



Spa  
menu

SOFITEL

Spa



L'OCCITANE  
EN PROVENCE



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EN PROVENCE

## Moments of *Better-Being*

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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*.

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### 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 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 lavender foaming bath before being whisked off to an indulgent Relaxing Aromachologie Massage to improve circulation and ease tensions.



## Iconic Treatments

Heritage. Sensoriality. Expertise.

Crafting better-being moments based on four pillars:

LONGEVITY, REGENERATION, BALANCE & VITALITY.

### *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 to be well-rested. The result is divine: Deep wrinkles seem relaxed, fine lines smoothed, face contour firmer and the décolleté smooth and satin-soft again.

## Regeneration

*Renew through the art & science of sleep*

### **SLEEP & RESET**

90 minutes - Body THB 4,000

REGENERATING. Sleep is a key contributor to better-being. This treatment has been tested and accredited by the European Sleep Center in order to show its effects on sleep quality improvement. It allows to regain serenity as well as to provide an energy boost.

### **POWER NAP**

30 minutes - Body THB 1,500

REINVIGORATING. Tested in collaboration with the European Sleep Center, this treatment offers deeper relaxation and enhanced recovery compared to a regular nap. A harmonious blend of effleurage, acupressure and percussion gestures to sooth the mind, release tension and revitalize the entire body.

## Vitality

*Restore the mental & physical energy*

### **PROVENÇAL DEEP TISSUE MASSAGE**

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.

*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.

## Balance

*Harmonize body, mind & emotions*

### **RELAXING AROMACHOLOGIE MASSAGE**

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 so you can welcome sleep with ease.

### **SHEA NURTURING**

90 minutes - Body THB 4,000

ENVELOPING. A 90-minute compilation of L'Occitane en Provence's signature massage movements designed to promote muscles relaxation and balance energy flow. The Shea Fabulous Oil's formula has an in-depth moisturizing effect and leaves the skin durably nourished.

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## Made to measure Treatments

Because each person is unique, so are our treatments.

### **FACIAL TREATMENT**

THB 2,500 / 4,000 / 4,500

30 / 60 / 90 minutes

**EXPERT.** A personalized facial treatment with a range of product options and massage techniques tailored to suit every skin mood.

Massage techniques: Radiance or Firmness.

### **BODY MASSAGE**

THB 2,800 / 3,800

60 / 90 minutes

**SENSORY.** A selection of massage techniques paired with preferred massage oil creating a better-being interlude designed to delight the senses.

Massage techniques: Relaxation, Intensity or Harmonizing  
Massage Oils: Relaxing, Revitalizing, Almond, or Shea Butter.

# Other Treatments

## **THAI HERBAL COMPRESS**

90 / 120 minutes – Body THB 4,000 / 5,000

**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.

## **THAI HERITAGE MASSAGE**

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.

## **ORIENTAL MASSAGE**

60 / 90 / 120 minutes – Body THB 2,800 / 3,800 / 4,500

**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.

## **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 the revitalizing massage oil, to provide softness and comfort. Ideal treatment for travelers after a long day of exploring the city or shopping.

## **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 blend of essential oils, to help the body unwind, improve blood circulation and release tensions! The feet feel lighter, ready for the next adventure.

## **CHADA HEAD MASSAGE**

60 minutes - Body THB 2,500

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

## **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, almond oil infused with crushed almonds shells, body is left perfectly smooth and soft, delicately fragranced with the 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 and 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 better-being.

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

30 / 60 minutes – Body THB 800 / 1,500

**PAMPERING.** This treatment improves children's quality of sleep, smooth 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 the arms.



# Enhancement & Add-on

Elevate your experience at the highest level.

**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 and 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 your mind & body. Perfect prelude to our revitalize.

**EYE CONTOUR**

30 minutes - Face THB 2,500

Revitalizes and smooths the eye area

**SCALP**

15 / 30 minutes - Body THB 800 / 1,500

Soothes the mind and invites letting go.

**HANDS**

15 minutes - Body THB 800

Softens and relaxes the hands.

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





## Signature Rituals

Our Signature Rituals are thoughtfully curated combinations of treatments designed to deliver a complete wellness journey. Each experience harmoniously blends massages, body rituals, and facials to restore balance, beauty, and serenity. Tailored to meet diverse needs—from deep relaxation to revitalizing renewal—these indulgent journeys offer exceptional value and a truly luxurious escape.

### 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.

### MADE TO MEASURE FACE & BODY

120 minutes – Body & Facial THB 5,500

COMPLETE. A combination of a sensory body massage and a personalized facial treatment that meets every need and creates harmony between face, body and mind

Face Massage techniques: Radiance or Firmness.  
 Body Massage techniques: Relaxation, Intensity or Harmonizing  
 Body Massage Oils: Relaxing, Revitalizing, Almond, or Shea Butter.



## Information

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### HOURS OF OPERATION

10 AM – 8 PM

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### 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.

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### 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.

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### 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.



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### 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 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.

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### 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 exper*

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