



STARTERS

30 minutes

Traditional Hammam

30 minutes

A hammam steam bath. Experience the ancient tradition of a Turkish bathhouse as a modern luxury, releasing built-up stress and toxins and an ideal way to begin your spa journey. Complimentary for hotel and spa guests.

Sugary Scrub

30 minutes

With naturally occurring alpha hydroxy acid in raw sugar cane, and the deep moisturising and nourishing properties of the four exotic nut oils, this natural body polishing treatment enhances your skins own natural rejuvenation process for glowingly beautiful.

Stress-Relief Massage

30 minutes

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

MAINS

60, 90 minutes

Revisited Classics

Wave of Relaxation Massage

60 minutes / 90 minutes

This calming signature massage soothes muscles with graceful rhythmic movements to fully relax the body, creating a deeply tranquil state whilst stimulating lymphatic drainage and circulation.

Deep Tissue Massage

60 minutes / 90 minutes

This intense therapeutic massage focuses on the hidden layers of both fibrous and muscle tissue, helping you to release deep-seated tension. Slower movements and greater pressure help stubborn toxins to be dislodged and healing oxygen to circulate freely again, making your entire body function and feel better.

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.

Foot Reflexology

60 minutes

A true treat for tired and aching feet. The healing art of reflexology works specific pressure points in the feet to re-establish the flow of energy throughout the body.

Regenerating Back Massage

60 minutes

Allow your body to completely unwind with this unique treatment combining a series of deep muscular techniques for total relaxation. It targets the back and legs to release tension, leaving you feeling calm and serene.

Oriental Massage

60 minutes / 90 minutes

This massage frees the body from all its tensions by working the muscles and skin with agile, graceful strokes and gentle, comforting movements. The kneading, treading and smoothing movements will leave you feeling relaxed and calm.

Cocoon Massage

60 minutes

This massage, specially developed for expectant mothers in their 2nd trimesters, is simultaneously gentle, comforting and toning. It aims at improving blood circulation and relaxing muscles to soothe the legs and back of the mother to be

Fundamental Sothys Facial

60 minutes

This rejuvenating facial focuses on complete skin maintenance, cleaning and exfoliating the skin with a prescribed intensive serum. A soothing face and neck massage is followed by a mask to restore

Homme Intensive Facial

60 minutes

An essential facial treatment to boost and detoxify men's skin, combining relaxation and efficiency for more resilient skin and an impeccable complexion

Local Favourites

Healing Manuka Honey Facial

60 minutes

Deep cleanse, increase skin hydration, repair damaged skin and improve elasticity – a true healing experience. New Zealand Manuka honey is known for its natural antioxidant properties.

Greenstone Massage

60 minutes / 90 minutes

A soothing progression of long strokes combined with warm greenstones to melt away tension. The greenstone is believed to possess intuitive healing and harmonising properties, a complement to any therapeutic or relaxing massage.

Ataahua Beautiful Body Treatment

90 minutes

Your skin will be exfoliated and smoothed with a homemade scrub using natural ingredients, followed by a body wrap of active Manuka honey and Rotorua geothermal mud to purify and hydrate. Finish with a back, neck and shoulder massage to relax your muscles and ease away tensions.

So SPA RITUALS

We recommend using the sauna or Hammam steam room before any ritual to relax mind and body and open the pores.

Journey for Two

210 minutes

Relaxing, rejuvenating, romantic – this is complete indulgence for two. Immersed in your private spa suite, enjoy a massage and a facial of your choice and conclude with a soak in the Jacuzzi. Enjoy a seasonal fruit platter as an accompaniment.

Greenstone Ritual

120 minutes

Begin this unique treatment with a nourishing scrub and body wrap combining the natural restorative properties of native New Zealand manuka honey and Rotorua geo-thermal mud. Then sink into a relaxing full body massage using Greenstone, with its intuitive healing and harmonising properties.

Deep Relax Ritual

120 minutes

Begin in the Hammam room, followed by a body scrub to increase circulation and leave your skin feeling smooth and silky. Follow this with a decadent full body massage using graceful stroking movements and pressure to suit your individual needs. To conclude your journey, an Instant Glow facial will reveal a brighter complexion.

