



So | SPA MENU  
SOFITEL

with L'OCCITANE

REJUVENATING  
WORLD TRADITIONS,  
FRENCH COSMETOLOGY.



Worldwide ancient traditions meet the refinement and skill of the latest in French cosmetology provided by L'OCCITANE to create So SPA with L'OCCITANE: an exhilarating and rejuvenating experience.

Awaken your senses and feel re-energized with a selection of health and beauty treatments. Explore a new kind of spa experience with a wide range of poetic and indulgent treatments.

Discover all the ingredients to bring out your natural glow and help the stress and strains of daily life fade away with our menu inspired by gastronomy.

So SPA with L'OCCITANE at the Sofitel Angkor Phokeethra Golf & Spa Resort invites you to experience exclusive treatments in eleven treatment rooms, including two So SPA Villas combining the warmth of Khmer style architecture in the middle of a natural environment for an unforgettable moment of wellbeing and hedonism.

**So SPA with L'OCCITANE welcomes you daily  
from 10am to 10pm**

# A LA CARTE

## SIGNATURE TREATMENTS

### **So Exhilarating Body Massage (M)**

An exhilarating treatment to awaken the senses, surprise you and give you a “let go” sensation, combining Deep Tissue massage and Lomi-Lomi techniques to invigorate the mind and body.

### **So Rejuvenating Facial Treatment (F)**

A replumping and refreshing facial care. Honey and cucumber combine harmoniously with the best of French techniques to revitalize and bring back youth to your skin.

## STARTERS

### **Steamy Me (B)**

Hot steam or dry sauna to be completed by an auto application of detoxifying body scrub ideal before a body wrap or a massage.

### **Rejuvenating Body Scrub (B)**

Rejuvenate your skin with this rejuvenating body scrub. The use of red jasmine will soften and invigorate your skin and mind. A perfect treatment to stimulate your skin cells.

### **Aromachologie Bath (B)**

Bath rituals provide a relaxing and softening prelude that leaves the skin - and the mind - truly receptive to the benefits of treatments that follow. Make your choice between Revitalizing Verbena or Relaxing Lavender.

### **Back Tension Reliever (M)**

Back, neck and shoulder massage provided with a relaxing aromachologie massage oil to relieve all stress and tension.

### **Shea Nourishing Scrub (B)**

Recommended for dry skin. Delicious textures enriched with Shea Butter, Honey Extract and finely ground Nutshells gently remove dead cells and reveal a smooth and luminous skin, leaving body perfectly prepared for a treatment.

### **Almond Firming Paste Scrub (B)**

This body scrub offers a gentle, yet effective body exfoliation as it luxuriously melts into the skin. Using the Almond Delicious Paste that contains almond butter, almond oil infused with crushed almonds shells and sugar crystals, your body is left perfectly smooth and soft.

## Revisited Classics

### **Shea Nourishing Comfort (F)**

Produced by the women of Burkina Faso using traditional methods, Shea butter repairs, moisturizes and restores balance to dry or overworked skin. Massage further heightens these properties and stimulates micro-circulation.

### **Immortelle Secret of Youth (F)**

Lifting and firming face massage combined with stimulation of acupressure points to combat fine lines and restore youthful skin.

### **Immortelle Divine Secret (F)**

Ultimate rejuvenating facial against skin-slackening for the face, neck & décolleté, leaving the skin younger and the face contour firmer.

### **Shea Ultra-Moisturizing Body Wrap (B)**

Repairing care for dry, sun-damaged or overworked skin. The entire body soaks up active ingredients that nourish (Shea Butter and Sunflower Oil) and moisturize (Honey Extract) skin.

### **Detox Body Wrap (B)**

This body treatment uses local herbs from turmeric to target the weakest points of your body and purify your mind. This wrap encourages the release of toxins, eliminates the occurrence of cellulite and improves the circulation. It also provides essential vitamins and minerals to your body's largest and most visible organ: your skin.

## WORLD'S BEST

### **Champi (M)**

Indian head massage

A healing, rejuvenating and thoroughly stimulating experience acting on vital energy points on the face, head, upper back, shoulders and neck.

