

S O F I T E L
S P A
MENU



REJUVENATING WORLD TRADITIONS,
FRENCH COSMETOLOGY.

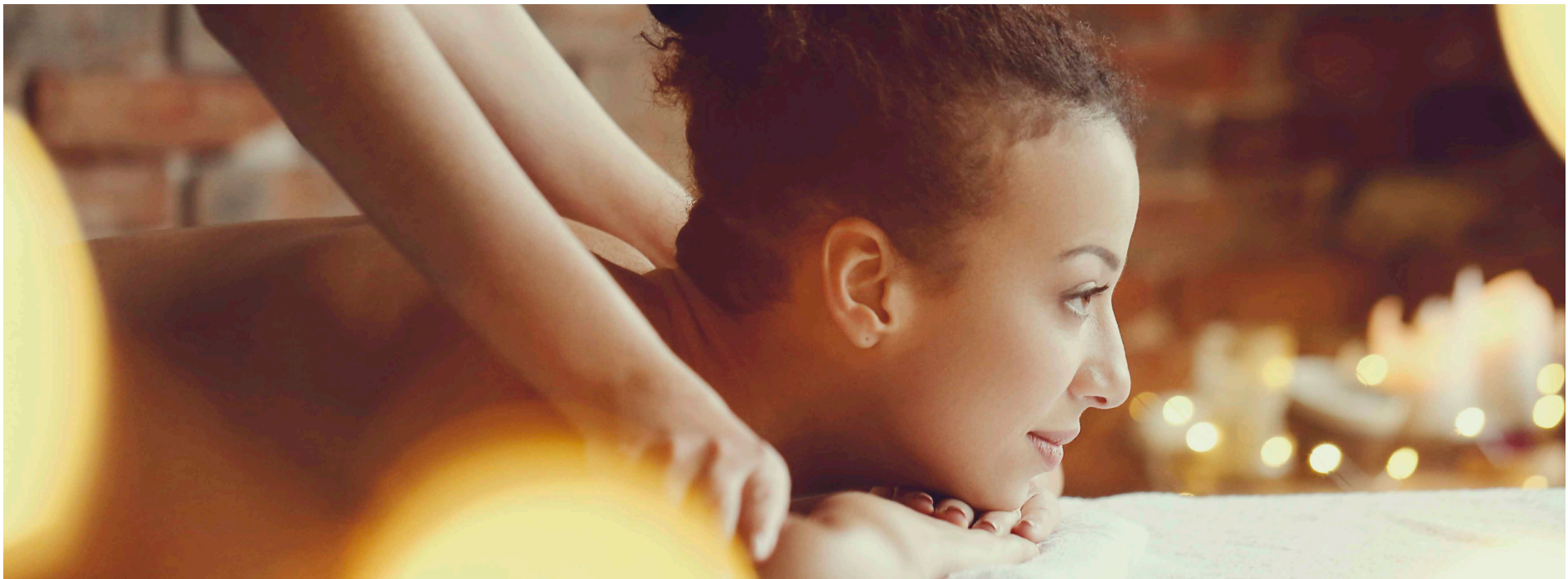
Worldwide ancient traditions meet the refinement and skill of the latest in French cosmetology to create our SPA at Sofitel London St James: an exhilarating and rejuvenating experience.

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, where high ceilings, natural daylight, smooth music and fragrance are staged to create a moment of total relaxation.



SPA at Sofitel London St James
welcomes you from 9am to 8pm
Monday to Saturday
and 10am to 8pm Sunday
and Bank Holidays.

À LA CARTE

STARTERS

30, 45 minutes

SIGNATURE TREATMENTS

EXHILARATING BODY MASSAGE

60 minutes **£110**

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

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.

RE-SET

120 minutes **£255**

Includes a platinum HydraFacial experience incorporating lymphatic detoxification, full signature HydraFacial plus a personalised booster and LED light therapy. At the end of your treatment, you can relax & destress with a luxurious body contouring treatment by CODAGE.

RE-VEAL

60 minutes **£150**

Includes a clarifying HydraFacial with extended and targeted peel and extraction work to combat anti-blemish concerns, following the effects of 'maskne'. Followed by a de-stressing neck and shoulder massage to combat 'tech neck' from all those months of working virtually.

RE-BOOST

60 minutes **£130**

Includes a signature HydraFacial and revitalising Perk Eye treatment which is finished with a relaxing head massage, supporting you with the effects of jet lag.

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.

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.

STARTERS

30, 45 minutes

CODAGE Light & Peel

45 minutes **£80**

Professional peeling and resurfacing treatment with LED Light used to specific skin type.