So Spa 'Top to Toe' Experience

150 minutes

Relax and be revitalised as you enjoy our signature So Exhilarating Massage and So Rejuvenating Facial. Then indulge with our delicious Spa desserts: a manicure or pedicure served with a glass of bubbles! A three course menu including a facial, a body massage and an express manicure or pedicure.

A Gentleman's Escape

120 minutes

Created specifically for men, this spa experience is tailored to your needs. Start with a Hammam steam session, then relax with a 90 minute massage and Homme facial – the lengths of each will be tailored to your needs for the best results

DESSERTS

30 minutes

Aroma Scalp and Shoulders Massage

30 minutes

This massage uses calming and relaxing essential oils to soothe and relieve, removing tension and stress in the shoulders and head.

Instant Glow Facial

30 minutes

Designed exclusively by Sothys Paris this express facial includes a unique Glysalac acid to even skin tone and vitamin C to brighten. Perfect for those short on time needing a boost.

Healing Facial

30 minutes

Using Manuka Honey to heal and hydrate your skin, this facial is a sweet add-on to any body treatment but also decadent enough to be enjoyed on its own.

Cancellation Policy

Cancellation is free of charge if made 24 hours in advance. Hotel guests must give a minimum of 4 hours notice for cancellations, after which the full cost of the treatment will be charged.

Reservations

Bookings made by hotel guests directly with So Spa are guaranteed by the signing of a reservation. Bookings made by external guests directly with So Spa may be secured by a credit card or cash payment.

Arrival at So Spa

To enhance your spa experience we encourage you to arrive 20 minutes prior to your treatment. Leave your cares at the door and indulge yourself with our luxurious robes and slippers in one of our relaxation lounges. The Hammam facility is available to guests of So Spa at no charge.

Gift Vouchers

A chic and refined gift that suits every occasion. From 30 minutes to an entire day of wellbeing. The So Spa team is at your disposal for any information or purchase.

Events and Occasions

What better way to celebrate than to spend some quality 'me time' with your friends? Ask the So Spa team for more information on how to make your day extra special.

Parking

Valet parking is complimentary for non hotel guests receiving treatments at So SPA.

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PRICE LIST

STARTERS

Traditional Hammam	30mins	
Sugary Scrub	30mins	\$85
Stress Relief Massage	30mins	\$79

REVISITED CLASSICS

Regenerating Back Massage	60mins	\$159
Wave of Relaxation Massage	60 mins/90mins	\$159/\$229
Deep Tissue Massage	60 mins/90mins	\$170/\$239
Travellers Revival	60 mins/90mins	\$165/\$235
Foot Reflexology	60mins	\$159
Oriental Massage	60 mins/90mins	\$159/\$229
Cocoon Massage	60mins	\$159
Fundamental Sothys Facial	60mins	\$169
Hydra3Ha Hydrating Facial	75min	\$210
Homme Intensive Facial	60mins	\$169

LOCAL FAVOURITES

Manuka Honey Facial	60mins	\$169
Greenstone Massage	60 mins/90mins	\$169/\$239
Ataahua Beautiful Body Treatment	90mins	\$249

SO SPA RITUALS

Journey for 2	210mins	\$699 per couple
Greenstone Ritual	120mins	\$289
Deep Relax Ritual	120mins	\$305
So Spa Top to Toe Experience	150mins	\$310
Gentlemans Escape	120mins	\$229

DESSERTS

Aroma Scalp & Shoulder Massage	30mins	\$79
Instant Glow Facial	30mins	\$85
Healing Facial	30mins	\$85



BEAUTY ESSENTIALS

Beauty of the feet	60mins/90mins	\$119/\$160
Nail Buff & Polish	30mins	\$48
Classic Manicure	60mins	\$72
French Manicure	60mins	\$85
Classic Pedicure	60mins	\$72

TINTING

Eyebrow or Eyelash	\$26
Eyebrow & Eyelash	\$42
Eye Combo*	\$62

*Includes eyebrow shape & tint, eyelash tint

WAXING

Eyebrow	\$30
Lip or Chin	\$30
Lip & Chin	\$42
Bikini	\$32
Extended Bikini	\$46
Brazilian	\$76
Brazilian Maintenance	\$62
Half Leg	\$42
Full Leg	\$72
Underarm	\$32
Forearm	\$36
Full arm	\$52
Back or Chest	\$52