



SPA MENU



SOFITEL
SPA

LIVE
THE FRENCH
WAY

GO WITH THE FLOW

Love Who You Are And Glow.

Sofitel Spa combines luxury French skincare from Sothys, inspired by Les Jardins Sothys in Auriac, France along with botanicals and latest derma-science from TEMPLESPA, a Mediterranean-inspired British luxury skin care brand.

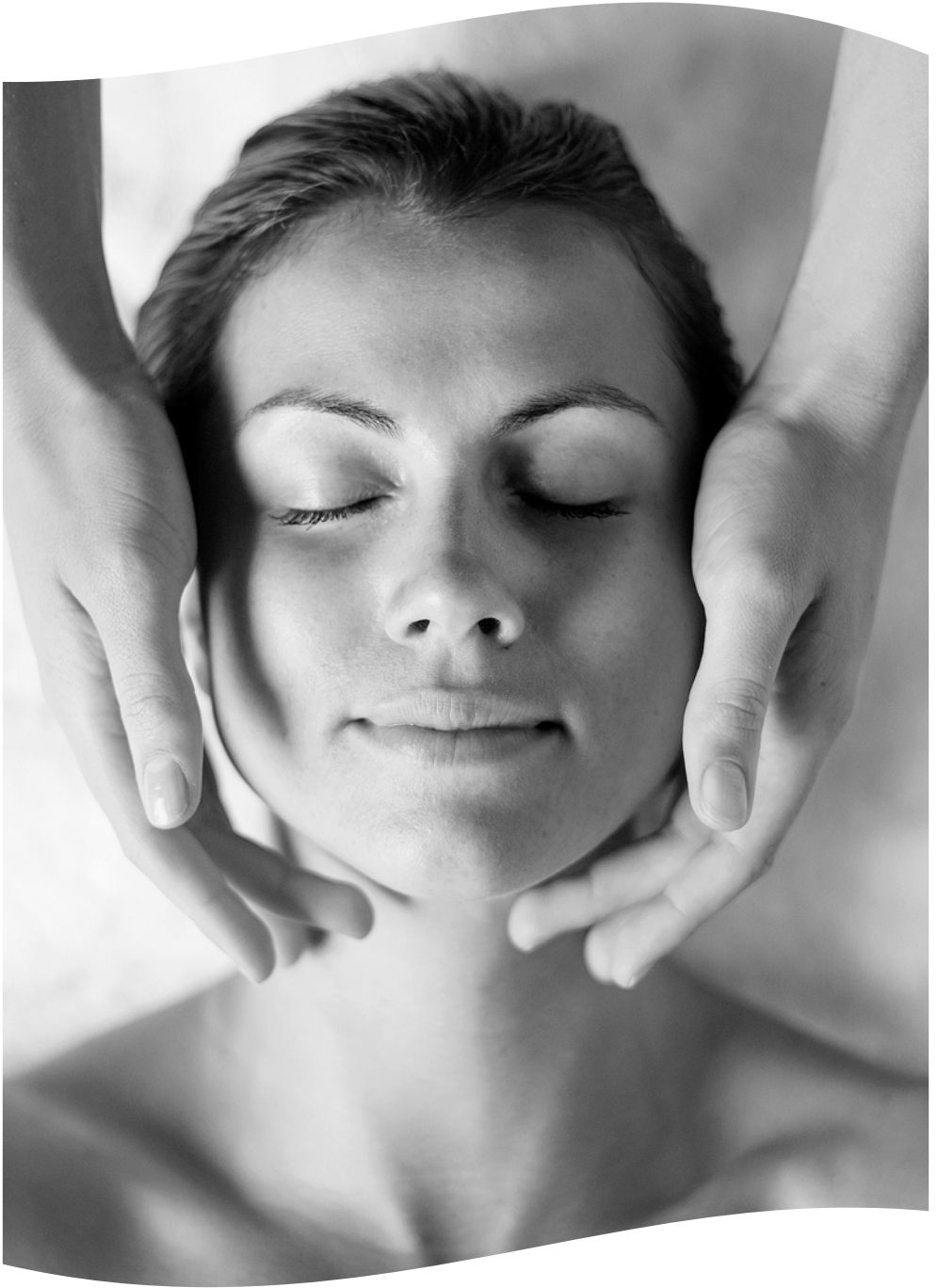
Experience a range of top-to-toe, skin-boosting treatments based on the principles of the Mediterranean diet, lifestyle and landscape. Our aim is to use ethically and environmentally sustainable products that ensure maximum results to enhance skin, body and soul.

