

SPA MENU



SOFITEL
SPAA
DARLING HARBOUR

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SEASONAL DELIGHTS DÉLICES DE SAISON



AUTUMN WELLNESS JOURNEY

Rituel d'ete - 5 Hours

Inspired by the natural rhythm of the Seasons, Indulge in a holistic Spa experience that addresses *Mouvement*, Care, Nutrition and Rest.

Begin your journey with your choice of *Mouvement* experience to activate circulation with an invigorating swim in our outdoor swimming pool, or a Peloton spin session with views of Darling Harbour.

Surrender to our Care in the gifted hands of your therapist as they take you on the ultimate sensory journey, where the essence of Autumn is interpreted as a three hour full body experience that will replenish vitality, enliven your senses, and brighten the complexion. Starting with a body polish and wrap with a blend of active botanicals, pure sun dried clays and cold pressed plant oils, this treatment will hydrate, nourish and condition the skin of your body. A relaxing massage with our Autumn at Sofitel Spa signature aromatherapy blend follows, ending with an Organic Apple Collagen Facial that revitalises skin with light weight botanicals and gentle fruit enzymes, to refine and retexture all skin types.

Replenish cell Nourrissement as you delight your senses with a light lunch by Executive Chef Sam Moore; followed by your choice of an inspiring guided meditation or mandala colouring to allow your mind to Rest, unwind, and reflect on your journey.

Monday – Thursday **\$800**

Friday – Sunday **\$850**

Inclusions

- Access to Sofitel Swimming Pool or Fitness*
- Heartwood Body Polish
- Heartwood Body Wrap
- Aromatherapy Massage
- Organic Apple Collagen Facial
- Set Wellness light lunch curated by Executive Chef Sam Moore
- Valet parking

*Access to Sofitel Fitness is limited to one hour, at the commencement of your wellness journey.

SEASONAL DELIGHTS DÉLICIES DE SAISON

JETLAG REMEDY

Remède Au Jetlag

Crafted to exhilarate your senses and melt away the strains of travel, this treatment is a fusion of luxury and revitalisation. Your journey begins with an invigorating and detoxifying scrub meticulously applied to your back and lower legs, followed by a gentle hot towel removal, unveiling a canvas of refreshed and radiant skin. A symphony of relaxation ensues as a lower leg draining mask is tenderly applied, while our expert therapists skilfully knead away tension and fatigue from your neck, back, and shoulders, leaving you feeling rejuvenated and restored. Your shoulders will be treated to a liberating stretch as the remnants of fatigue surrender to the skilled touch of our therapists. The experience crescendos as the lower leg mask is gently lifted away with the warm embrace of a hot towel, revealing legs that feel light and agile. The meticulous application of drainage techniques to the lower legs promotes relaxation, and a reduction in leg oedema, allowing you to step into a realm of renewed vitality.

