



Spa  
menu

S O F I T E L

Spa



L'OCCITANE  
EN PROVENCE

The background of the entire image is a soft, out-of-focus photograph of a lavender field. The colors are predominantly shades of purple and green, with some yellow and orange highlights, suggesting sunlight filtering through the plants. A winding path or road cuts through the center of the field.

SOFITEL

Spa



L'OCCITANE  
EN PROVENCE

# *Moments of Better-Being*

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Where Nature flourishes,  
Inspiring our ingredients, our surroundings,  
and our gestures crafted by expert hands.

Sleepy notes of lavender,  
Warm sunlight caresses the skin.  
Soothing melody of nature.  
Close your eyes...

Be Touched by Haute-Provence.

A moment beyond time, where reason meets heart,  
and time slows to be savored with pleasure.  
So you see clearly, feel deeply, listen intently.  
The body releases, the mind unwinds.

More than well-being, this is *Better-Being*.

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 THE ART OF SLEEP BY SOFITEL  
& SLEEP EXPERTISE OF L'OCCITANE EN PROVENCE

At Sofitel, restful sleep is key to wellness, especially while traveling. With treatments tested with the European Sleep Center, L'Occitane en Provence brings its expertise to enhance the sleep quality.

Look for the Moon icon on this spa Menu to find treatments dedicated to promoting restful sleep. Embrace ultimate relaxation and leave feeling restored.



## *Signature* Experiences

Experience the ultimate relaxation with our exclusive Signature Treatments, each thoughtfully designed to immerse you in unparalleled luxury and serenity.

These bespoke spa experiences blend the finest pampering techniques with elements of pure indulgence, leaving you in a state of total bliss.

## ORIENTAL HARMONIE

120 minutes - Body & Face

迪 1,499

A sensorial journey where Provençal better-being meets Middle Eastern beauty heritage, restoring balance to body and mind.

This signature treatment begins with a 45-minute purifying hammam, followed by a deeply soothing body massage with warm shea oil to ease tension, nourish the skin, and relax the senses.

It then unfolds into an uplifting facial massage that stimulates collagen, smooths fine lines, and leaves the complexion fresh, toned, and radiant.

A complete moment of relaxation and renewal.



# Iconic Treatments

Heritage. Sensoriality. Expertise.

Crafting better-being moments based on four pillars:

LONGEVITY, REGENERATION, VITALITY & BALANCE.

## Longevity

*Reveal timeless rejuvenation*

### IMMORTELLE DIVINE SECRET

90 minutes - Face

迪 850

**FIRMING.** An expert treatment delivering results proven by science. Inspired by Kobido technique, it stimulates skin renewal and microcirculation. Through dynamic, precise gesture combined with Immortelle Divine collection, skin appears visibly smoother, firmer, and plumper. This ritual offers a deep moment of relaxation while nurturing positive émotions.

*To measure and highlight the benefits on holistic better-being and sleep quality, our protocols have been tested and approved by L'Occitane en Provence laboratories as well as recognized research institutes.*

## Regeneration

*Renew through the art & science of sleep*

### ⌚ SLEEP AND RESET

90 minutes - Body

迪 850

**REGENERATING.** Sleep is a key contributor to better-being. This treatment has been tested and accredited by the European Sleep Center in order to show its effects on sleep quality improvement. It allows to regain serenity as well as to provide an energy boost.

### ⌚ POWER NAP

25 minutes - Body

迪 390

**REINVIGORATING.** Tested in collaboration with the European Sleep Center, this treatment offers deeper relaxation and enhanced recovery compared to a regular nap. A harmonious blend of effleurage, acupressure, and percussion gestures to sooth the mind, release tension, and revitalize the entire body.

## Vitality

*Restore the mental & physical energy*

### ALMOND DETOX

60 / 90 minutes - Body

迪 660 / 850

**DETOXIFYING.** This massage promotes circulation and provides a feeling of lightness. The draining movements help to remove toxins and reduce water retention. The Almond Supple Skin Oil hydrates the skin and improves its elasticity.