### **Asian Blend Massage (M)**

An unusual and delightful treatment which uses the best Asian massage techniques. Using oil, our therapists will be combining smooth flowing strokes and kneading to help you relax and bring relief to your tired muscles.

### **Relaxing Aromachologie Massage (M)**

Slow effleurage strokes and Balinese massage techniques come together to stimulate circulation and ease tensions. Aromachologie essential oils - Lavender, Bergamot, Mandarin, Sweet Orange and Geranium - ensure complete relaxation.

### **Ethnic Fusion Massage (M)**

A fusion massage inspired by the best world techniques. A surprising sensorial experience.

### **Deep Tissue Intense Relief (M)**

This protocol combines Hawaiian Lomi Lomi massage, acupressure and gentle stretching. A Deep-tissue massage using soothing essential oils will ease muscular tension, with a focus on the back, shoulders and nape of the neck.

Perfect for recuperating after a long journey.

### **Re-energizing Sun Stones (M)**

To dispel stress and tension and restore the body's balance, Swedish effleurage strokes are used in combination with the penetrating warmth of basalt stones and L'OCCITANE revitalizing essential oils. The perfect ritual for sports enthusiasts or those with a hyperactive streak.

### **Almond Silhouette Reshape (M)**

An ideal treatment after pregnancy, to treat cellulite and restore firmness to the body. A draining massage focused on the thighs, stomach and buttocks combined with contouring, anti-water-retention and anti-fat-storage properties of almond proteins, essential oils and caffeine.

### **Shea Fabulous Face & Body Massage (M)**

A truly holistic massage that treats the whole body and face, for a complete well-being experience. It combines slow, soothing gestures with the fabulous properties of Shea butter.

## OUR LOCAL FAVOURITES

### **Traditional Khmer Massage (M)**

Marvellously combining the rhythms of firm acupressure and muscular stretching for rebalancing your energy.

### **Royal Coconut Delight (M) (B)**

A rich red jasmine rice scrub softens and invigorates your skin in preparation for a unique cocooning experience. Then sesame and warm coconut poultice is gently glided onto your body to nourish, soothe and condition your skin.

### **Kamatan Herbal Discovery (M)**

Experience the ancient healing art of Hmong Shamans thanks to steamed indigo herbal compresses, said to improve muscular tone and drain away toxins combined to a Deep Tissue massage to loosen muscles.

### **Devas Soothing Journey (M)**

Treatment using heated aromatic poultices of relaxing herbs and spices for soothing tired muscles and releasing tensions.

### **Khmer Herbal Delight (B)**

Relieve your travel-weary body of stiffness, aches and pains. This treatment combines our Khamin & Honey Body Wrap with a skin freshening mask, scalp massage and a light lotion massage.



## GOLFERS' TREATS

### **Tee Off (M) (B)**

A treatment targeting the weakest points of golfers starting with a foot scrub to relieve tensions, followed by a full body massage with relaxing oil - all to prepare you for the next Tee Off.

### **Golfers Leg Soother (M)**

Perfectly adapted after an 18-hole golf game, the 30-minutes refreshing treatment combines a foot bath followed by a harmonising foot polish and an energizing or detoxifying leg and foot massage. Meanwhile the 60-minutes treatment provides an energizing leg and foot massage followed by white clay and mint cooling essential oils for an ultimate invigorating feeling.

### **Cedrat Skincare for Men (F)**

A targeted treatment for men's skin formulated with organic Corsican cedrat extract. A draining massage helps eliminate toxins and excess sebum, to leave skin purified, invigorated and glowing with health.

### **Energizing Feet Massage (M)**

Let yourself be pampered with this 1-hour treatment. Start by purifying your feet with a foot scrub and completely relax while our therapists use an energizing oil to perform a foot reflexology massage. Finally, enjoy a head, neck and shoulder massage with acupressure (this technique will not require the use of oil). You and your feet will be ready to conquer the temples of Angkor after this!

## DESSERTS

### **So SPA Manicure and/or Pedicure**

Experience a truly different treatment using exclusive L'OC-CITANE techniques followed by a nail and cuticle care for a complete French spa experience, as well as hand or feet pampering.

