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Treat yourself to a moment of expert pampering and total relaxation. Step into an oasis of calm and tranquility within Downtown Dubai and begin your journey of self-discovery away from Dubai's hubbub. Sofitel Spa offers luxurious retreat experiences, with a new generation of treatments that transport you to a serene state of mind and body.

From the beginning of recorded history, the specific use of different massage techniques to treat ailments and injuries has been documented in the medical text "The Huang Emperor's Classic of Internal Medicine" from ancient China more than 2500 years ago. Evidence of this text being translated and passed on has been found in Thailand, Persia, Greece, India, Europe, and Sweden.

Using acupressure massage, our therapists are trained in a technique built upon the therapeutic usage of applying pressure to acupuncture meridian points. By clearing blockages in these meridians, we can improve blood circulation, promote healing, and increase metabolism to remove toxins in our body.

In Sofitel Spa Dubai Downtown, Massage is the therapy. Some of the many benefits for the mind and body include:

- Releasing tension in stiff necks, shoulders and lower back pain;
- Relaxing the mind from stress and tensions, anxiety and depression;
- Relief for headaches and insomnia;
- Promotes healing of sprains and sports injury;
- Improves blood circulation, and increase metabolism;
- Restores strength and energy for the fatigue and tiredness.

Body Massage

SOFITEL SPA Signature Massage (60 minutes/ 90 minutes)

Recommended to those who prefer to customize their own. Tailor-make your own treatment by telling us what you need and how you want it. Begin with a spa consultation to let us know what pressure you prefer, what area you would like to concentrate on, and select your own aromatherapy oil that best caters to your need.

Swedish Massage (60 minutes/ 90 minutes)

Swedish massage is a light to medium pressure therapeutic massage which is formulated through various techniques and tailored to suit your needs. It involves soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on the top most layers of muscles. This is also combined with the movement of the joints. By relieving muscle tension, Swedish therapy can be both relaxing and energizing.

Thai Massage (60 minutes/ 90 minutes)

Thai massage is an oil-free ancient healing system combining acupressure and assisted yoga postures. The therapist uses his or her hands, knees, legs, and feet to move you into a series of yoga-like stretches and also applies deep muscle compression, joint mobilization, and acupressure. Thai massage also utilizes energy work, which, according to ancient Asian culture, treats the subtle energetic field within the body.

Balinese Massage (60 minutes/ 90 minutes)

Balinese massage techniques include acupressure, skin rolling and flicking, firm and gentle stroking, percussion, and application of essential oils. Balinese massage techniques work to soothe damaged tissue and relieve strained muscles and joint pain. The boost to your circulation will help reduce stress and rebalance your body, and the aromatic oils can also

Body Massage

Deep Tissue Massage (60 minutes/ 90 minutes)

An extra firm, deep tissue massage focusing on the body that is sore and holds tension from regular exercise. It can help relieve tight muscles, chronic muscle pain, and anxiety. During a deep tissue massage, your massage therapist will use slow strokes and deep finger pressure to relieve tension from the deepest layers of your muscles and connective tissues.

Hot Stone Massage (90 minutes)

Drift away as the warm essential oils melt into the body and feel the heat of the stones whilst they ease away build up tension. In addition to loosening muscles, the heat from the massage stones opens up blood vessels and improves circulation. Improved circulation allows more oxygen to be delivered to the muscles, which helps alleviate aches and pains. Comforting and deeply relaxing massage.

Magnesium Massage (60 minutes/ 90 minutes)

This deep aromatherapy massage, reinforced by magnesium healing properties is designed to relieve muscles fatigue, improve sleep, detox and promote sensation of overall wellbeing.

Prenatal Massage (60 minutes/ 90 minutes) (16wks to 32wks)

Gently ease away aches, pains, and swelling with our nurturing prenatal massage. Specially formulated and safe for pregnancy. Pre-natal massage is extremely hydrating, reduces tension, and induces deep relaxation.

Foot Reflexology (30 minutes / 60 minutes)

Gently ease away aches, pains, and swelling with our nurturing prenatal massage. Specially formulated and safe for pregnancy. Pre-natal massage is extremely hydrating, reduces tension, and induces deep relaxation.

Express Back Relief (30 minutes)

A little luxury with limited time. Focusing on a target area of the back, neck, and shoulders.

Four-Hand Massage (60 minutes/ 90 minutes)

A 4 hand massage is a relaxing massage that has 2 therapists. They practice synchronized technical massage movements and apply the same pressure on both sides of the body (left and right) which increases the level of muscle relaxation and massage benefits.



Purifying Facial (45 minutes)

Treat your skin to a moisture boost. Your skin is fed with thirst-quenching activities to bring back that healthy dewy look to the skin.

Elemis Pro-Glow Smooth (50 minutes)

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

Elemis Pro-Glow Resurface (50 minutes)

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines , and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

Teami Detox Facial (60 minutes)

Reveal your skin's natural radiance. Green Tea Detox Facial will eliminate skin impurities and replenish with necessary superfood nutrients. Be amazed by the powerful yet gentle ability of the Detox Facial. This facial is perfect for all skin types needing a deep cleanse

Teami Soothe Facial (60 minutes)

Teami Soothe Facial is infused with lavender, sage and blue tansy oil that provides a calming sensation to sensitive skin. Perfect for all skin types, this facial treatment soothes redness and helps calm, nourish and comfort the most sensitive and delicate skin.

