LIVE THE FRENCH WAY
Ancient traditions from around the world meet the refinement and skill of the latest in French Cosmetology to create Sofitel SPA; an exhilarating and rejuvenating experience.

Awaken your senses and feel re-energized. Explore a new kind of spa experience with a wide range of poetic and surprising treatments. Discover the ingredients that enhance your natural glow and make the stresses and strains of daily life fade away with our menu inspired by gastronomy.

Sofitel SPA invites you to immerse yourself in its lavish garden paradise and experience healing properties perfectly blended with luxury French skincare products - for an unforgettable spa experience in the Lion City of Asia.

Equipped with the savoir-faire, attention to detail and a passion for modern French art de vivre, the Sofitel SPA team welcomes you from 11:00 to 20:00 every day (last treatment at 19:00).
REJUVENATE, THE FRENCH WAY
SIGNATURE TREATMENTS

EXHILARATING MASSAGE
75 minutes $225

An euphoric and soothing body massage, combining a rocking and tasteful experience that will shape and tone up your silhouette.

REJUVENATING FACIAL
60 minutes $200

A refreshing and tasteful facial care. The facial starts with gentle cleansing and exfoliation, followed by a soothing cucumber compress. Combining the best of French massage technique, honey and mini stone, this treatment will revitalize and bring back youth to your skin.

WELLNESS
105 minutes $290

Relax and rejuvenate your body with two of our most popular massage, a treatment for your ‘me-time’. The experience includes a Marine Salt and Clay Scrub followed by a choice of an hour of either The Sentosa massage of SO Relaxing Massage.

All prices are in SGD and subject to 10% service charge and 7% government tax.
INSTANT GLOW GREEN TEA FACIAL
45 minutes $150
Reap the benefits of antioxidant-rich Green Tea in this express facial that will leave your skin refreshed and radiant.

INTENSE ANTIOXIDANT BODY WRAP
60 minutes $190
This creamy body wrap will give you silky, smooth and beautiful skin. It is enriched with powerful anti-aging and moisturizing effects.

DETOX BODY WRAP
60 minutes $190
The detoxifying properties of green tea, white tea and red tea, also known as Rooibos, combine to protect the skin against ageing. Helps to restore a sense of calm and vitality.

SAND AND COCONUT SCRUB
45 minutes $140
The gel texture scrub allows gentle yet effective exfoliation leaving an exotic fragrance.

OYSTER SHELL POWDER SCRUB
45 minutes $140
The creamy milk oyster shell scrub removes impurities and allows the skin to regain its softness and radiance.

MARINE SALT AND CLAY SCRUB
45 minutes $140
Enriched in mineral salt and clay, it removes dead skin cells and impurities, it remineraizes and cleans the skin.

All prices are in SGD and subject to 10% service charge and 7% government tax.
RELAXING MASSAGE
60 minutes $180 | 90 minutes $240

Combining deep and enveloping sweeping movements, this soothing treatment aids relaxation and helps overcome physical and emotional tension. Let your body and soul relax with this gentle but powerful massage.

THE SENTOSA MASSAGE
60 minutes $180 | 90 minutes $240

A wonderfully restorative massage incorporating signature eastern and western techniques, the rejuvenating treatment stimulates energy pathways and recharges overworked muscles to relax the mind and invigorate the body.

DEEP TISSUE ORIENTAL MASSAGE
60 minutes $180 | 90 minutes $240

This massage frees the body from all its tensions by working on muscles that are highly stressed and overworked. It is a full body massage designed to remove blockages, tension, and fatigue.

THAI MASSAGE
90 minutes $250

Explore the ancient healing system combining acupressure, Indian Ayurvedic principles, and assisted yoga postures through our Thai massage. In this treatment, the body is expertly compressed and stretched by firm acupressure of the palm and forearm kneading to release tension, improve flexibility and joint mobility. This treatment is performed without oil and fully clothed.

SLIMMING CEREMONY
90 minutes $260

This treatment is the ideal slimming and shaping ritual featuring a 60-minutes massage combined with a 30-minutes body wrap to reduce the appearance of cellulite and fluid retention in the stomach and legs. Detoxify and tone the skin with a lymphatic massage followed by a green tea and kelp wrap to boost metabolism and scalp for relaxation.

All prices are in SGD and subject to 10% service charge and 7% government tax.
HYDRATING BRILLIANCE FACIAL
60 minutes $190

This delicate treatment is the perfect escape for tired and dull skin, ideal for intense hydration. A series of Japanese Ridokis massage tools are to stimulate pressure points while Shiatsu massage techniques are applied for the ultimate deep relaxation.

PURITY RADIANCE FACIAL
90 minutes $250 | Extraction optional

A classic deep-cleansing facial that perfectly combines intense purification with lymphatic drainage massage that leaves your skin oxygenated and renewed. The skin is deeply cleansed, exfoliate and nourished with a detoxifying mask enriched with 4-Teas elixir and Lupin flower extract.

