



## SPA MENU



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S O F I T E L  
S P A  
with L'OCCITANE

LIVE  
THE FRENCH  
WAY

GO WITH  
THE FLOW

Treat yourself to the French glow.  
From radiant skin-boosting experiences that detox,  
cleanse and revitalize to the chic, tranquil setting that  
combats the demands of modern life, Sofitel SPA  
is the ultimate in French cosmetology.

Here, beauty is more than skin-deep.  
Taking care of yourself is a lifestyle and our approach  
is multi-dimensional, blending innovation with tradition  
to help you look – as well as feel – your absolute best.

Equipped with the savoir-faire, attention to detail  
and a passion for modern French art de vivre,  
the Sofitel SPA team welcomes you every day  
from 10 AM to 8 PM.

Get your French glow, call +66 (0) 2126 9655  
or speak to our reception team.

FIND YOUR  
FRENCH GLOW



## SPA MENU

### SIGNATURE TREATMENTS

#### FACIAL

##### SOFITEL SPA REJUVENATING EXPERIENCE

60 minutes - THB 4,000

Enjoy a relaxing facial treatment that will make your skin glow. Thanks to the Sofitel Spa Rejuvenating treatment, the quest for youth has never been so pleasurable. After this indulgent exfoliating ritual your skin will look young & radiant.

#### BODY MASSAGE

##### SOFITEL SPA EXHILARATING EXPERIENCE

60 minutes - THB 2,800

Fine Lavender from Haute-Provence and traditional massage techniques comfort the body and bring calm and tranquility to the mind. You retrieve a pleasant state of peacefulness.

#### APETIZER / EXPRESS

##### DISCOVERY FACIAL

30 minutes - THB 2,500

A personalized facial that suits your skincare needs perfectly. This treatment uses the choicest products from L'Occitane that will instantly transport you to the heart of Provence. For a complete well-being experience, this treatment can be completed with a body massage.

##### SLEEP & RESET SCALP MASSAGE

30 minutes - THB 1,500

This treatment uses gentle and stimulating techniques on the scalp, neck and shoulder, as well as other energy points to reduce stress and relieve fatigue while the scalp massage helps you unwind, free your mind and disconnect.

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



REJUVENATE,  
THE FRENCH  
WAY



## SPA MENU

### FOOT RELIEF WITH ESSENTIAL OILS

30 minutes - THB 1,000

Treat your tired feet to a relaxing foot massage that combines soothing strokes and deep circular movements with a revitalizing blend of essential oils, to help the body unwind, improve blood circulation and release tensions! The feet & body feel lighter, ready for the next adventure. Ideal treatment for travellers after a long day of exploring the city or shopping.

### IMMORTELLE DIVINE EYES

30 minutes - THB 1,500

For a complete eye rejuvenation experience this 30 minutes ritual that includes the use of L'Occitane's signature Divine formula that intensively treats the signs of ageing, and a unique hot & cold care for a lifted effect. The perfect luxurious treat for your eyes, and a great moment of relaxation.

## STARTERS / PREPARE

### ALMOND SMOOTHING SCRUB

45 minutes - THB 2,000

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, body is left perfectly smooth and soft, delicately fragranced with the notes of almond.

### SHEA NOURISHING SCRUB

45 minutes - THB 2,000

A moisturizing treatment to eliminate dull and lackluster skin, leaving the skin perfectly prepared for a treatment or massage. Recommended for dry skin.

### SOOTHING "PROVENCAL" STEAM BATH

30 minutes - THB 800

Hot steam bath infused with essential oils from the "Haute Provence" region to help you relax your mind & body. Perfect prelude to our revitalizing scrubs, wraps or massages.



## SPA MENU

### LAVENDER RELAXING FOAMING BATH

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 any of our scrub, wrap and massage treatments.

## MAIN COURSE / CORE TREATMENTS

### RELAXING AROMACHOLOGIE MASSAGE

60 minutes - THB 2,800 /90 minutes - THB 3,800

Swedish massage strokes, Chinese acupressure and Balinese techniques are all used to improve circulation and ease tensions. This massage uses essential oils of lavender, geranium and mandarin to ensure complete relaxation.

### DEEP TISSUE INTENSE RELIEF

60 minutes - THB 3,000 /90 minutes - THB 4,000

This massage combines Lomi Lomi deep pressure, acupressure points and gentle stretching. It helps ease muscular tension, with a focus on the back, shoulders & neck area. As a result, the whole body feels refreshed and deeply rebalanced.

### THAI HERITAGE MASSAGE

60 minutes - THB 2,000 /90 minutes - THB 2,800/  
120 minutes - THB 3,500

This traditional healing therapy has been practised 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.

### SLEEP & RESET MASSAGE

90 minutes - THB 4,000

This massage uses unique rituals to prepare your body for a well-deserved sleep! Starting with a guided session to improve breathing techniques using a special blend of essential oils designed to lull you into relaxation. The increasing intensity of movements on the whole body help remove negative energy and promote well-being from head to toes. Followed by a specific massage to revive your mind and recover from fatigue.



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### THAI HERBAL COMPRESS MASSAGE

90 minutes - THB 4,000

Enjoy the healing properties of a traditional Thai steamed herbal compress combined with aromatic oil massage. The heat helps ease aching muscles and tone your body.

