

S O F I T E L
S P A A



Tranquility, tailor-made for you.

In the heart of bustling London, find a sanctuary of serenity to reinvigorate your body and mind.

Known as the 'home of the facial', Sofitel Spa grants you access to skincare pioneer Su-Man, whose facial treatments have revitalised Hollywood stars such as Juliette Binoche.

Feel rehydrated, refreshed and de-stressed with an award-winning HydraFacial. Be pampered by our Codage and Les Jardins Sothys treatments. And melt away any tension with a masterful massage.

From a Turkish hammam to a jacuzzi, from beauty treatments to a relaxation room, our spa offers you a wealth of wellbeing experiences, tailor-made to suit your every need — and soothe your very soul.





SU-MAN

Award-winning and world-renowned facialist Su-Man is a resident practitioner at Sofitel Spa.

With a passion for wellness and a strong belief in the human body's ability to selfheal, Su-Man has spent countless years perfecting her craft to develop a one-of-a-kind approach to skin care that gives clients the ultimate 'no-Botox face lift.' Su-Man's facials, face massages and movement masterclasses are a way of life, which Su-Man has created for the skin and body to help stay strong, radiant and young.

Her skincare and facials harness the power of ancient Asian wisdom while using contemporary innovative cosmetic science to give you a rejuvenated feel to your skin. Combining her opulent products with Gua Sha products from Traditional Chinese Medicine that stimulate your skin, Su-Man can help you to release toxins from your face and promote a youthful skin complexion.

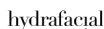
An entire experience beyond a traditional facial.



SOTHYS

Sothys, one of the original beauty institute and spa brands, was created in 1946 during the new wave of French beauty. Since its launch, it has represented French excellence in professional treatments for beauty institutes and spas. Sothys offer responsible beauty that respects the skin and the environment. At Sofitel Spa, discover unique rituals which combine sensory indulgence and efficiency.

Enjoy a personalised approach to treatment in order to make every appointment a haven of well-being that nurtures the body and mind... An art that sets Sothys apart.



HYDRAFACIAL

HydraFacial uses patented Vortex-Fusion technology to cleanse, extract, and hydrate the skin. HydraFacial super serums are made with nourishing ingredients that create an instantly gratifying glow. This treatment delivers painless extractions and will make your skin glow like never before. Our Hydrafacial treatments will remove impurities while simultaneously delivering hydrating skin solutions, addressing all skincare needs.

No pain, all gain.



CODAGE

Inspired from the Periodic table of elements, our Codage treatments are cocktails of active ingredients that work synergistically to best answer a specific skin need. Combined and dosed, they bring to the skin all essential nutrients to its proper functioning. Each combination of Nutri-Element composes your product formula and builds a code or "codage" in French. Our Codage treatment protocols are fully customisable for a made-to-measure spa experience.

Beauty is a science, Codage is the formula.

START YOUR JOURNEY WITH

SOTHYS BODY POLISH

Stimulate your skin and remove surface impurities for a soft, smooth, plump look. This treatment will stimulate blood circulation with circular movements to eliminate dead cells which will leave your skin feeling soothed and nourished.

Choose from one of the following scents: Lemon & Petitgrain, Orange & Cedarwood Blossom, Cinnamon & Ginger or Sothys Men.

30 min - £65

CODAGE EYE LIFT AND GLOW

Focusing on the most delicate area of the face, this unique treatment offers a rejuvenated and uplifted eye contour. Exclusive massage techniques combining manual methods as well as pressure points released with spoons over gold patches will leave your fine lines and wrinkles smoothed and all signs of fatigue erased.

30 min - £65

CODAGE HYDRATING BOOST FACIAL

This quick but efficient face treatment will intensely rehydrate the skin. Thanks to a combination of masks and serums including high concentrations of hyaluronic acid, your skin will be visibly and instantly more plumped and radiant, returning a glow to the skin that time had dowsed.

