



# Spa menu



SOFITEL  
SPAA  
with L'OCCITANE

## Go with *the flow*

Treat yourself to the French glow.

From radiant skin-boosting experiences that detox, cleanse and revitalize, to the chic, tranquil setting that combats the demands of modern life, Sofitel Spa with L'Occitane offers the latest in French cosmetology.

Here, beauty is more than skin-deep. Taking care of yourself is a lifestyle and our approach is multi-dimensional, blending innovation with tradition to help you look - as well as feel - your absolute best.

Equipped with savoir-faire, attention to detail and a passion for modern French art de vivre, Sofitel Spa with L'Occitane welcomes you daily from 9am to 9pm.

To find your French glow, call +971 4 281 4030 or visit our reception team at the spa.

## Find your *French glow*





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## Journey to *provence*

When you step into Sofitel Spa with L'Occitane, you are entering a little corner of Provence. Every gesture, ingredient, and ritual is inspired by our favorite place on earth.

Your journey will start with a Welcome Ritual that will help you dive into well-being right away. Then, your targeted treatment will engage all of your senses - with textures, relaxing music, and herbal teas inspired by Provençal traditions.

Like the rest of L'Occitane's universe, our Spa favors authenticity and hand-performed treatments over machines, and traditional massage techniques over technology.

Just as Provence is the land of beauty, Sofitel Spa with L'Occitane is a sanctuary of tranquility that will refresh your senses and restore peacefulness and inner balance.

## Through your *senses*

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## Obelisk signature *rituals*

### **QUEEN CLEOPATRA ARABIAN EXPERIENCE – FOR HER**

90 minutes

Immerse yourself in the royal pampering of Cleopatra's beauty secrets. This relaxation treatment begins with a cleansing steam bath exfoliation, followed by a milk, honey & lavender bathing ritual in our Hammam to soothe and nourish the skin. End with a relaxation massage, tailored to your desires.

### **PHARAOH ARABIAN EXPERIENCE – FOR HIM**

90 minutes

Feel radiant and revitalized with the Pharaoh Arabian Experience. This deep-cleansing treatment begins with a steam bath exfoliation to deeply purify your skin, followed by a milk, honey & saffron bathing ritual in our Hammam to brighten your skin. End your regal experience with a bespoke massage to suit your needs.

### **IMMORTELE DIVINE YOUTHFUL GLOW JOURNEY**

60/90 minutes

A head-to-toe massage that features the best and most of L'Occitane's premium anti-aging Immortelle Divine products.

Two versions are designed to suit your needs: a 60-minute version of full front body and face pampering; a 90-minute version with anti-aging express facial and body massage focusing on key body tensions.

Discover the power of our advanced Divine formulas, enriched with organic Immortelle essential oil, and experience the youthful and radiant glow you have always wanted.

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## Holistic *well-being*

### **LISTEN & FEEL MASSAGE**

45 minutes

This holistic massage treatment with a bespoke musical composition harmonizes both body and mind. The vibrations of the music along with Shiatsu-inspired techniques, helps to restore inner serenity, as well as providing a moment of deep relaxation.

### **POWER NAP**

25 minutes

Discover a reinvigorating treatment that offers the same energy boost as a restorative power nap. This treatment is designed for you to enjoy as a break during your day, after a meal or a long flight. It combines scalp acupuncture, rocking movements, and a relaxing hand or foot massage. Stay in your comfortable clothing and experience this oil-free treatment.



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# Body *massages*

## **SLEEP & RESET MASSAGE**

90 minutes

This 90-minute massage uses unique rituals to prepare your body for a well-deserved sleep! The massage begins with guided breathing techniques using a special blend of essential oils designed to lull you into relaxation. The increasing intensity of movements on the whole body help remove negative energy and promote well-being from head-to-toe. Tensions fade away and the body finds a feeling of serenity. A specific massage to unwind the mind and recover from accumulated fatigue. Tested by European Sleep Center.

## **RELAXING AROMACHOLOGIE MASSAGE**

60/90 minutes

Swedish effleurage, Chinese acupressure and Balinese massage techniques come together to stimulate circulation and help ease tensions & relieve stress. The body and mind feel calmed so you can welcome sleep with ease.

## **DEEP TISSUE INTENSE RELIEF**

60/90 minutes

This massage combines Lomi Lomi deep pressure, acupressure points and gentle stretching which helps to ease muscular tension with a focus on the back, shoulders & neck area. As a result, the whole body feels refreshed and deeply rebalanced.

## **ALMOND DETOXIFYING BALANCE**

60/90 minutes

Inspired by Lymphatic Drainage massage techniques, this treatment boosts circulation and promotes the elimination of toxins and excess water. The skin feels nourished, supple, firmer and smoother due to the almond supple skin oil, rich in omega 6, 3 and camelina oil.

## **ALMOND SILHOUETTE REFINING MASSAGE**

60 minutes

This treatment is based on a combination of lymphatic drainage and active massage techniques to fight dimpled looking skin. The almond supple skin oil acts on your skin's elasticity resulting in a feather-light feeling for your skin and body. As a result, body feels refined with a lighter-feeling sensation.

