



SPA MENU

水疗项目



SOFITEL
SPA

LIVE
THE FRENCH
WAY

GO WITH THE FLOW

随境 随心

Treat yourself to the French glow.
From radiant facial experiences with Decléor that detox, cleanse and revitalize to the chic, tranquil setting that combats the demands of modern life, Sofitel SPA 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, the Sofitel SPA team welcomes you daily from 10 am to 10 pm.

Get your French glow, call +855 (0)23 999 200
or speak to our reception team.

以法式焕采犒劳您的肌肤。
索菲特水疗中心顺应现代生活需求，环境清雅而静谧，采用蒂可丽Decléor精油护肤品，以法式至臻美容技术，为您提供面部排毒、洁净、活肤全套焕采体验。

在这里，美不仅仅是表面。
关爱自己亦是一种生活风尚。我们将创新以多维角度融入传统，帮助您从内到外都绽放出最耀眼的光彩。

索菲特水疗团队技术精湛、精益求精，满怀对现代法式生活艺术的一腔热情，于每日10:00-22:00恭候您的光临。

体验法式焕采，敬请致电+855 (0)23 999 200
或与我们的前台工作人员联系。

FIND YOUR FRENCH GLOW

尊享法式焕采



REJUVENATE,
THE FRENCH WAY

法式活力醒肤



SPA MENU

HOLISTIC RETREAT

全套保健

TRADITIONAL KHMER MASSAGE | 传统高棉按摩

| | |
|-------------------|-------|
| 60 minutes 60分钟 | \$100 |
| 90 minutes 90分钟 | \$120 |

A healing therapy uses a combination of stretching, gentle rocking and acupressure techniques to remove stress and muscle tension.
疗法结合拉伸、轻摇和指压技术，有效消除压力、放松肌肉。

SO SIGNATURE | 索菲特特色按摩

| | |
|-------------------|-------|
| 60 minutes 60分钟 | \$110 |
| 90 minutes 90分钟 | \$130 |

Discover the power of Aromatherapy of Sofitel Spa Signature massage with Decléor. This luxurious de-stressing body massage with warm aromatic oil leaves you relaxed, harmoniously balanced and with soft, soothed skin.

探索索菲特水疗 Decléor 特色芳香按摩疗法的强大功效。在暖暖的芬芳精油加持下，通过奢华的身体减压按摩，让您身心放松、和谐制衡，令肌肤柔软而光滑。

DEEP TISSUE | 深层组织按摩

| | |
|-------------------|-------|
| 60 minutes 60分钟 | \$100 |
| 90 minutes 90分钟 | \$120 |

Banish tight muscles and alleviate stress levels deep down. Powerful, deep and strongly rhythmic movements make this customized massage a pure therapy for body and soul. Created for you to release the discomfort of aching muscle.

舒缓紧张肌肉并释放压力。根据您的需要，按照一定节律，以有力、深入而强劲的按摩手法，为您提供纯粹的身心疗愈护理。有效缓解您的不适和肌肉酸痛。

DECLÉOR RELAX & DE-STRESS

DECLÉOR | 放松减压按摩

| | |
|-------------------|-------|
| 60 minutes 60分钟 | \$100 |
| 90 minutes 90分钟 | \$120 |

Aromatherapy essential oils help you to relax, unwind, energize or harmonize your well-being. Whether it is for pure relaxation, body firming or refining your silhouette, this highly effective massage will ensure your needs will be met.

芬芳疗愈精油帮助您放松心情、释放压力，增加能量或调和身心健康。无论是以纯粹放松、紧肤或塑身为目的，这一高效按摩都能满足您的需求。



SPA MENU

BODY TREATMENT

身体保健

MONDULKIRI COFFEE SCRUB

蒙多基里咖啡磨砂护理

45 minutes 45 分钟

\$60

Using an organic coffee from Mondulkiri Province, produced in a unique climate and chemical-free, the sand-like texture of coffee grounds mixed with honey makes a great exfoliator to remove dead skin cells, which helps to rejuvenate blood circulation.

选用产自蒙多基里省，在独特气候条件下生产且无化学添加的有机咖啡豆，打磨成沙质咖啡粉并调和蜂蜜。该磨砂膏去死皮效果极佳，有助于刺激血液循环，令肌肤重焕活力。

FIRMING SCRUB | 紧致磨砂护理

45 minutes 45 分钟

\$65

This firming scrub is perfect to nourish your skin as it gently cleanses the upper stratum corneum, improves blood flow in your body and reduces the look of dimples by tightening the skin.