90min

Monday – Thursday **\$310**

Friday – Sunday **\$330**

SOUND HEALING & MINDFULNESS

Guérison sonore et pleine conscience

Private session

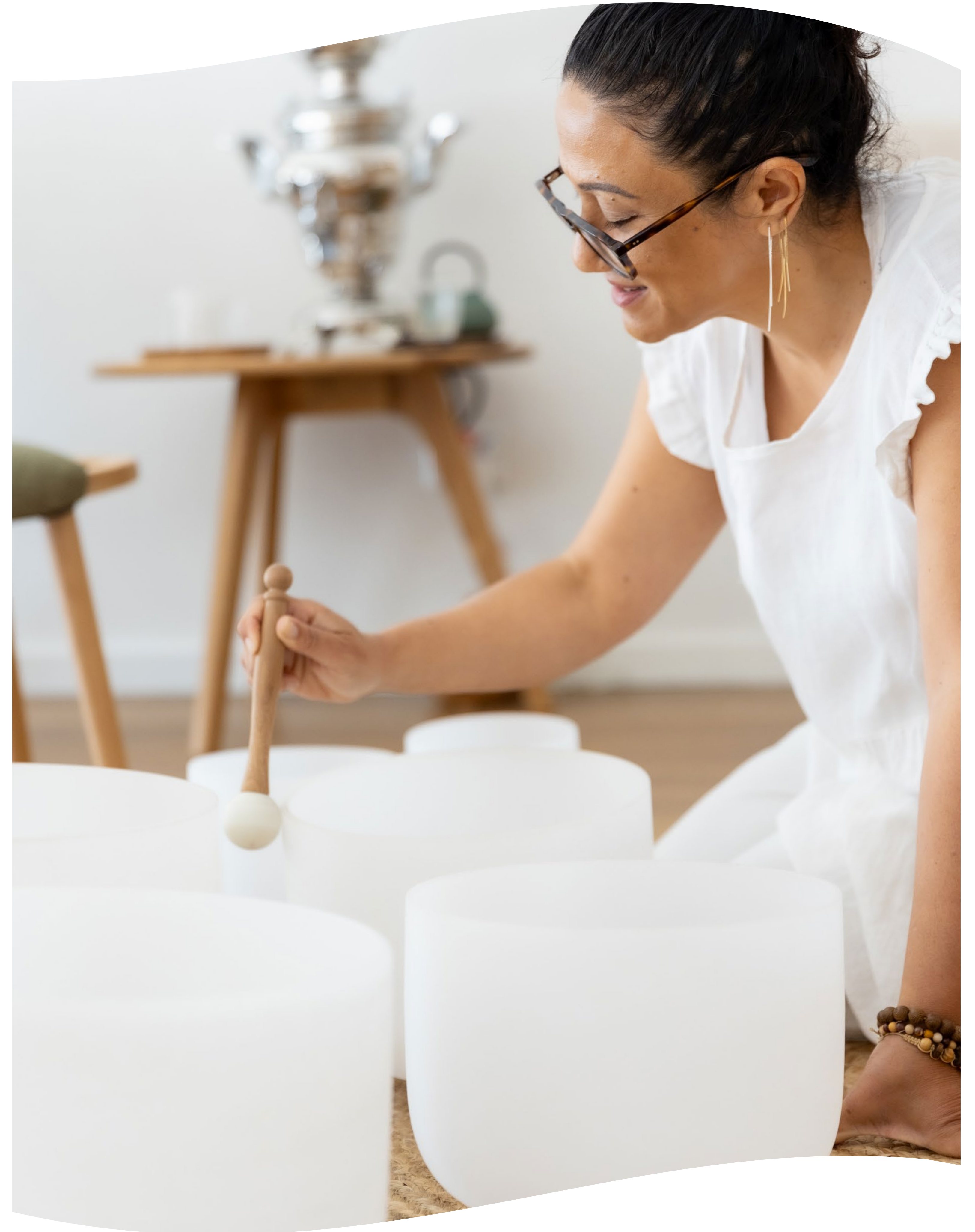
Enjoy a healing ritual through the power of the vibrations emitted by Sound Therapy instruments. Allow the resonance of intense, restorative and harmonic vibrations to generate a state of deep relaxation and rest, and lead to a semi-hypnotic state, as your therapist guides you through mindful meditation.

Instruments such as bowls, drums, and cymbals create rhythmic patterns at different frequencies producing a restorative effect that balances the nervous and energetic systems.

60 min

Monday – Thursday **\$280**

Friday – Sunday **\$300**



SIGNATURE TREATMENTS

SOINS SIGNATURES



RESTORATIVE ROSE LIFT

Lifting réparateur à la rose

This rejuvenating journey is an exquisite blend of innovative techniques carefully curated to provide you with an exhilarating and transformative spa encounter. The Restorative Rose Lift seamlessly combines the artistry of dry body brushing, the finesse of French massage technique Palper Rouler, and lymphatic drainage, working harmoniously to banish cellulite and melt away stubborn fat deposits. Envelop yourself in the detoxifying embrace of our Australian pink clay wrap that targets fluid retention, leaving you feeling lighter and renewed.

Our skilled therapists employ muscle-lifting and firming techniques to revive and sculpt your facial contours, while the gentle yet effective lymphatic drainage banishes puffiness and imparts a youthful radiance. With the delicate touch of hands and the soothing glide of gua-sha stones on rosehip oil, stress and tension melt away, unveiling a complexion that boasts unparalleled luminosity and refinement.

Inclusions:

- Dry Body Brushing
- Australian Clay Wrap on Thighs and Glutes
- Uplifting Face Massage

90min

Monday - Thursday **\$330**

Friday - Sunday **\$350**

STARTERS

ENTRÉES

AROMATIC BATH RITUAL

Rituel du Bain Aromatique

Indulge in a 30 minute Aromatic Bath Ritual and two glasses of champagne before enjoying your chosen treatments in the privacy of our Couple Suite.

30 min
Monday – Sunday **\$140**

BASIL AND MINT SKIN SMOOTHER

Lissant pour la peau au basilic et à la menthe

Refreshing, deeply exfoliating ritual to effectively buff skin from tip to toe revealing a silky smooth hydrated finish.