## **BLISSFUL MOM TO BE TREATMENT**

60/90 minutes

Specially designed for mothers to be, this experience employs therapeutic massage techniques to relieve tension using natural oils that leave your skin feeling soft and silky.

Note: Expectant mothers are eligible for this treatment during their pregnancy period between 4 to 7 months only.

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## Hamмам *treatments*

### HAMMAM RITUEL BLEU

60 minutes

Restore your skin's natural color and revive its freshness with a hammam treatment inspired by the special ingredient, blue Nila, a skin-lightening secret using Indigo that has been passed on for generations by the Sahara women. This treatment refreshes and cleanses your skin and removes the dark tone and dullness caused by stress and pollution.

### HAMMAM RITUEL BLANC

90 minutes

Scrub away your toxins and worries with a relaxing Hammam Blanc and detoxify your body and soul. Let the amazing beldi black soap with a Eucalyptus ritual prepare your skin for exfoliation. Your skin will enjoy the extra nourishing almond scrub. The white clay body mask absorbs harmful toxins from your body, while the antioxidant green tea face mask detoxifies your skin. Meanwhile, your hair is nourished with a powerful nutritive oil, perfect for dry and dull hair.

## Face *treatments*

### RESET FACE & EYES

60 minutes

This revitalizing treatment helps to smooth expression lines and brighten the eye area. Combined with Gua Sha stones, the Face and Eyes Reset Serums act as a breeze of fresh air, leaving the skin rejuvenated and reinvigorated.

### SOURCE OF REOTIER HYDRATION

30/60 minutes

A targeted facial treatment using Source of Réotier Hydration Range and facial techniques tailored to your skin's composition. Enriched with Reotier water and hyaluronic acid, your skin will feel refreshed, radiant, and plump.

### IMMORTELLE DIVINE SECRET

90 minutes

An ideal treatment to contour the skin around your neck and face, as well as the décolleté area. This exceptional anti-aging facial uses lifting and contouring massage techniques with the fabulous properties of seven natural active ingredients, including organic Immortelle essential oil and myrtle. The result is divine: deep wrinkles seem relaxed, fine lines are smoothed, face contour is firmer and the décolleté area is smooth and satin-soft again. It's our secret to youthful and glowing skin.

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## Enhancements / *add ons*

### **RELAXING MASSAGE FOR THE BACK**

30 minutes

This Relaxing Massage specifically targets the neck, back and shoulders to help release tensions and stress.

### **FOOT RELIEF WITH ESSENTIAL OILS**

30 minutes

Under daily pressure from the body, shoes, walking and physical activities, the feet deserve as much care and attention as the rest of the body. A comforting and relaxing foot massage, combining smoothing strokes and deep circular movements with a revitalizing essential oil blend, helps the body to unwind, improve blood circulation and release tensions! Your feet & body feel lighter, ready for a new journey.

### **LEG REFRESHER WITH ESSENTIAL OILS**

60 minutes

Legs and feet are treated with a stimulating drainage massage using shea butter to help intensely nourish and protect the skin. Ideal for travellers to help soften rough feet and relieve the sensation of heavy legs.

### **SHEA ULTRA-MOISTURIZING BODY WRAP**

60 minutes

The ideal repairing care for very dry, sun-damaged or overworked skin. This formula has been developed exclusively for Sofitel Spa with L'Occitane. While the entire body soaks up active ingredients that nourish (shea butter and grape seed oil), moisturize (honey extracts) and soften (kaolin), a foot and scalp massage ensures a moment of pure relaxation.

### **SHEA NOURISHING BODY SCRUB**

30 minutes

Indulge in a nourishing body scrub with shea butter, for a luxurious experience that eliminates dead cells and leaves your skin perfectly prepped for a treatment or massage.

### **IMMORTELLE DIVINE EYES**

30 minutes

For a complete eye rejuvenation, this 30-minute sequence includes the use of our signature Divine formula that intensively treats the signs of aging, with a unique hot & cold care for lifting effect. The perfect luxurious treat to your eyes, and a great moment of relaxation awaits!

### **SLEEP & RESET SCALP MASSAGE**

15 minutes

Treat yourself to our delightful 15-minute scalp and neck massage, designed to help you unwind, free your mind, and embrace a blissful sleep.



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## Reservations

Appointments without reservation are subject to availability. We recommend guests to make a reservation at least two hours in advance. Appointments scheduled and not attended will be considered as a no show and therefore will be fully charged.

A late arrival will reduce the total treatment time, in order to respect other appointments. Hotel guests will receive a reservation confirmation to confirm their appointment at Sofitel Spa with L'Occitane. Reservations made by external guests directly with Sofitel Spa with L'Occitane will require credit card details at the time of appointment reservation.

Changes ahead of time in treatments and schedules are possible without penalties. These changes are subject to availability and must be confirmed via e-mail at least 4 hours prior to your booking.

In-room treatments will have an additional charge per treatment, please verify with Sofitel Spa with L'Occitane for prices and availability. Couples treatments can only be delivered within the facilities of Sofitel Spa with L'Occitane.

For Blissful Mom To Be Treatment expectant mothers are eligible only during their pregnancy period between of 4 to 7 months.

