

S O F I T E L
S P A A



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 - £270

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 - £260

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



S O F I T E L
HOTELS & RESORTS

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