



SPA MENU

# LIVE THE FRENCH WAY

**SOFITEL KRABI PHOKEETHRA GOLF & SPA RESORT**

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SOFITEL  
SPAA  
with L'OCCITANE



# 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 with  
L'Occitane 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, Sofitel SPA  
with L'Occitane welcomes you daily from 10 am to 8 pm

Get your French glow, call 6801  
or speak to our reception team.

# FIND YOUR FRENCH GLOW





# JOURNEY TO PROVENCE

L'Occitane offers a true voyage of the senses through the richness of formulas made in France, enticing fragrances, and delicate textures.

From the moment you enter Softel SPA with L'Occitane, fragrances transport you to Provence; the escape begins with scent.

Every gesture, every ingredient and every ritual is drawn from a page of the L'Occitane grand herbarium, a resource of hundreds of essential oils and natural ingredients.

Your experience then takes you on a true olfactory journey, sequenced at every step by comforting or energizing aromas.

The voyage of the senses continues through gestures, sensorial textures, relaxing music and the herbal teas inspired by Provençal traditions.

# THROUGH YOUR SENSES

## SIGNATURE TREATMENT

### TROPICAL COCONUT HEAVEN

150 minutes

This wonderful, signature treatment is heavenly in promoting refresh and relaxation. The head-to-toe treatment targets four key areas: body, face, scalp, and hair. The treatment begins with a bubble, coconut milk bath in a private spa. Once you are relaxed, your body scrub will commence with the infusion of Spa L'Occitane exclusive shea body scrub that offers gentle, yet effective, exfoliation by eliminating dead cells, resulting in the body left perfectly smooth and soft for the relaxing massage to come.

The massage incorporates our local, organic coconut oil and Spa L'Occitane Relaxing Body Massage Technique. The combination assists to ease tensions and relieve stress allowing the body and mind feel calm and relaxed. For a complete well-being experience, your treatment will continue with a 25-minute Shea nourished, comforting facial. This L'Occitane natural formula product answers the essential needs of skins types including sensitive skin types. It helps the skin regenerate by strengthening its barrier function with a lasting 24-hour moisturiser, so the skin stays comfortable all day long. During your facial, you will also receive an organic coconut oil hair and scalp massage treatment allowing your hair to achieve and retain its optimum healthy length.

### MIRACLE OF MORINGA JOURNEY

150 minutes

A full face and body treatment using Moringa, also known as the 'miracle tree', to enhance the general feeling of wellbeing and boost the immune system. Moringa Oil is high in antioxidants and is an excellent source of nutrients and vitamins to nourish, protect and replenish the skin. Guests will enjoy the nourishing benefits of Moringa, which helps to reverse the effects of ageing by improving the overall appearance of the skin allowing for youthful glowing skin.

The journey begins with a foot soak, a Moringa Seed Body Scrub, a facial including Moringa Clay Mask and ends with a full body Moringa Oil Massage.

## FACE TREATMENTS

### IMMORTELE SECRET OF YOUTH

50 minutes

This facial rich in organic Immortelle essential oil to stimulate cell renewal and collagen synthesis effectively addresses the visible signs of aging: wrinkles, skin slackening and lack of smoothness. It is based on our signature lifting and firming massage sequence, which, together with activation of specific acupressure points, will stimulate micro-circulation and relax the muscular tensions that cause fine lines.

### AQUA RÉOTIER SOURCE OF HYDRATION

50 minutes

This facial features an ultra-hydrating face care range - Aqua Réotier for healthy-looking skin. Enriched with Réotier water, hyaluronic acid and glycerin, this facial helps recharge skin with water, leaving it glowing with moisture and softness. Your skin is refreshed and radiant, it feels more plump.

### SHEA NOURISHING COMFORT

50 minutes

This treatment is specially designed to address the specific needs of sensitive skin. The treatment focuses on protecting the skin, through intensively nourishing Shea formulas, a very gentle cleansing, and a cooling experience to soothe. As a result, skin is nourished, supple and experience long-lasting softness.

### CADE POWERFUL SKINCARE PROTECTION FOR MEN

50 minutes

The power of Cade to protect your skin.

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 cutaneous inflammations. The Cade products used in this treatment have been formulated for men's skin specific needs : they are true to men's nature and to the nature of their skin.

Our protocol can be adapted for you with our Cade Softening Beard Oil, to pamper your beard properly and give it a nice nourishing feeling.