Includes full body dry body brushing, followed by a decadent sugar scrub on upper back and feet.

Therapists massage molten body balm into your purified skin in soothing movements to provide a relaxing, light pressure massage.

90 min
Monday – Thursday **\$310**
Friday – Sunday **\$330**

LIME CAVIAR SKIN SMOOTHER

Lissant pour la peau au caviar de citron vert

Refreshing, deeply exfoliating ritual to effectively buff skin from tip to toe revealing a silky smooth hydrated finish.

Includes full body dry body brushing, followed by a decadent sugar scrub on upper back and feet.

Therapists massage molten body balm into your purified skin in soothing movements to provide a relaxing, light pressure massage.

90 min
Monday – Thursday **\$310**
Friday – Sunday **\$330**



STARTERS

ENTRÉES



HEARTWOODS BODY WRAP

Enveloppement Corpel à la Heartwoods

Reveal velvety smooth skin with this deliciously fragrant body polish and wrap. Following a thorough body exfoliation, your Therapist will apply a whipped crème and French clay wrap steeped in a warming heartwood blend of aromatic sandalwood, cedar and rosewood infused with native eucalyptus and melaleuca. The ritual finishes with a luxurious blend of aromatherapy oil and body crème, inspired by an Australian alpine forest immersion of fragrant heartwoods enriched with vitamin E.

60 min

Monday – Thursday **\$240**

Friday – Sunday **\$260**

SPICED BODY WRAP

Enveloppement Corpel Épicé

A full body rejuvenation ritual starting with a papaya cream smoothing body polish with a French clay wrap steeped in a green tea infusion peppered with cardamom, star anise and cinnamon with orange peel and aromatic vanilla bean to replenish and deeply hydrate skin. The ritual is complete with a luxurious blend of aromatherapy oil and body crème, inspired by a fireside fragrant tisane with spiced notes of a warming chai infusion and enriched with pure Vitamin E.