Teami Glow Facial (60 minutes)

Teami Glow Facial is infused with rose petals, cinnamon bark and jojoba oil that provides skin with dewy hydration and natural glow. This facial works into the deeper layers of the skin leaving it soft, nourished and radiant. This is perfect for all skin types needing that extra hydration and luminosity.



Platinum LED Light Therapy (30 minutes)

For a healthier glowy complexion: Works on all skin types.

Red Mode:

Helps achieve brighter & more youthful looking skin. Helps with collagen production, skin laxity, pigmentation, anti-aging, wound healing.

Blue Mode:

Helps with acne and zits with its antibacterial properties and regulates sebum production

Pink Mode:

Helps reduce inflammation & calms the skin. For sensitive skin, rosacea, eczema, psoriasis and scarring.

Add On: LED Light Therapy (9 minutes)

Intensive face care with 9 minutes fast Platinum LED Light mode: 7 minutes red light, 1 minute blue light, 1 minute pink light.

Add On: Extraction (15 minutes)

Clearing clogged or compacted pores. This helps to keep skin clear and smooth out bumps. Extraction is manually done, using a steam.

Hammam

Moroccan Royal Hammam (60 minutes)

The Hammam ceremony is an experience of the Magreb traditional treatments, which purifies the skin and releases all tension due to the heat of the hammam and the purifying Black soap scrub as well as the wrap that includes a Dead Sea clay mask. An ideal therapy for deep cleaning and the ultimate relaxation of your entire body. Feel your skin fresh, soft, and young again!

Turkish Ceremony Hammam (60 minutes)

Turkish Ceremony Hammam starts with opening pores in a steam room, after that your pores are cleansed of impurities with traditional body scrubbing with a handwoven washcloth known as a kese. This is followed by a body massage with white foam bubbles and soap. This reveals the fresh smoother skin beneath, and the increase in blood flow from the massage aspect will give you a healthy glow. Turkish Ceremony Hammam helps to aid true relaxation and stimulate your immune system, increase your circulation, and aid lymphatic drainage.

La Sultane de Saba Hammam Journey (90 minutes)

Travel beyond your senses with La Sultane de Saba Hammam. Experience Authentic Eucalyptus Black Soap's exfoliating and nourishing properties, indulge in sensational Rassoul (a saponiferous clay from Morocco, rich in iron oxide and magnesium), Shea butter and Honey Rose Ginger Mask, leaving your skin silky smooth and fresh.

Body Treatment

Gold Scrub (30 minutes)

Our specially formulated anti-aging body treatment, formulated using a liquid gold scrub for the ultimate skin glow and radiance. Pleasantly perfumed with lavender for a unique scrubbing experience.

Coffee Magnesium Scrub (45 minutes)

Naturally exfoliate and detox your skin helping to make it more resilient against environmental damages and pollution. While magnesium naturally exfoliates, triple caffeine fusion from coffee, cacao and guarana provide gentle stimulation of your skin and underlying blood vessels. The result is softer, smoother, more resilient skin. Guarana with its antioxidant and antimicrobial properties help target skin to improve elasticity.

Detoxifying Body Treatment (60 minutes)

The aim of the stimulating body scrub followed by body wrap is to remove toxins, draw out impurities, replace important minerals. After the product is applied, you are wrapped in plastic for about and 20 minutes Great as a kickstart to a healthy living regime.



Day SPA Rituals

Sofitel Spa Experience (180 minutes)

Enjoy 3 hours of SPA treatments of your choice. Either it's a massage, hammam ritual, facial or body scrub, your body and mind will be rejuvenated, refreshed and energized.

Spa Day Journey (240 minutes)

This is 4 hours of ME time! You can choose any of the SPA treatments for your satisfaction. Sauna, Steam, and Gym access included for a memorable SPA experience.

VIP Couple SPA

Sofitel Ultimate Journey (60 minutes/ 90 minutes+ 30 minutes Jacuzzi)

Spend a private, relaxing time together in our exclusive Couple room. 30 minutes of Jacuzzi use included.

Wedded Bliss Romance (120 minutes + 30 minutes Jacuzzi)

Your ultimate romantic, relaxing experience in our exclusive Couple room. You can choose SPA treatments of your choice and soak in the Jacuzzi for a blissful pampering ceremony.



SPA Etiquette

To maximise your enjoyment of the Sofitel Spa experience, please adhere to some simple guidelines and house rules.

Mobile phones:

Please switch your cell phones off or switch them to silent to maintain the spa's atmosphere of tranquillity.

Punctuality:

Please plan on arriving at least 15 minutes prior to your appointment to allow room for registration and health consultation.

Late Arrivals:

Arriving late will limit treatment duration, reducing both its effectiveness and your enjoyment.

Cancellations and No-Shows:

Please cancel at least 4 hours prior to your appointment. Cancellations after that point will incur a 50% cancellation charge, as will no-shows.

Reservations:

Reservations are required, and should preferably be made at least 24 hours in advance – either in person or by calling +971 4 503 6333 or WhatsApp: +971 58 127 8688.

Attire:

Wear what you find comfortable. You may even arrive straight from your room in a robe and slippers. We offer guests bathrobes and spa slippers and disposable undergarments.

Health Consultation:

You will be asked to complete a health questionnaire prior to your spa experience. Please communicate any potential concerns to your therapist - such as high blood pressure, allergies, physical ailments, special needs, or pregnancy - so that your spa experience can be tailored to meet your specific requirements.