通过紧致护理，可轻柔清理皮肤上层角质层并促进身体血液循环，从而有效滋养肌肤；同时亦能在紧肤的同时改善皮肤凹痕瑕疵。

ORANGE & APRICOT CREAM PEEL

橙子杏仁膏去角质护理

45 minutes | 45 分钟

\$75

Orange, apricot kernel and grape micro particles cleanse, smooth and moisturize the skin to renew and oxygenate the body. These jewels restore the skin's radiance thanks to their medium exfoliating power

橙子、杏仁核与葡萄微粒可以清洁、平滑肌肤并为其补充水分，在为身体增氧的同时使其青春焕发。这些珍宝般的果实凭借适中的去角质能力令肌肤光华绽放。

THERMAL SPRING SALT SCRUB | 温泉盐磨砂护理

45 minutes | 45 分钟

\$75

Thermal salts help peel the skin with a great renovating effect. The rich mineral salt content revitalizes, exfoliates, refreshes and energizes the body to renew the skin. Suitable for all skin types.

温泉盐的焕肤去角质功效极佳。这种富含矿物质的盐能有效活肤、去除死皮并为身体注入清新能量，令肌肤宛若新生。适合所有皮肤类型。

Prices are in USD, inclusive of Service Charge & Taxes.

价格以美元合计，含服务费和税。

May 2023



SPA MENU

THERAPUTIC & REMEDY RETREAT

法式活力醒肤

HERBAL POUCH HEALER | 草药包疗愈

90 minutes | 90 分钟

\$130

Our expert therapists will create your very own tailor made massage oil, combining dry massage and traditional Khmer herb with specific technique to meet your needs.

我们的专业治疗师将为您量身定制专属按摩油，运用专门技术并结合干式按摩和高棉传统草药，满足您的需求。

HEAD & SHOULDER | 头部和肩部

45 minutes | 45 分钟

\$70

This treatment focuses on neck, shoulders and back to knead away muscular tension and boost relaxation after long hours of work.

该护理聚焦颈部、肩部和背部，以揉捏方式舒缓肌肉，让您在长时间工作后身心放松。

FOOT MASSAGE | 脚部按摩

30 minutes | 30 分钟

\$50

60 minutes | 60 分钟

\$75

90 minutes | 90 分钟

\$110

Firm pressure on the solar plexus region of the foot can help to relax the whole body, helping you to sleep better, and leaving you with a rejuvenated energy.

在脚部太阳神经丛区施以坚定有力的按压，帮助全身放松、提高睡眠质量，为您注入焕新活力。

REMEDY THERAPY | 修复疗法

90 minutes | 90 分钟

\$120

120 minutes | 120 分钟

\$150

Our In-house Practitioner will provide an alternative solution combined with technology to stimulate nerve cells that block the transmission of pain signals, modifying your perception of pain to fix for symptom of Frozen Shoulder, Back Pain, Migraine and Piriformis Syndrome.

我们的专职治疗师为您制定替代性解决方案，结合精湛技术，刺激神经细胞以阻断疼痛信号传输，通过改变痛感，缓解肩周炎、背痛、偏头痛、梨状肌综合症的症状。



SPA MENU

DECLÉOR

PARIS

ESSENTIAL OILS SKINCARE

FACIAL TREATMENT BY DECLÉOR DECLÉOR 面部护理

PLUM & LIFT 梅花 • 紧致提拉

90 minutes | 90 分钟

\$130

A unique facial combining the flow, rhythm, and repetition of powerful Kobido massage technique with Iris and Lavender essential oils that smooth, firm and luminous the skin. Inspired by Vinyasa Flow Yoga which gives a visible lifted appearance and improves the shape of the face.

反复施以流畅而富于节律的古美道 Kobido 强效按摩技法，在具有平肤、紧肤和焕采功能的鸢尾和薰衣草精油的加持下，为您打造独特的面部护理体验。其灵感汲取自可有效提升外观并改善脸型的流瑜伽。

CLEAN & RE-BALANCE 洁肤 • 平衡

60 minutes | 60 分钟

\$110

This mattifying facial targets spots, blemishes, open pores and excessive shine. Includes a balancing and deeply oxygenating power mask which leaves it luminous, crystal clear, beautifully matte and completely flawless skin.

通过面部柔肤护理，改善斑点、瑕疵、粗大毛孔和过剩油光。利用深层注氧平衡面膜，打造光彩熠熠、水晶般洁净、精致哑光且完美无瑕的肌肤。

CALM & SOOTHE 镇定 • 舒缓

60 minutes | 60 分钟

\$120

Acting like a calming comfort blanket, a cooling chamomile blossom mask helps to reveal a calmer, smoother surface. Redresses all types of sensitivity whether due to stress, poor diet, illness, medication or simply general fatigue. Skin becomes clear, soothed and more resilient to environmental aggressions.