60 min

Monday – Thursday **\$240**

Friday – Sunday **\$260**

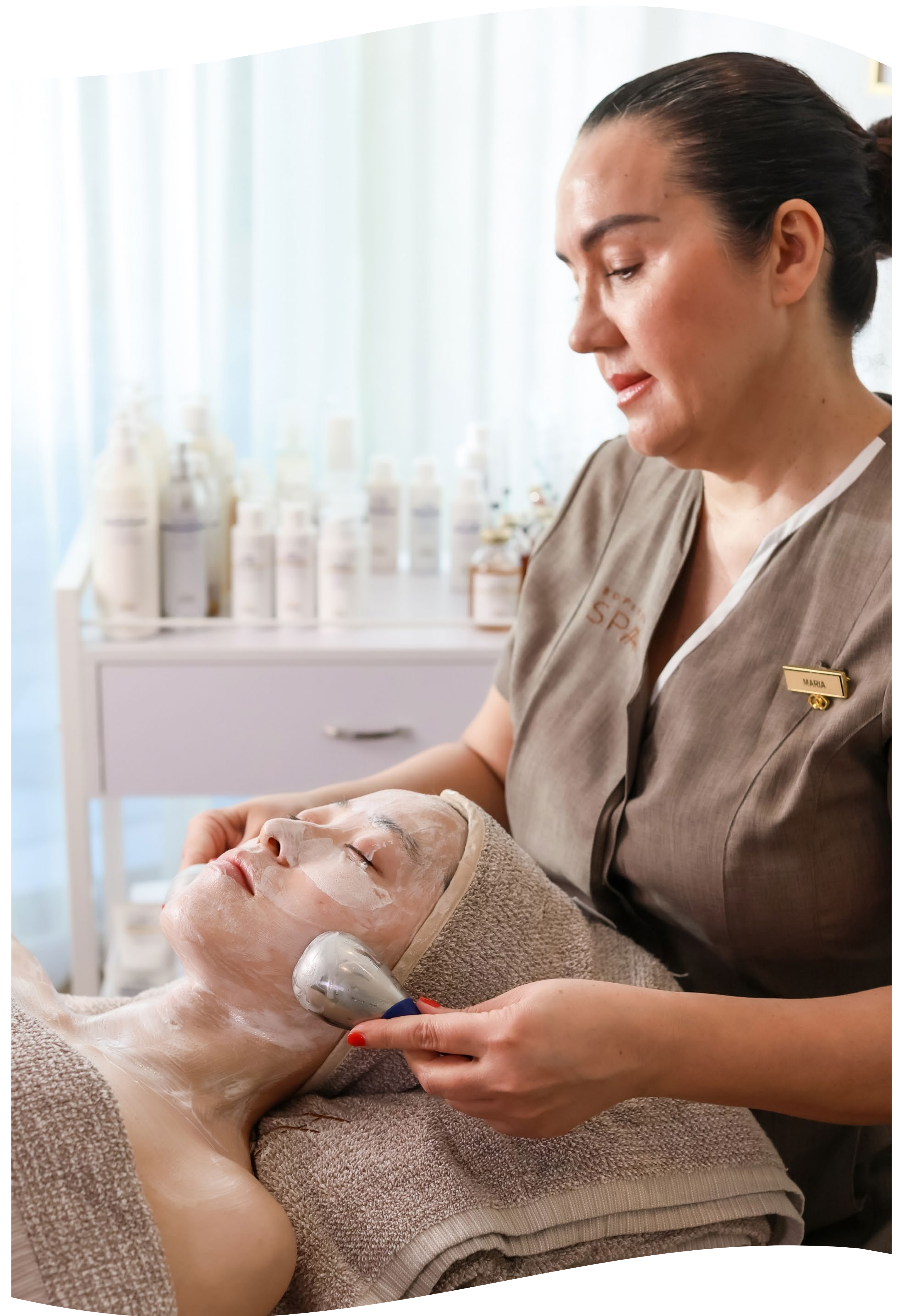
BIOLOGIQUE RECHERCHE BESPOKE FACIALS

Biologique Recherche Soin du visage sur-mesure

Epitome of French skincare; excellence, quality, expertise and passion.

The Biologique Recherche Methodology is based on over forty years of experience using innovative products and meticulous protocols. The products are raw, cold formulated with high concentrations of active ingredients derived from natural or biotechnological compounds and are free from parabens, silicones and fragrance.

Skin care is provided following a personal dermo-cosmetic skin diagnosis (suitable for both men and women) using a Skin Instant© analysis for each individual. The biologically active and concentrated formulas, combined with a highly customised Biologique Recherche approach means treatments will provide you with a truly bespoke approach to skin care.



MAINS PLAT PRINCIPAL

SKIN INSTANT LAB© - SKIN CONSULTATION

Skin Instant Lab© - Consultation de la peau

Our specific physiological, behavioural and tactile assessment of the epidermis identifies Skin Instants© in order to choose the most suitable treatment for each. The cornerstone of the Biologique Recherche Methodology, the Skin Instant Lab© is a unique and exclusive system of analysis, diagnosis and prescription. Consisting of five probes connected to a computer equipped with diagnosis software these measurements determine your skin's hydration, sebum output, lipidic shield/barrier function, elasticity and pigmentation. This allows for dynamic monitoring of the proposed treatments and the creation of a goal-oriented treatment schedule tailored to your individual Skin Instant.

20 min - **\$70**

Redeemable towards products*

*purchased on the same day.

BESPOKE BIOLOGIQUE RECHERCHE FACIAL TREATMENTS

Soins du visage Biologique Recherche sur-mesure

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 Biologique Recherche facial is completely customised to treat a range of skin conditions from pigmentation, lines and wrinkles, laxity, acne, sensitivity, redness, hyper-seborrhoea, pores and dryness.

60 min
Monday – Thursday **\$370**
Friday – Sunday **\$390**

90 min - Includes C o-Factor
Monday – Thursday **\$470**
Friday – Sunday **\$490**

TOLESKIN – TREATMENT FOR SENSITIVE SKIN

Toleskin - traitement pour les personnes sensibles

Toleskin helps desensitise the skin to improve its tolerance threshold when faced with everyday stress. This treatment reduces redness, itching and overheating sensations typical of fragile skin. Made up of two types of hyaluronic acid to facilitate moisturizing, and soothing active ingredients to immediately calm redness. The skin feels healthier and stronger, ready to protect itself against everyday external stress. Ideal for Rosacea, Dermatitis, Psoriasis and sensitive, impaired skin.

