

To experience
the same bedtime bliss at home,
explore the Sofitel Boutique.

[SOFITELBOUTIQUE.COM](https://www.sofitelboutique.com)

Where sleep
is a luxurious
encounter

SLEEP MENU

S O F I T E L
MY-BED



S O F I T E L
SINGAPORE SENTOSA RESORT & SPA



PILLOW MENU

To personalise your sleep experience, we are pleased to offer a range of complimentary pillows to enhance your level of comfort.

ROYAL SOFT PILLOW, Reverie Douceur
NATURAL MATERIALS

Indulge in the opulent comfort of our feather-filled royal soft pillow.

FIRM PILLOW, Reverie Contact
NATURAL MATERIALS

Experience our firm, feather-filled pillow for extra support.

HYPOALLERGENIC PILLOW

These non-feather pillows are made for comfort and support.

ERGONOMIC PILLOW Ergo Comfort

Shaped to provide optimum comfort while reading or working. Firm, yet gentle support, filled with polyfoam bars and duck feathers.

CHILDREN'S PILLOW

Made of cotton and polyester.

AROMATHERAPY BATH

Indulge in the ultimate relaxation, where every bath is a luxurious escape into a haven of tranquillity.

COZY DAY \$38

French lavender, essential oils (orange, ylang ylang and sweet almond) and Jasmine rice extract

KALAHARI SUNSET \$38

Cucumber, Moroccan red clay, Omega-6 rich Kalahari melon seed oil, and essential oils (ylang ylang, lavender, orange and lemon)

The art of *sleep*

Discover our curated recommendations for a perfect night's rest.

Eat light

Enjoy a light, high-fibre dinner with a floral tea two hours before bedtime. Please refer to our Wind-Down Menu featuring carefully selected recommendations for in-room dining.

Listen soft

Soothe your mind with a relaxing playlist (please scan the QR code).



Feel cool

Based on scientific research, optimal sleep can be achieved in a cool room. The air conditioner temperature in our guestrooms is kept at 23°C for your comfort.

Move slow

To fight jet lag and reduce the stress of travelling:

- Adapt quickly to the local time zone including your sleep time.
- Drink plenty of water.
- Eat smaller meals.

Rest well

Indulge in the comfort and softness of Sofitel MyBed™, the perfect cocoon to calm your body and mind.

WIND-DOWN MENU

To improve the quality of your sleep, we are delighted to offer well-balanced, mildly low-calorie and reduced-sodium options.

Appetiser

CAULIFLOWER SOUP \$19

Roasted cauliflower, black and golden raisins, pumpkin seeds

Mains

POULET \$38

Grilled chicken breast, baba ganoush, chimichurri, roasted tomatoes

SALMON POKE BOWL \$32

Soy ginger-glazed salmon fillet, cucumber, red radish, edamame beans, cabbage, scallion, Nanami Togarashi aioli, organic brown rice

Dessert

PANNA COTTA \$15

Yoghurt, strawberry compote

Prices are subject to 10% service charge and prevailing government tax.

For in-room dining, a choice of pillows and aromatherapy bath options, kindly scan to order.

