



Wellness menu

S O F I T E L



SOFITEL
Spa

SOFITEL
Spa



Go with the flow

TREAT YOURSELF TO THE FRENCH GLOW

From radiant skin-boosting treatments that detox, cleanse, and revitalize to a serene, sophisticated setting designed to counter the stresses of modern life, Sofitel Spa embodies the essence of French cosmetology.

Here, beauty goes beyond the surface. Self-care is a lifestyle, and our approach seamlessly blends innovation with tradition to help you look - and feel - your absolute best.

THE ART OF SLEEP BY SOFITEL SIGNATURE SLEEP TREATMENT

At Sofitel, restful sleep is essential to well-being, especially while traveling. Our Sleep Treatment Collection features signature treatments designed to improve sleep quality. Look for the Moon Icon  on this spa menu to find treatments dedicated to promoting deep relaxation and restorative rest. Embrace tranquility and awaken refreshed.



Signature Body Experiences

Indulge in the ultimate relaxation with our exclusive Signature Treatments, meticulously crafted to envelop you in unparalleled luxury and serenity.

These bespoke spa experiences combine expert pampering techniques with exquisite indulgence, leaving you in a state of pure bliss.

Each treatment is enhanced by a cup of herbal tea and the soothing essence of AromaTouch oils, elevating every moment of your rejuvenation journey.

FOUR HANDS MASSAGE

50 / 80 minutes

180 \$ / 225 \$

The unique Four Hands Massage is performed by two highly skilled therapists working in perfect harmony to deliver an unparalleled experience of deep relaxation and tranquility for both mind and body.

DEEP RELAXATION MASSAGE

50 / 80 minutes

100 \$ / 149 \$

A therapeutic full body deep tissue massage focuses on tension areas to relax and stretch the muscles using intense strokes. Ideal to relieve pains and stiffness caused by physical activities.



Massage treatments

Awaken your senses with a bespoke wellness experience. Each massage treatment is meticulously designed to promote well-being and tranquility, incorporating a blend of specialized techniques and tools.

Your therapist will attentively assess your individual needs, tailoring every aspect of the treatment to deliver the most effective and personalized care.

PHARAONIC HERBAL MASSAGE

50 / 80 minutes

110 \$ / 150 \$

A poultice of Thermodynamic herbs used to enhance massage therapy by generating heat, relaxing knots and restoring the range of motion to muscles and joints.

SWEDISH MASSAGE

50 /80 minutes

100 \$ / 149 \$

A classic massage is designed to promote relaxation by relieving muscle tension and improving blood circulation.

DEEP TISSUE MASSAGE

50 / 80 minutes

100 \$ / 149 \$

Deep tissue massage is a specialized technique that targets the deeper layers of muscle to alleviate chronic pain and release built-up tension.

TRADITIONAL THAI

50 / 80 minutes

110 \$ / 150 \$

Thai massage is a dry massage using passive stretching and gentle pressure along energy lines. Contributing to a sense of ease and wellbeing. Thai massage stimulates and releases tense muscles, reduces stress, improves circulation, increases energy, centers mind and body.

HOT STONE MASSAGE

50 / 80 minutes

102 \$ / 149 \$

Indulge in a luxurious full-body massage with heated stones, designed to promote deep relaxation while easing muscle tension, releasing blockages, and melting away stress. The soothing warmth of natural volcanic stones enhances the therapeutic benefits, leaving you feeling renewed, rebalanced, and deeply revitalized.

BACK RITUAL

30 / 50 minutes

60 \$ / 100 \$

This targeted deep back massage focuses on the back, shoulders, and neck, helping to relieve tension and soothe stiff aching muscles.

FOOT RITUAL

30 / 50 minutes

60 \$ / 100 \$

A specialized treatment designed to soothe and rejuvenate tired feet while enhancing their appearance. This refreshing massage will leave you feeling light and revitalized.

INDIAN HEAD & SCALP RITUAL

30 minutes

60 \$

Combining the nourishing properties of coconut oil, this targeted scalp massage uses traditional techniques to deeply nourish and protect both the scalp and hair.



Facial Experiences

Revitalize your skin with our luxurious Facial Experience, designed to refresh, nourish, and enhance your natural glow.

Each treatment is tailored to your unique skin needs, combining premium products with advanced techniques for deep cleansing, hydration, and rejuvenation. Whether you seek soothing hydration or targeted anti-aging care, our expert estheticians ensure lasting radiance. Indulge in a moment of pure self-care and let your skin shine with renewed vitality.

GLOBAL ANTI-AGING FACIAL

60 / 90 minutes

140 \$ / 170 \$

This advanced treatment harnesses the power of biotechnology to restore the skin's youthfulness, softness, and luminosity.