60 min
Monday – Thursday **\$590**
Friday – Sunday **\$610**

SECONDE PEAU – MEDICAL GRADE HYALURONIC ACID PATCHES

Seconde Peau - Patches d'acide hyaluronique de qualité médicale

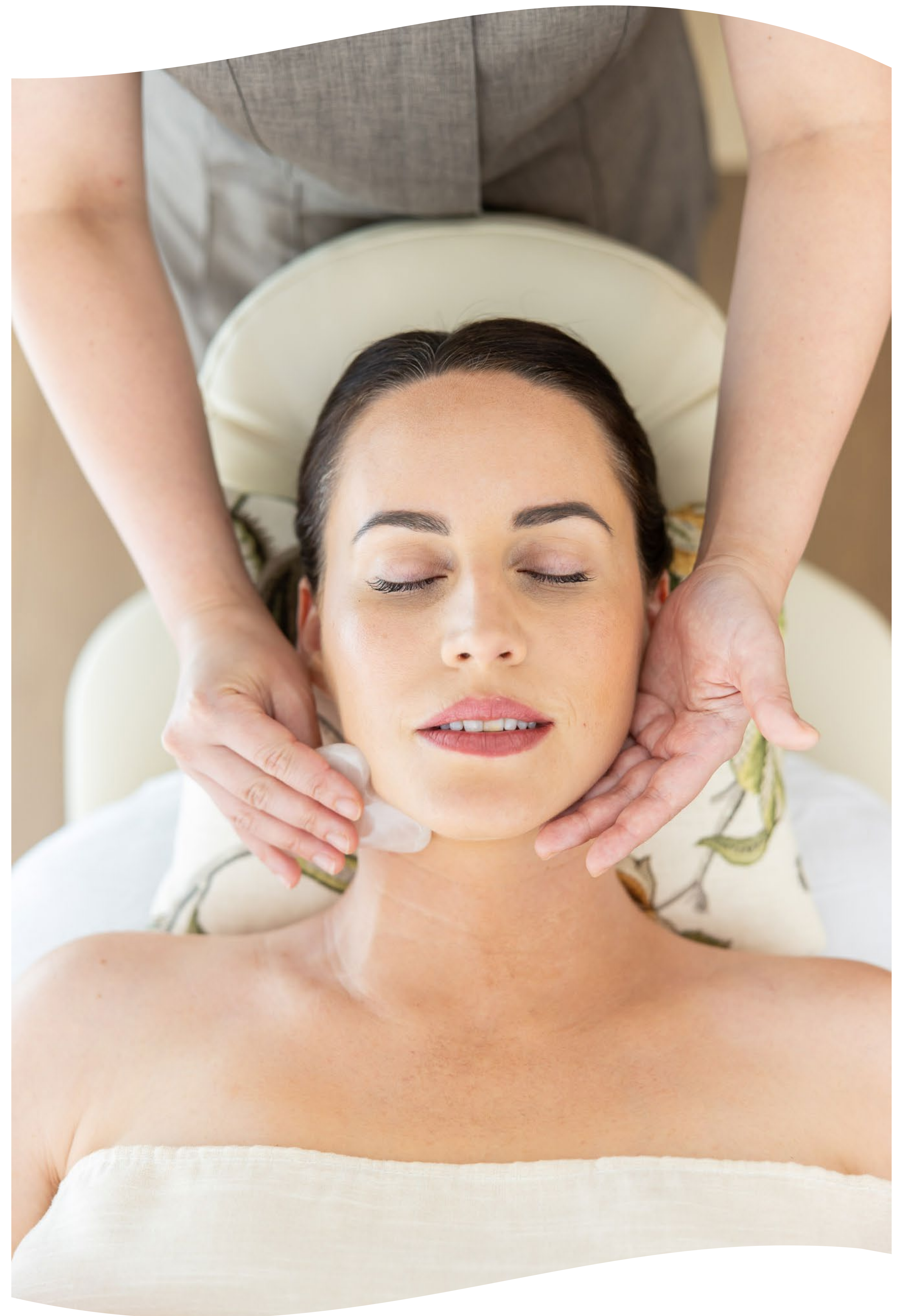
This exceptional regenerating treatment lifts and fills areas of cutaneous damage, thanks to its action on the extracellular matrix, it also accelerates the healing process. Seconde Peau consists of 5 electrospun patches containing 80% of hyaluronic acid of medical origin, forty times more concentrated than that found in traditional skincare. Its very low molecular weight guarantees a regenerating action, stimulates the production of collagen and elastin and reduces the depth of lines and wrinkles.

90 min
Monday – Thursday **\$570**
Friday – Sunday **\$590**

PHYTO-THERAPY FACIALS

The wellness leaders in biotech beauty.

