatment.

**£230**

## **Sensations Orientales by Sothys (90 minutes)**

An exceptional spa treatment protocol inspired by ancestral Oriental rites: an unctuous enzymatic gel prepares the body for exfoliation, followed by an exclusive Sothys modelling with a scrubbing terracotta stone inspired from traditional oriental techniques. A unique escaping moment with aromatic notes of myrrh and amber carried out in our Hammam room.

**£180**

## **Signature Hydra-Nourishing Body Cocoon (60 minutes)**

Experience the comforting sensation of a hydrating/nourishing wrap applied warm onto the skin, with a head and scalp massage. The soft skin effect is guaranteed.

**£130**





Su-Man

Exclusive to Sofitel London St James

### **Su-Man Consultation (20 minutes)**

Gain advice & 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 & the best facials to target skin concerns.

**£80**

### **Advanced Awakening Oxygen Facial (75 minutes)**

This facial combines Su-Man's signature facial technique with powerful oxygen therapy to penetrate the deep layers of the skin. Once skin prep is done, the skin is treated with Su-Man's Velvet Skin Brightening Serum with 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.

**£300**

### **Skin Reborn Sculpting Facial (60 minutes)**

A pure hands on, non-surgical face lift with Su-Man's crafted massage technique stimulates the bone structure, activates and energizes facial muscles, minimizes 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.

**£260**

### **Chi Flow Contour Facial (60 minutes)**

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, energized and glowing skin.

**£250**



### **Ultimate Glow Facial (45 minutes)**

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 the skin's ultimate glow.

**£220**

### **Shiatsu (30 / 60 minutes)**

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.

**£100 / £200**

### **Su-Man Health & Happiness Qi Flow Movement Class (60 minutes)**

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.*

**£200**





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## **NAILS**

Gel Colour Manicure (60 minutes)

£65

Gel Colour Pedicure (60 minutes)

£70

Gel Removal (30 minutes)

£25

Luxury Pedicure (60 minutes)

£60

Luxury Manicure (60 minutes)

£55

## **WAXING**

Upper Lip / Chin (15 minutes)

£20

Underarm (15 minutes)

£20

Half Legs (30 minutes)

£25

Fore Arms (30 minutes)

£25

Full Legs (45 minutes)

£45

Full Arms (45 minutes)

£30

Men's Back / Chest (45 minutes)

£45

Eye Brow Shape (15 minutes)

£20

Brazilian / Hollywood (45 minutes)

£45

Extended Bikini (30 minutes)

£25

Bikini (20 minutes)

£20



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# Terms & Conditions

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## **Late Arrival**

We offer our guests a reliable treatment schedule, so please appreciate that late arrivals will not receive an extension of scheduled treatment time to avoid inconvenience to other guests and the same treatment price will apply.

## **Spa Facilities and Access**

The following spa facilities are available: Steam room, Jacuzzi, spa changing 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 to enjoy them. Please note Bathing suit is required to use the facilities.

## **Cancellation Policy**

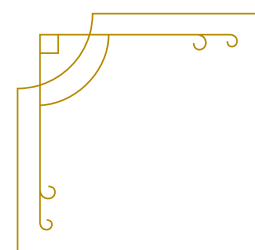
A full charge will be incurred for any treatment not cancelled at least 48 hours prior to your scheduled time. 4 days prior for all group bookings of 5 guests or more.

## **Age Requirements**

Person/s must be 16 years and above to use the spa facilities and 18 years and above for spa treatments.

## **Pregnancy**

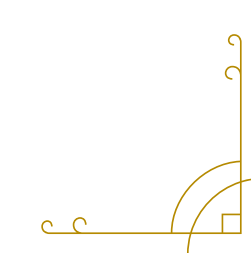
Please inform us if you are expecting or nursing as we have specially designed treatments that we can recommend for you.

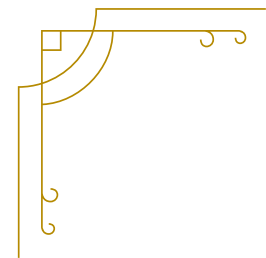


Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive up to 20-minutes in advance of your treatment so that you can change and relax prior to your treatment.

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

The Spa will provide towels, robes and slippers and any amenities required on request for use during your spa visit.



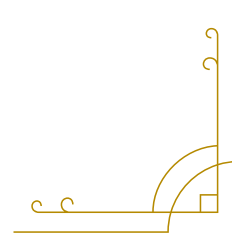


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## Opening Hours

MONDAY	10AM-5PM
TUESDAY	10AM-6:30PM
WEDNESDAY	10AM-6:30PM
THURSDAY	10AM-6:30PM
FRIDAY	10AM-6:30PM
SATURDAY	10AM-6:30PM
SUNDAY	10AM-6:30PM

