

LE SPA

with L'OCCITANE

LE SALON  
DE BEAUTÉ

BY SERGE COMTESSE

LE SPA | SPAMENU  
with L'OCCITANE

LE SALON | BEAUTYMENU  
DE BEAUTÉ  
BY SERGE COMTESSE

SOFITEL BANGKOK SUKHUMVIT  
189 SUKHUMVIT ROAD SOI 13-15, KLONGTOEY NUA,  
WATTANA, BANGKOK 10110 THAILAND  
TEL: +66 (0) 2126 9655 FAX: +66 (0) 2126 9998  
E-MAIL: LE.SPA.BANGKOK@SOFITEL.COM  
WWW.SOFITEL-BANGKOK-SUKHUMVIT.COM

REJUVENATING  
TRADITIONS FROM AROUND  
THE WORLD WITH  
FRENCH COSMETOLOGY.

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LE SPA | SPAMENU  
with L'OCCITANE

## Le SPA with L'Occitane Sofitel Bangkok Sukhumvit

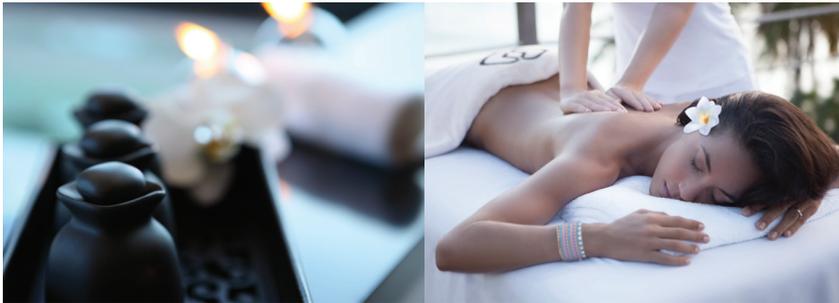
Le SPA with L'Occitane at Sofitel Bangkok Sukhumvit is a tranquil urban spa designed to enhance your wellbeing.

Worldwide ancient traditions meet the refinement and skill of the latest in French cosmetology to create Le SPA with L'Occitane: an exhilarating and rejuvenating experience. Awaken your senses and feel re-energised with a selection of health and beauty treatments.

Explore a new kind of spa experience with a wide range of poetic and surprising treatments. Discover all the ingredients to improve your natural glow and make the stresses and strains of daily life fade away with our menu inspired by gastronomy.

Le SPA with L'Occitane at Sofitel Bangkok Sukhumvit invites you to experience exclusive treatments in our Spa Suites combining contemporary Thai style with touches of French Provence for an unforgettable moment of wellbeing and beauty.

Le SPA with L'Occitane expresses French refinement and beauty expertise while combining the best of Thai beauty traditions and ultimate refinement.



Le SPA with L'Occitane is located on the 9<sup>th</sup> floor and open daily from 10 a.m. to 10 p.m.

- ⓕ Facial
- ⓑ Body

# À LA CARTE

## SIGNATURE TREATMENTS

### Four Teas Ceremony ⓑ

120 minutes - THB 5,000

Immerse yourself in a relaxing bath and discover the natural and healing benefits of our Four Teas Elixir®. The bath is followed by a body scrub and an oriental massage to leave you feeling refreshed and looking radiant.

### Immortelle Divine Secret ⓕ

90 minutes - THB 5,000

The absolute treatment against skin-slackening for the face, neck and décolleté area. This antiaging facial combines 7 natural active ingredients with lifting and contouring massage techniques to help boost cellular youth and deeply rejuvenate the dermis.

### Golden Siamese Massage ⓑ

90 minutes - THB 4,500

Using soothing massage oils and authentic Thai techniques, the Golden Siamese Massage helps ease muscle tension and improve flexibility. The treatment also includes a hand and foot wrap. Gold leaf is also placed on the face to oxygenate delicate skin.

All prices are quoted in Thai Baht and subject to 10% service charge and 7% government tax.

## STARTERS

### **Delicious Softening Scrubs** (B)

45 minutes - THB 2,500

Choose the Shea Softening Scrub or Almond Firming Paste Scrub for an invigorating spa experience that eliminates dead skin cells and leaves you feeling fresh and looking youthful.

### **Nepalese Style Tea Exfoliation** (B)

45 minutes - THB 2,500

A chance to revitalise the skin's radiance through gentle massage and exfoliation. An aromatic paste of apricot oil, Shea butter, bamboo powder and Complexe des 4 Thés® (Four Teas Elixir®) rids your skin of impurities, leaving it feeling fresh and radiant.

