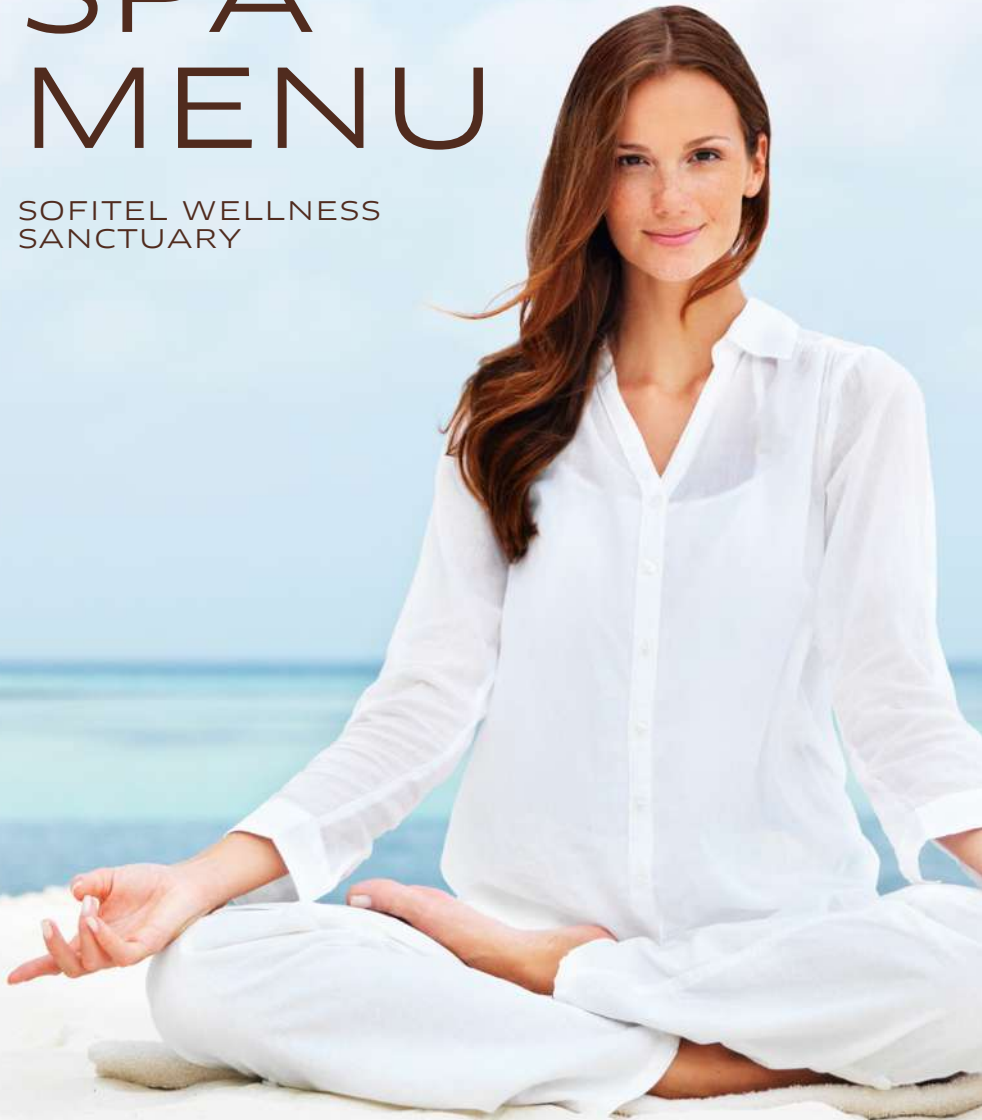


SOFITEL  
SPÅ

# SPA MENU

SOFITEL WELLNESS  
SANCTUARY





## REDEFINE WELLNESS

Retreat to an immersive Wellness Destination at Sofitel Singapore Sentosa Resort & Spa, where a captivating journey for the mind, body and soul awaits.

“Travel brings power and love back into your life” and in the pursuit of enhancing one’s personal well-being, holistic treatments combining ancient healing and contemporary science have been crafted to ensure a better quality of health.