ULTIMATE COLLAGEN FACIAL
90 minutes $250

An intensive anti-ageing treatment designed to combat wrinkles, loss of elasticity and pigmentation. This treatment includes a rich collagen mask and acupressure points techniques. The results are radiant skin and a visible reduction in lines.

LIFT MARINE (FIRMING FACIAL)
90 minutes $260

The skin ‘tensing’ treatment combined with firming facial massage stimulates the skin’s tone and elasticity to redefine facial contours.

GLOBAL ANTI-AGEING FACIAL
90 minutes $260

Slow down cutaneous ageing by delivering to the heart of epidermis the active extract of oyster spat combined with innovative anti-wrinkle massage which can act on all signs of aging: wrinkle, loss of firmness and radiance. Skin is instantly hydrated smoothed, plumped and toned.

All prices are in SGD and subject to 10% service charge and 7% government tax.
HEAD IN THE CLOUDS
30 minutes $100

This scalp, neck and shoulder massage brings an immediate sense of calm and relaxation. Sit back, relax and let us take you to Cloud 9.

SOOTHING LEG REVIVAL
30 minutes $100 | 45 minutes $130

A stimulating foot and leg massage to release tension, improve circulation and enhance well-being.

BACK MASSAGE
30 minutes $100 | 45 minutes $150

An intense massage for the deep tissues of the back to loosen stiff and aching muscles.

EYE CONTOUR CARE
30 minutes $100

This treatment simultaneously combats loss of hydration, fine lines and wrinkles, the slackening of the eyelids, and the puffiness and dark circles.

All prices are in SGD and subject to 10% service charge and 7% government tax.
FIND YOUR FRENCH GLOW
**IN LOVE**  
150 minutes $600

A therapeutic getaway for couples seeking to spend quality time from the city stress. The experience begins with a Scrub of the Day, followed by a So Relaxing or Deep Tissue massage to ease tensions, and ends with a private bath in the luxurious couple suite. To complete the pampering ritual, enjoy a complimentary glass of champagne and canapés while exploring the extensive outdoor Spa garden.

**DELIGHT**  
120 minutes $320

Unwind and allow yourself to be pampered from top to toe. Receive a full body massage to ease aches and improve circulation. Complete with a facial to brighten up your dull and dehydrated skin.

**GLOWING**  
150 minutes $360

Perfect combination of deep cleansing full body scrub followed by mineral rich wrap to replenish and rejuvenate your skin. Complete the experience with a facial.

**INDULGENCE**  
150 minutes $360 | 3-course Spa Experience

Create your own spa journey from our gastronomy treatment menu for a memorable experience.

Includes a Starter treatment, a Mains treatment and a Dessert treatment.
ALL PRICES ARE IN SGD AND SUBJECT TO 10% SERVICE CHARGE AND 7% GOVERNMENT TAX.

SENTOSA ISLAND DREAM
$360 150 minutes

Head for Sentosa Island and let your mind sail over the water! Discover sea algae, gorged with mineral salts and sea clay, offering extremely high magnesium content. Enjoy the benefits of these active ingredients for an intense moment of remineralisation.

FLORAL DREAMS
$360 150 minutes

Let your mind forage for exotic flowers on the Red Island where biodiversity is Queen! Floral mango and coconut water accompany you at the start of this journey to enjoy the regenerative and anti-ageing properties of hibiscus flower extract which blends with essential oils of ylang ylang and ravensara for a deep relaxing effect.

ASIAN COCOON DREAM
$360 150 minutes

Free your mind and journey to the land of meditation where everything is calm and peaceful. Enjoy the anti-stress virtues of magnesium-rich oyster shell powder. Discover precious oils of cotton and rice with their softening, moisturizing and anti-ageing virtues that protect the skin against ageing and external aggressions. Wrap yourself in tenderness during a cocoon dream.

All prices are in SGD and subject to 10% service charge and 7% government tax.
MUMMY AND ME

PRE-NATAL MASSAGE
75 minutes $210

This massage aims to improve blood circulation and relax muscles to soothe the legs and back of mothers-to-be. Pre-natal massage is strictly not advisable during your first trimester and beyond the eighth month of pregnancy.

POST-NATAL MASSAGE
60 minutes $190

Specifically designed for new mums, this massage relieves tired legs and tight areas in the back and arms. Recommended one month after giving birth.

MY MASSAGE WITH MUM
45 minutes $140 for each teen

Enjoy a wonderful back, legs, neck and shoulder massage with Mum, using an anti-oxidant and vitamin rich massage medium that does not contain essential oils.

MY FIRST FACIAL
30 minutes $130

A gentle and mild facial for teens, includes cleansing, toning, exfoliation, mask and hand massage for a pampering feel.

All prices are in SGD and subject to 10% service charge and 7% government tax.
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**COUPLE SPA SUITE**
45 minutes with Jacuzzi | $100

Upgrade your spa journey to a couple spa suite with enhanced luxury and treasured moments together.