30 min - £65



MASSAGE COLLECTION

DEEP PRESSURE MASSAGE

Enhance muscle recovery and reduce physical strain caused by the stress of everyday life with this full body massage, designed to remove blockages, tensions and fatigue. This massage leaves a soothing sensation of well-being and muscle relaxation. Focusing on the deepest layers of muscle tissue, this treatment frees the body from all its tensions by working on muscles that are highly stressed and overworked.

60 min - £130

90 min - £185

MUMMY TIME

The perfect pampering moment for all mothers-to-be. A tailor-made massage that will invigorate the skin and soothe the muscles. This bespoke treatment uses specific massage techniques that will improve circulation and leave you fully rested. The body is pampered and coddled, for an ultimate cocoon experience.

Suitable from 3 months of pregnancy.

60 min - £120

CODAGE PRÊT À PORTER DRAINING & SLIMMING

A unique moment of well-being in London.

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.

60 min - £120

HOT STONE ROLLING

This exclusive pampering experience was specifically designed as an escape from the stress and fatigue of Londoner life. To overcome stress and encourage relaxation, this heated stone massage will release tension and gently ease all muscle contractions faster than a traditional massage would.

60 min - £120

90 min - £175

MASSAGE COLLECTION - SIGNATURE RITUALS

SOFITEL SIGNATURE RELAXING MASSAGE

Experience total relaxation during this soothing massage. Through a combination of flowing and enveloping sweeping movements, this treatment will help you overcome physical and emotional tension. Vivacious energy is reactivated while tensions are released.

Choose one from the following scents: Lemon & Petitgrain, Orange & Cedarwood Blossom, Cinnamon & Ginger or Sothys Men.

30 min - £65

60 min - £120

90 min - £175

SIGNATURE SENSATIONS ORIENTALES BY SOTHYS

An exceptional spa treatment inspired by Ancestral Oriental rites. This massage is meticulously orchestrated around an unctuous enzymatic gel that prepares the body for exfoliation, followed by Sothys' exclusive modelling. Through the use of a scrubbing terracotta stone inspired from traditional oriental techniques, your body will be left reshaped and redefined to perfection. This soothing massage is a unique escaping moment with aromatic notes of myrrh and amber carried out in our Hammam room. The mind is cleared, the skin softer, more nourished and delicately perfumed.

90 min - £180

SIGNATURE HYDRA-NOURISHING BODY COCOON BY SOTHYS

Applied after Sothys body polish, experience the comforting sensation of a hydrating and nourishing mask warm onto the skin followed by a relaxing head and scalp massage, leaving your skin revitalised, replenished, and enriched. Be left with a unique sensation of comfort.

60 min - £130

SIGNATURE THE HAUTE COUTURE EXPERIENCE BY CODAGE

Start with a customised 60-minute couture body treatment followed by a tailored 60-minute face treatment. From choosing a scrub, massage, facial, manual lymphatic drainage, to picking your choice of serums, this truly tailored experience is specifically designed to target your needs and leave your skin replenished and plumpy.

120 min - £230

FACIALS COLLECTION

SOFITEL SIGNATURE REJUVENATING FACIAL

Combining the best of French massage technique, honey and mini stone, your skin will be left revitalised and significantly plumper. Through gentle cleansing and exfoliation, followed by soothing cucumber compresses, your face will be illuminated with a newfound radiance.

60 min - £120

SOTHYS DETOX ENERGIE™

Treat your skin to a burst of energy, providing the ultimate radiance. This facial treatment helps the skin in defending itself against the harmful effects of environmental stress, which can accelerate skin ageing. Thanks to optimal skin cleansing, your skin will be left replenished, fresh, with a vibrant complexion.

75 min - £150

SOTHYS HYDRA HYALURONIC ACID 4

This high-performance treatment transforms even the duller complexions into radiant, luminous skin.