Take the treatment home! Our SPA team can advise you on your bespoke skin care regime that will enable you to look after your skin wherever you are. A lifestyle approach blending innovation with tradition to help you look and feel at your absolute best.

The Sofitel Spa team welcomes you to experience attention to detail, quality, and modern French art de vivre Monday to Sunday from 9 am to 9 pm.

Book an appointment by calling +44(0)208 757 7741
or email our therapists on
Sofitel.LondonHeathrow.Wellness@sofitel.com

FIND YOUR FRENCH WAY



REJUVENATE,
THE FRENCH
WAY

STARTERS

EXPRESS TREATMENTS

SOTHYS Organics® CERTIFIED RADIANCE FACIAL

30 minutes

Dive into the heart of nature and enjoy a moment of deep relaxation thanks to a deeply relaxing face and scalp massage. Re-awakens and gives instant radiance to the skin. A boost of sensoriality and efficiency from the Sothys Organics® collection.

£65

TEMPLESPA | THE POWER BREAKFAST FACIAL | EXPRESS FACIAL

30 minutes

Looking for results like now? This revitalising express facial includes a deep power cleanse, nutritious clay mask and lymph drainage techniques for rapid turnaround topped off with a wake up scalp massage. Quick, go!

£65

TEMPLESPA | I'LL BE BACK | A FACIAL FOR THE BACK

45 minutes

This invigorating treat consists of an exfoliating scrub and a deep cleanse with warm purifying mud followed by a stimulating massage leaving you with a back to be proud of.

£75

TEMPLESPA | DRIFT AWAY | RELAXING BACK MASSAGE

30 minutes

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils is guaranteed to have you drifting away. Upgrade your experience to a 60 minutes full body massage. This is the perfect treatment to soothe and calm frazzled nerves; tension and stress simply melts away.....zzzzzzz!!!!

£65

STARTERS

SOTHYS SUGAR AND SALT SCRUB

30 minutes

A full body exfoliation for velvety skin.

Choose from the following scents: lemon & petit grain, orange blossom and cedar wood, cinnamon and ginger or Sothys Men.

£65

SOTHYS PERSONALISED MASSAGE

30 minutes

A moment of relaxation that leaves the skin soft, nourished and delicately perfumed.

Choose your massage type: back, neck and shoulders or legs and feet.

Select your product: softening body oil, nourishing shea butter, hydrating body wax or a moisturizing body cream.

Select your scent: lemon and petit grain, orange blossom and cedar wood, cinnamon and ginger or Sothys Men.

£65

TEMPLESPA | AAAHHH! | LEG AND FOOT ENERGISER

30 minutes

This oh-so-good treatment is instant relief for tired, overworked legs and feet. Begins with skin brushing to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub.

