



Where  
your soul is  
*soothed*

SOFITEL  
Spa

# Senses *reawaken*

Treat yourself to the French glow.

From radiant skin-boosting experiences that detox, cleanse and revitalise to the chic, tranquil setting that combats the demands of modern life, Sofitel SPA with L'Occitane is the ultimate 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 the savoir-faire, attention to detail and a passion for modern French art de vivre, the Sofitel SPA with L'Occitane welcomes you daily from 10am to 9pm.

Get your French glow, call +971 (0)4 455 5433 or speak to our Wellness Agents.





## SIGNATURE TREATMENTS

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### JOURNEY TO ARABIA

Release stress and tension | 90 minutes | 850

Transforming the beautiful Rose scent into a journey, this treatment starts with full body exfoliation, combining the Swedish effleurage, Chinese acupressure and Balinese massage technique to release stress and tension, together with L'Occitane's Rose collection. Discover the delicate freshness of a bouquet of roses, united with the velvety softness of petals kissed with dew, in an exquisite treatment.

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### SOFITEL SPA REJUVENATING FACIAL

Skin glow | 60 minutes | 660

Enjoy a relaxing facial treatment that will make your skin glow. Thanks to the Sofitel Spa Rejuvenating treatment, the quest for youth has never been so pleasurable. The perfect combination of the French skin care techniques and the ingredients of the L'Occitane products helps to restore a youthful complexion.

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### SOFITEL SPA EXHILARATING BODY MASSAGE

Boost & Tone | 60 minutes | 660

This experience offers various full body massage techniques. The treatment is designed to revitalise and tone your silhouette while detoxifying the body by eliminating toxins and skin cells.

## EXPRESS APPETIZERS

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### EXPRESS FACIAL

Personalised | 30 minutes | 390

This personalised 30 minute facial will take you to the heart of Provence. The treatment will be adapted according to your skin needs and provide an immediate radiance. For a complete wellbeing experience, the express facial can be completed with a body massage.

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### BACK, NECK, SHOULDER AND HEAD MASSAGE

Tension Relief | 45 minutes | 550

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### FOOT MASSAGE

Pain Relief | 30 minutes | 390

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### BACK MASSAGE

Relaxing | 30 minutes | 390



# STARTERS TO PREPARE YOUR SKIN

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## ALMOND SILHOUETTE REFINING

Body Sculpt | 60 minutes | 660

This treatment is based on combination of shaping and active massage techniques to fight against the skin's dimpled appearance. The almond supple skin oil will act on skin's elasticity. As a result, the body feels refined with a sensation of lightness.

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## BODY SCRUB

Exfoliating | 30 minutes | 390

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

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## BODY WRAP

Nourishing | 30 minutes | 390

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.

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## ORIENTAL HAMMAM

60 minutes | 660

This purification experience begins in the steam room followed by an invigorating body traditional black soap and Kessa exfoliation. The body is then deeply cleansed from head to toe with a rhassoul body mask completed with an enrapturing body mist and a full body nurturing massage oil application.

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## EXPRESS HAMMAM CLEANSE

45 minutes | 550

a deep cleansing of the body, using our Black Soap with an invigorating Eucalyptus scent that will uplift the mind and prepare the skin for a healthy exfoliation. After rinsing, your body will be covered with a Honey and Sugar Scrub. To give the honey time to nourish your skin, you will experience an Argan Hair Shampoo and Conditioner with our famous Scalp Massage. We end this treatment with a complete floral body rinse and Body Oil Application.



# MASSAGES

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## AROMACHOLOGIE

Best seller of all L'Occitane SPA | 60 minutes | 660

Swedish effleurage, Chinese acupressure and Balinese massage techniques come together to stimulate circulation and help ease tension & relieve stress. The body and mind feel calmed, sleep can come more easily. The lavender scent from L'Occitane and the warm aromatic neck pillow enhance relaxation.

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## ORIENTAL

Relaxing | 90/60 minutes | 850/660

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

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## POLYNESIAN DEEP TISSUE

Muscle Relief & Rebalance | 90/60 minutes | 850/660

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

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## SLEEP AND RESET

Special Jet Lag recommendation | 90 minutes | 850

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. Combine with an application of facial serum that is formulated to reset your skin to relax the mind and recover from accumulated fatigue.

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## ALMOND DETOXIFYING BALANCE

Lymphatic Drainage | 75 minutes | 680

Inspired by Lymphatic Drainage massage techniques, this treatment boosts circulation and promotes elimination of toxins & 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.

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## HOT STONE

Ideal After Sport | 90 minutes | 850

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







## FACE CARE

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### AQUA REOTIER SOURCE OF HYDRATION

Hydrating | 60 minutes | 660

This facial features an ultra hydrating face care range Aqua Reotier for healthy looking skin. Enriched with Réotier water, hyaluronic acid and glycerin, this facial helps recharge skin with water, leaving your face glowing with moisture and softness. Your skin is refreshed and radiant, it feels more plump.