### PROVENÇAL DEEP TISSUE

60 / 90 minutes - Body

迪 660 / 850

**INVIGORATING.** Inspired by the strength of Provencal nature, this deep muscular massage combines firm pressure, acupressure, and stretching to help unlock body tension. Muscles are released, energy flows, and mind feels restored.

## *Balance*

*Harmonize body, mind & emotions*

### **RELAXING AROMACHOLOGY**

60 / 90 minutes - Body

迪 660 / 850

**COMFORTING.** This enveloping massage eases the body and mind into letting go thanks to its relaxing movements. Studies carried out by L'Occitane en Provence laboratories have demonstrated that this gentle touch noticeably improves well-being and emotional balance.



# *Madetomeasure* Treatments

Because each person is unique, so are our treatments.

## **FACIAL TREATMENT**

45 / 60 minutes

迪 550 / 660

EXPERT. A personalized facial treatment with a range of product options and massage techniques tailored to suit every skin mood.

*Massage techniques: Radiance or firmness*

## **BODY MASSAGE**

60 / 90 minutes

迪 660 / 850

SENSORY. A selection of massage techniques paired with preferred massage oil creating a better-being interlude designed to delight the senses.

*Massage techniques: Only Relaxation, Intensity, Detox, Refine.*

*Massage Oils : Relaxing, Revitalizing, Almond, or Shea Butter.*



# Revitalizing Touches

## LEG REFRESHER

60 minutes - Body

迪 660

**LIGHTNESS.** This treatment targets the legs and feet to give a pleasant feeling of lightness as well as improve circulation. It consists of an invigorating scrub followed by a massage using the revitalizing massage oil, to provide softness and comfort.

## SHEA NOURISHING SCRUB

60 minutes - Body

迪 660

Delicious textures that remove dead skin cells and improve blood circulation, leaving the skin soft and smooth, perfectly prepared for a treatment or massage.

## SHEA ULTRA-MOISTURIZING WRAP

60 minutes - Body

迪 660

The ideal repairing treatment for very dry, sun damaged or overworked skin. This formula has been developed exclusively for Spa L'Occitane. While the entire body soaks up active ingredients that nourish, moisturise and soften, a foot and scalp massage ensures a moment of pure relaxation.

## BLISSFUL MOM TO BE TREATMENT

75 minutes - Body

迪 680

A nurturing pre-natal ritual designed to soothe, restore, and uplift. Gentle strokes enhance circulation and ease tension, while careful positioning ensures complete comfort and serenity for both mother and baby.

### **ASIAN FUSION THERAPEUTIC MASSAGE**

60 / 90 minutes - Body

฿ 660 / ฿ 850

A therapeutic fusion of deep tissue techniques, traditional Thai stretching, and targeted acupressure to release deep-seated tension, improve flexibility, and restore natural energy flow. Slow, intentional pressure and assisted stretches realign the body, ease stiffness, and leave you feeling lighter and balanced.

### **ORIENTAL MASSAGE**

60 / 90 minutes - Body

฿ 660 / ฿ 850

With enveloping sweeping movements, this soothing treatment with a light to medium pressure, promotes relaxation and helps overcome physical and emotional tension.

### **ALMOND SILHOUETTE REFINING**

60 minutes - Body

฿ 660

REFINING. 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.

### **HOT STONES**

90 minutes - Body

฿ 850

A Relaxing Massage combining the use of refreshing heated stones placed on energy points along the body.



# Enhancements & Add-on

Elevate your experience at the highest level

## SCALP SERUM

Boost your hair with an application of a scalp serum during the head massage in any treatment.

迪 40

## HOT STONE MELTER

Enhance your massage with warm basalt stones, gently melting muscle tension.

迪 50

## HERBAL COMPRESS

A warm herbal compress applied during the treatment to help relieve muscle tension, improve circulation, and promote deep relaxation

迪 59

## CRYO COOL FACIAL HYDRATION BOOST

An instant cryo cool effect serum that refreshes, calms, and floods the skin with deep hydration while boosting collagen and repairing stressed skin.

