SPA

GLOW THE FRENCH WAY



CHOOSE TO BEGIN YOUR RITUAL IN OUR FACILITIES TO RELAX MIND, BODY AND OPEN THE PORES.

At Sofitel Spa, we know that looking good is about feeling great and celebrating your natural beauty. Savoir-faire in the holistic aspects of indulgent well-being and beauty, has enabled our Sofitel Spa wellness experts to create beauty programmes and well-being journeys, especially for you.

Inspired by our harbour locale and tranquil waterfall, Sofitel Spa offers a unique welcome cleansing ritual and mineral water menu. Featuring a collection of New Zealand waters, alongside our carefully selected pours, your total well-being is our focus.

Biologique Recherche's methodology has earned an enviable reputation for effectiveness. A clinical approach to personalised skincare; unadulterated, concentrated and practically raw products; and complex formulas applied with original and rigorus treatment protocols.

Elemis is a world-class luxury skincare leader using innovative technology and skincare solutions. To nourish the skin's needs, Elemis is dedicated to using natural ingredients uniquely selected to achieve the best possible results, the perfect harmony, bringing scientific innovation into skincare.

Finally, utilising the therapeutic properties of natural plant extracts, New Zealand-made, Nellie Tier is based on longstanding practices of phytotherapy and aromatherapy. Each product is filled with natural goodness from nature's pharmacy.

SOFITEL SPA WELCOMES YOU MONDAY - FRIDAY | 10AM TO 8PM SATURDAY - SUNDAY | 9.30AM TO 8PM WEEKEND PRICING APPLIES TO ALL PUBLIC HOLIDAYS

WAITEMATA HYDRATION JOURNEY

120 minutes

Begin your hydrating journey with a full body scrub to leave your skin feeling silky smooth, followed by a decadent full body massage concluding with a hydrating facial personalized to you.

'TOP TO TOE' EXPERIENCE

150 minutes

Relax and be revitalized as you enjoy a full body massage of choice and hydrating facial. Then, indulge with a manicure or pedicure served with your choice of a glass of bubbles or refreshing fruit cocktail.

JOURNEY FOR TWO

150 minutes

Relax, Rejuvanate, Romance. Complete indulgence in your own private spa suite. Sink into relaxation while you enjoy an aromatic milk bath together, rejuvanate with a full body massage finishing with a decadant facial to boost hydration and radiance.

MAGNIFIQUE ELEMIS JOURNEY

180 minutes

Designed as a signature journey, the Magnifique Elemis Journey puts you into the ultimate state of relaxation, your journey begins with an exotic body exfoliation designed to improve blood flow and elasticity. Sink into the warmth of a full body hot stone massage using Elemis signature Frangipani Monoi oil. Awaken dull skin with a radiance-boosting facial for a visibly brighter, glowing complexion, complete your divine journey with a hot oil scalp and foot treatment. FACIALS



FACIALS



PRO-GLOW RENEWAL

60 minutes / 30 minutes

Elemis' signature deep-cleansing facial provides hyper-focused resurfacing and moisture-boosting results to unlock a healthy, lit-from-within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.

PRO-GLOW RESURFACE

60 minutes / 30 minutes

Transform the skin's texture & minimising the look of uneven skin tone.

PRO-GLOW BRILLIANCE

60 minutes / 30 minutes

Smooth out wrinkles, fills out expression lines and plumps skin with this radiance boosting facial for a visibly brighter, glowing complexion.

PRO-GLOW SMOOTH

60 minutes

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Paconica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

PRO-GLOW GENIUS

75 minutes

The ultimate high performance facial featuring ELEMIS ULTRA SMART Pro-Collagen formulas.

ELEMIS FACIAL ENHANCERS

Soothing eye treatment

Neck & jowl lift and contour



FACIALS



INSTANT SKIN LAB

20 minutes

The cornerstone of Biologique Recherche methodology, the Skin Instant Lab is a unique and exclusive system of analysis, diagnosis and prescription. This allows for dynamic monitoring of the proposed treatments and the creation of a goal-oriented treatment schedule.

CUSTOM DESIGNED FACIAL TREATMENT

60 minutes | 90 minutes

The Biologique Recherche method treats each skin individually according to your Skin Instant diagnosis. Our expert Dermal Therapists complete rigorous training in French draining and lifting massage techniques, designed by a physiotherapist to sculpt facial contours. Every facial is completely customised to treat a range of skin conditions.

MICRO PUNCTURE FACIAL

60 minutes

An intensive treatment designed to activate collagen production through intra- epidermal stimulation, helping to combat premature signs of ageing and increase product penetration.





RELAXATION

30 minutes | 60 minutes

Experience nature's pharmacy with New Zealand's own Nellie Tier brand. All of Nellie Tier's face products have a base of Manuka honey providing the skin with anti-bacterial and anti-inflammatory properties. Relax as you breathe in the scent of frankincense and rose.

CLEANSING FACIAL

30 minutes | 60 minutes

Suited for acne & troubled skin. A carefully selected blend of essential oils with a potent group of high performance botanical extracts are used to calm stressed skins, regulated sebum production and heal irritated skin.





STRESS RELIEF MASSAGE

30 minutes

Choose one area for your massage therapist to focus on, perfect for relief of stress and pain.

SWEDISH MASSAGE

60 minutes/90 minutes

Addressing specific muscles, this massage helps to improve circulation, relieves pain, prevents stiffness, reduces swelling and returns muscles back to normal.