## BODY MESSAGES

### RELAXING AROMACHOLOGIE MASSAGE

50 minutes / 80 minutes

Swedish effleurage, Chinese acupressure and Balinese massage technique come together to stimulate circulation and help ease tensions & relieve stress. The body and mind feel calmed; sleep can come more easily.

### REVITALIZING AROMACHOLOGIE MASSAGE

50 minutes / 80 minutes

This massage combines gentle Swedish effleurages, deeper-pressure Lomi Lomi and Balinese movements to re-invigorate the body & mind. Massage technique will follow the blood flow to stimulate circulation.

### DEEP TISSUE INTENSE RELIEF

50 minutes / 80 minutes

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.

### SLEEP AND RESET MASSAGE

80 minutes

This 80-minute massage uses unique rituals to prepare your body for a well-deserved sleep! The massage begins with guided 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 foot. Tensions fades away and the body finds a feeling of serenity. A specific massage to unwind the mind and recover from accumulated fatigue.

### ALMOND DETOXIFYING BALANCE

50 minutes / 80 minutes

Inspired by Lymphatic Drainage massage techniques, this treatment boosts circulation and promotes elimination of toxins & excess water. The skin feels nourished, supple, firmer and smoother due to the almond supple skin oil, rich in omega 6, 3 and camelina oil.

### ALMOND SILHOUETTE REFINING MASSAGE

50 minutes

This treatment is based on a combination of Lymphatic Drainage and active massage techniques to fight dimpled looking skin. The almond supple skin oil will act on skin's elasticity. As a result, body feels refined with a lighter-feeling sensation.

### TRADITIONAL THAI MASSAGE

50 minutes

A relaxing massage that combines the rhythms of firm acupressure

### TRADITIONAL THAI MASSAGE WITH HOT HERBAL COMPRESS

80 minutes

Relaxing treatment using a heated aromatic poultice of relaxing herbs and spices to soothe tired

## DESSERT

### SHEA NOURISHING SCRUB

25 minutes

Delicious textures to eliminate dead cells, leaving skin perfectly prepared for a treatment or massage.

### ALMOND SMOOTHING SCRUB

25 minutes

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 and sugar crystals, body is left perfectly smooth and soft, delicately fragrancd with the notes of almond.

### SHEA ULTRA-MOISTURIZING BODY WRAP

50 minutes

The ideal repairing care for very dry, sun damaged or overworked skin. This formula has been developed exclusively for Spa L'OCCITANE. While the entire body soaks up active ingredients that nourish (shea butter and grape seed oil), moisturize (honey extracts) and soften (kaolin), a foot and scalp massage ensures a moment of pure relaxation.



### **SHEA ULTRA-SOFTENING FOOT CARE**

50 minutes

Pamper yourself with a happy feet moment with a 50 minutes foot care. The skin is soft, nourished and hydrated. The relaxing massage offers a moment of well-being and a lightweight feeling.

## **ADD ONS**

### **IMMORTELE DIVINE EYES**

30 minutes

For a complete eye rejuvenation, this 30 minutes sequence includes the use of our signature Divine formula that intensively treats the signs of ageing, and a unique hot & cold care for lifting effect. The perfect luxurious treat to your eyes, and a great moment of relaxation.

### **SHEA ULTRA-SOFTENING HAND CARE**

25 minutes

In just 25 minutes, hands are nourished, softened and protected, simply more beautiful. Ideally combined with any facial or massage treatment.

### **DISCOVERY/ EXPRESS FACIAL**

25 minutes

This 25 minutes personalized facial will take you in the heart of Provence. This personalized treatment will be adapted according to skin needs and provide an immediate radiance. For a complete well-being experience, this treatment can be completed with a body massage.

