



Spa
menu

S O F I T E L

Spa



L'OCCITANE
EN PROVENCE



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L'OCCITANE
EN PROVENCE

Moments of *Better-Being*

Where Nature flourishes,
Inspiring our ingredients, our surroundings,
and our gestures crafted by expert hands.

Sleepy notes of lavender,
Warm sunlight caresses the skin.
Soothing melody of nature.
Close your eyes...

Be Touched by Haute-Provence.

A moment beyond time, where reason meets heart,
and time slows to be savored with pleasure.
So you see clearly, feel deeply, listen intently.
The body releases, the mind unwinds.

More than well-being, this is *Better-Being*.

THE ART OF SLEEP BY SOFITEL & SLEEP EXPERTISE OF L'OCCITANE EN PROVENCE

At Sofitel, restful sleep is key to wellness, especially while traveling. With treatments tested with the European Sleep Center, L'Occitane en Provence brings its expertise to enhance the sleep quality.

Look for the Moon icon ☾ on this spa Menu to find treatments dedicated to promoting restful sleep. Embrace ultimate relaxation and leave feeling restored.



Signature Experiences

Experience the ultimate relaxation with our exclusive Signature Treatments, each thoughtfully designed to immerse you in unparalleled luxury and serenity. These bespoke spa experiences blend the finest pampering techniques with elements of pure indulgence, leaving you in a state of total bliss.

☾ **SOFITEL SPA EXHILARATING**

60 / 90 minutes - Body

THB 2,800 / 3,800

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

SOFITEL SPA REJUVENATING FACIAL

60 minutes - Facial

THB 4,000

RADIANCE. 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 and radiant.



Iconic Treatments

Heritage. Sensoriality. Expertise.

Crafting better-being moments based on four pillars:

BALANCE, VITALITY, REGENERATION & LONGEVITY.

Balance

Harmonize body, mind & emotions

RELAXING AROMACHOLOGIE

60 / 90 / 120 minutes - Body

THB 2,800 / 3,800 / 4,500

COMFORTING. Swedish massage strokes, Chinese acupressure, and Balinese techniques are all used to improve circulation, ease tensions, and relieve stress. Studies carried out by L'Occitane en Provence laboratories have demonstrated that this gentle touch noticeably improves well-being and emotional balance. The body and mind feel calmed, welcome sleep with ease.

THAI HERBAL COMPRESS

90 minutes - Body

THB 4,000

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

To measure and highlight the benefits on holistic better-being and sleep quality, our protocols have been tested and approved by L'Occitane en Provence laboratories as well as recognized research institutes.

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

Vitality

Restore the mental & physical energy

PROVENÇAL DEEP TISSUE

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

INVIGORATING. Inspired by the strength of Provençal nature, this deep muscular massage combines firm pressure, forearm, and elbow to help unlock body tension, with a focus on the back, shoulders, and neck area. Muscles are released, energy flows, and the mind feels restored.

THAI HERITAGE

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

FIRMNESS. 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.

Regeneration

Renew through the art & science of sleep

SLEEP & RESET

90 minutes - Body THB 4,000

REGENERATING. Sleep is a key contributor to well-being. This treatment has been tested and accredited by the European Sleep Center in order to show its effects on sleep quality improvement. It begins 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 helps remove negative energy and promote well-being from head to toe, followed by a specific facial massage to revive your mind and recover from fatigue.

POWER NAP

30 minutes - Body THB 1,500

REINVIGORATING. This treatment offers deeper relaxation and enhanced recovery compared to a regular nap. It features a harmonious blend of effleurage, acupressure, and percussion gestures to soothe the mind, release tension, and revitalize.

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Longevity

Reveal timeless rejuvenation

IMMORTELLE DIVINE SECRET

90 minutes - Face THB 4,500

FIRMING. This treatment helps unveil the skin's natural youthful glow. The Immortelle Super Extract helps to redensify the skin and restore its radiance. Combined with lifting movements and muscle stimulation, the skin appears well-rested. The result is divine: deep wrinkles seem relaxed, fine lines smoothed, facial contours firmer, and the décolleté smooth and satin-soft again.

SHEA NOURISHING COMFORT

60 minutes - Face THB 4,000

REFINE. 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 - Face THB 4,000

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

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Made to measure Treatments

Because each person is unique, so are our treatments.

SOFITEL JOURNEY

120 minutes - Body

THB 5,000 (Individual)

120 minutes - Body

THB 9,000 (Couple)

INDULGENCE The spa experience begins with a body scrub that eliminates dead skin cells, leaving you feeling fresh and looking radiant. Immerse yourself in a relaxing foaming bath before being whisked off to an indulgent Relaxing Aromachologie Massage to improve circulation and ease tensions.