### **Immortelle Youthful Eyes** (F)

30 minutes - THB 1,500

Our special Immortelle formula combined with a lifting massage helps to reduce fine lines and dark circle around the eyes.

### **Soothing "Provencal" Steam Bath** (B)

30 minutes - THB 800

Hot steam bath where flowers and essential oils from the "Haute Provence" region will infuse your body helping to prepare the skin before a wrap or massage.

### **Lavender Relaxing Bath** (B)

30 minutes - THB 800

This bath ritual provides a delicious and softening prelude that leaves the skin - and the mind - truly receptive to the benefits of treatments followed.

## MAINS

### Massage

#### **Relaxing Aromachology Massage** (B)

60 minutes - THB 2,800

90 minutes - THB 4,000

Swedish massage strokes, Chinese acupressure and Balinese techniques are all used to improve circulation and ease tensions.

Essential oils of lavender, bergamot and mandarin ensure complete relaxation.

#### **Revitalizing Aromachology Massage** (B)

60 minutes - THB 2,800

90 minutes - THB 4,000

The light touch of Swedish massage techniques and the pressure of Hawaiian Lomi Lomi and Balinese movements are combined with a revitalizing blend of essential oils to awaken the body and mind.

#### **Shea Nurturing Massage** (B)

90 minutes - THB 4,500

A collection of our signature techniques to ease stress, release muscular tensions and boost energy. Ideal for those who want to get a first taste of the L'OCCITANE Spa experience.

#### **Shop-'Til-You-Drop Reviver** (B)

90 minutes - THB 4,500

Enjoy the healing properties of a traditional Thai steamed herbal compress. The heat improves muscular tone and eases aching muscles after a rewarding day's shopping.

### **Oriental Massage** (B)

60 minutes - **THB 2,800**

The graceful strokes and gentle movements of our professional masseuse help ease tension and relax the body for an enhanced sense of wellbeing.

### **Chada Head Massage** (B)

30 minutes - **THB 1,500**

60 minutes - **THB 2,500**

The ancient Ayurvedic therapy of Indian head massage combines gentle and stimulating techniques on the scalp and shoulder, as well as energy points on the face to reduce stress and relieve fatigue.

### **Thai Heritage** (B)

60 minutes - **THB 2,000**

90 minutes - **THB 2,800**

120 minutes - **THB 3,500**

This traditional healing therapy has been taught for centuries in Thailand. The massage combines acupressure and stretching techniques using the therapist's fingers, thumbs, elbows, arms and feet, allowing the body's energy to flow freely.

### **Cocoon massage (Mother to be)** (B)

60 minutes - **THB 2,800**

The blissful touch of Balinese and Swedish techniques is associated with a nourishing formula to gently accompany the changes linked to maternity. You will be left simply peaceful - muscles deeply relaxed, legs feeling lighter, skin softened - already looking forward to your next cocoon journey.

### **Angel Bliss** (B)

60 minutes - **THB 1,500**

Using relaxing massage oils on the back and the arms and gentle pressure on the scalp, legs and feet, this treatment helps improve the quality of a child's sleep and strengthens their immune system.

## MAINS

### Facial

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

60 minutes - **THB 4,500**

The treatment uses organic Immortelle essential oils from Corsica to stimulate cell renewal and collagen synthesis. A lifting and firming massage combined with acupressure points come together to improve microcirculation and relieve muscular tensions responsible for fine lines.

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

60 minutes - **THB 4,400**

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 microcirculation. This treatment is also recommended for sensitive skin.

#### **Hydration Strategy - Brilliance** (F)

60 minutes - **THB 4,400**

This delicate treatment is the perfect escape for tired, dull skin. A series of Ridokis massage tools are used within the massage which begins with stretching the nape of the neck; and cleansing and exfoliating the skin before you enjoy a relaxing mask and Shiatsu massage, the ultimate in deep relaxation. Skin will feel intensely hydrated and completely rested.

#### **Purity-Radiance Ceremony** (F)

60 minutes - **THB 4,400**

This is a classic, deep cleansing facial. The Purity Ritual perfectly combines intense purification (exfoliation, tissue oxygenation) with a deep massage. The movements are precise to deliver specific benefits. The skin is deeply cleansed, exfoliated and steamed to prepare for a detoxifying mask enriched with the Complexe des 4 Th\_s® (Four Teas Elixir®) and Lupin flower extract. The face undergoes a lymphatic drainage massage which leaves the skin oxygenated and purified.