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### CADE POWERFUL SKIN PROTECTION

Energising | For Men | 60 minutes | 660

Enjoy a protective treatment that starts with a deep cleansing of the skin, followed by a face massage that will help soothe the skin and reduce cutaneous inflammations. The Cade products used in this treatment have been formulated for men's skin specific needs they are true to men's nature and to the nature of their skin. This deep facial treatment is completed with a scalp and shoulders massage, and will make you dive into a pure moment of relaxation.

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### IMMORTELLE DIVINE SECRET

Anti-aging | 90 minutes | 850

An ideal treatment to combat skin slackening of the face and neck, as well as the décolleté area. This exceptional anti-aging facial uses lifting and contouring massage techniques with the fabulous properties of 7 natural active ingredients, including organic Immortelle essential oil and Myrtle. A radiant and youthful skin for a harmonious beauty.

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### DEEP CLEANSING

Purifying | 75 minutes | 680

A new deep facial cleansing treatment that, together with the effect of a manual extraction and our new Provençal Thyme infused mask, will help purifying your skin. Your face will be perfectly cleansed, pores will appear less visible, and your skin will be like mattified.

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### PAMPER ME

12 years old and above | 45 minutes | 550

Give your teenagers a taste of Provence, and the opportunity to be more confident in their skin. Includes a gentle face and scalp massage.





# HYDRAFACIAL

Available in series

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## PLATINUM

Uplift | 90 minutes | 1,100

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

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## DELUXE

Illuminate | 60 minutes | 800

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

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## SIGNATURE

Hydrate | 30 minutes | 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.

## DESSERTS TO DELIGHT YOUR EXPERIENCE

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### PRIVATE JACUZI

Pamper | 30 minutes (Up to 2 persons) | 390

Relax and rejuvenate in a hot tub infused with the aroma of L'Occitane essential oils and nutritious tropical fruit platter for 2 persons at your own privacy in a luxurious SPA cabana.

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### DRY FLOATING EXPERIENCE FOR MEN

Recovery | 15/30/40 minutes | 350/250/150

Let all your troubles float away with a feeling of weightlessness while keeping you totally dry. Gentle vibrations massage your body, releasing muscle tension. Contributes to a deep and healthy sleep.

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### QUARTZ BED

Warm & Cocoon | 100

A warm bed full of sandy quartz moulds itself to the shape of the body, creating a good distribution of body's weight and a soothing cocoon-like feeling. Elevate your experience and have your treatment done on the quartz bed.





L'OCCITANE

L'OCCITANE  
EN PROVENCE

IMMORTELLE  
PRÉCIEUSE

EAU ENRICHIE  
ENRICHED WATER

Hydratant · Préparation de la peau  
Hydrating · Skin preparation

6.7 FL. OZ.

L'OCCITANE

L'OCCITANE  
EN PROVENCE  
IMMORTELLE PRÉCIEUSE  
SERUM

L'OCCITANE

L'OCCITANE  
EN PROVENCE  
IMMORTELLE PRÉCIEUSE  
CRÈME

## SPA PACKAGES

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### ORIENTAL JOURNEY

3 Hours | 1,650

- Oriental Hammam 60 minutes
- Oriental Massage 60 minutes
- Facial 60 minutes

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### SPA BODY ESCAPE

2 hours 15minutes | 1,220

- Sauna 10 minutes
- Body scrub 30 minutes
- Body Wrap 30 minutes
- Body Massage 60 minutes

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### DUO OF AROMA

2 Hours | for couple | 2,240

- Aroma Bath 30 minutes
- Aromachologie Massage 60 minutes
- Express Facial 30 minutes

## SPECIALS

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### PSAMMO THERAPY

Cocoon Experience | 90 minutes | 850

Allow yourself to be luxuriously immersed in warm quartz sands while experiencing a dynamic flow massage and inversion gravity. Delivering proven anti-inflammatory action, relief from chronic pain and deep relaxation, helps to profound goodness for body, mind, and spirit.

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### PRE-NATAL

Light and Comfortable | 75 minutes | 680

A Mum-to-be dedicated massage using specific pre-natal techniques to help relax, increase circulation, alleviate tired muscles. The body positioning in a semi-reclining position propped up by pillows will ensure the safety and comfort for both mother and baby. The light pressure massage can help alleviate some of the most common discomforts experienced by pregnant women.

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### THAI

Stretching, Dry Massage | 90/60 minutes | 850/650

A dry massage combining acupressure and stretching techniques to release muscle tension. Helps you to rebalance the body, improve the blood circulation and increase vitality.



## SPA ETIQUETTE

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

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

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

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

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





## OPENING HOURS

10am – 9pm



S O F I T E L  
DUBAI THE PALM

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