Results: Skin appears smoother, firmer, and radiant with renewed glow.

MOISTURIZING FACIAL

60 / 90 minutes

125 \$ / 150 \$

This comprehensive treatment deeply cleanses the skin to promote a 'new skin' effect. Using an advanced professional formula with brightening properties, it enhances radiance, leaving the complexion visibly refreshed and glowing.

FACIAL FOR MEN

60 / 90 minutes

125 \$ / 150 \$

A classic rejuvenating facial designed to relax, purify, and deeply hydrate the skin. Enriched with essential vitamins, this treatment soothes, nourishes, and refreshes, leaving your complexion revitalized and radiant.

EXPRESS FACIAL

30 minutes

80 \$

Perfect for those on the go, this express facial includes a deep cleanse, light exfoliation, and a gentle massage, leaving your skin refreshed and revitalized in no time.



Body Treatment

Rejuvenate your body, mind, and soul with a harmonious blend of signature body rituals and organic essential oils, designed to unveil the best version of yourself.

RITUAL HAMMAM

60 minutes

120 \$

Purify and cleanse the skin with traditional black soap followed by steam and invigorating loofah lives your skin berthing

ROYAL HAMMAM

90 minutes

190\$

The ultimate experience combining a Detoxifying hot steam followed by a Black soap Body scrub, a soothing foam massage and a Hydrating or Moisturizing Facial.

AROMATIC BODY SCRUB

30 minutes

60 \$

Cleanse and moisturize your skin with salt that gently exfoliates and soothes and helps brighten your skin and say goodbye to dull skin.

STIMULATING ARABIC COFFEE BUFF

30 minutes

65 \$

Luxurious Arabic coffee and Vitamin E oil deeply rehydrate and revitalize the skin, leaving it fully refreshed and nourished.

SOFTENING BODY WRAP

45 minutes

80 \$

Repairing care for very dry, sun-damaged or overworked skin. Your entire body will be soaking up with active ingredients that nourish and soften your skin.

TURKISH HAMMAM

50 minutes

100 \$

Quick Traditional Turkish Treat to deeply exfoliate the skin using a Loofah to eliminate dead cells followed by a deep cleansing bubble massage with soap



Spa Packages

Embark on a transformative wellness journey in an oasis of serenity, where each treatment unfolds seamlessly, guiding you toward deep relaxation and renewal.

IMPERIAL EXPERIENCE

120 minutes

200 \$

Refresh and recharge your body with this amazing experience. The treatment includes a ritual hammam, followed by full body massage of your choice. Our professional team will make sure you feel reenergized afterwards

RE BALANCING

120 minutes

200 \$

Stimulates energy levels and cleanses the body after travel. Start with an invigorating body scrub to boost your circulation, reducing fatigue, followed by Express facial and full body a massage to relieve the body of sluggishness and congestion.

DETOX BODY TREATMENTS

90 minutes

200 \$

Detoxify the body, boost circulation and metabolism with this targeted body ritual. A warm honey and orange ball begins the detox process. This treatment concludes with a lymphatic drainage massage.

DETOX AND SLIMMING RITUAL PACKAGE

90 minutes

185 \$

Designed specifically to help detoxifying and slimming down the body, the treatment starts with a coffee body scrub which refines the skin and increases circulation followed by a 50-minute massage which helps detoxifying the body and minimizes the appearance of cellulite.



Information

ARRIVAL AT SOFITEL SPA

To fully immerse yourself in the Spa experience, we kindly recommend arriving 20 minutes before your scheduled treatment.

Step out of your shoes and embrace the comfort of our luxurious robes and slippers, allowing yourself to transition into a state of deep relaxation. Leave your worries behind as you unwind in our serene and therapeutic environment.

By taking this time to prepare, you will enhance the benefits of your treatment, promoting a complete sense of balance and harmony for your mind, body, and spirit.



SPA ACCESS

Sofitel SPA and swimming pool access from 3rd floor.

RESERVATION

Reservations made by hotel guests directly with Sofitel SPA are confirmed upon signature at the time of booking. For external guests, reservations may be secured with a credit card or a cash deposit.

CANCELLATION POLICY

Out of respect for other guests' reservations, please be advised that we are unable to extend your treatment time in the event of a late arrival.

Cancellation policy is free of charge if made 24 hours in advance.

Hotel guests must give four hours notice, after which the full cost of the treatments will be charged.

HEALTH MATTERS

In addition to the high standards of cleanliness and hygiene already maintained at Sofitel SPA, we have implemented additional health and safety measures, including the disinfection of all tools and equipment after each use.

SPA ATTIRE

Wrap yourself in the comfort of our luxurious robes and slippers.

Let go of your worries and immerse yourself in our serene, therapeutic, and soothing environment.