With a combination of four sources of hyaluronic acid, this facial is a perfect alliance of technical advancement and sensory pleasure. Your skin will be instantly brighter and moisturised with the addition of six stages to plump, hydrate and brighten the skin to renew its appearance.

75 min - £150

SOTHYS YOUTH BP3. TRICOMPLEX™ SAFFRON-SOPHORA-PEPTIDES

This ultimate age-defying treatment is pure luxury that instantly lifts and plumps the skin, giving it a perfect tone and texture. A targeted treatment that combats the signs of ageing through five steps and eight specific and ultra-efficient formulas. Experience the range of Sothys exclusive techniques and be left with a skin that's firmed, toned and silky soft.

75 min - £150

CODAGE COUTURE FACIAL TREATMENT

This tailored treatment will give you the immediate radiance boost your skin has been looking for.

A custom facial for the face and the décolleté that targets and answers all desires and concerns. After a double cleansing and a complete exfoliation of the skin, experience the CODAGE Cellular Workout, performed using serums personally chosen according to your skin's needs. The face glows with light and the smoothing effect is exceptional.

60 min - £120



HYDRAFACIAL

SIGNATURE HYDRAFACIAL

This treatment will leave your skin intensely nourished and replenished. Thanks to deep cleanses, exfoliation, extraction, and hydration followed by the use of super serums filled with antioxidants, peptides, and hyaluronic acid, your skin will get its glow back.

30 min - £120

DELUXE HYDRAFACIAL

An invigorating treatment that includes all of the essentials of the Signature HydraFacial while addressing specific skin concerns with a chosen Booster. This facial, concluded by LED Light Therapy, will leave your skin looking perfectly smoothed and younger.

45 min - £140

PLATINUM HYDRAFACIAL

The ultimate HydraFacial experience which transforms even the duller complexions into radiant, luminous skin. Begin the detoxification process with Lymphatic Drainage to sculpt and refine your face. Then, this treatment will be followed by all of the essentials of the Deluxe HydraFacial while addressing specific skin concerns with a chosen Booster. This facial, concluded by LED Light Therapy, will leave your skin looking perfectly smoothed and younger.

60 min - £180

PERK EYE

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.

15 min - £30

PERK LIP

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

15 min - £30



FACIAL LYMPHATIC DRAINAGE

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

15 min - £30

LED LIGHT THERAPY

This high-precision treatment will help you fight specific skin concerns: blue light fights acne and reduces redness, while red light stimulates circulation supporting the natural production of collagen and Vitamin D.

15 min - £30

UPGRADES - *Add onto any HydraFacial treatments*

SCALP MASSAGE FOOT MASSAGE HAND & ARM MASSAGE

15 min - £15 15 min - £15 15 min - £15

HYDRABODY

These six new body protocols will help you benefit from skin health and confidence head-to-toe.

KERAVIVE SCALP

This strengthening and regenerating treatment is the ultimate scalp treatment for all hair types. Made to revive blood circulation and eliminate toxins and impurities to promote the appearance of healthier, thicker and fuller-looking hair, this treatment will bring the shine and vitality back to your hair.

HydraFacial Keravive is a first of its kind three-step treatment that includes a 30-day take-home spray.

60 min - £400

HANDS

Our hands are used for just about everything, frequent wear-and-tear can strip away their natural skin barrier and increase their need for moisture to help repair it.

Keep your palms and fingers hydrated with this treatment specifically designed to help with dry and ageing hands. This treatment provides a much-needed hydration hit and will leave your hands looking younger, intensely hydrated and soothed.

20 min - £80

EPICUTIS NECK & DÉCOLLETÉ

The neck and décolleté tend to age faster than our face because the skin is thinner. This treatment is designed to extend the usual facial treatments to your neck in repairing, restoring and preventing the appearance of fine lines caused by our daily activities. Be left with a neckline and décolleté that's revitalised, plumped, with a healthy glow.

45 min - £130

BACK

Choose from a curated selection of boosters to decongest your back.