TRAVELLER'S REVIVAL

60 minutes/90 minutes

Combining Swedish and deep tissue techniques to ease sore and aching muscles, this massage is tailor-made for your individual needs.

DEEP TISSUE MASSAGE

60 minutes/90 minutes

Release tension with a deep tissue massage using pressure techniques and Swedish movements for exceptional muscle relief. This tension releasing massage works to ease any pain and stiffness, helping you feel refreshed and revived.

MASSAGE

ELEMIS FREE-STYLE MASSAGE

60 minutes/90 minutes

EXCLUSIVELY ELEMIS This flowing massage works deep into the tension, encouraging optimum circulation with your selected aromatic oil according to your concerns.

HOT STONE MASSAGE

60 minutes/90 minutes

EXCLUSIVELY ELEMIS A soothing progression of long strokes combined with warm volcanic basalt stones to melt away tension deep in the muscles, persuading them to release energy.

PEACEFUL PREGNANCY MASSAGE

60 minutes

EXCLUSIVELY ELEMIS Carefully performed to give you comfort and relaxation, this unique treatment helps to relieve tension, easing the mind and lifting spirits. This is suitable for you and the baby after the first trimester.

SPA FOOT RITUAL

60 minutes

Relax, indulge, and treat your feet with this soothing foot ritual. Start with an essential oil soak to instantly calm the senses, followed by a luscious salt scrub for silky soft legs and feet and finishing off with tension-releasing pressure point foot massage to leave you feeling relaxed and renewed.



BODY TREATMENTS

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BODY TREATMENTS

SOOTHING BODY GLOW

30 minutes

Feel relaxed as your skin is refreshed with Nellie Tier's Salt Scrub, combined with olive oil to gently nourish the skin, revealing healthy new skin as well as strengthening elasticity and replenishing moisture loss.

MUD WRAP

30 minutes

Rest and relax as you are cocooned in New Zealand thermal mud. Perfect on its own and in combination with a scrub, or as a warming start to any massage.

INTENSIVELY CLEANSING SCRUB

60 minutes

EXCLUSIVELY ELEMIS Balance your body by applying mineral-rich salts and hibiscus as your body is cleansed and exfoliated. Relieve stress and fatigue while gently stimulating the body's circulation and encouraging the regeneration of new cells. Enjoy an infusion of exotic Tahitian Monoi Oil scented with Frangipani Flowers or Lime & Ginger, while your skin is left feeling moisturized and delicately frangranced.

*This treatment has an element of facial incorporated.

FRANGIPANI BODY NECTAR NOURISHING WRAP

60 minutes

EXCLUSIVELY ELEMIS This nutrient-rich detox wrap uses the deeply nourishing Amber Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

*This treatment has an element of facial incorporated.





BEAUTY ESSENTIALS

BODY ESSENTIALS

FILE AND POLISH MANICURE OR PEDICURE

20 minutes

An express nail treatment, including a file, buff and polish in the colour of your choice.

CLASSIC MANICURE OR PEDICURE

45 minutes

Designed to make your hands or feet look their best without taking up too much of your busy day. Nails will be buffed, filed and shaped, and cuticles tidied and moistured before your nails are painted in the colour of your choice.

LUXURY MANICURE OR PEDICURE

75 minutes

Treat your hands or feet to a touch of luxury with this delicious upgrade on the classic. All the benefits of the Classic with the addition of an exfoliation and a mask, followed by a relaxing massage to lock in moisture and leave your hands or feet feeling soft and smooth.

GEL MANICURE OR PEDICURE

60 minutes

If you don't have the time or patience to let the paint dry, gel is the perfect solution. Your nails will be shaped and filed, cuticles tidied before the gel is applied in the colour of your choice. The polish will instantly set, letting you go straight to your next activity or appointment.

GEL REMOVAL

20 minutes

SOOTHING	BODY	GLOW
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Eyebrow Lip or chin Lip & chin Bikini Extended bikini Brazillian

Half leg

Full leg

Underarm

Forearm

Full arm

TINTING

Eyebrow or eyelash Eyebrow & eyelash Eyebrow shape & tint, eyelash tint



GIFT VOUCHERS

A chic and refined gift that suits every occasion, from 30 minutes to an entire day of well-being. The Sofitel Spa team is at your disposal for any information or purchase.

EVENTS AND OCCASION

What better way to celebrate then to spend some quality time with your friends? Ask the Sofitel team for more information on how to make your day extra special.

CANCELLATION POLICY

Cancellation is free of charge if made 12 hours in advance for individual bookings, and 48 hours for group bookings. Hotel guests must give four hours' notice, after which the full cost of the treatments will be charged.

RESERVATIONS

We recommend booking in advance to secure preferred date and time. Bookings made by hotel guests directly with Sofitel Spa are guaranteed by the signing of a reservation. Bookings made by external guests may be secured by a credit card or cash payment.

ARRIVAL AT SOFITEL SPA

To enhance your spa experience, we encourage you to arrive 15 minutes prior to your treatment. Indulge yourself with our luxurious robes and slippers in one of our relaxation lounges. Treatments start at the scheduled time. The pool and Sofitel fitness facilities are available to guests of Sofitel Spa at no charge.

PARKING

Valet parking is complimentary for four hours for non-hotel guests receiving treatments of 60 minutes or more. Paid valet parking is available for all other treatments. Pay and display street parking can be found on surrounding streets: Halsey Street, Guant Street and Viaduct Harbour Avenue.





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