Facial Couture

45 minutes **£80**

Artisan facial tailored to deliver firmer, toned and revitalised skin. LED light used to specific skin type.
Deep Cleanse

Indulge & Relax

45 minutes **£80**

This enveloping full body massage soothes and relaxes. Your beauty artisan will customise the pressure according to your needs for a moment of pure indulgence.

Renew & Recharge

45 minutes **£80**

This head to toe body exfoliation buffs, smooths and nourishes the skin to reveal a radiant glow and finished with a smoothing application of customised body milk. Ideal before or after sun exposure.

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.

MAINS

60, 90 minutes

Revisited Classics

CODAGE Intensive LED

60 minutes **£120**

Featuring targeted skincare, gestures and light therapy, this brightening professional peeling treatment uses the most advanced formulations to gently but effectively resurface the skin. This treatment is guaranteed to give the skin back its youthful glow, for an even and radiant complexion.

Boost of Radiance treatment

60 minutes **£110**

Incorporating a face, hand & arm massage. This treatment erases traces of fatigue and gives your skin back all of its vitality for an immediate boost of radiance.

STRESS & TENSION RELEASE

60 minutes **£110**

This deep and targeted massage helps the body to relax. The massage of the upper body and feet eliminates fatigue and tension for a guaranteed anti-stress effect.

HydraFacial

HydraFacial believes that beauty is a feeling, not a physical attribute, and the results from HydraFacial will leave you ready to face life, face first.

HydraFacial technology is unique, and so are the results it achieves. The treatment delivers instant results that you can see and feel, and improves your skin health over time.

Platinum HydraFacial

60 minutes **£170**

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 your specific skin concern with a Booster of your choice. This treatment concludes with LED Light Therapy to further reduce the visible signs of aging.

Deluxe HydraFacial

45 minutes **£130**

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

Signature HydraFacial

30 minutes **£105**

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

HydraFacial

Add on

Perk Eye

15 minutes **£30**

The first signs of aging appear around the eyes where skin is more prone to dryness, fine lines and wrinkles.

HydraFacial Perk Eye brightens and refreshes your outer-eye area with key ingredients like horse chestnut seed extract and arnica flower extract, leaving this delicate area toned, firmed, and hydrated.

Perk Lip

15 minutes **£30**

The skin on your lips is different than the rest of your body, it's more prone to dehydration.

HydraFacial Perk Lip revitalises lips with key ingredients like peppermint oil and peony extract, leaving your lips refreshed, hydrated and lightly plumped.

Facial Lymphatic Drainage

15 minutes **£30**

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

LED Light Therapy

15 minutes **£15**

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

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.

World's Best

Facial Couture treatment

90 minutes **£160**

This custom treatment for the face and décolleté is the ultimate in facial luxury. Your artisan will build your skincare cocktail and apply custom facial gestures accompanied with a hand & arm and scalp massage to create an experience that is unique to you

Body Couture treatment

90 minutes **£150**

This custom treatment for the body combines the care of a personalised massage with targeted skincare and incorporates a head and scalp massage to create an indulgent body experience.

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	Eyebrow	£18
Back	£25		
Chest	£30		

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
Hydramanicare - Add on	15 minutes	£20
Hydrapedicure- Add on	15 minutes	£20

Martini & Manicure

45 minutes **£55**

Pint & Pedicure

45 minutes **£60**

Margaret Dabbs Supreme Manicure

60 minutes **£70**

Margaret Dabbs Supreme Pedicure

60 minutes **£75**

Conditioning Hand Treatment

30 minutes **£45**

Revive Foot Treatment

30 minutes **£45**

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.

Deep Cleanse

30 minutes **£60**

Detoxify your skin through our CODAGE targeted facial and LED light to clarify congested skins.

Radiance

30 minutes **£60**

Replenish dull and tired complexions with CODAGE radiance and LED light resulting in luminous bright skin.

Hydrate

30 minutes **£60**

Hydrate your skin from within using our CODAGE hydrate and LED light, your skin will feel flawless plump and nourished.

Calm

30 minutes **£60**

Address any sensitivities and red tone in your complexion through our CODAGE calm and LED to heal and enhance healthy balanced tone.

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.

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.

Haute Couture Experience

120 minutes **£220**

A true icon of Maison CODAGE, this facial treatment and body massage is the ultimate custom-experience that answers all your desires and needs for sublimated skin and a sensation of pure wellbeing.

Slimming & Drainage Treatment

45 minutes **£80**

This toning and contouring massage smooths the skin and eliminates toxins to reduce the appearance of cellulite. It combines manual lymphatic drainage, stimulating firming massage, and concentrated body milk for a true sensation of lightness.

This treatment is also available to integrate with body contouring machine based protocols.

Reservations

Bookings made by hotel guests directly with our SPA are guaranteed by the signing of the registration card.

Bookings made by external guests 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

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

Our SPA 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 SPA team is at your disposal
for any information or purchase.



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