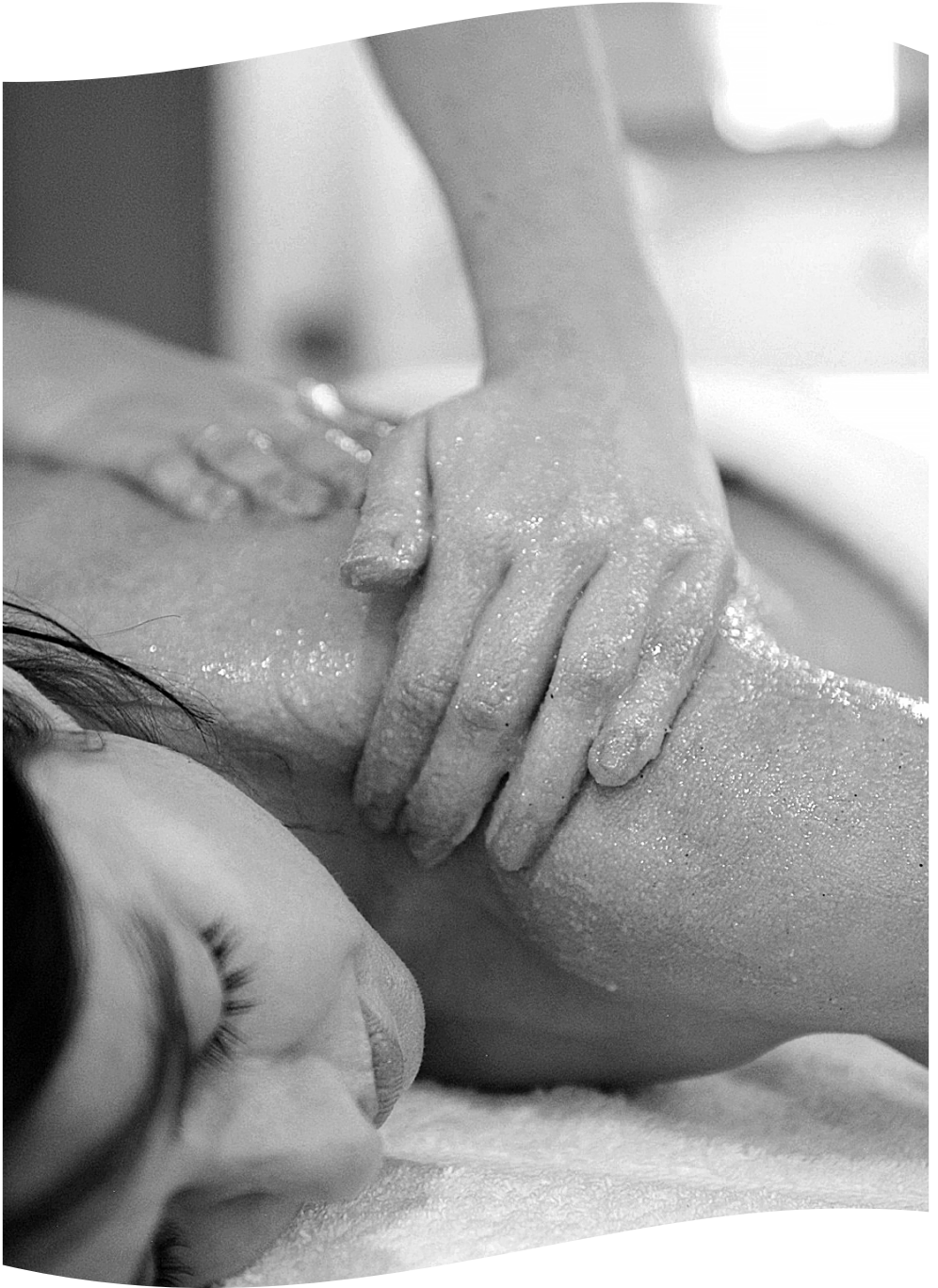
£65

AQUA RELAXATION

60 minutes

Simply indulge into our thermal pool and prepare your skin with steam and sauna. Enjoy a dip in the hydrophath bath, relax and hydrate your body with a choice of healthy drinks.

£30



REJUVENATE,
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MAINS

SIGNATURE EXHILARATION MUSCLE MELT

50 minutes

An ideal combination of deep tissue therapy with the lightness of surprise to soothe muscles after or before a long journey. This treatment will unravel tension in sore and tight muscles, relieve stress and promote better circulation throughout the body.

£135

SOTHYS SIGNATURE PERSONALISED MESSAGE

90 minutes

A relaxing treatment consisting of flowing and enveloping sweeping movements that aid relaxation and help overcome physical and emotional tension. Choose from four massage textures and scents to truly personalise your experience.

£175

SOTHYS BODY A LA CARTE

60 minutes

Relax and let our beauticians take care of you.

Select your scent: lemon and petit grain, orange blossom and cedar wood, cinnamon and ginger or Sothys Men.

Select either a massage, scrub or both.

Select your massage product texture: softening body oil, nourishing shea butter, hydrating body wax or a moisturizing body cream.

Select your tailor-made body ritual.

£120

SOTHYS SEASONAL FACE AND BODY RIITUAL

1h 45 minutes

A full body massage and facial combining the scent of the season. An original concept combining chronobiology and delicious flavours to reveal the skin's radiance, season by season. A dose of oxygen associated with a cocktail of minerals to boost the skin's defense system before winter and with a cocktail of vitamins to revitalise the skin before summer.

£210

MAINS

TEMPLESPA | ROCKS OF THE MEDITERRENEAN | HOT STONES MASSAGE

75 minutes

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. Simply heavenly!

£130

TEMPLESPA | THE MEDITERRENEAN MINI BREAK | TOTAL BODY BLISS

90 minutes

This deluxe treatment will leave you feeling like you've taken a mini vacation. Your mind will escape as your body is polished and nourished with our iconic Mediterranean body scrub and your face is indulged with our unique Mediterranean marinade facial. Totally smoothed and soothed, head to toe.

£155

TEMPLESPA | SOUL RETREAT | FOOT RITUAL, BACK MASSAGE, FACE MASK AND SCALP MASSAGE

60 minutes

You will be in for a treat with this beautiful nurturing therapy that will leave you feeling comforted and peaceful. Begin with a foot ritual to soak and exfoliate your feet, then followed by a massage to release tension and stress in the back, neck and shoulders. A specially selected face mask and scalp massage will complete this treatment.

