

SOFITEL

Spa



SOFITEL

Spa



Luxury
LIFESTYLE
AWARDS

WINNER
2021
BEST LUXURY
SPA
DUBAI, UAE

Body Massage	6
SOFITEL SPA Signature Massage (60 minutes / 90 minutes)	6
Swedish Massage (60 minutes / 90 minutes)	6
Thai Massage (60 minutes / 90 minutes)	6
Balinese Massage (60 minutes / 90 minutes)	6
Deep Tissue Massage (60 minutes / 90 minutes)	7
Hot Stone Massage (90 minutes)	7
Magnesium Massage (60 minutes / 90 minutes)	7
Prenatal Massage (60 minutes / 90 minutes) (16wks to 32wks)	7
Foot Reflexology (30 minutes / 60 minutes)	7
Express Back Relief (30 minutes)	7
Four-Hand Massage (60 minutes / 90 minutes)	7
Facial	8
Purifying Facial (45 minutes)	8
Elemis Pro-Glow Smooth (50 minutes)	8
Elemis Pro-Glow Resurface (50 minutes)	8
Luminous Radiance Facial (60 minutes).....	8
Platinum LED Light Therapy (30 minutes)	9
Hammam	10
Moroccan Royal Hammam (60 minutes / 90 minutes)	10
Turkish Ceremony Hammam (60 minutes)	10
Body Treatment	11
Orang Blossom Scrub (30 minutes)	11
Coffee Magnesium Scrub (45 minutes)	11
Detoxifying Body Treatment (105 minutes)	11
Couple SPA	12
Couples Stress Relief Massage (60 minutes / 90 minutes)	12
Sofitel Ultimate Journey (60 minutes / 90 minutes + 30 minutes Jacuzzi)	12
VIP Couple SPA	12
Wedded Bliss Romance (120 minutes + 30 minutes Jacuzzi)	12
SPA Etiquette	14



Tripadvisor
Travelers'
Choice Awards



S O F I T E L

Spa

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 2,500 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 from the body.

At 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, tension, anxiety, and depression.
- Relief for headaches and insomnia.
- Promoting healing of sprains and sports injuries.
- Improving blood circulation and increasing metabolism.
- Restoring strength and energy to combat 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 needs. In 90min Signature Massage Hot Stones are applied for complete relaxation.

Swedish Massage (60 minutes / 90 minutes)

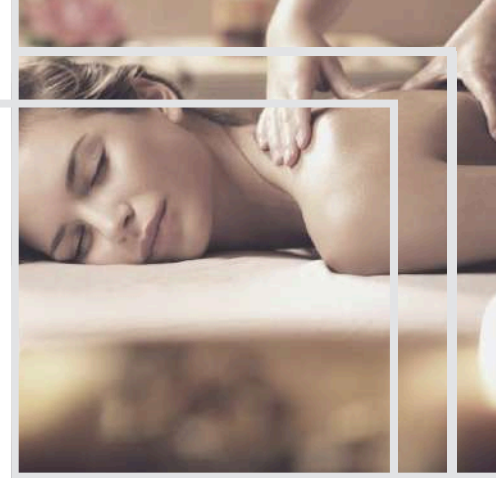
Swedish massage is a light to medium pressure therapeutic massage which is formulated through various techniques and tailored to suit your needs. It involves soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on the topmost layers of muscles. This is also combined with the movement 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 boost your mood.



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 and elbow 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)

This type of foot massage works on the soles of the feet to release blockage, promote inner wellness, and restore healthy balance within the body.

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.

Facial

Purifying Facial (45 minutes)

Rehydrate and refresh your skin with this moisture-boosting treatment. Designed to nourish and revitalize, this facial infuses your skin with deeply hydrating actives, restoring its natural balance and delivering a healthy, radiant glow. Perfect for achieving that dewy, rejuvenated look.

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.

Luminous Radiance Facial (60 minutes)

Indulge in our Luminous Radiance Facial, a 60-minute rejuvenating treatment using premium Teami products designed to cater to your skin's unique needs. This luxurious facial combines the best of nature and science to detoxify, soothe, and impart a radiant glow to your complexion.



Facial

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.



Hamмам



Moroccan Royal Hammam (60 minutes / 90 minutes)

The Hammam ceremony is an experience of the Magreb traditional treatments. Begin your journey with the application of traditional Black Soap, a purifying and exfoliating treatment that prepares your skin for the ultimate cleanse. Following this, enjoy the soothing and detoxifying benefits of Rassoul clay, which draws out impurities and nourishes your skin, leaving it incredibly soft and revitalized.