Escape to a wellness sanctuary and rediscover yourself where an abundance of activities and programmes enables you to enjoy peace and tranquility amidst the tropics of Sentosa Island. En Voyage to Sofitel SPA at Sofitel Singapore Sentosa Resort & Spa and discover wellness redefined for you.

## REDISCOVER YOURSELF



### ELEMENT 1 | MIND

Rejuvenate your Mental Self by Engaging the Mind



### ELEMENT 2 | BODY

Recharge your Physical Self by Fuelling the Body



### ELEMENT 3 | SOUL

Reinvigorate your Spiritual Self by Nurturing the Soul



### ELEMENT 4 | WELL-BEING

Reshape your Mind, Body and Soul



## CONTENT

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### ESCAPE TO SOFITEL SPA

Be Chilled  
Be Spoilt

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### SIGNATURE TREATMENTS

Exhilarating Massage  
Rejuvenating Facial

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### STARTERS

Oyster Shell Powder Scrub  
Relaxing Oil & Salt Scrub  
Cotton Foam Body Wrap  
Detoxifying Body Wrap

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### SO-JOURNEYS

So-In-Love (Couple)  
So-Asian  
Indulgence  
Delight  
Wellness

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### MAINS

Inner Calm Massage  
Deep Muscle Massage  
The Sentosa Massage  
Fusion Thai Massage  
Hydrating Brilliance Facial  
Natural Face Lift  
Active Nutrients Glow-From-Within

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### DESSERTS

Head in the Clouds  
Eye Depuff  
Back Massage  
Lighter Legs

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### MUMMY & ME

Pre-natal Relax & Restore  
My Massage with Mum

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### SIDES

Relaxing Bath  
Spa Garden Facilities



SOFITEL  
SPÅ

REDISCOVER  
WELLNESS





## ESCAPE TO SOFITEL SPA

Food and drinks can only be served from 12pm onwards at LeBar at Sofitel Singapore Sentosa Resort

### BE CHILLED

Single \$80 | Double \$130

Enjoy access to Spa Garden Facilities with a choice of Vegetarian Mushroom Wrap or Chicken Caesar Wrap with a glass of Juice-of-the-day served at LeBar at Sofitel Singapore Sentosa Resort..

### BE SPOILT

Single \$250 | Double \$450

Choice of a 90 minutes' massage - select from Inner Calm | The Sentosa | Deep Muscle Massage with access to Spa Garden Facilities and a choice of Vegetarian Mushroom Wrap or Chicken Caesar Wrap with a glass of Juice-of-the-day served at LeBar at Sofitel Singapore Sentosa Resort.



30 Artillery Avenue S099957 | T: +65 6708 8358 | E: H9474-TH4@sofitel.com

Offers subject to changes and availability. Prices in SGD and subject to 10% service charge and prevailing GST. Sessions must be booked at least 48 hours in advance.

## SIGNATURE TREATMENTS

### EXHILARATING MASSAGE

75 minutes | Single \$230

A euphoric and soothing body massage, resulting in an indulging experience that will shape and tone up your silhouette.

### REJUVENATING FACIAL

75 minutes | Single \$230

A refreshing facial care. The facial starts with gentle cleansing and exfoliation, followed by a soothing cucumber compress. Combining the best of French massage technique, honey and mini stone, this treatment will revitalise and bring back youthfulness to your skin.



## STARTERS

### OYSTER SHELL POWDER SCRUB

45 minutes | Single \$140

The creamy milk oyster shell scrub removes impurities and allows the skin to regain its softness and radiance.

### RELAXING OIL & SALT SCRUB

45 minutes | Single \$140

Revive the skin's natural softness and glow with this exfoliating treatment. An ideal way to prepare the skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses the skin with rich nourishment. The skin feels smooth, supple and looks radiantly healthy.

### COTTON FOAM BODY WRAP

60 minutes | Single \$190

A cocooning body beauty mask with cotton and rice featuring the softening, moisturising, anti-ageing virtues that protect the skin against ageing.

### DETOXIFYING BODY WRAP

60 minutes | Single \$190

Purify your body or deeply replenish your skin with this personalised body wrap that incorporates an exfoliating body scrub. Reveal instant results from naturally detoxifying algae. The skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.