£120

MAINS

FACIALS

SOTHYS HYDRA HYALURONIC ACID 4

75 minutes

This high-performance treatment combines four sources of hyaluronic acid with two Sothys patented active ingredients. The absolute hydration solution with six stages to quench, hydrate and plump the skin, renewing its appearance. A perfect alliance of technical advancement and sensory pleasure.

£130

SOTHYS YOUTH BP3. TRICOMPLEX™ SAFFRON-SOPHORA PEPTIDES

75 minutes

Targeted treatment to combat the signs of ageing: wrinkles and slackened skin. Through five steps and eight specific formulas, live the experience of Sothys exclusive techniques, with relaxation massage and expert maneuvers, for visibly younger skin.

£130

TEMPLESPA | CHAMPAGNE AND TRUFFLES DELUXE TREATMENT | THE CRÈME DE LA CRÈME OF RADIANCE FACIALS

90 minutes

This luxury facial begins with hot stones shoulder and neck massage. Our Award-Winning truffle skincare together with specialist lifting massage techniques, irons a out deep lines and wrinkles relieving tension in the face and scalp. An exquisite alginate mask brighten and refines the skin while a cooling rose quartz lymph massage reduces puffiness and calms redness. Simply irresistible results!

£175

TEMPLESPA | THE TOTALLY QUENCHED AND DRENCHED | REHYDRATING FACIAL

75 minutes

This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron!