### **Smooth as Silk (B)**

Regain clear and beautifully soft skin thanks to this treatment combining skin preparation, waxing on the zones of your choice and a soothing massage.

### **Shiny Hair Scalp Massage (M)**

A perfect treatment to soothe your mind thanks to an exhilarating scalp massage provided with nourishing oil, completed by a moisturising hair mask.

# MAGNIFIQUE KIDS

**Especially designed treatments dedicated to children aged between 5 to 12 years old accompanied by their parents**

## **Mini Facial (F)**

A refreshing and moisturizing massage, leaving your kid's skin smoother and glowing. An ideal treatment for little ones who want to feel pampered, relaxed and refreshed.

## **Angel Bliss (M)**

Gentle pressure is applied to the scalp, legs and feet and a relaxing oil massage is performed on the full body. This treatment improves children's quality of sleep, smoothes the nervous system and strengthens the immune system.

## **Mommy & Me (M) (B)**

The mom and the child jump into a fun bath, followed by a red rice body scrub for the mother while the child gets a choco wrap. Finally both will completely relax thanks to a warm coconut soother massage for her and a soothing massage for the child.



# SPECIALS

## **Scrunch (M) (B)**

The ultimate combination of an Aromachologie Bath followed by one of L'OCCITANE Body Scrubs and a Deep Tissue Intense Relief massage. Finish off with a healthy lunch. The perfect mix for your body and mind.

## **Angkor Journey (M) (B) (F)**

Enjoy the benefits of a detoxifying steam or sauna before being wrapped in organic rice paper and a pineapple rejuvenating body wrap, to be followed by deep relaxation in your light garden Jacuzzi. Then enjoy finger food in your So SPA villa before receiving a Devas Soothing Journey Massage and a botanical pampering facial.

## **Traveller's Delight (B) (F)**

This delightful treatment will embark you on a journey of relaxation. Restore and eliminate the essentials, starting by a body scrub in order to remove dead cells and stimulate the skin cells, followed by a pampering facial treatment, to moisturize and smoothen your skin.

# MENU SUGGESTIONS

## **So Well (M) (F)**

This ritual combines two of our most successful treatments to provide you with an ultimate experience. Begin with a steam or sauna followed by a So Exhilarating Body Massage to soothe your body and mind in addition to a So Rejuvenating Facial for smooth and radiant complexion.

## **Top to Toe Pampering (M) (F)**

Begin with a leg and foot soother massage to be followed by an Immortelle Secret of Youth facial.

## **Duo Combo (M) (F)**

Enjoy the therapeutic benefits of an aromatic steam followed by your "his and her" spa journey.

### *For Her*

Relaxing Aromachologie massage.

### *For Him*

Deep Tissue Intense Relief massage  
VCedrat Vivifying Skincare - For Men

### **Cancellation Policy**

Cancellation is free of charge if made 24 hours before the treatment except for hotel guests who have until 4 hours before the treatment. Otherwise full cost of treatment will be charged.

### **Reservation**

Bookings made by hotel clients directly with So SPA with L'OCCITANE are backed by the signing of a reservation card or a credit card printout. Bookings made by external clients directly with So SPA are secured by a credit card printout or cash payment. Changes in relation to treatments and times are possible without penalties being charged depending on availability.

### **Arrival at So SPA with L'OCCITANE**

We encourage you to arrive at So SPA 15 minutes before your scheduled treatment. You will be able to enjoy the relaxation area afterwards. You will be supplied with dressing gowns, towels and slippers. A private changing area will be provided in your Spa Suite for your personal belongings.

### **So SPA Ethic**

To ensure the comfort of others, we would be grateful if you would refrain from smoking and using your mobile inside the So SPA. We remind our guests that services provided in our So SPA are strictly professional. Any unusual behavior towards our staff will automatically result in ending the treatment and be handled by the So SPA and Hotel Management. Full payment of the treatment will automatically be due. Admission to the spa is only for adults and persons over 16 years of age unless accompanied.





with L'OCCITANE

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