



SPA MENU



SOFITEL
SPA

LIVE
THE FRENCH
WAY

GO WITH THE FLOW

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

Awaken your senses and feel re-energized. 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.

Sofitel SPA invites you to immerse yourself in its lavish garden paradise and experience healing properties perfectly blended with luxury French skincare products - for an unforgettable spa experience in the Lion City of Asia.

Equipped with the savoir-faire, attention to detail and a passion for modern French art de vivre, the Sofitel SPA team welcomes you from 11:00 to 20:00 every day (last treatment at 19:00).

FIND YOUR FRENCH GLOW



REJUVENATE,
THE FRENCH
WAY



SIGNATURE TREATMENTS

EXHILARATING MASSAGE

75 minutes \$225



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

REJUVENATING FACIAL

60 minutes \$200



A refreshing and tasteful 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 revitalize and bring back youth to your skin.

WELLNESS

105 minutes \$290



Relax and rejuvenate your body with two of our most popular massage, a treatment for your 'me-time'. The experience includes a Marine Salt and Clay Scrub followed by a choice of an hour of either The Sentosa massage or SO Relaxing Massage.

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



Massage



Facial



Body
Scrub



À LA CARTE STARTERS

INSTANT GLOW GREEN TEA FACIAL

45 minutes \$150



Reap the benefits of antioxidant-rich Green Tea in this express facial that will leave your skin refreshed and radiant.

INTENSE ANTIOXIDANT BODY WRAP

60 minutes \$190



This creamy body wrap will give you silky, smooth and beautiful skin. It is enriched with powerful anti-aging and moisturizing effects.

DETOX BODY WRAP

60 minutes \$190



The detoxifying properties of green tea, white tea and red tea, also known as Rooibos, combine to protect the skin against ageing. Helps to restore a sense of calm and vitality.

SAND AND COCONUT SCRUB

45 minutes \$140



The gel texture scrub allows gentle yet effective exfoliation leaving an exotic fragrance.

OYSTER SHELL POWDER SCRUB

45 minutes \$140



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

MARINE SALT AND CLAY SCRUB

45 minutes \$140



Enriched in mineral salt and clay, it removes dead skin cells and impurities, it remineralizes and cleans the skin.

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



Facial



Body
Wrap



Body
Scrub



MAINS BODY

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.

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 recharges overworked muscles to relax the mind and invigorate the body.

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.

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.

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.

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



Massage



Body
Wrap



Light
Pressure



Medium
Pressure



Strong
Pressure



MAINS FACE

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, exfoliate and nourished with a detoxifying mask enriched with 4-Teas elixir and Lupin flower extract

ULTIMATE COLLAGEN FACIAL

90 minutes \$250



An intensive anti-ageing treatment designed to combat wrinkles, loss of elasticity and pigmentation. This treatment includes a rich collagen mask and acupressure points techniques. The results are radiant skin and a visible reduction in lines.

LIFT MARINE (FIRMING FACIAL)

90 minutes \$260



The skin 'tensing' treatment combined with firming facial massage stimulates the skin's tone and elasticity to redefine facial contours.

GLOBAL ANTI-AGEING FACIAL

90 minutes \$260



Slow down cutaneous ageing by delivering to the heart of epidermis the active extract of oyster spat combined with innovative anti-wrinkle massage which can act on all signs of aging: wrinkle, loss of firmness and radiance. Skin is instantly hydrated smoothed, plumped and toned.

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



DESSERTS

HEAD IN THE CLOUDS

30 minutes \$100



This scalp, neck and shoulder massage brings an immediate sense of calm and relaxation. Sit back, relax and let us take you to Cloud 9.

SOOTHING LEG REVIVAL

30 minutes \$100 | 45 minutes \$130



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

BACK MASSAGE

30 minutes \$100 | 45 minutes \$150



An intense massage for the deep tissues of the back to loosen stiff and aching muscles.

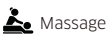
EYE CONTOUR CARE

30 minutes \$100



This treatment simultaneously combats loss of hydration, fine lines and wrinkles, the slackening of the eyelids, and the puffiness and dark circles.

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



Massage



Facial



Light
Pressure



Medium
Pressure



Strong
Pressure



FIND YOUR
FRENCH GLOW



MENU SUGGESTIONS

IN LOVE 150 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.