清爽的洋甘菊面膜如同一张安心舒适毯，让您呈现更加稳定的平滑肌肤。解决因压力、饮食、疾病、药物或身体疲惫而造成的各种敏感问题。肌肤更加洁净、舒缓，且能更好地应对外界侵扰。

Prices are in USD, inclusive of Service Charge & Taxes.

价格以美元合计，含服务费和税。



SPA MENU

DECLÉOR

PARIS

ESSENTIAL OILS SKINCARE

FACIAL TREATMENT BY DECLÉOR

DECLÉOR 面部护理

SMOOTH & GLOW 光滑 • 焕采

60 minutes | 60 分钟

\$120

This facial is enriched with vitamins and anti-oxidants. The unique massage movements help to release tension and the bamboo movements help to smooth out the appearance of lines and wrinkles. Our vitamin mask softly cocoons skin, providing the perfect environment for it to flourish. Skin is left deeply cleansed, perfectly replenished and glowing with vitality.

本套护理为面部注入丰富的维生素和抗氧化物。通过独特的按摩手法释放压力，利用竹节手法平顺脸部线条和皱纹。我们的维生素面膜打造理想的润肤环境，为肌肤提供温柔的保护。护理后的肌肤深层洁净、合理修复，绽放出勃勃生机。

SMOOTH & REVITALIZE 光滑 • 活肤

30 minutes | 30 分钟

\$100

Delicately nurturing the most sensitive and delicate part of the face, this specialized treatment is fatigue-fighting, moisture quenching and wrinkle smoothing. Decleor's unique toning eye technique stimulates micro-circulation, anti-ageing eye mask also decongests and de-puffs. Leaves even contact lens wearers, hay fever sufferers and smokers with a dramatically brighter, younger-looking eye zone.

本套专门护理精心滋润面部最敏感和娇嫩的部位，可有效缓解疲劳、除湿祛皱。通过 Decleor 独家眼部调理技术促进微循环，并利用抗衰老眼膜消除眼部充血和浮肿。为包括隐形眼镜佩戴者、花粉热患者和吸烟者在内的人士打造更富光彩、更显青春的眼部状态。



SPA MENU

SPA PACKAGE

水疗配套

QUICK FIX 快速组合

90 minutes | 90 分钟

\$140

This treatment combines a body scrub to exfoliate the skin, followed by a massage to pummel away aches.

本护理依次通过去角质身体磨砂护理和按摩，有效消除不适。

- Choice of 60 minutes body massage | 可选择60分钟身体按摩
- Choice of body scrub | 可选择身体磨砂护理

SPORT & JET LAG RETREAT

运动 • 时差睡眠障碍护理

120 minutes | 120 分钟

\$150

Aches, pains and tiredness dissolve away with this stimulating treatment. The antidote to poor circulation, this refreshing full-body eases aching muscles and fights fatigue. Ideally suited to those who enjoy sport and or an active lifestyle.

本套刺激性护理可消除不适、疼痛和疲惫。通过提振身心的全身按摩改善循环不畅问题，有效缓解肌肉酸痛、消除疲劳。适合热爱运动和践行活力生活方式的人士。

- 30 Minutes of Oxygen Inhalation | 30 分钟吸氧
- 30 Minutes of Herbal Compress for Legs | 30 分钟草药敷腿
- 60 Minutes Decléor De-Stress Massage
60 分钟Decléor减压按摩

BODY TUNE-UP 身体调理

150 minutes | 150 分钟

\$170

This treatment starts with herbal steam followed by a body scrub and a relaxing massage completed with a facial treatment.

本套护理依次包括草药蒸、身体磨砂、放松按摩和脸部护理。

- Herbal Steam 草药蒸
- Choice of Body Scrub | 可选择身体磨砂
- Choice of 60 Minutes Body Massage | 可选择60分钟身体按摩
- Quick Nourishing Facial | 面部快速滋养护理

Prices are in USD, inclusive of Service Charge & Taxes.

价格以美元合计，含服务费和税。



SPA MENU

SPA PACKAGE

水疗配套

FIRM & TONE | 紧致 • 调理

150 minutes | 150 分钟

\$215

This firm & tone treatment targets to improve the appearance of imperfections and strengthen skin, whilst also combatting the appearance of oranges peel skin, sagging skin and improve physical tone.

该紧致和调理护理旨在改善面部瑕疵和赋予肌肤十足弹力，同时解决肌肤橘皮、松弛问题并提升肌肤物理状态。

- 30 Minutes Firming Scrub 30 分钟紧致磨砂
- 60 Minutes Firming Massage 60 分钟紧致按摩
- 60 Minutes Firming Treatment 60 分钟紧致护理

DE-STRESS & RE-BALANCE | 减压 • 平衡

180 minutes | 180 分钟

\$250

Developed to improve wellbeing by relieving stress and clearing busy minds, indulgent botanicals actively help reduce tension and stress. The perfect treatment for anyone with a hectic, demanding lifestyle who finds it hard to switch off, this sublimely relaxing envelopment your mind.