Created in their Botanical Laboratory in Australia, Waterlily harnesses the power of next-gen innovative beauty infused in a naturopathic philosophy of nutraceutical actives synergised with clinically trialled cosmeceuticals to intensify and elevate results. The professionally exclusive treatments capture the essence of Spa Wellness with luxurious rituals layered with opulent textures, aromatic touch points and pure aromatherapy to create a sustainable, transparent and authentic menu. Waterlily's nutrient rich heritage continues to see their products and rituals lovingly brought to life by hand crafting. These artisanal techniques continue to highlight their botanical commitment to 'slow skincare' through fresh batched beauty.



MAINS

PLAT PRINCIPAL



TRIPLE BERRY CLEANSING FACIAL

Soin du visage nettoyant aux trois baies

A blend of exotic berries layered with an active infusion of niacinamide, panthenol and folic acid, this refining treatment is ideal for young or congested skin. Deeply hydrating, nourishing and brightening, it targets pigmentation and uneven skin tone. Strengthens barrier function and reduces inflammation.

60 min

Monday – Thursday **\$220**

Friday – Sunday **\$240**

FRENCH ROSE ANTI-AGING FACIAL

Soin visage anti-âge à la rose de France

Indulge in this decadent facial which infuses collagen inducing smart peptides and resveratrol with a burst of antioxidant vitamins to redefine and remodel skin while deeply hydrating the complexion for the ultimate age-proofing skin ritual. Includes uplifting massage with rose quartz gua sha.

60 min

Monday – Thursday **\$220**

Friday – Sunday **\$240**

LIME CAVIAR BRIGHTENING FACIAL

Soin du visage au caviar de citron vert

A redefining face treatment featuring clinical doses of three forms of vitamin C and ferulic acid with vitamin E drenched in exotic botanicals of lime caviar and kakadu plum to visibly brighten, smooth and firm. Targets luminosity and firmness while addressing pigmentation, age spots and uneven skin tone.

60 min

Monday – Thursday **\$220**

Friday – Sunday **\$240**

MAINS PLAT PRINCIPAL



AROMATHERAPY MASSAGE

Massage aromathérapie

With a focus on relaxation and mindfulness, this soothing massage uses pressure and touch to offer healing and stress relief by stimulating the lymphatic, circulatory, and nervous systems. Allow yourself to be guided by your intuition in the selection of the Aromatherapy blend that you are naturally drawn during your sensory test.

90 min
Monday – Thursday **\$270**
Friday – Sunday **\$290**

60 min
Monday – Thursday **\$210**
Friday – Sunday **\$230**

SWEDISH MASSAGE

Massage Suédois

This classic massage aims to relieve tension by targeting the uppermost layers of muscles using light to medium pressure. Long, kneading strokes combined with friction motions and movement of the joints result in an enhanced overall sense of wellbeing.

90 min
Monday – Thursday **\$260**
Friday – Sunday **\$280**

60 min
Monday – Thursday **\$200**
Friday – Sunday **\$220**

DEEP TISSUE MASSAGE

Massage des tissus profonds

Working on the deeper muscle layers, Therapists use elbows, thumbs and knuckles, applying firm pressure to address tension and muscular discomfort.

90 min
Monday – Thursday **\$280**
Friday – Sunday **\$300**

60 min
Monday – Thursday **\$220**
Friday – Sunday **\$240**

DESSERTS

SUGAR BODY POLISH

Gommage corporel au sucre

Paired perfectly with any massage or facial, this body exfoliation lifts body skin cells to reveal supple, glowing skin.

45 min

Monday – Thursday **\$175**

Friday – Sunday **\$195**

PETIT SPA FACIAL

Soin du visage Petit Spa

A clarifying facial designed to enhance your Spa journey while deeply moisturising and revitalising skin. Brighten and nourish the complexion using a selection of nourishing cold pressed plant oils, French clay and an infusion of aromatic essential oils.

30 min

Monday – Thursday **\$135**

Friday – Sunday **\$155**

BACK, NECK & SHOULDERS MASSAGE

Massage du dos, du cou et des épaules

The perfect complement to any facial, this express massage targets tension built up in back, neck and shoulders.

30 min

Monday – Thursday **\$120**

Friday – Sunday **\$140**



DESSERTS



FRENCH ROSE HAND TREATMENT

Soin des mains à la rose française

Hand exfoliation, clay infusion and hydration boost of rose, guava and vitamins. The perfect accompaniment to any Spa facial.

15 min

Monday – Thursday **\$80**

Friday – Sunday **\$100**

BAREFOOT BOTANICAL INDULGENCE

Indulgence botanique pieds nus

Includes exfoliation, relaxing foot massage, followed by a nourishing ginkgo and shea nut balm to hydrate.