## SO-JOURNEYS

### SO-IN-LOVE (COUPLE)

150 minutes | 4-Course Spa Experience | Double \$650

A therapeutic getaway for couples seeking to spend quality time in a sanctuary. The experience begins with a scrub-of-the-day, followed by Inner Calm Massage or Deep Muscle Massage to ease tension, and ends with a private bath in the luxurious couple suite. To complete the pampering ritual, enjoy a complimentary glass of champagne and canapés served at LeBar at Sofitel Singapore Sentosa Resort.

### SO-ASIAN

150 minutes | Single \$380

Free your mind and journey to the land of meditation where everything is calm and peaceful. Enjoy the anti-stress virtues of magnesium-rich oyster shell powder. Discover precious oils of cotton and rice with their softening, moisturising and anti-ageing virtues that protect the skin against ageing.

### INDULGENCE

150 minutes | Single \$360

3-Course Spa Experience:

Body scrub-of-the-day | Choice of body massage | Choice of Head in the Clouds or Lighter Legs

An indulgent and refreshing spa experience created by you and for you. Create your own spa journey from our treatment menu for a memorable experience.





## DELIGHT

120 minutes | Single \$320

Unwind and allow yourself to be pampered from top to toe. Receive a full body massage to ease aches and improve circulation. Complete with a facial that brightens up dull and dehydrated skin.

## WELLNESS

105 minutes | Single \$290

Relax and rejuvenate your body with two of our most popular body massages, a treatment for your “me-time”. The experience includes an exfoliating body scrub, followed by a choice of an hour of either The Sentosa Massage or Inner Calm Massage.



## MAINS

### INNER CALM MASSAGE

60 minutes \$190 | 90 minutes \$250

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

### DEEP MUSCLE MASSAGE

60 minutes \$190 | 90 minutes \$250

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

### THE SENTOSA MASSAGE

60 minutes \$190 | 90 minutes \$250

A wonderfully restorative massage incorporating signature eastern and western techniques, the rejuvenating treatment stimulates energy pathways and recharges overworked muscles to relax the mind and invigorate the body.



## FUSION THAI MASSAGE

90 minutes | Single \$250

Explore the ancient healing system combining acupressure, Indian Ayurvedic principles, and assisted yoga postures through our Thai massage. In this treatment, the body is expertly compressed and stretched by firm acupressure of the palm and forearm kneading to release tension, improve flexibility and joint mobility. This treatment is performed without oil and fully clothed.

## HYDRATING BRILLIANCE FACIAL

60 minutes | Single \$200

This delicate treatment is the perfect escape for tired and dull skin, ideal for intense hydration. A series of Japanese Ridokis massage tools is used to stimulate pressure points, while Shiatsu massage techniques are applied for the ultimate deep relaxation.

## NATURAL FACE LIFT

90 minutes | Single \$250

The skin 'tensing' treatment combined with firming facial massage stimulates the skin's tone and elasticity to redefine facial contours, leaving the skin firm, lifted and beautifully radiant.

## ACTIVE NUTRIENTS GLOW-FROM-WITHIN

60 minutes | Single \$220

A naturally nutrients-rich treatment with a holistic approach to restoring radiance. An invigorating ritual for optimal glow. Lethargic complexions are brightened and refreshed with the power of sweeping gua sha massage, helping to boost the flow of blood and nutrients to the skin.



## DESSERTS

### HEAD IN THE CLOUDS

30 minutes | Single \$100

Unravel tension and restore inner calm with hair and scalp treatment, helping you to feel restored and de-stressed.

### EYE DEPUFF

30 minutes | Single \$100

Revitalise and hydrate with this cooling and refreshing eye treatment. Targeted massage with a proven light-weight and non-sticky formula that relaxes the mind while smoothing fine lines, combating dryness and diminishing puffiness and dark shadows.

### BACK MASSAGE

30 minutes | Single \$100

Relax and revive body and mind with this targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised and a positive mindset is restored.

### LIGHTER LEGS

30 minutes | Single \$100

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. A relaxing foot ritual cleanses and exfoliates the feet and lower legs before they are treated to a rejuvenating massage with pure Jojoba and Sweet Almond Oils and, enveloped in a cooling yet deeply nourishing moisturiser.



## MUMMY & MÆ

### PRE-NATAL RELAX & RESTORE

75 minutes | Single \$220

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formula smoothens and nourishes the skin, while a massage soothes tight, tender muscles and invokes a state of blissful relaxation.