旨在通过释缓压力和净化杂念来提升幸福感，利用温和的植物制剂有效舒缓紧张和压力。是为因繁忙工作和高要求生活而难以放松身心的人士打造的完美疗程，能让心灵轻松沐浴于超凡愉悦之中。

- 30 Minutes Body Scrub | 30 分钟身体磨砂护理
- 60 Minutes Decléor Relaxing Massage
60 分钟 Decléor 舒缓按摩
- 30 Minutes Mama Point Massage | 30 分钟嘛玛穴按摩
- 60 Minutes Clean & Re-Balance Facial
60 分钟面部洁肤和平衡护理



SPA DISCLAIMER

DISCLAIMER

免责声明

Sofitel SPA treatments are provided for the general relaxation purpose and are not intended to be a substitute for professional medical treatment.

Sofitel SPA management and heartists hold no responsibilities on all liabilities, claims, expenses, damages and losses, including legal fees, arising out of or in connection with the spa treatments, services and/or facilities.

索菲特水疗护理旨在提供常规放松体验，其目的并非取代专业医疗护理。

索菲特水疗中心管理层和心艺家团队对因水疗护理、服务和/或设施引起或与之相关的责任、索赔、开支、损害和损失（包括法律费用）概不负责。

RESERVATION & CANCELLATION

预约和取消

It is recommended to book your treatment in advance. Sofitel SPA is open daily from 10:00 to 22:00 and the last appointment is at 20:30.

A 24-hour notice is required to re-reschedule the appointment, subject to availability. Any cancellation with less than 2 hours' notice will incur a 50% cancellation fee and full charge will be imposed for a "no-show".

Please contact Sofitel SPA at Tel: + 855 23 999 200 or e-mail: h6526-th2@sofitel.com

建议您提前预约护理服务。索菲特水疗中心每日于10:00-22:00 期间开放，最晚预约时间为 20:30。

若需修改预约场次，请提前 24 小时通知（视情况而定）。任何提前不到2小时作出的取消须支付50%取消消费和因“未出现”而导致的全额费用。

联系索菲特水疗中心，请致电+855 23 999 200 或向 h6526-th2@sofitel.com 发送电

ARRIVAL TIME

抵达时间

We encourage you to arrive at least 15 minutes prior to the scheduled treatment as it may result in a reduced treatment time to accommodate the next guest fairly.

Prior to your appointment, a robe and slippers will be provided for the treatment as well as disposable undergarment available on request.

我们建议您至少于约定时刻前15分钟抵达，因为我们或将缩短护理时间，以便灵活接待下一位宾客。

我们将在您的预约场次开始前，提前为您准备浴袍和拖鞋，并可应您要求提供一次性内衣



SPA DISCLAIMER

SOCIAL RULES

社会规则

Sofitel SPA strongly recommends that guests do not wear or bring any jewelry and valuable. Sofitel SPA is not responsible of any loss, damages or stolen of any jewelry and other valuables brought into the spa.

To ensure the comfort of others, please refrain from smoking and using your mobile inside the spa.

We remind to our guests that services provided in Sofitel SPA are strictly professional. Any unusual behaviour towards our therapists will automatically result in the treatment ending and guests being handled by the Management or Cambodian's authority. Full payment of the treatment will automatically be due.

Admission to the spa is only for persons over 16 years of age.

索菲特水疗中心强烈建议宾客不要佩戴或携带任何珠宝及贵重物品。
索菲特水疗中心对任何带入中心的珠宝及其他贵重物品的损失、损坏或失窃概不负责。

为了给其他宾客带来舒适体验，请勿在水疗中心内吸烟或使用手机。

我们敬请各位宾客注意，索菲特水疗中心所提供的是严格的专业服务。任何针对我们治疗师的非正常行为将自动导致护理终止，且相关宾客将交由管理层或柬埔寨主管当局处理。
全额护理费用也将一并自动产生。

接受水疗护理年龄须大于16岁。

HEALTH CONSIDERATION

健康建议

Sofitel SPA strongly recommends that guests who have high blood pressure, heart problems, pregnant or any other medical conditions, to consult their doctors before signing up for spa services and inform the spa heartists.

索菲特水疗中心强烈建议患有高血压、心脏病的宾客以及孕妇或其他任何处于医疗状态的宾客在注册水疗服务前咨询医生，并告知水疗心艺家。

S O F I T E L

26 OLD AUGUST SITE SOTHEAROS BOULEVARD
12301 - PHNOM PENH - CAMBODIA
T +855 (0)23 999 200 - F +855 (0)23 999 211
SOFITEL.COM