30 min

Monday – Thursday **\$150**

Friday – Sunday **\$170**

HAIR & SCALP NOURISHMENT

Nourriture des cheveux et du cuir chevelu

A pure botanical hair treatment and scalp massage to restore a supple mind and hair that shines. Delivering intense conditioning to revitalise damaged hair with a blend of jojoba, hazelnut and apricot oil.

30 min

Monday – Thursday **\$150**

Friday – Sunday **\$170**

RITUALS RITUELS

SÉJOUR À DEUX - 2.5 HOURS

Stay for two - 2.5 Hours

Starting with a Sofitel indulgent bath ritual and champagne in the privacy of your Sofitel Spa suite. Allow yourself to drift off as you enjoy an hour Swedish massage next to your loved one followed by your choice of a luxurious botanical Waterlily facial.

Your chéri will bliss out with an upper back and feet scrub that will leave skin deliciously supple followed by a ninety minute relaxing massage in the hands of our skilled therapists.

Includes

- 30 min aromatic bath ritual
- Two glasses of champagne
- One guest delights in a 60 min Swedish Massage & 60 min organic facial by Waterlily
- Second guest enjoys a 30 min Upper Back and Feet Scrub & 90 min Swedish Massage.

Monday - Thursday **\$1,050**

Friday - Sunday **\$1,070**

RITUEL DES FILLES

Ladies ritual

Celebrate the connexion with those special ladies in your life as you rendezvous at Sofitel Spa to commence your girl date with simultaneous Biologique Recherche facials, expertly tailored to your Skin Instant.

Meet again at the relaxation area to share fruit platters as you enjoy views of Darling Harbour from the comfort of your lounge.

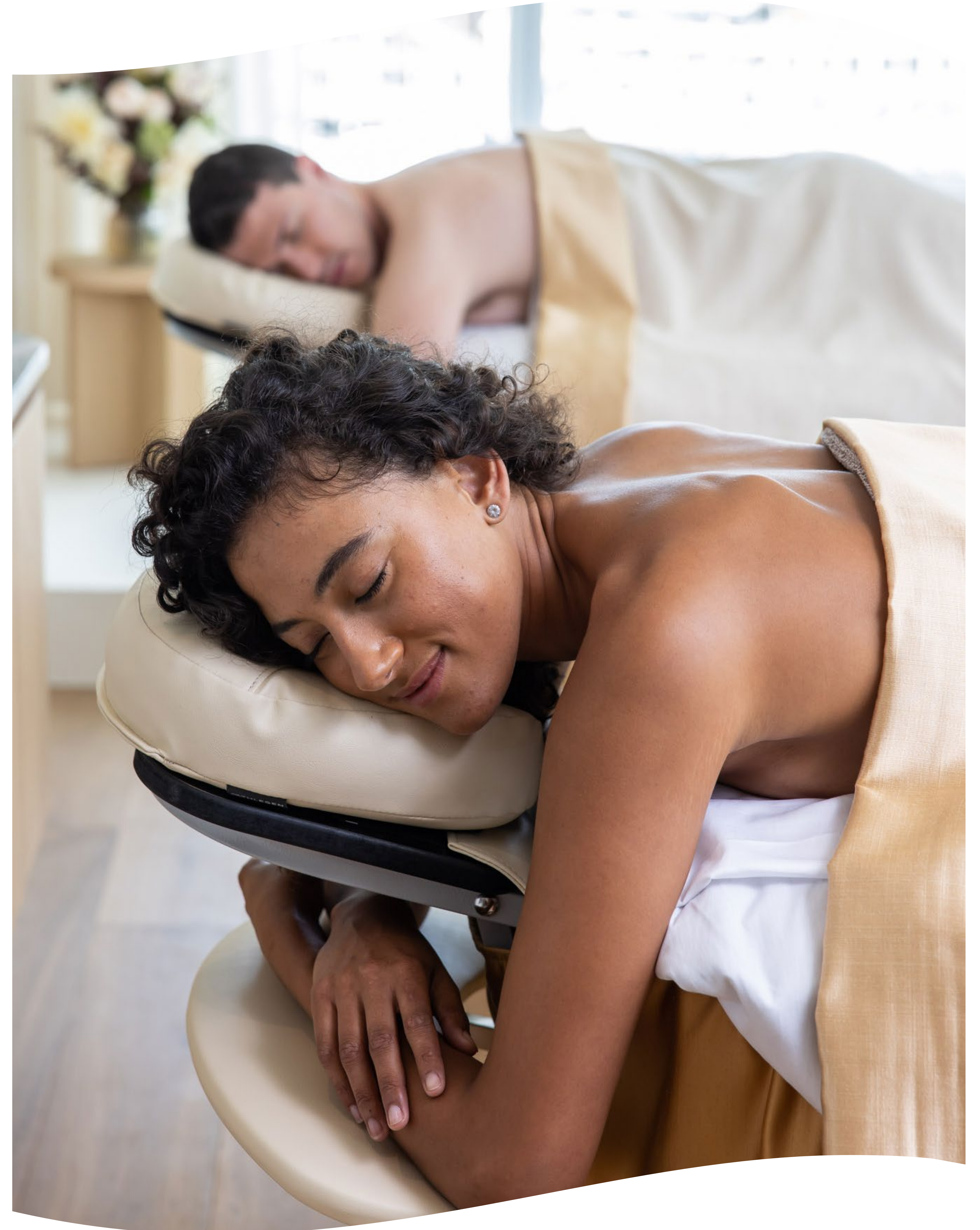
The ideal urban retreat to surprise a Bride to be or celebrate a milestone, our Spa Concierge will be delighted to assist in organising a bottle of French champagne if you wish to truly indulge.