迪 100 / +15 MIN

## CRYO – COOLING EYE PATCHES

Cryo-powered hydrogel eye patches that instantly cool, refresh, and revive tired eyes - perfect for an on-the-go pick-me-up or pre-event prep.

迪 60 / +15 MIN

## GUA SHA

Smoothen facial lines and refreshes eye contours thanks to the Gua Sha stones.

迪 100 / +15 MIN

## STRETCHING

A guided stretching session performed by the therapist to improve flexibility, release muscle tension, and enhance overall mobility.

迪 150 / +15 MIN

## NECK & DECOLLETÉ

Lifts and refines neck and décolleté for a radiant look.

迪 390 / +30 MIN

## PRIVATE JACUZZI

Relax sore muscles and improve blood circulation in a private setting.

迪 390 / +30 MIN

## CHOICE 30 MIN OF SCRUB

Energize with cinnamon and cocoa,  
Refresh with pure lemongrass,  
Awaken with grapefruit and mandarin,  
Soothe with jasmine and sandalwood,  
Unwind with lavender and chamomile.

迪 390 / +30 MIN



# *Hammam* Treatments

A Hammam treatment is a traditional cleansing and purification ritual inspired by ancient Moroccan bathing traditions. It combines the healing power of steam, exfoliation, and natural ingredients to deeply cleanse, detoxify, and rejuvenate the body. The ritual typically begins with exposure to warm steam to open the pores, followed by an application of black soap and exfoliation using a kessa glove to remove dead skin cells. The experience is completed with a soothing rinse and the application of nourishing oils or clay, leaving the skin soft, radiant, and refreshed while promoting overall relaxation and well-being.

### **SIGNATURE HAMMAM**

60 minutes

迪 660

A purifying Moroccan-inspired experience that renews body and mind. Steam, black soap, and kessa exfoliation smooth the skin, followed by white clay and rhassoul to detoxify and soften. Finished with argan, green tea, and aromatic oils for total revitalization.

### **ORIENTAL HAMMAM CLEANSE**

90 minutes

迪 850

An indulgent Moroccan-inspired ritual that purifies, nourishes, and rejuvenates. Kessa exfoliation with eucalyptus black soap, honey, and rhassoul clay smooths and softens the skin. Green tea hair treatment with argan elixir, a white clay facial, and Bois d'Ortient oil leave you radiant, relaxed, and renewed.

### **ROYAL HAMMAM**

120 minutes

迪 1,190

A deeply purifying Moroccan-inspired ritual to refresh body and mind. Steam, eucalyptus black soap, and kessa exfoliation smooth the skin, followed by a white clay mask and Neroli rhassoul wrap. A green tea and argan hair treatment, combined with a detox facial and cryotherapy, leaves skin radiant, sculpted, and fully revitalized.



# Technology-Driven Treatments

Discover the future of wellness with our Technology-Driven Treatments, where cutting-edge innovation meets transformative care.

These advanced therapies are designed to optimize your body's natural healing processes and deliver powerful, visible results.

### **PLATINUM HYDRAFACIAL**

90 minutes

迪 1,100

The most comprehensive facial, designed to rejuvenate and refresh your skin. It reduces imperfections and leaves your skin smooth, lifted and radiant.