HARMONY BLISS

90 minutes - Body

THB 3,200 (Individual)

90 minutes - Body

THB 6,000 (Couple)

IMMERSIVE. Allow yourself to be luxuriously immersed in a relaxing foaming bath followed by a Relaxing Aromachologie Massage to ease tension and leave you feeling serene, as well as provide a moment of relaxation that brings profound goodness for body, mind, and spirit.

ULTIMATE RELAXATION

90 minutes - Body

THB 4,000

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

YOUTHFUL EXPERIENCE

90 minutes - Facial

THB 4,500

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

FABULOUS FACE & BODY

120 minutes - Body & Facial

THB 5,500

HOLISTIC. 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 that 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 regain a pleasant state of peacefulness.

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Other Treatments

LEG REFRESHER

60 minutes - Body

THB 1,800

LIGHTNESS. This treatment targets the legs and feet to give a pleasant feeling of lightness as well as improve circulation. It consists of a massage using revitalizing massage oil, to provide softness and comfort.

SLEEP & RESET SCALP

60 minutes - Body

THB 2,500

UNWINDING. This massage of the neck, décolleté, and scalp awakens microcirculation to welcome the benefits of warm coconut oil, while releasing tension and inviting a sensory reconnection for a deep sense of release.

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

60 minutes - Body

THB 1,500

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

SHEA NOURISHING SCRUB

60 minutes - Body

THB 2,000

EXFOLIATING. This shea-enriched scrub restores the comfort of a soft, smooth, and supple skin. The exfoliation is completed with an application of shea, almond, lavender, or verbena moisturizer, leaving the skin hydrated and nourished.

ALMOND SOOTHING SCRUB

60 minutes - Body

THB 2,000

VIBRANT. 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 and almond oil infused with crushed almond shells, the body is left perfectly smooth and soft, delicately fragranced with notes of almond.

SHEA ULTRA-MOISTURIZING WRAP

60 minutes - Body

THB 2,500

NOURISHING. This treatment contributes to nourishing and reinforcing the skin barrier. The creamy, velvety texture of the Rich Shea Butter Cream soothes the skin and comforts all the senses, while a foot and scalp massage complete this moment of well-being.

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Enhancement & Add-on

DISCOVERY FACIAL

30 minutes - Face

THB 2,500

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

IMMORTELLE DIVINE EYES

30 minutes - Face

THB 1,500

For a complete eye rejuvenation experience, this 30-minute ritual includes the use of L'Occitane's signature Divine formula to intensively treat the signs of ageing, along with a unique hot and cold care technique for a lifted effect. A perfect luxurious treat for your eyes and a great moment of relaxation.

RELAXING MASSAGE FOR THE BACK

30 minutes - Body

THB 1,500

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

SCALP MASSAGE

30 minutes - Body

THB 1,500

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

FOOT RELIEF WITH ESSENTIAL OILS

30 minutes - Body

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. This helps the body unwind, improves blood circulation and releases tension. The feet and body feel lighter, ready for the next adventure. An ideal treatment for travelers after a long day of exploring the city or shopping.

LAVENDER FOAMING BATH

30 minutes - Body

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, or massage treatments.

PROVENÇAL STEAM

30 minutes - Body

THB 800

A hot steam bath infused with essential oils from the "Haute-Provence" region to help you relax both mind and body. Perfect prelude to our revitalizing treatments.

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Information

HOURS OF OPERATION

10 AM – 8 PM

SPA ACCESS

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.

HEALTH MATTERS

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

RESERVATION

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

Reservations made by hotel guests directly with Sofitel SPA with L'Occitane must be supported by a reservation confirmation document.

Reservations made by external clients must be secured with a credit card at the time of booking.

Changes to treatments and appointment times are possible without charge, subject to availability.



SPA ATTIRE

We respectfully request that mobile phones be set to silent mode and that noise is kept to a minimum. Smoking and consumption of alcohol in the spa are strictly prohibited. We remind our guests that all services provided at Sofitel SPA with L'Occitane are strictly professional. Any inappropriate behavior toward our staff will result in the immediate termination of the treatment, and full payment will be required.

CANCELLATION POLICY

For outside guests, cancellations are free of charge if made at least 24 hours before the treatment.

Hotel guests may cancel free of charge up to 4 hours before the treatment.

Appointments cancelled outside these time limits will be charged at full price.

Book

your experience

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