## Arrival

We recommend you arrive at Sofitel Spa with L'Occitane 15 minutes before your scheduled treatment. You will be provided with a bathrobe, towels and sandals.

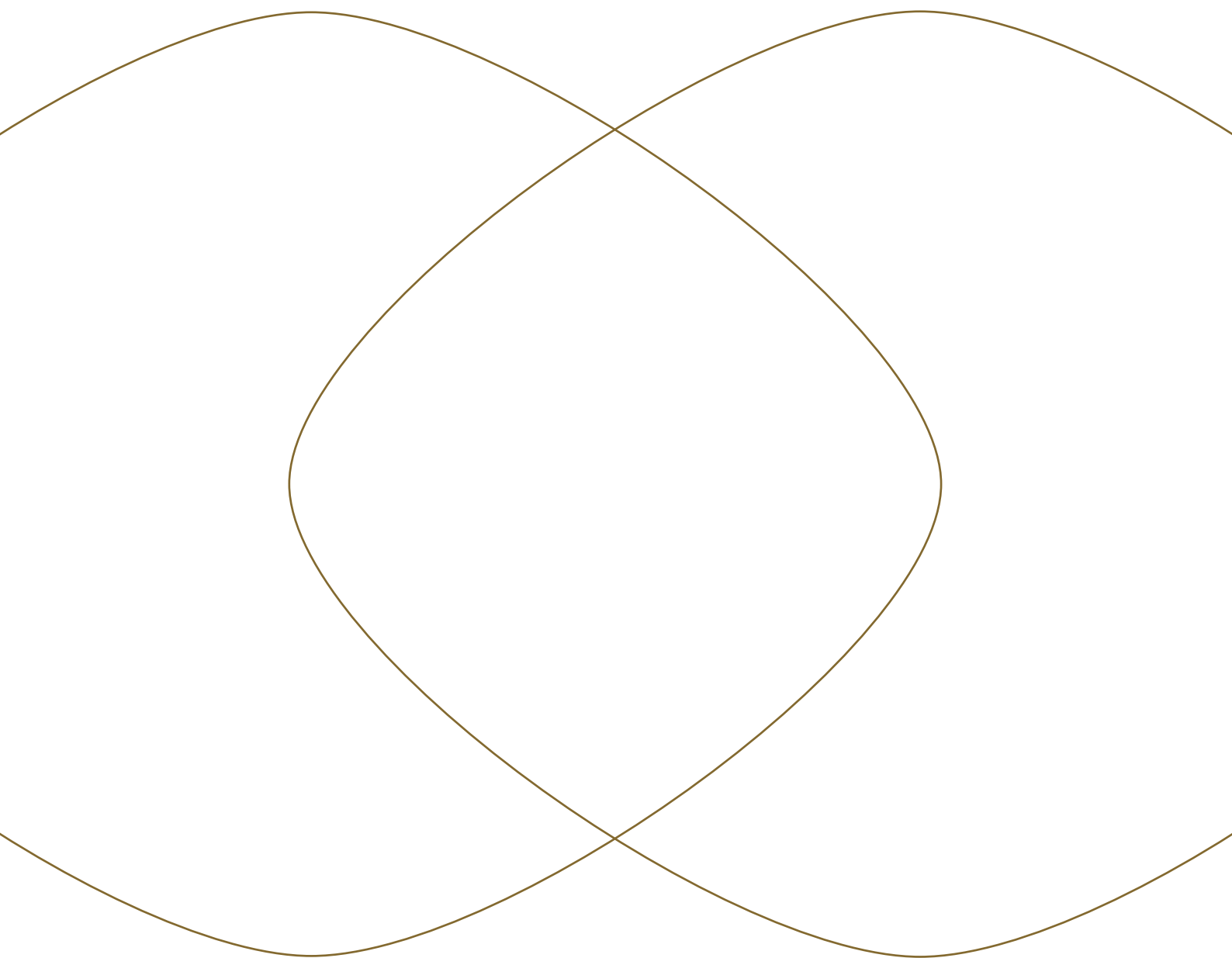
For safety reasons, we do not recommend food and alcohol consumption before, during, or after your treatment. Prior to your treatment, we request you complete our health questionnaire to protect your well-being.

Clients must be over 18 years old. The use of cell phones, cameras and other electronic devices are not allowed, to guarantee the tranquility and privacy of all our guests.

Our therapists are highly trained to perform our treatments. Underwear can be used for your comfort during the treatment. The use of swimsuit is mandatory in the spa area.

## Liability *release*

The hotel will not be responsible for any inconvenience, accident, injury, impact on the health of clients which could result from issues beyond it. The hotel will not be liable for the protection of the clients' belongings. The client releases the hotel from any responsibility for loss or theft of their belongings. The client acknowledges that the hotel will not be responsible in any case for the misuse that clients give to the facilities of the Sofitel Spa with L'Occitane since the use of the facilities of the same is under the responsibility of the client. The client expressly releases the hotel for any inconvenience, accident, injury, health impairment, resulting from the misuse of the facilities of the Sofitel Spa with L'Occitane by the clients.



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