### **DELUXE HYDRAFACIAL**

60 minutes

迪 800

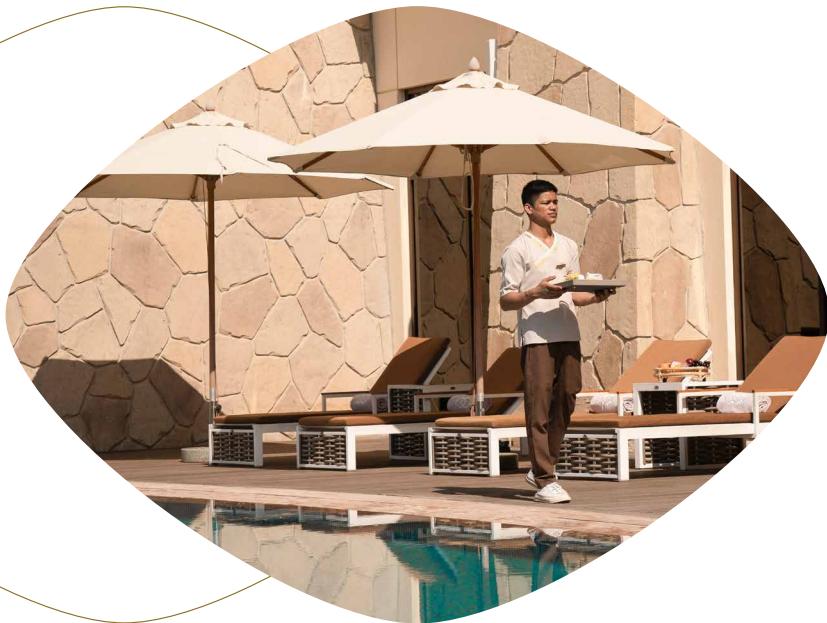
Our concise treatment to refresh and illuminate the skin. Perfect for focusing on cleansing or for those who have little time.

### **SIGNATURE HYDRAFACIAL**

30 minutes

迪 500

Our express treatment to refresh and illuminate the skin. Perfect for focusing on cleansing or those with limited time. This treatment cleanses, exfoliates, extracts and hydrates the skin using super serums filled with antioxidants, peptides and hyaluronic acid.



## *Signature* Rituals

Our Signature Rituals are thoughtfully curated combinations of treatments designed to deliver a complete wellness journey. Each experience harmoniously blends massages, body rituals, and facials to restore balance, beauty, and serenity. Tailored to meet diverse needs—from deep relaxation to revitalizing renewal—these indulgent journeys offer exceptional value and a truly luxurious escape.

### **ORIENTAL JOURNEY**

180 minutes	迪 1,650
- Oriental Massage 60 minutes	
- Hammam 60 minutes	
- Maison Dasa detox facial 60 minutes	

### **SPA BODY ESCAPE**

130 minutes	迪 1,220
- Sauna 10 minutes	
- Body Scrub 30 minutes	
- Body Wrap 30 minutes	
- Body Massage 60 minutes	

### **DUO OF AROMA FOR COUPLES**

120 minutes	迪 2,240
- Aroma Bath 30 minutes	
- Aromachologie Massage 60 minutes	
- Express Facial 30 minutes	



# Information

## HOURS OF OPERATION

10 am - 9 pm

## SPA ACCESS

Access to the spa facilities is limited to adults aged 16 years and above only.

Enjoy complimentary access to our wellness facilities including sauna, steam room, indoor hydrotherapy pools, plunge pool and outdoor pool before or after your spa treatment.

## RESERVATION

All prices are in UAE Dirhams inclusive of 7% Municipality Fee, 10% Service charge and 5% Value added tax.

For bookings or inquiries, please feel free to contact us through any of the following channels:

Email: spa.palmdubai@sofitel.com

Telephone: +971 4 455 6677

WhatsApp: +971 52 645 9421

We encourage you to arrive 15 minutes before your appointment to complete our pre-arrival formalities and consultation.

## CANCELLATION

In case of late arrivals, your treatment time will be reduced and no extension will be provided. The same treatment price will also apply.



Cancellations can be made without charges at least 6 hours prior to your appointment. 50% of the treatment charges will apply for late cancellations.

## HEALTH MATTERS

Your Better-being is our top priority. If you have any medical conditions, allergies, injuries, or are pregnant, please inform our spa team when making your reservation. This information helps us tailor your treatment to ensure your safety, comfort, and the most beneficial experience possible.

## SPA ATTIRE

While we provide secure lockers to store your personal belongings, we recommend you to leave any valuables at home or in your hotel room

Please bring your personal swim-wear to use in the pools. If required for the treatment, disposable underwear will be provided

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EN PROVENCE

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