## MAINS

### Male on The Go

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

60 minutes - **THB 3,000**

90 minutes - **THB 4,200**

Massage therapy focused on the deeper layer of the muscle tissue featuring medium to firm pressure and forearm massage sequence, to release tensions in the body.

#### **Cedrat Vivifying Skincare** (F)

60 minutes - **THB 4,400**

Cédrat conveys a fresh, delicate, citrus fragrance that is light, yet refined for a perfect masculine balance. A refreshing facial designed specifically for men to hydrate and re-energize skin.

## DESSERTS

#### **Shea Ultra Moisturising Body Wrap** (B)

45 minutes - **THB 2,500**

Repair dry, sun-damaged skin with a special formula developed exclusively for L'OCCITANE. While the entire body soaks up nourishing Shea butter and apricot oils, moisturising honey and linseed extracts, a foot and scalp massage ensures more moments of pure relaxation.

#### **Three Teas Detoxifying Wrap** (B)

45 minutes - **THB 2,500**

The Three Teas Purifying Body Wrap helps remove toxins and restore a sense of calm vitality. Clay, talcum and rice powders absorb excess oils and smooth the texture of the skin leaving it instantly soft. The detoxifying, antioxidant and anti-ageing properties of green tea, black tea and red tea, also known as Rooibos, combine to protect the skin against ageing. Mint leaves invigorate and tone upon contact with the skin. As your skin revitalises, let your body relax and absorb the unique fragrances and sensations with our scalp and foot massage.

#### **Leg Refresher** (B)

45 minutes - **THB 1,800**

A treatment for summer or traveling, for rough feet and heavy or restless legs. For the legs: a massage that stimulates drainage. For the feet: a massage with Shea butter to nourish the skin.

## SPECIALS

### **Le SPA Afternoon Tea** (B)

120 minutes with Afternoon Tea - **THB 5,500**

Experience the delights of the Four Teas Ceremony followed by a delicious French Afternoon Tea served in the spa or by the pool.

### **Scrunch** (B)

90 minutes - **THB 4,500**

The ultimate combination of a stimulating L'Occitane body scrub and relaxing Aromachology Massage, the perfect combination for mind and body.

### **Coconut Ultimate Indulgence** (B)

150 minutes - **THB 6,000**

Begin your spa journey with a warm oil Indian scalp massage followed by a hydrating hair therapy wrap. A steam bath follows to prepare you for a red rice body scrub and a nourishing coconut poultice and virgin coconut oil massage.

## MENU SUGGESTIONS

### **Shea Fabulous Face & Body Massage** (F) (B)

90 minutes - **THB 5,000**

A 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.

The comforting movements of the Balinese and Swedish techniques gently applied all over the body and face, together with the generous formula of Shea Fabulous Oil for body and hair, it helps deliver unique nourishing, repairing and protecting benefits to the skin in a soft lightweight texture.

### **His and Her** (F) (B)

120 minutes - **THB 11,000**

Only His 120 minutes - **THB 6,000**

Only Her 120 minutes - **THB 6,000**

### **For Her**

Aromachologie Relaxing massage  
Immortelle Secret of Youth facial

### **For Him**

Deep Tissue Intense Relief massage  
Cedrat Vivifying Skincare

### **Immortelle Youthful Experience** (F)

90 minutes - **THB 5,000**

The Immortelle Youthful Experience begins by the Immortelle Youthful Eye treatment and is followed by the Immortelle Secret of Youthful facial.

## Le SPA with L'Occitane Membership Cards

A thoughtful gift that suits every occasion.  
Ask for further details

### Cancellation Policy

For outside guests, cancellation is free of charge if made 24 hours before the treatment. Hotel guests can make a cancellation free of charge up to 4 hours before the treatment. Appointments cancelled outside the time limits will be charged the full price.

### Reservation

Bookings made by hotel clients directly with Le SPA with L'Occitane must sign a reservation card or credit card printout. Bookings made by external clients directly with Le SPA with L'Occitane must be secured by a credit card printout or cash payment. Changes in relation to treatments and times are possible without charge depending on availability.

### Arrival at Le SPA with L'Occitane

Guests are encouraged to arrive at Le SPA with L'Occitane 15 minutes before a scheduled treatment. Dressing gowns, towels and slippers are provided in a private changing area.