Discover other facilities

Enhance your spa experience by immersing yourself in our exceptional wellness facilities, thoughtfully designed to promote relaxation and well-being.

Begin with a refreshing swim in our serene pool, perfect for both invigorating laps and peaceful unwinding.

Relax in the gentle warmth of our hammam and sauna, where steam and heat help detoxify, soothe muscles, and release tension.

For those looking to stay active, the Sofitel Fitness Center offers state-of-the-art equipment and personalized training options to keep you motivated.

Embrace each moment of your wellness journey - our facilities are here to make your visit truly revitalizing.

THE POOL

Escape into a haven of tranquility and enjoy our serene pool oasis, ideal for both refreshing swims and peaceful relaxation. Whether you prefer to energize with a few laps or simply unwind by the water, our pool offers the perfect setting.

Opening hours: 08:00 AM till sunset

SOFITEL FITNESS

unlock your full potential at our state-of-the-art fitness center, where wellness and motivation come together.

Equipped with the latest technology and variety of training options, our facility caters to all fitness levels, our expert trainers are here to support and inspire you every step of the way

Opening hours: 24 Hours

HAMMAM AND SAUNA

Experience true tranquility in our revitalizing hammam and sauna, where heat and steam come together to purify the body and revitalize the spirit.

Designed as a peaceful retreat, our facilities offer the perfect sanctuary to enhance your wellness journey.

Opening hours: 08:00 AM till 10:00 PM



Discover *your peace*

WITH SOFITEL FITNESS

OUR FACILITIES

A modern and serene fitness space in Cairo, equipped with state-of-the-art Technogym machines, including cross trainers, treadmills, rowing, cycling, and step machines for an effective cardio workout. Free weights and stretching mats are also available for a well-rounded session. Conclude your workout with ultimate relaxation in the hammam and sauna.

Our *classes*

STRETCH AND RELAXATION 15 \$

30 min

A gentle class that focuses on stretching, mobility exercises, and relaxation techniques to relieve muscle tension and promote overall well-being.

Required level: Beginners
Course intensity: Joint & muscles flexibility
Course duration: 30 min
Equipment supplied: Yoga mats

CORE AND ABS 15 \$

30 min

A class specifically designed to strengthen and tone the core muscles, increase metabolism and help you have a stronger immune system, including exercises targeting the abdominals, obliques, and lower back.

Required level: Beginners
Course intensity: Joint & muscles flexibility
Course duration: 30 min.
Equipment supplied: Yoga mats

STRENGTH AND BALANCE 15 \$

30 min

A class that incorporates exercises to improve both muscular strength and balance, helping to prevent falls and enhance stability.

Required level: Beginners
Course intensity: Power & strength
Course duration: 30 min.
Equipment supplied: Yoga mats

ABDOMINAL BUILD UP 15 \$

30 min

Ab workouts are an excellent way to build strength, endurance, and definition in the abdominal muscles. Strengthen your core while toning your abs, glutes, and legs with targeted exercises.

Required level: Beginners
Course intensity: Core toning
Course duration: 30 min.
Equipment supplied: Yoga mats

Our *coachs*



Ahmed Reeda
Expert Fitness Coach

Information

HOURS OF OPERATION

Equipped with the savoir-faire, attention to detail and a passion for modern French zest, Sofitel Fitness team welcomes you daily 24 hours.

FITNESS ACCESS

Sofitel Fitness access from 3rd floor.

MEMBERSHIP

Become a member and enjoy exclusive access to Sofitel SPA's premium facilities, including the sauna, steam room, swimming pool, jacuzzi, and fitness center. Annual memberships are available for individual only

RESERVATION

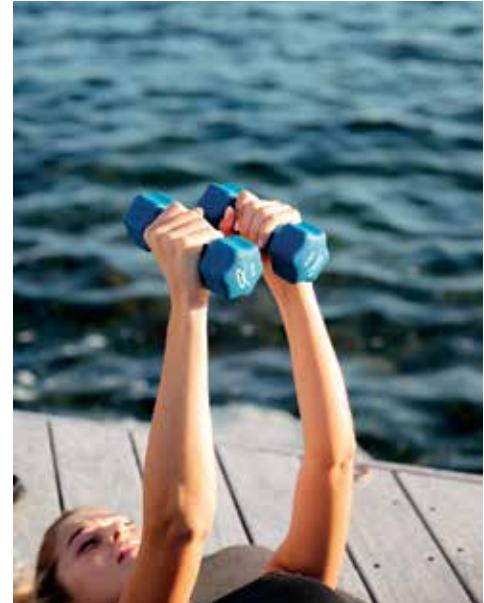
Reservations made by hotel guests directly with Sofitel SPA are confirmed upon signature at the time of booking. For external guests, reservations may be secured with a credit card or a cash deposit.