DELIGHT 120 minutes \$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 to brighten up your dull and dehydrated skin.

GLOWING 150 minutes \$360



Perfect combination of deep cleansing full body scrub followed by mineral rich wrap to replenish and rejuvenate your skin. Complete the experience with a facial.

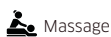
INDULGENCE 150 minutes \$360 | 3-course Spa Experience



Create your own spa journey from our gastronomy treatment menu for a memorable experience.

Includes a Starter treatment, a Mains treatment and a Dessert treatment

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





SPA RITUAL



SENTOSA ISLAND DREAM

\$360 150 minutes



Head for Sentosa Island and let your mind sail over the water! Discover sea algae, gorged with mineral salts and sea clay, offering extremely high magnesium content. Enjoy the benefits of these active ingredients for an intense moment of remineralisation.

FLORAL DREAMS

\$360 150 minutes



Let your mind forage for exotic flowers on the Red Island where biodiversity is Queen! Floral mango and coconut water accompany you at the start of this journey to enjoy the regenerative and anti-ageing properties of hibiscus flower extract which blends with essential oils of ylang ylang and ravnasara for a deep relaxing effect.

ASIAN COCOON DREAM

\$360 150 minutes



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, moisturizing and anti-ageing virtues that protect the skin against ageing and external aggressions. Wrap yourself in tenderness during a cocoon dream

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



Massage



Body Wrap



Body Scrub



Light Pressure



Medium Pressure



Strong Pressure



MUMMY AND ME

PRE-NATAL MASSAGE

75 minutes \$210



This massage aims to improve blood circulation and relax muscles to soothe the legs and back of mothers-to-be. Pre-natal massage is strictly not advisable during your first trimester and beyond the eighth month of pregnancy

POST-NATAL MASSAGE

60 minutes \$190



Specifically designed for new mums, this massage relieves tired legs and tight areas in the back and arms. Recommended one month after giving birth.

MY MASSAGE WITH MUM

45 minutes \$140 for each teen



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.

MY FIRST FACIAL

30 minutes \$130



A gentle and mild facial for teens, includes cleansing, toning, exfoliation, mask and hand massage for a pampering feel.



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



Massage



Facial



SIDES



COUPLE SPA SUITE

45 minutes with Jacuzzi | \$100



Upgrade your spa journey to a couple spa suite with enhanced luxury and treasured moments together.

CHAMPAGNE AND CANAPÉS FOR 2

\$80



The perfect end to a couple's spa experience with a glass of Champagne and delectable canapés for two.

USAGE OF OUTDOOR SPA GARDEN FACILITIES

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

Explore the unique spa garden concept in Singapore featuring cascading waterfalls, volcanic mud pools, meditative labyrinth and steam. Available as a one day pass or as a top-up for booking of less than 1 hour duration.

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



Food & Drink



Hydrotherapy



GIFT VOUCHER

A CHIC AND REFINED GIFT SUITABLE FOR EVERY OCCASION

Choose from a Cash voucher or a Treatment voucher.
Gift vouchers are valid for 12 months from the date of issuance and must be redeemed before expiry date. Our Gift vouchers are not recommended for expectant and new mums. Gift vouchers can be purchased via email or picked up in person



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 Sofitel SPA experience.

OPENING HOURS

Our Spa opening hours are from 11:00 to 20:00 and the last booking can be made at 19:00. The Outdoor Spa Garden Facilities is open daily from 11:00 to 18:00.

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 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 rebalance 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 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 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 ETHIC AND VALUES

Our guests' interest are of utmost importance to us and we strive to protect our guests privacy and security in our premises 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 practice any form of pressure selling or unethical sales tactics at all times. Sofitel SPA is committed to provide the highest quality care and our therapist are professionally trained and certified by local and international spa institutes.

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 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. 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 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 card payments but 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.

REFUND POLICY

All purchases are non-refundable and non-exchangeable.

S O F I T E L

SINGAPORE SENTOSA RESORT & SPA

30 ALLANBROOKE ROAD SENTOSA, SINGAPORE 099983

T +65 6708 8358

E H9474-TH4@SOFITEL.COM

www.sofitel-singapore-sentosa.com