



So | SPA MENU
SOFITEL

REJUVENATING
WORLD TRADITIONS,
FRENCH COSMETOLOGY.

Ancient traditions from around the world meet the refinement and skill of the latest in French cosmetology to create So SPA; an exhilarating and rejuvenating experience.

Awaken your senses and feel re-energised. Explore a new kind of spa experience with a wide range of poetic and surprising treatments.

Discover the ingredients that enhance your natural glow and make the stresses and strains of daily life fade away with our menu inspired by gastronomy.

Experience the benefits of integrated wellness approach that includes the four pillars of health to achieve balance in body and soul and optimal health.

So SPA invites you to experience its garden paradise and healing properties perfectly blended with French skincare for an unforgettable spa experience in the lion city.



So SPA welcomes you from
10:00 to 21:00 every day

À LA CARTE

SIGNATURE TREATMENTS

So Exhilarating Massage

60 minutes \$190

A euphoric and soothing body massage, combining a rocking and tasteful experience that will shape and tone up your silhouette.

So Rejuvenating Facial

60 minutes \$190

A refreshing and tasteful facial care. Honey and cucumber are combined harmoniously with the best of French technique to revitalise and bring back youth to your skin.

So WELL

1 hour 45 minutes \$290

Relax and rejuvenate your body with two of our favourite Revisited Classics mains treatment for your “me-time”.

Includes:

- Scrub of the Day
- So Relaxing Massage or Hydrating Brilliance Facial

Five Elements Ritual

2 hour 30 minutes \$350

A unique restorative and balancing ritual combining the Chinese ancient knowledge of the 5 elements – Water, Fire, Earth, Wood, Metal and modern spa therapies to create deep relaxation, enhance clarity and promote health equilibrium. The ritual starts with a warming foot soak, followed by a grounding body clay wrap and Vichy Shower. Complete the ritual with a relaxing heated bamboo massage, that soothe away tensions as well as a meditative breathing practice with oil inhalation and Tingsha bell.

All prices are in SGD and subject to 10% service charge and 7% government tax



MASSAGE



BODY
SCRUB



BODY
WRAP



FACIAL



HYDROTHERAPY



MEDIUM
PRESSURE

STARTERS

So Hammam

30 minutes \$100

Discover the secrets of Hammam in our mini sampler ritual. The experience starts with a self-application of a scrub of the day, followed by a detoxifying Ghassoul clay mask while you are engulfed in the silky mist in the Galaxy steam . An ideal preparation before your massage to enhance the benefits.

Gotu Kola and Walnut Body Scrub

45 minutes \$130

This nourishing and exfoliating treatment leaves your skin glowing and lustrous, using a blend of Rosehip Seed Oil, Cardamom Oil and Gotu Kola, a herb prized by its property of reducing stress.

Neem Body Polish

45 minutes \$130

A gentle and soothing exfoliation ideal for sensitive skin. Finely ground date seeds and pumpkin enzymes provides a gentle polish and the antioxidant-rich Neem is paired with Blood Orange body lotion to soothe and moisturise, leaving the body nourished and protected.

Instant Glow Green Tea Facial

45 minutes \$140

Reap the benefits of antioxidant-rich Green Tea in this express facial that will leave your skin refreshed and radiant. Your skin is gently cleansed, steamed and exfoliated, followed by a stress-relieving facial mask that decongests with Green Tea compress, and finished with a light upper body massage.

Tropical Rainmist Experience

60 minutes \$180

This invigorating hydrotherapy treatment includes choice of a body scrub followed by the gentle warm pulsating jets that focus on specific high-tension areas to relieve stress and fatigue.

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BODY
SCRUB



BODY
WRAP



FACIAL



HYDROTHERAPY

So Relaxing Massage 

60 minutes \$180 / 90 minutes \$240

Combining deep and enveloping sweeping movements, this soothing treatment aids relaxation and helps overcome physical and emotional tension. Let your body and soul relax with this gentle but powerful massage.

Deep Tissue Oriental Massage 

60 minutes \$180 / 90 minutes \$240

This massage frees the body from all its tensions by working on muscles that are highly stressed and overworked. It is a full body massage designed to remove blockages, tension and fatigue.

Slimming Ceremony 

90 minutes \$260

This treatment is the ideal slimming and shaping ritual featuring a 60-minute massage combined with a 30-minute body wrap to reduce the appearance of cellulite and fluid retention in the stomach and legs. Detoxify and tone the skin with a lymphatic massage followed by a green tea and kelp wrap to boost metabolism and scalp for relaxation.