Experience results like:

- Rejuvenated, hydrated, radiant skin
- Acceleration of skin surface renewal
- Dissolved oil and purification of pores

60 min - £200

ARMS

Choose from a selection of boosters to rejuvenate your arms.

Experience results like:

- Rejuvenated, hydrated, radiant skin
- Acceleration of skin surface renewal
- Dissolved oil and purification of pores

20 min - £180

LEGS

This treatment delivers the glowy radiance to our legs we all year long covet. Choose from a curated selection of boosters to fight skin congestion around the legs to experience results like:

- Rejuvenated, hydrated, radiant skin
- Acceleration of skin surface renewal
- Dissolved oil and purification of pores

40 min - £220

For any HydraFacial booked in conjunction of a Hydrabody treatment, you will be offered £60 off from your final bill.*

**(To be availed on the same day for both treatments only)*



SU-MAN

EXCLUSIVE TO SOFITEL LONDON ST JAMES

Sofitel London St James is delighted to count the world-renowned facialist Su-Man as Spa practitioner. Previously the personal facialist of Juliette Binoche, she brings her unique fusion of Asian wisdom and Western science to facials that have been described as "a life-changing experience".

SU-MAN CONSULTATION

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

20 min - £80

ADVANCED AWAKENING OXYGEN FACIAL

This facial combines Su-Man's signature facial technique with powerful oxygen therapy to penetrate the deep layers of the skin. Su-Man applies her exclusive Skin Brightening Serum with a 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.

75 min - £300

SU-MAN DIGITAL DAMAGE RESCULPT FACIAL

This 10-step facial was designed to combat the negative effects of long hours staring down into mobile phones by restoring skin brightness and definition around the neck and face area. Su-Man uses her unique facial massage techniques combined with electrical muscle stimulation to activate facial muscles, reduce the appearance of a double chin, dropped jawline and sagging skin. The result is an elegant looking décolleté and lifted looking complexion.

Some contraindications apply. Please speak to your therapist.

70 min - £350

SKIN REBORN SCULPTING FACIAL

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

60 min - £260

SU-MAN AT SOFITEL SPA

CHI FLOW CONTOUR FACIAL

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, energised and glowing skin.

60 min - £250

ULTIMATE GLOW FACIAL

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 its ultimate glow.

45 min - £220

SHIATSU

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.

30 min - £100

60 min - £200

SU-MAN HEALTH & HAPPINESS QI FLOW MOVEMENT CLASS

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.

60 min - £200

PACKAGES

MOTHER & DAUGHTER TIME

- Relax in the private Jacuzzi
- Back, scalp & foot massage (45 min)
- Unwind in our Relaxation Room
- Complimentary glass of Champagne

Package costs £380 for two.

MAGNIFIQUE AFTERNOON TEA FOR TWO

- Treatment of your choice (60-minute Signature Massage or Personalised Facial)
- Use of our Relaxation room
- Afternoon Tea served in our Rose Lounge

From Monday to Sunday, 12pm to 5pm.

Package costs £300 for two.

ROMANTIC GETAWAY

- Signature massage (30 min)
- Signature facial (60 min)
- Complimentary glass of Champagne
- Access to the Jacuzzi and Steam Room.
- To be enjoyed either solo or “à deux”.

Package costs £300 for two.

PRE-THEATRE PACKAGE

- Signature Massage (25min)
- Signature Facial (25min)
- Access to the Zen Room
- Pre-theatre dinner at Michelin-starred restaurant Wild Honey St James*

**From Tuesday to Saturday, Pre-theater menu from 5pm to 6:30pm.*

Package costs £145 per person. A supplementary charge of £15 will apply on Saturday.

MIDWEEK CREAM TEA INDULGENCE

From Monday to Wednesday, enjoy some well-deserved relaxation time in our Spa with a friend or partner.