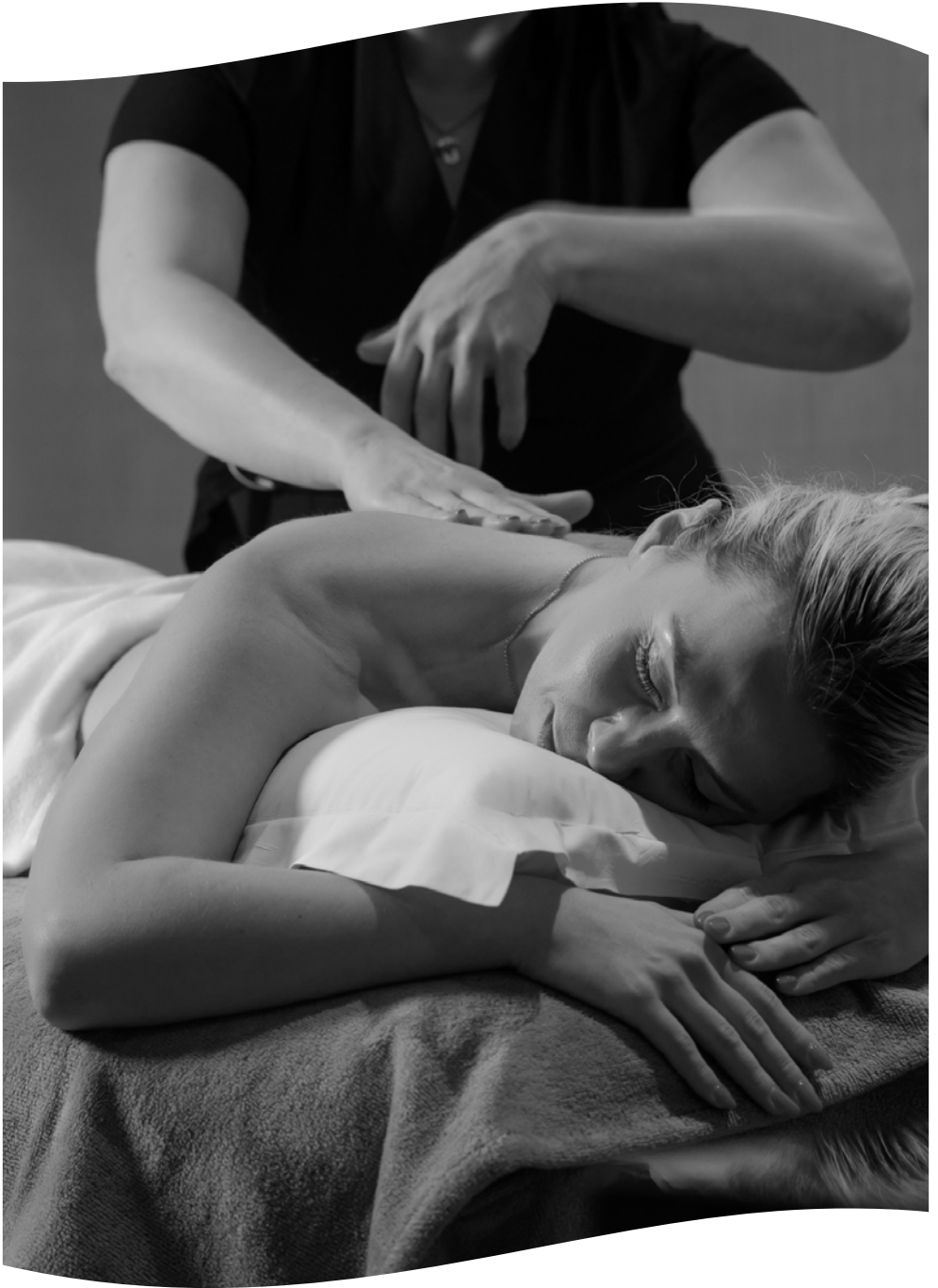
£130

TEMPLESPA | MY KINDA SKIN | BESPOKE PSCRIPTION FACIAL

60 minutes

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face and décolleté massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

£95



REJUVENATE,
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DESSERTS

HANDS & FEET

OPI PRO SPA MANICURE

60 minutes

Indulge in our nourishing hand and arm ritual, which includes a beautiful massage, hand exfoliation and a rich moisturising mask followed by a nail and cuticle tidy with OPI polish.

£55

OPI PRO SPA PEDICURE

60 minutes

Sit back, relax and enjoy our OPI pro spa pedicure. This unique foot ritual includes a detox foot massage, nourishing foot mask and heated wrap followed by a nail and cuticle tidy with OPI polish.

£55

OPI GEL POLISH OVERLAY

Upgrade to our OPI gel polish for the perfect nails that are immediately smudge proof. This will protect the nail and last up to 2 weeks, with a longer lasting high gloss shine.

£15

GEL POLISH REMOVAL

15 minutes

Gentle removal of your existing gel polish, followed by a nail tidy and nourishing cuticle oil.

£15

NEED A LITTLE MORE?

30 minutes

Upgrade your Gel soak off with a hydrating hand and arm massage, followed by a heated wrap to relieve tension and restore lost moisture.

£30

SIDE ORDERS

TEMPLESPA SIDE ORDERS

15 minutes per side order / **£15**

A little more? Delightful treats to add to any TEMPLESPA treatment.

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! These can be added to any facial, massage or body treatment.

STRESSED OUT?

Enjoy our hot stone neck and shoulder treatment.

HEAD FEEL HEAVY AND UPTIGHT?

You will love our sedating hot oil scalp massage.

LOVE YOUR HANDS TO BE PAMPERED?

Select our indulgent hand ritual.

WANT A SPRING IN YOUR STEP?

Select our indulgent foot ritual

GO VIP AND UPGRADE

Having a massage or a facial treatment?

Why not upgrade your treatment today with one of our results-driven, skin transforming masks? The results will astound you.

TEMPLESPA | TRUFFLESQUE | HYDRATING RADIANCE MASK

A power packed anti-ageing radiance masque clinically proven to boost hydrations and improve skin after one application.

TEMPLESPA | BECALM | SOOTHING FACE MASK

Prebiotic skin rescue mask that's like a comfort blanket for sensitive, stressed and delicate skin.

UNIQUE INFORMATION

A discretionary 12.5% service charge will be added to all treatments.

OPENING HOURS

Open daily from 9am to 9pm.

RESERVATIONS

Schedule your appointments in advance to ensure your preferred treatment and therapist are available. Bookings must be secured with valid contact details and a major credit card.

PRIOR TO SERVICE

We recommend you arrive 15 minutes in advance. A pre-treatment consultation will occur with your therapist so that you can make us aware of any medical conditions you may have and the areas you would like to focus on or be avoided. During service do not hesitate to tell the therapist if you feel any discomfort.

CANCELLATION POLICY

48 hours' notice is required for changes or cancellations. Arriving late for a service may require us to shorten the length of your treatment with full charges applicable. A full fee will be applied to all no shows.

SMOKING

Smoking in the spa is not permitted.

GIFT CERTIFICATE

Gift certificates are available for purchase at the spa reception. Our gift certificates are the perfect way to celebrate any occasion, with treatments, bridal packages or predetermined denominations offered.

ETIQUETTE

All guests are entitled to full relaxation and privacy. Mobile phones must be kept on a silent mode and loud videos and music are not permitted.

VALUABLES

We accept no responsibility for the loss of valuables and jewellery at any time whilst guests on the spa premises. Guests are advised to leave all valuable in the in-room safe deposit box provided.

LOST AND FOUND POLICY

All lost and found items will be handed over and kept for a maximum period of 1 month and then disposed of or handed over to local charities. All perishable items will be disposed of immediately.

S O F I T E L

L O N D O N H E A T H R O W

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