Hydrating Brilliance Facial 

60 minutes \$190

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

Purity Radiance Facial 

90 minutes \$250 (extraction optional)

A classic deep-cleansing facial that perfectly combines intense purification with lymphatic drainage massage that leaves your skin oxygenated and renewed. The skin is deeply cleansed, exfoliated and nourished with a detoxifying mask enriched with 4-Teas elixir and Lupin flower extract.

Ultimate Anti-ageing Facial 

90 minutes \$250

An intensive anti-ageing treatment designed to combat wrinkles, loss of elasticity and pigmentation. The treatment includes a rich collagen mask and acupressure points techniques that aid lymphatic drainage. The results are radiant skin and a visible reduction in lines. Anti-ageing techniques utilising the Nuotna and Rodokis for lifting and firming the skin.

All prices are in SGD and subject to 10% service charge and 7% government tax





MAINS WORLD'S BEST

So Abhyanga Massage

60 minutes \$180 / 90 minutes \$240

Experience profound relaxation through Abhyanga or “oil massage” inspired by ancient Ayurvedic traditions. This rhythmic and relaxing treatment rejuvenates by clearing stagnant energy using warm herb-infused oils and varying amounts of pressure with a focus on restoring the flow of “prana”, the life force that stimulates your body’s vital energy.

Drift into a state of bliss as your nerves are soothed.

Lomi-maé Massage

60 minutes \$180 / 90 minutes \$240

Inspired by the traditional Hawaiian Lomi Lomi massage, this fusion creation relaxes the body and relieve muscles tension. Mainly orchestrated by the hands and forearms, the large, rhythmic and enveloping movements stimulate ebb and flow of the ocean, stimulating the muscles and releases positive energy retained in the joints of the body.

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Thai Massage 

90 minutes \$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.

Cinderella Facial 

60 minutes \$220

Rediscover a youthful glow and visible radiance through this incredible customized facial with immediate lifting effect with a natural lifting serum from Swisscode Pure Dynalift. This facial treatment starts with a thorough skin assessment, followed by a full facial with lifting and firming techniques, and completes with the Dynalift serum for immediately firmer and youthful skin that lasts up to 5 hours.

Jet Lag Recovery 

90 minutes \$260

This treatment relaxes the whole central nervous system and helps blood circulation. The therapeutic principle relies on the production of heat thanks to the use of the Kansu bowl and techniques to stimulate blood flow. This treatment aims to ease your mind, stimulate the body's natural detoxification process and balance your energy.

Includes:

- Aromatic foot soak
- Scrub of the Day
- Warming massage with Kansu bowl

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MASSAGE



BODY
SCRUB



FACIAL



STRONG
PRESSURE

The Sentosa Massage  

60 minutes \$180 / 90 minutes \$240

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

Herbal Renewal Massage  

90 minutes \$240

Specially designed to sooth tired and sore muscles, a hot herbal compress is infused with traditional herbs and administered with our very own The Sentosa Massage to ease muscular tension, enhance blood circulation and bring about a sense of calm.

Neem Healing Body Envelopment   

2 hours \$300

A complete detoxifying experience for the mind and body, this Ayurvedic-inspired therapy layers healing and cleansing ingredients to purify skin in stages. Includes a Neem and Date Seed body scrub, followed by a back massage with Neem oil. Complete the experience with a nourishing body mask and a Marmar point facial massage.

Tropical Spa Journey   

2 hours 30 minutes \$350

Coconut has been long used in Asia for skin, hair and diet to deeply nourish and repair for beautifully soft and smooth skin and hair . This treatment is perfect for dry and dehydrated skin from overexposure to sun or lack of moisture and water. The intoxicating tropical scent of coconut will linger on to remind you of the tropical experience.

Includes:

- Coconut Foot bath
- Coconut Body Polish
- Body Massage with Virgin Coconut oil
 - Coconut milk Body Wrap
- Nourishing Scalp and Head treatment

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MASSAGE



BODY
SCRUB



BODY
WRAP



MEDIUM
PRESSURE



SIDES

Couple Spa Suites

30 minutes \$80, includes 30 minutes bath

Our couple spa suites offer more space for your own personal urban retreat or for you and that special person to share a treasured moment.