The package includes:

- Treatment of your choice (Body Scrub / Facial / Massage) (30 min)
- Private access to our steam room
- Use of our Relaxation lounge
- Crème tea in our Rose Lounge (choice of tea, scones, cream and homemade jam). *Please not this is not a full Afternoon Tea.*

Package costs £90 per person.

BEAUTY

BEAUTY FOR HANDS AND FEET

Luxury Manicure	60 min - £55
Nail Filing, Cuticles, Basic Nail Polish with a Glass of Champagne	
Luxury Pedicure	60 min - £60
Nail Filing, Cuticles, Basic Nail Polish with a Glass of Champagne	
Gel Manicure	60 min - £65
Nail Filing, Cuticles, Semi-Permanent Nail Polish.	
Gel Pedicure	60 min - £70
Nail Filing, Cuticles, Semi-Permanent Nail Polish.	
Gel Removal	30 min - £25

WAXING

Upper lip	15 min - £20
Chin	15 min - £20
Underarms	15 min - £20
Half Legs	30 min - £25
Full Legs	45 min - £45
Fore Arms	30 min - £25
Full Arms	45 min - £30
Men's Back	45 min - £45
Men's Chest	45 min - £45
Eyebrow Shape	15 min - £20
Bikini	20 min - £20
Extended Bikini	30 min - £25
Brazilian / Hollywood Bikini	45 min - £45

HOW TO ENJOY SOFITEL LONDON ST JAMES SPA

ARRIVAL AT THE SPA

We invite you to arrive 20 minutes before the time of your appointment. This will allow you to change in the tranquillity of our Spa facilities (towels, robes and slippers are provided). Please be advised that late arrivals will result in a reduction of treatment time and the original price will still apply.

GIFT VOUCHERS

Sofitel Spa offers a serene and calm environment for relaxation, making it an ideal present for any occasion. Our gift vouchers, available at the Spa, are issued in the name of the recipient and valid for a period of one year. Vouchers may not be exchanged or refunded.

SPA BOUTIQUE

Upon your departure from the spa, you can browse the Sofitel Spa boutique to purchase your preferred products used during your treatment to bring a piece of your spa experience home with you. If you require any assistance in selecting the most suitable product for yourself or your loved ones, please ask our reception desk.

HEALTH

At the time of making your reservation, we appreciate it if you can provide any relevant information about your health, allergies, or injuries. A health questionnaire must be completed prior to any treatment. This procedure is mandatory in order to provide you with a service tailored to your needs.

PREGNANCY

We offer specific treatments for expectant mothers. Our Spa receptionists are able to guide you in choosing the best care for this special moment in life. Please be advised that we have specifically designed treatments that we can recommend for you.

CANCELLATION POLICY

Please note that for any treatment not cancelled at least 24 hours prior to your scheduled time, a full charge will be incurred. For group bookings of 5 guests or more, please be advised that any appointments require to be cancelled at least 4 days prior to your scheduled appointments.

AGE REQUIREMENTS

Please note that any individual wishing to book a spa treatment should be 18 years old or above. Any individual wishing to use our Spa Facilities should be 16 years old or above.

SPA FACILITIES AND ACCESS

The following Spa facilities are available: Steam Room, Jacuzzi, Spa changing rooms 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 for you to enjoy them. Please note a bathing suit is required to use these facilities.

FITNESS

Discover the fresh dynamic atmosphere of our Sofitel Gym when you want to recharge your batteries or let off steam. Ingenious Technogym equipment, free weights and exercise balls are available, as are personal trainers (*upon request*). If you have recently crossed a few time zones, be sure to use the AlphaSphere by Sha chair for an intensely relaxing multisensory experience that can greatly alleviate jetlag.

Please note Sofitel Gym is reserved for Hotel guests only.

TEL: +44 (0)20 7747 2204 E-MAIL: SPA.STJAMES@SOFITEL.COM

Open from Tuesday to Sunday, 10am to 6:30pm and on Mondays from 10am to 5pm



S O F I T E L
HOTELS & RESORTS

LONDON ST JAMES



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