### MY MASSAGE WITH MUM

45 minutes | Single \$140

(Children from 5 to 16 years old)

Enjoy a wonderful back, legs, neck and shoulder massage with mum, using an anti-oxidant and vitamin-rich massage medium that does not contain essential oils.

## SIDÆS

### RELAXING BATH

30 minutes | Single \$120

### SPA GARDEN FACILITIES

In-house guest \$40 | Non In-house guest \$60





## TERMS AND CONDITIONS

### AGE REQUIREMENT

Guests of Sofitel SPA must be at least 18 years of age.

### ADVANCED BOOKING AND RESERVATIONS

We encourage our guests to schedule their appointments in advance. Bookings that are made on the day of service and walk-in appointments are always welcome, and based on availability. All reservations must be secured with a major credit card and telephone number.

### ARRIVAL AT SOFITEL SPA

To enhance your spa experience, we encourage you to arrive 30 minutes prior to your treatment. Leave your cares at the door and unwind in our calming, therapeutic and relaxed environment and luxurious spa facilities. Give yourself time prior to your treatment to optimise the overall effects, and completely rebalance your mind, body and spirit.

### LATENESS AND CANCELLATION POLICY

We value your reservation and appreciate your cooperation on our cancellation policy. Cancellation with less than 6 operating hours' notice will incur a 50% penalty charge. A 'no show' will be charged at the full value of the scheduled treatment.

Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied. We regret that late arrivals will not receive an extension of the scheduled appointments.

### HEALTH CONDITIONS

Your health and safety come first. Please help us to provide you with the best possible spa experience by completing the guest consultation form. All treatments and services will have varying effects on the individual. Please advise us of any health conditions, allergies or injuries when making your spa reservation.

### SOFITEL SPA ETHIC AND VALUES

Our guests' privacy and security on our premises are ensured at all times. Sofitel SPA caters to both male and female clients with separate treatment rooms and indoor facilities are housed in separate male and female locker changing rooms. Sofitel SPA values guests' confidentiality at all times and your information will only be used for the purpose of payment and Sofitel SPA marketing activities. We strive to provide a comfortable spa experience and do not practise any form of pressure selling or unethical sales tactics at all times. Sofitel SPA is committed to providing the highest quality care and our therapists are professionally trained and certified by local and international spa institutes.





## TERMS AND CONDITIONS

### SOFITEL SPA ETIQUETTE

For the courtesy of our guests, all mobile phones and electronic devices should be switched off/ in silent mode within the spa premises. For the comfort and privacy of spa guests, photography is strictly not allowed and noise levels should be kept to a minimum. Consumption of alcohol inside the spa premises is strictly prohibited and alcohol consumption is discouraged prior to any spa treatment. Sofitel SPA is a non-smoking environment. In-house guests are welcome to visit the spa dressed in their robes and slippers.

Sofitel SPA reserves the right to deny entry to anyone who is in breach of our rules and regulations or whose conduct is offensive to other users/guests/employees or who present a health and safety issue.

### PREGNANCY

Please inform us in advance if you are pregnant so we can guide you in selecting the treatment that is most suitable for you during this special time. Pre-natal massage is strictly not advisable during your first trimester and beyond the eighth month of pregnancy.

### VALUABLES

We request that all valuables are stored in your room or locker provided for you at the time of your service. All guests are reminded that they are responsible for their own property and belongings. Sofitel SPA shall not be held responsible for the loss of any items, cash or valuables brought into the spa premises.

### PRICES

Prices stated are in Singapore dollars and subject to 10% service charge and prevailing Goods and Services Tax. Prices are correct at the time of printing and subject to change without prior notification. Gratuities are not included and left solely at your discretion. We accept only major credit card payments and do not accept cheque or foreign currency. Our Sofitel SPA team will assist you with any therapy and pricing inquiries you may have at the time of your reservation.

### OUR BOOKINGS

Please contact us at (65) 6708 8358 or email us at [H9474-TH4@sofitel.com](mailto:H9474-TH4@sofitel.com) to find out more about customised spa packages or corporate events.

### REFUND POLICY

All purchases are non-refundable and non-exchangeable.





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