### **SLEEP AND RESET SCALP**

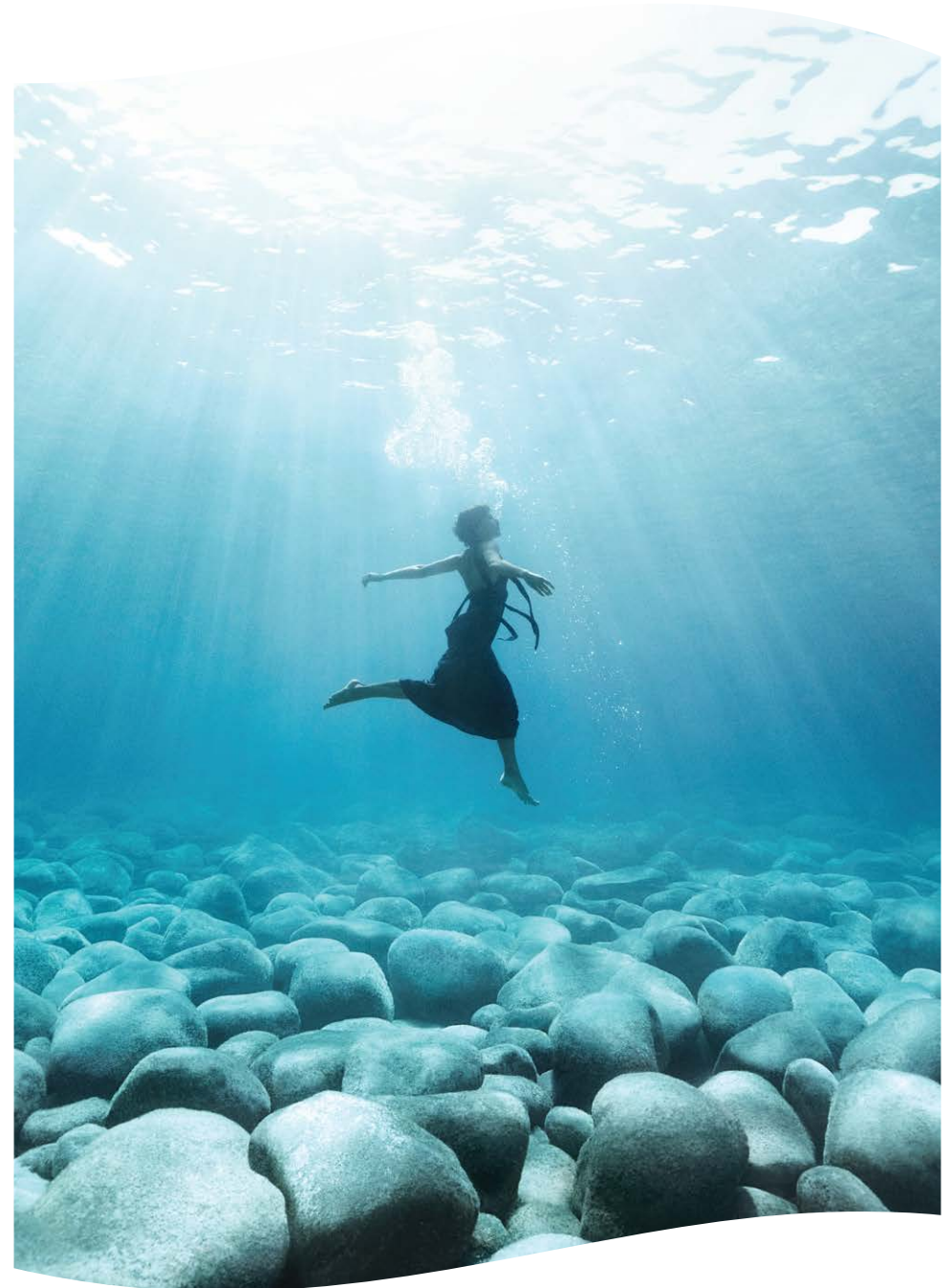
15 minutes

A 15 minutes scalp and neck massage to unwind, free your mind and disconnect.

