

S O F I T E L
HOTELS & RESORTS

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LE SPA MENU

REJUVENATING
TRADITIONS FROM
AROUND THE WORLD

TRADITIONS DE JEUNESSE
DU MONDE ENTIER



We are delighted to present a collection of body treatments, scrubs and facials, each designed for the optimal benefit of our guests.

Le SPA treatments combine ancient Lao healing techniques with local organic products and the latest international advances in skin care.

Here, amidst the serenity of our traditional Lao home, surrounded by the richness of nature, guests may relax and refresh as they rejuvenate body, mind and spirit.

Nous sommes fier de vous présenter une collection de soins du corps, scrubs et soins du visage qui répond à tous les besoins.

Les soins Le Spa combinent des anciennes techniques Laotiennes utilisant des produits naturels locaux avec les connaissances les plus avancées en matière de soin de la peau.

Entouré de nature et installé dans d'anciennes maisons traditionnelles Laotiennes, le client se trouve dans des conditions idéales pour se ressourcer l'esprit, corps et âme.

Body **B** Facial **F**



À LA CARTE

APPETIZERS

Express

Le Tropical Facial (F)

60' - \$60

A rejuvenating facial treatment designed to promote beautiful and radiant skin using local products and techniques. This facial includes a pampering hand massage.

Indian Head Massage (B)

60' - \$60

Using Ayurvedic massage techniques, this treatment focuses on the face, head, neck, shoulders and upper back.

Foot Massage

60' - \$50

This traditional Lao massage delivers pressure to specific points of the feet to restore the free flow of energy throughout the body, relaxing legs and muscles.

SIGNATURE EXPERIENCES

2 hours

Bonjour Experience (B)

\$110

Awaken your senses and tone your body with this rich coffee and coconut treatment, followed by a relaxing bath and an aromatherapy massage. Locally grown coffee beans naturally exfoliate the skin while the caffeine stimulates circulation.

Soul Pampering (B)

\$100

Aromatherapy and long-stroke oil massage soothe the body to improve lymphatic drainage and circulation. End the treatment with a 30 minute foot massage for a total body pampering.

Hin Hon Hot Stone Massage (F)(B)

\$100

Using an ancient technique described in The Ayurveda Bible, stones and minerals are applied to specific points. This treatment includes a Le SPA Tropical Facial.

All prices are quoted in USD and include service charge and government taxes

À LA CARTE

MAINS Full body

Lao Wisdom Massage (B)

60' - \$50

90' - \$60

120' - \$70

Traditional Lao acupressure is applied to specific points along the body's meridian lines to release muscle tension and clear energy blockages.

Le Spa Herbal Compress (B)

90' - \$70

Ease aches and stimulate your circulation with a combination of Royal Healing Massage techniques and a warm Indochina Herbal Compress.

Lao Coffee Body Wrap (B)

60' - \$60

This coffee comes from the south of Luang Prabang and is regularly used for detoxifying. Additional benefits include moisturizing your skin so it feels smooth and looks silky, while antioxidants make it healthy

Swedish Massage (B)

60' - \$60

Based on a Swedish technique, this oil massage uses soothing hand movements to work into muscle and soft tissue to induce relief from stress and tension. Pressure can be tailored to your preference.

French Silhouette Body Scrub (B)

60' - \$60

This natural exfoliating scrub improves blood circulation and revitalizes your skin and muscle tissue. This is a perfect treatment for those still adapting to the change in temperature.

Aromatherapy Massage (B)

60' - \$60

This fragrant, therapeutic oil massage maximizes the healing properties of essential plant oils and herbs and is customized to promote the relaxation and overall well-being of each guest.

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