**CHAMPAGNE AND CANAPÉS FOR 2**
$80

The perfect end to a couple’s spa experience with a glass of Champagne and delectable canapés for two.

**USAGE OF OUTDOOR SPA GARDEN FACILITIES**
Hotel Guest $40 | Non-Hotel Guest $60

Explore the unique spa garden concept in Singapore featuring cascading waterfalls, volcanic mud pools, meditative labyrinth and steam. Available as a one day pass or as a top-up for booking of less than 1 hour duration.
A CHIC AND REFINED GIFT
SUITABLE FOR EVERY OCCASION

Choose from a Cash voucher or a Treatment voucher. Gift vouchers are valid for 12 months from the date of issuance and must be redeemed before expiry date. Our Gift vouchers are not recommended for expectant and new mums. Gift vouchers can be purchased via email or picked up in person.

All prices are in SGD and subject to 10% service charge and 7% government tax.
The following information is provided to assist you in creating the perfect Sofitel SPA experience.

OPENING HOURS
Our Spa opening hours are from 10:30 to 19:30 and the last booking can be made at 18:30. The Outdoor Spa Garden Facilities is open daily from 11:00 to 18:00.

AGE REQUIREMENT
Guests of Sofitel SPA must be at least 18 years of age.

ADVANCED BOOKING AND RESERVATIONS
We encourage our guests to schedule their appointments in advance. Bookings that are made on the day of service and walk-in appointments are always welcome, and based on availability. All reservations must be secured with a major credit card and telephone number.

ARRIVAL AT SO SPA
To enhance your spa experience, we encourage you to arrive 30 minutes prior to your treatment. Leave your cares at the door and unwind in our calming, therapeutic and relaxed environment and luxurious spa facilities such as the steam room and hot and cold plunge pool. Give yourself time prior to your treatment to optimise the overall effects, and completely rebalance your mind, body and spirit.

LATENESS AND CANCELLATION POLICY
We value your business and appreciate your cooperation on our cancellation policy. Cancellation with less than 6 operating hours notice will incur a 50% penalty charge. A ‘no show’ will be charged at the full value of the scheduled treatment.

*Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied. We regret that late arrivals will not receive extension of the scheduled appointments.

GROUP BOOKINGS
Please contact us at (65) 6708 8358 or email us at H9474-TH4@sofitel.com to find out more customized spa packages or corporate events.

HEALTH CONDITIONS
Your health and safety comes first. Please help us to provide you with the best possible spa experience by completing the guest consultation form. All treatments and services will have varying effects on the individual. Please kindly advise us of any health conditions, allergies or injuries when making your spa reservation.
**SO SPA ETHIC AND VALUES**

Our guests’ interest are of utmost importance to us and we strive to protect our guests privacy and security in our premises at all times. Sofitel SPA caters to both male and female clients with separate treatment rooms and indoor facilities are housed in separate male and female locker changing rooms. Sofitel SPA values guests’ confidentiality at all times and your information will only be used for the purpose of payment and Sofitel SPA marketing activities. We strive to provide a comfortable spa experience and do not practice any form of pressure selling or unethical sales tactics at all times. Sofitel SPA is committed to provide the highest quality care and our therapist are professionally trained and certified by local and international spa institutes.

**SOFITEL SPA ETIQUETTE**

For the courtesy of our guests, all mobile phones and electronic devices should be switched off/ in silent mode within the spa premises. For the comfort and privacy of other spa guests, photography is strictly not allowed and noise levels should be kept to a minimum. Consumption of alcohol inside the spa premises is strictly prohibited and alcohol consumption is discouraged prior to any spa treatment. Sofitel SPA is a non-smoking environment. In-house guests are welcome to visit the spa dressed in their robes and slippers.

*Sofitel SPA reserves the right to deny entry to anyone who is in breach of our rules and regulations or whose conduct is offensive to other users/guests/employees or who present a health and safety issue.

**PREGNANCY**

Please inform us in advance if you are pregnant so we can guide you in selecting the treatment that is most suitable for you during this special time. Pre-natal massage is strictly not advisable during your first trimester and beyond the eighth month of pregnancy.

**VALUABLES**

We request that all valuables are stored in your room or locker provided for you at the time of your service. All guests are reminded that they are responsible for their own property and belongings. Sofitel SPA shall not be held responsible for loss of any items, cash or valuables brought into the spa premises.

**PRICES**

Prices stated are in Singapore dollars and subject to 10% service charge and 7% Goods and Services Tax. Prices are correct at the time of printing and subject to change without prior notification. Gratuities are not included and left solely at your discretion.

We accept cash and major credit card payments but do not accept cheque or foreign currency. Our Sofitel SPA team will assist you with any therapy and pricing inquiries you may have at the time of your reservation.

**REFUND POLICY**

All purchases are non-refundable and non-exchangeable.