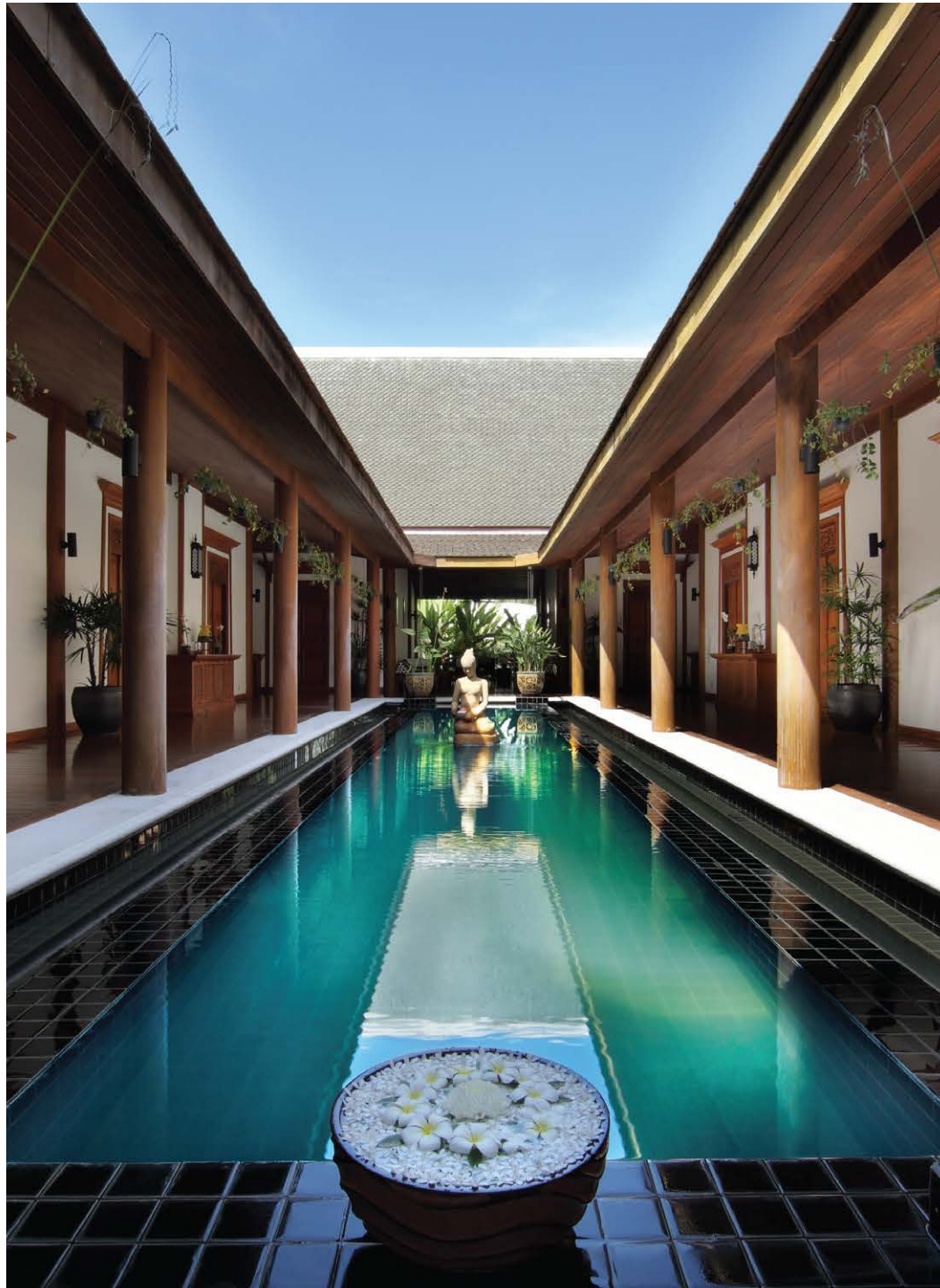
### **WELL BEING BATHS**

30 minutes

Bath rituals with relaxing lavender which provide a delicious and softening prelude that leave the mind and body receptive to the benefits of other treatments.







## ADVANCED BOOKING AND RESERVATIONS

Appointments without reservation are allowed according to availability, however, we recommend guests to make a reservation at least 2 hours prior. Appointments scheduled and not attended will be considered as a no show and therefore will be fully charged. Late arrival will reduce the total treatment time, in order to respect the following appointments.

Reservations made by hotel guests directly with So SPA with L'Occitane will be supported by the document proving the reservation. Reservations made by external clients directly with So SPA with L'Occitane will be supported by a credit card requested during the reservation.

Changes ahead of time in treatments and schedules are possible without penalties. These changes are subject to availability and must be confirmed via e-mail at least 4 hours prior.

## ARRIVAL AT SO SPA

We recommend you to arrive at Sofitel SPA with L'Occitane 15 minutes before your scheduled treatment. Clients must be over 16 years old unless accompanied or for children specific treatments.

## HEALTH CONDITIONS

Please kindly advise us of any health conditions, allergies or injuries when making your spa reservation. For safety reasons, we do not recommend alcohol consumption before your treatment. We request to complete our health questioner to protect your well-being.

## 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.

## LIABILITY RELEASE

The hotel will not be responsible for any inconvenience, accident, injury, impact on the health of clients which could result from issues beyond it. The hotel will not be liable for the protection of the clients' belongings, the client releases the hotel from any responsibility for loss or theft of their belongings.

The client acknowledges that the hotel will not be responsible in any case for the misuse that clients give to the facilities of the So SPA with L'Occitane since the use of the facilities of the same is under the responsibility of the client. The client expressly releases the hotel for any inconvenience, accident, injury, health impairment, resulting from the misuse of the facilities of the So SPA with L'Occitane by the clients.

## PRICES

Prices stated are in Thai Baht and subject to 10% service charge and 7% Government Tax. Prices are subject to change without prior notification.