Champagne and Canapés for 2

30 minutes \$80

The perfect end to a couple's spa experience with 2 glasses of Champagne and delectable canapés for 2 person at The Garden restaurant or in the privacy of your own couple suite.

Healthy bites

\$30

Select a healthy combo of a Juice and a Salad constructions or healthy wrap to complete any Spa experience.

Usage of Outdoor Spa Garden Facilities

Hotel Guest \$40 | Non-Hotel Guest \$60

Complimentary usage with minimum one hour treatment booked on the same day.

All prices are in SGD and subject to 10% service charge and 7% government tax



HYDROTHERAPY



FOOD &
DRINK

DESSERTS

Head in the Cloud

30 minutes \$100

This scalp, neck and shoulder massage brings a unique and traditionally Ayurvedic stress relieving practice to modern world. Using the healing properties of Neem oil and the cooling properties of Eucalyptus oil, this scalp massage brings an immediate sense of calm and relaxation.

Aromatic Herbal Bath

30 minutes \$100

Select from an array of blends to suit your mood. Bath rituals provide a delicious finish that leaves the skin and mind fully receptive to relaxation. Available exclusively indoor.

After Shopping Leg Revival

30 minutes \$100 / 45 minutes \$130

A stimulating foot & leg massage to release tension, improve circulation, and enhance well-being.

Luminous Eyes

45 minutes \$130

Rejuvenate tired eyes by hydrating and firming the delicate eye area with this luxurious treatment. Signature massage techniques gently apply our proprietary anti-ageing formula to soothe, hydrate and release stress, improving blood circulation and reducing dark eye circles and puffiness.

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FACIAL



HYDROTHERAPY



LIGHT
PRESSURE



MEDIUM
PRESSURE

MUMMY-TO-BE AND MUMMY MASSAGE

Mummy-to-be Cocoon Massage  
60 minutes \$180

This massage tones the body with its gentle and comforting techniques, aimed to improve blood circulation and relax muscles to soothe the legs and back of mummy-to-be. Ideal for expectant mummies seeking a little “me” time to feel lighter, more radiant, and thoroughly relaxed.

New Mum Massage  
60 minutes \$180

Specifically designed for new mums, this massage detoxifies and relaxes. The stimulating combination of 4-Teas Elixir and lymphatic drainage strokes relieve tired legs and tight areas in the back and arms. The new mum will emerge rejuvenated and a feeling of lightness all over her body. Recommended at least one month after giving birth.

Mummy Time-out   
2 hours \$310

Mummy-to-be and new mums deserve nothing less than a good all-rounded pampering sessions. Mummy-to-be and new mums can select 2 hours of indulging body and scalp massage or 1 hour private Pre or Post Natal Yoga followed by 1 hour massage. This experience completes with a healthy lunch at the Garden restaurant.

Baby Moon Experience   
Additional \$360 to the room rate

Embark on the final romantic getaway before parenthood ensues. The Baby Moon Experience is designed for couples to relax, rejuvenate and rejoice in the anticipation of the baby. Inclusive is a 45 minutes couple's massage, hotel accommodation stay with breakfast and spa gift for the expectant mother.

All prices are in SGD and subject to 10% service charge and 7% government tax



SPECIALS

Instant Glow High Tea Time

45 minutes \$160

Available between 12pm-5pm daily

Pamper yourself with an express facial and the delectable 55% Valrhona Chocolate fondue, served with seasonal fruit and toppings.

A Romantic Dinner

60 minutes massage and dinner for couple \$500

Experience a romantic "à deux" moment with a 60-minute massage for two in a private couple suite, followed by a romantic 3 course menu for two at the Garden Restaurant.



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MENU SUGGESTIONS

Island Escapade

7 course spa experience

5 hours \$600 per person / \$1100 per couple

Indulge in the ultimate urban wellness sanctuary experience with this 5 hours spa experience to fully revive, refresh and rejuvenate your mind, body and soul.

Includes:

- Relaxing Bath
- Tropical Body Scrub
- Tropical Body Wrap or Foot Massage
- Healthy Salad or one Main Course at The Garden restaurant
 - Customised full body Massage
 - Customised facial
- Tapas and healthy juice

So Glowing

5 course spa experience

3 hour 15 minutes \$395

An ultimate top to toes treat with an indigenous blend of tropical fruits and spices that will work wonders on your skin to give you a radiant glow.