### ANGEL BLISS (ONLY FOR KIDS AGED 5 - 12 YEARS OLD)

60 minutes - THB 1,500

Gentle pressure is applied to the scalp, legs and feet and a gentle oil massage is performed on the back and the arms. This treatment improves children's quality of sleep, smooth nervous system and strengthens the immune system.

### CHADA HEAD MASSAGE

60 minutes - THB 2,500

The ancient ayurvedic therapy of Indian head massage combines gentle and stimulating techniques on the scalp and shoulder to reduce stress and relieve fatigue.

### RELAXING MASSAGE FOR THE BACK

30 minutes - THB 1,500

This massage specifically targets the neck, back and shoulders to help release tensions and stress. If you are struggling with tech-neck or office syndrome, this treatment is for you.



## SPA MENU

### FACE TREATMENTS

#### IMMORTELLE DIVINE SECRET

90 minutes - THB 4,500

An ideal treatment to combat signs of ageing on the face and neck, as well as the décolleté area. This exceptional anti-aging facial uses lifting and contouring massage techniques with the fabulous properties of seven natural active ingredients, including organic Immortelle essential oil and Myrtle to reveal glowing and youthful skin. The result is divine: Deep wrinkles seem relaxed, fine lines smoothed, face contour firmer and the décolleté smooth and satin-soft again.

#### SHEA NOURISHING COMFORT

60 minutes - THB 4,000

Produced by the women of Burkina Faso using traditional methods, Shea butter repairs, moisturizes and restores balance to dry or overworked skin. The massage further heightens these properties and stimulates micro-circulation. This treatment is also recommended for sensitive skin.

#### CADE POWERFUL SKIN PROTECTION FOR MEN

60 minutes - THB 4,000

Enjoy a protective treatment that starts with a deep cleansing of the skin, followed by a face massage that will help soothe the skin and reduce inflammations. This deep facial treatment is completed with a scalp and shoulders, massage, to make you dive into a pure moment of relaxation. You will feel rejuvenated and your skin revitalized.



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### DESSERT / ADD ONS

#### LEG REFRESHER WITH ESSENTIAL OILS

60 minutes - THB 1,800

Legs and feet are treated with a stimulating massage using essential oil to help intensely nourish and protect the skin. Ideal for travelers to help soften rough feet and relieve the sensation of heavy legs.

#### SHEA ULTRA-MOISTURIZING WRAP

60 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, moisturizing honey and linseed extracts, a foot and scalp massage ensures more moments of pure relaxation.

### SPECIALTIES

#### GOLDEN SIAMESE MASSAGE

90 minutes - THB 4,500

A combination of the best Thai techniques to release deep tension, encourage flexibility and enhance your natural radiance. Deep massage and stretching are complemented with oil massage, hand and foot wrap followed by the application of gold leaves on the face to give oxygen to these delicate areas.

#### ULTIMATE RELAXATION

90 minutes - THB 4,000

Experience the art of relaxation in our signature treatment that uses a combination of a stimulating L'Occitane body scrub and Relaxing Aromachologie Massage, a treatment that revives mind and body.



## SPA MENU

### SOFITEL YOUTHFUL EXPERIENCE

90 minutes - THB 4,500

A tranquil ritual that begins with Immortelle Divine Eye treatment and is followed by Sofitel Spa Rejuvenating Experience Facial to ease the signs of ageing and reveal a youthful glow.

### SOFITEL JOURNEY

120 minutes - THB 5,000 (Individual)

120 minutes - THB 9,000 (Couple)

Invigorating spa experience with a body scrub that eliminates dead skin cells and leaves you feeling fresh and looking radiant. Immerse yourself in a relaxing foaming bath before you are whisked off to an indulgent Relaxing Aromachologie massage to improve circulation and ease tensions.

### ULTIMATE BLISS

90 minutes - THB 3,200 (Individual)

90 minutes - THB 6,000 (Couple)

Recharge your mind and body with our relaxing spa treatment. Start with an immersive relaxing foaming bath. The bath is followed by Relaxing Aromachologie Massage that combines Swedish massage strokes, Chinese acupressure and Balinese techniques and uses essential oils of lavender, geranium and mandarin to ease tension and leave you feeling rejuvenated.

### SOFITEL FABULOUS FACE & BODY

120 minutes - THB 5,500

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 fine Lavender from Haute-Provence and traditional massage techniques comfort the body and bring calm and tranquility to the mind. Followed by relaxing facial treatment that will make your skin glow. Thanks to the Sofitel Spa Rejuvenating treatment, the quest for youth has never been so pleasurable. You retrieve a pleasant state of peacefulness.



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### 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

Late arrival will reduce the total treatment time, in order to respect the following appointments.

Reservations made by hotel guests directly with Sofitel SPA with L'Occitane will be supported by the document proving the reservation.

Reservations made by external client directly with Sofitel SPA with L'Occitane will be supported by a credit card requested during the reservation.

Changes in relation to treatments and times are possible without charge depending on availability.

### ARRIVAL AT SOFITEL SPA

Guests are encouraged to arrive at Sofitel 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.



## SPA MENU

### 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 a minimum.

Smoking and consumption of alcohol in the spa are prohibited.

We remind our guests that the service provided in our Sofitel SPA with L'Occitane is strictly professional. Any unusual behavior towards our staff will automatically result in the ending of the treatment. Full payment will be due immediately.



