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# Spa Menu

Sofitel London St James



# Massage

## **Signature Exhilarating Massage (60MIN)**

Perfect for a rapid energy boost. Enjoy a 30 min rejuvenating exfoliation, followed by a 30 min tailor-made massage to suit your needs.

**£115**

## **Balinese Massage (60/90MIN)**

Following a ritual from Bali, this relaxing massage combines traditional gentle stretching and smoothing techniques using Coconut Balm. Known for its healing properties with antibacterial and moisturising qualities, this massage is ideal for sensitive skin and promotes elasticity, softening and reducing the appearance of fine lines.

**£115/£150**

## **Signature Relaxing Massage (30/60/90MIN)**

Combining flowing and enveloping sweeping movements, this soothing treatment aids relaxation and helps overcome physical and emotional tension. Let your body and soul relax with this gentle but powerful massage.

**£65/115/150**

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

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

**£115**

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

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

**£115/£150**

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

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.

**£125/£160**



# Facials



In line with the concept of Skin Dietetics, Cinq Mondes Laboratories select the best patented botanical active ingredients from the World's pharmacopeia's and are wholeheartedly committed to effective and natural cosmetics with sensory appeal.



## **Fleur de Bali Radiance Facial Cinq Monde (30MIN)**

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.

**£65**

## **Ko Bi Do Facial Cinq Monde (60MIN)**

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.

**£120**

## **Five Flowers Radiance Facial Cinq Monde (60MIN)**

Originally from Bali, this treatment's blend of five tropical flowers moisturises and balances out the skin's microbiota and brightens the skin. Massaging the face, neck and trapezius muscles, this facial will release all the tension from everyday life.

**£120**



# HydraFacial

## **Signature HydraFacial (30MIN)**

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

**£105**

## **Deluxe HydraFacial (45MIN)**

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 ageing.

**£130**

## **Platinum HydraFacial (60MIN)**

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.

**£170**

## **Perk Eye (15MIN)**

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

**£30**

## **Perk Lip (15MIN)**

The skin on your lips is different than the rest of your body, it's more prone to dehydration. HydraFacial Perk Lip revitalizes lips with key ingredients like peppermint oil and peony extract, leaving your lips refreshed, hydrated and lightly plumped.

**£30**

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

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

**£30**





# Body

## **Crème de Rasool Wrap (60MIN)**

A body wrap including full body exfoliation using the traditional Moroccan recipe Crème de Rasool® mask that stimulates blood circulation, tightens the pores and stretches out the skin. Perfect to combine with our traditional hammam treatment.

**£130**

## **Traditional Hammam with Savon Noir Beldi (45MIN)**

A traditional Moroccan hammam ritual starting with steam and followed by an exfoliation with kessa gloves and a nourishing massage with argon body oil.

**£85**

## **Aromatic Scrub (45MIN)**

Full body salt scrub combined with aromatic spices to slough off skin followed by body balm to leave your body feeling smooth and energised.

**£60**



# Beauty Services

## **NAILS**

Gel Colour Manicure 60MIN	£65
Gel Colour Pedicure 60MIN	£70
Gel Removal 30MIN	£25
Pedicure & Beer 60MIN	£60
Manicure & Champagne 60MIN	£55

## **WAXING**

Upper Lip / Chin 15MIN	£20
Underarm 15MIN	£20
Half Legs 30MIN	£25
Fore Arms 30MIN	£25
Full Legs 45MIN	£45
Full Arms 45MIN	£30
Men's Back / Chest 45MIN	£45
Eye Brow Shape 15MIN	£20
Brazilian / Hollywood 45MIN	£45
Extended Bikini 30MIN	£25
Bikini 20MIN	£20



Su-Man

Exclusive to Sofitel London St James

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

Gain advice & knowledge from the one and only Su-Man in your own 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 your concerns.

**£80**

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

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, you will be immersed into a revitalized journey in which 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 (60MIN)**

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 your skin. The result is an instantly brighter, more sculpted complexion and skin that looks and feel reborn.

**£260**

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

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 (45MIN)**

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 skins metabolic function to bring out your ultimate glow.

**£220**

**Shiatsu (30MIN) £100**

**Shiatsu (60MIN) £200**

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.

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

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.

**£200**





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# Terms & Conditions

## **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**

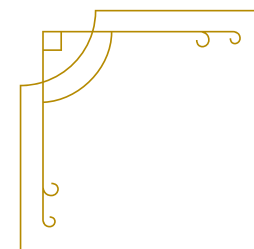
A full charge will be incurred for any treatment not cancelled at least 48 hours prior to your scheduled time. 4 days prior for all group bookings of 5 guests or more.

## **Age Requirements**

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

## **Pregnancy**

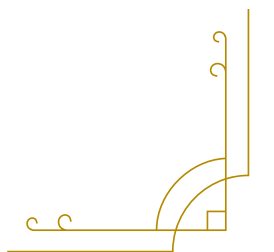
Please inform us if you are expecting or nursing as we have specially designed treatments that we can recommend them for you.

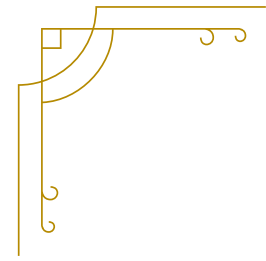


Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive up to 20-minutes in advance of your treatment so that you can change and relax prior to your treatment.

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.



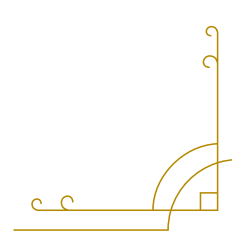


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## Opening Hours

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