Includes:

- Scrub of the Day
- The Sentosa Massage or So Relaxing Massage
 - Tropical Body Wrap and Scalp Massage
 - Express Facial
- Seasonal Fruit platter

So In Love

4 course spa experience

2 hour 30 minutes \$600

A therapeutic getaway for couples seeking to spend quality time from the city stress. The experience begins with a Scrub of the day, followed by a So Relaxing or Deep Tissue massage to ease tensions, and ends with a private bath in the luxurious couple suite. To complete the pampering ritual, enjoy a complimentary glass of champagne and canapés while exploring the extensive outdoor Spa garden.

All prices are in SGD and subject to 10% service charge and 7% government tax



So Indulgence

3 course spa experience

2 hour 30 minutes \$360

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

Includes:

- A Starter treatment of 30 or 45 minutes
- A Mains treatment of 60 or 90 minutes
- A Dessert treatment of 30 or 45 minutes

GIFT VOUCHER

A chic and refined gift suitable for every occasion. Choose from a Cash voucher gift in denomination of \$50 or \$100 or purchase a Treatment Gift Voucher starting from \$180. Gift vouchers are valid for 6 months from the date of issuance.

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MEMBERSHIP

GLAMFIT membership

Voted the Best Lifestyle Overhaul Experience by Harper's Bazaar Singapore, join our Glamfit club to experience the wellness lifestyle and transformation that is tailored for you.

Delivered by experts in the field of exercise, coaching and nutrition, you will find support and guidance throughout every step of the transformation journey. Additionally, a wellness butler will be assisting you with scheduling, recording and tracking your progress. Each membership combines a flexible choice of different one-on-one coaching from fitness to nutrition, and spa treatments from So SPA a la carte menu to relax, re-energise and rejuvenate.

Mix and match from the various one-on-one coaching available:

- Personal training
- Private Yoga
- Tennis Coaching
- Nutrition consultation

12 sessions & \$1000 spa credit - \$2600

24 sessions & \$2000 spa credit - \$4600

36 sessions & \$3000 spa credit - \$6000

Unlimited Spa & Gym membership

Enjoy unlimited access to outdoor Spa garden facilities and So FIT, as well as discounts for spa treatments and dining options at the Garden restaurants. Other benefits include priority booking at peak time, complimentary room upgrade, outdoor garden facilities access for friends and family as well as exclusive invitations to So SPA events.

So WELL (3 months) - \$588

So FIT (6 months) - \$888

All prices are in SGD and subject to 10% service charge and 7% government tax



The following information is provided to assist you in creating the perfect So SPA experience.

Opening Hours

Our Spa opening hours are from 10:00 to 21:00 and the last booking can be made at 20:00. The Outdoor Spa Garden (Spa Villas & Spa Facilities) is open daily from 10:00 to 18:30.

Age Requirement

Guests of So 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 So 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 such as the steam room and hot and cold plunge pool. Give yourself time prior to your treatment to optimise the overall effects, and completely re-balance your mind, body and spirit.

Lateness and Cancellation Policy

We value your business and appreciate your cooperation on our cancellation policy. Cancellation with less than 6-hour 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 extension of the scheduled appointments.

Group Bookings

Please contact us at (65) 6708 8358 or email us at H9474-TH4@sofitel.com to find out more customized spa packages or corporate events.

Health Conditions

Your health and safety comes 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 kindly advise us of any health conditions, allergies or injuries when making your spa reservation.

So SPA Ethics and Values

Our guests' interests are of utmost importance to us and we strive to protect our guests privacy and security in our premises at all times. So 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. So SPA values guests' confidentiality at all times and your information will only be used for the purpose of payment and So SPA marketing activities. We strive to provide a comfortable spa experience and do not practice any form of pressure selling or unethical sales tactics at all times. So SPA is committed to provide the highest quality care and our therapist are professionally trained and certified by local and international spa institutes.

So 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 other 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. So Spa is a non-smoking environment. In-house guests are welcome to visit the spa dressed in their robes and slippers.

*So SPA reserves the right to deny entry to anyone who is in breach of our rules & regulations or whose conduct is offensive to other user / guest / employees or who presents 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. So SPA shall not be held responsible for 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 7% 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 cash and major credit cards payments but do not accept cheque / foreign currency. Our So SPA team will assist you with any therapy and pricing inquiries you may have at the time of your reservation.

Refund Policy

All purchases are non-refundable and non-exchangeable.



So SPA

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