### Preferences

Do not hesitate to let your therapist know if there is any way your treatment or comfort can be improved, for example heavier or lighter pressure during your massage, an extra towel, music or no music. We also welcome your feedback, so please fill in a comment card following your treatment.

### Health issues / Medical Condition

Please notify our Spa Manager or Receptionist before booking your treatments if you have high blood pressure, a heart problem, allergy, pregnancy or any other medical complication, so that proper care can be taken.

### Valuables

We recommended that no jewelry or valuables be worn at the spa. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa.

### Etiquette

We respectfully request that mobile phones be turned to silent mode and that noise is kept to minimum. Smoking and consumption of alcohol in the spa is prohibited. We remind our guests that service provided in our Le SPA with L'Occitane are strictly professional. Any unusual behaviour towards our staff will automatically result in ending the treatment. Full payment will be due immediately.

LE SALON  
DE BEAUTÉ | BEAUTY MENU  
BY SERGE COMTESSE

## STARTERS

### Shampoo & Treatments

Every hair type has specific needs, the NEW Boncure Hair therapy is a personal hair care program that is put together just for you. With the New Amino Cell Rebuild Technology, it renews strength and restores elasticity for beauty that lasts.

#### For Her

##### Brushing Blow Dry

Short - **THB 800**  
Medium - **THB 900**  
Long - **THB 1,000**

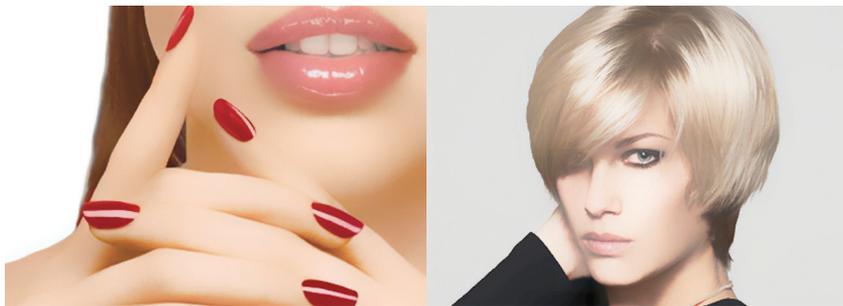
#### For Him

**Customised Shampoo, Cut, Blow Dry**  
**THB 1,500**

**Customised Shampoo, Blow Dry**  
**THB 600**

#### For Her & For Him

**Scalp Massage**  
15 minutes - **THB 700 - 1,000**  
30 minutes - **THB 1,200**



## MAINS

### For Her

**Creation Cut**  
**THB 1,750**

**Stylist Cut**  
**THB 2,400 - 3000**

**Fringe (bang) Cut**  
**THB 600**

### Highlight

HIGHLIGHTING TECHNIQUE FROM NATURAL TO SOPHISTICATED  
Igora Various Blond is a high performance de-colourising system, it can lighten up to 7 shades, and contains a wheat starch treatment to enhance cosmeticity and the natural body of your hair.

#### HighLighting Technique

Technical Comb Highlights - **THB 3,000**  
Colour Flash - **THB 3,500**  
Fashion Lights - **THB 3,500**  
Palette - **THB 4,000** / Longhair - **THB 4,500**  
Foil Highlights - **THB 5,000** / Longhair - **THB 5,500**  
Tie and Dye - **THB 5,500**

## MAINS

### For Her

#### Colour

##### IGORA ROYAL

Igora Royal Colour is expression defined by emotion. Whatever colour you desire, this complete spectrum provides the perfect shade for creativity and excellence. Use our light new emotional product to explore the colours of your imagination.

##### ESSENSITES NATURAL COLOUR

Essensity brings together high performance and the love of nature. It is infused with Aloe Vera to restore moisture and is enriched with grape seed oil with essential fatty acids to make the hair supple and naturally strong.

**Creative Colour**  
**THB 4,000**

**Traditional Colour**  
**THB 5,500**

**Touch Up**  
**THB 2,000**

### For Him

**Permanent Wave**  
**THB 4,000**

**Rejuvenated Colour**  
**THB 1,500**

**Natural Highlights**  
**THB 4,000**

Styling product, Finishing, Texturizing are included in the price.

## DESSERTS

### Pedicure Manicure

**For Her**  
Manicure - **THB 1,200**  
Pédicure - **THB 1,800**

**For Him**  
Manicure - **THB 900**  
Pédicure - **THB 1,200**

### Chignon

**For Her**  
**Chignon Up Do**  
**THB 2,100**

**Soirée Formal Up Do**  
**THB 2,100**

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