CANCELLATION POLICY

Out of respect for other guests' reservations, please be advised that we are unable to extend your treatment time in the event of a late arrival.

Cancellation policy is free of charge if made 24 hours in advance.

Hotel guests must give four hours notice, after which the full cost of the treatments will be charged.

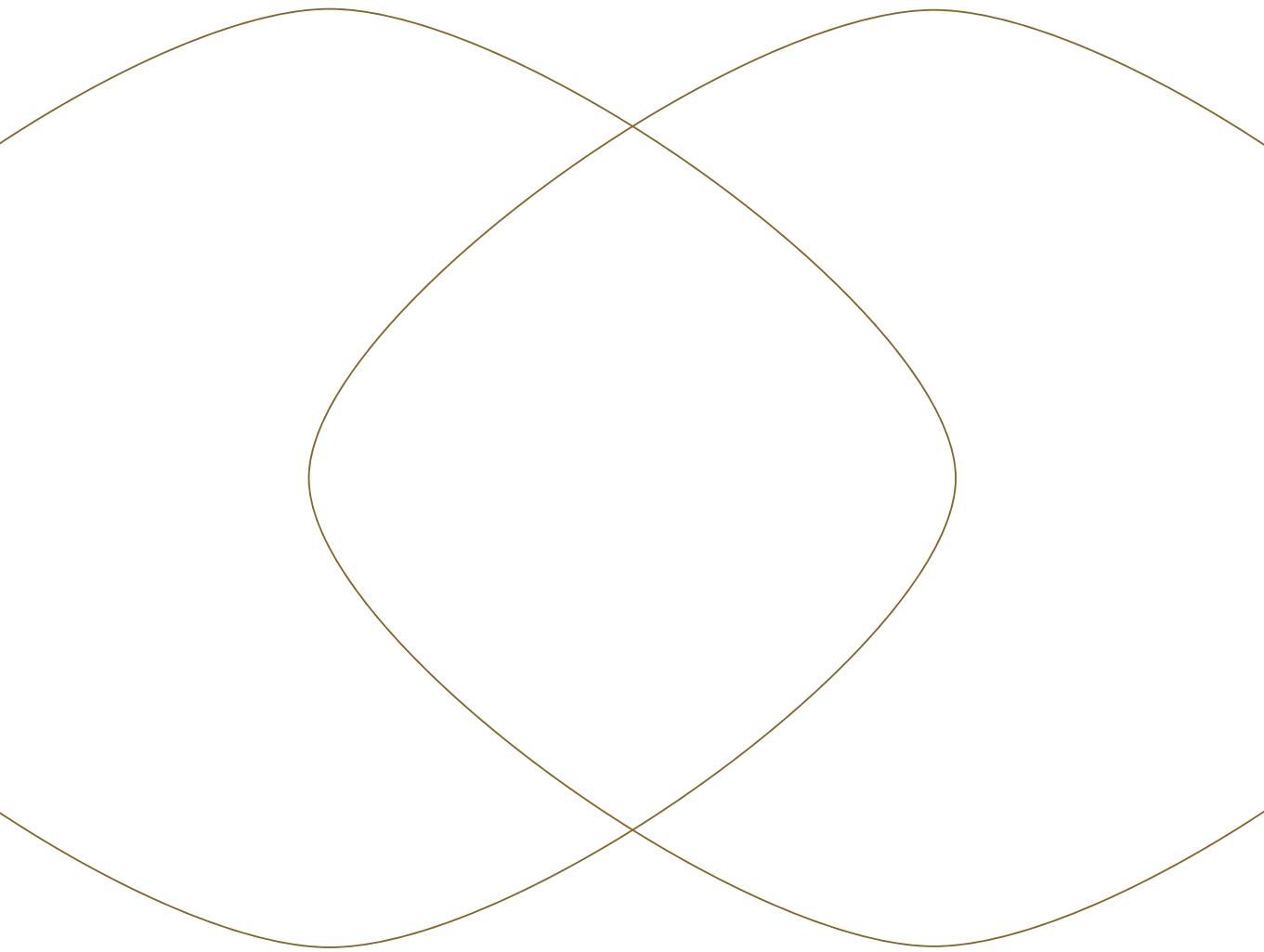


GIFT VOUCHER

A perfect and refined gift that suits every occasion.

Our Sofitel SPA team is at your full disposal for advice to customized your gift voucher.





SOFITEL CAIRO DOWNTOWN NILE

1191 NILE CORNICHE, - SOUQ AL ASR - CAIRO - EGYPT
TEL. +202 25 80 80 00 EXT. 8760
HC3J2@SOFITEL.COM
SOFITEL.COM