In a 90-minute treatment, we include a sumptuous Shea butter that deeply hydrates and rejuvenates your skin, leaving it with a healthy, youthful glow. The invigorating Orange Blossom scrub further enhances this effect, leaving your skin soft and beautifully fragrant.

Turkish Ceremony Hammam (60 minutes)

Immerse yourself in the authentic Turkish hammam experience, beginning with a steam room session to gently open your pores. Next, impurities are thoroughly cleansed with traditional body scrubbing using a handwoven washcloth known as a kese. This ritual is followed by a luxurious massage with soft, white foam bubbles and soap, unveiling fresh, smoother skin beneath. The invigorating massage enhances blood flow, leaving your skin with a radiant, healthy glow. This timeless ceremony promotes deep relaxation, stimulates the immune system, boosts circulation, and supports lymphatic drainage, offering a holistic journey to rejuvenation and well-being.

Body Treatment



Orange Blossom Scrub (30 minutes)

Rejuvenate your skin with our invigorating Orange Blossom Body Scrub. In just 30 minutes, this luxurious treatment exfoliates and nourishes your skin, leaving it silky smooth and radiant. Infused with the uplifting essence of orange blossoms, this scrub gently removes dead skin cells, promotes circulation, and envelops you in a refreshing citrus fragrance.

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 (105 minutes)

Begin your detox journey with a stimulating Coffee Scrub, enriched with magnesium butter. This powerful combination exfoliates dead skin cells, promotes circulation, and infuses your skin with essential minerals, leaving it smooth and invigorated.

Following the scrub, enjoy a one-hour Magnesium Slimming Massage. This specialized treatment targets stubborn areas, enhances detoxification, and promotes slimming. The magnesium helps to relax muscles, reduce water retention, and improve overall skin texture.



Couple SPA

Couples Stress Relief Massage (60 minutes / 90 minutes)

Reconnect and unwind together with our Couples Stress Relief Massage. Available in 60 or 90-minute sessions, this therapeutic experience is designed to melt away tension and stress for both you and your partner. Our skilled therapists use a combination of soothing techniques to ease muscle aches, improve circulation, and promote deep relaxation.

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

Embark on the Sofitel Ultimate Journey, a luxurious experience designed for couples seeking unparalleled relaxation and connection. Choose between a 60 or 90-minute therapeutic couples massage, where our expert therapists employ soothing techniques to alleviate stress and tension, leaving you both deeply relaxed and rejuvenated.

Following your massage, immerse yourselves in a blissful 30-minute Jacuzzi session.

VIP Couple SPA

Wedded Bliss Romance (120 minutes + 30 minutes Jacuzzi)

Celebrate your love with our Wedded Bliss Romance package, a luxurious 120-minute journey designed for couples, followed by a 30-minute Jacuzzi session.

Begin with a soothing 10-minute Foot Ritual to relax and prepare you for the indulgent treatments ahead. Enjoy a 60-minute Signature Massage, where expert hands melt away tension and stress, followed by a 50-minute Purifying Facial that revitalizes your skin for a radiant glow. Complete your experience with a delightful fruit platter, perfect for savoring together. End your journey in our serene Jacuzzi, enhancing your relaxation and deepening your connection.



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.

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.

Deposit Policy:

Bookings for 1500aed and above, as well as for three or more persons require a 50% deposit to secure the reservation. Deposits can be made through the provided payment methods.

Confirmation of Reservation:

- A booking is considered confirmed only upon receipt of the required deposit.
- Without the deposit, the spa slot will not be guaranteed.

Cancellation Policy:

- Cancellations made more than 24 hours before the scheduled treatment time are eligible for a full refund of the deposit.
- Cancellations made within 24 hours of the scheduled treatment time are eligible for a credit note with the amount paid.
- Hotel's and external guests must give four hours notice for any cancellation, after which the full cost of the treatment will be charged.

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.

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.

SOFITEL

Spa



S O F I T E L

Spa



SOFITEL DUBAI DOWNTOWN, SHEIKH ZAYED ROAD, DUBAI-UAE,
TEL: +971 (0) 4 503 6333, WhatsApp: +971 58 127 8688, Email: info@sofitelspadubaidowntown.com,
[@sofitelspadubaidowntown](https://www.instagram.com/sofitelspadubaidowntown)