Includes

- Four 60 min bespoke Biologique Recherche facials
- Two large fruit platters to share
- Gift for the Bride
- Valet parking for four cars.

Monday - Thursday **\$1,480**

Friday - Sunday **\$1,560**



RITUALS

RITUELS



LA REINE

The Queen

Perfect as preparation for the most special occasion, allow yourself to be pampered with a head to toe luxury experience. Commencing with a sugar scrub on the back and feet to assist in skin cell renewal, the massage of your choice ensures, finishing with a bespoke Biologique Recherche facial targeting your specific concerns, to achieve the perfect bridal glow.

Includes

- . 30 min Sugar scrub on back and feet
- . 60 min massage
- . 90 min facial
- . Glass of French champagne
- . Valet parking

Monday - Thursday **\$970**

Friday - Sunday **\$1,010**

RENEWAL

Renouvellement

Following a guided sensory experience to identify the aromatherapy oil you are naturally drawn to, your therapist will conduct an expert skin consultation to suggest the most suitable phyto-facial.

A deeply soothing, sensorial experience to renew your sense of wellbeing and restore inner balance.

Includes

- . 90 min Aromatherapy massage
- . 60 min Phyto-Facial

Monday - Thursday **\$470**

Friday - Sunday **\$490**

SOFITEL SPA ETIQUETTE

SPA APPOINTMENTS

It is advisable to book treatments well in advance to ensure that your preferred day and time are available. All bookings require a valid credit card, gift certificate number, or hotel booking number in order to be confirmed.

CANCELLATION POLICY

Should you wish to reschedule or cancel your appointment, kindly advise the Spa team with a minimum of 24hrs of your appointment commencement time. A 50% rescheduling and cancelling fee applies to modifications or cancellations made within this timeframe. No shows attract a cancellation fee of 100%.

HEALTH CONSIDERATIONS

Please advise our Spa Concierge of any health concerns that might affect your treatment. We offer pregnancy safe treatments for ladies that have passed their first trimester. Please note the Lifestyle Consultation Form must be completed and signed before commencing treatments. Please note that we require a Doctor's certificate to proceed with any treatments on Guests who have experienced Cancer.

MOBILE PHONES

To maintain the atmosphere of calm and relaxation, we request that mobile phones are switched off when entering Sofitel Spa.

GIFT CERTIFICATES

Gift Certificates may be purchased at Sofitel Spa reception desk or online. Available for a dollar value.

Physical Gift Certificates must be presented at Sofitel Spa at the time of treatment in order to be accepted as a payment method. Gift Certificates are non-refundable, non-transferrable, and cannot be extended once expired.

PUBLIC HOLIDAYS

A \$50 surcharge applies to each treatment booked on a Public Holiday.

PRICING

We reserve the right to update our prices with no previous notice, in order to maintain service and quality standards in line with a luxury Hotel Spa

AGE REQUIREMENTS

Please note that guests between the ages of 16 and 17 are welcome to enjoy our botanical facials and gentle massages at the Sofitel SPA Darling Harbour, but must be accompanied by a parent or guardian in the treatment room for the entire duration of their spa experience. Guests who are 18 years and older are not required to have parental supervision.

*Guests younger than 18 years old must be accompanied by a parent or guardian present for the full duration of the treatment.