



So | SPAMENU  
by SOFITEL

REJUVENATING  
TRADITIONS FROM AROUND  
THE WORLD WITH  
FRENCH COSMETOLOGY.



## Sofitel The Palm, Dubai So SPA

Ancient traditions from around the world meet the refinement and skill of the latest in French cosmetology to create So SPA:

An exhilarating and rejuvenating experience.

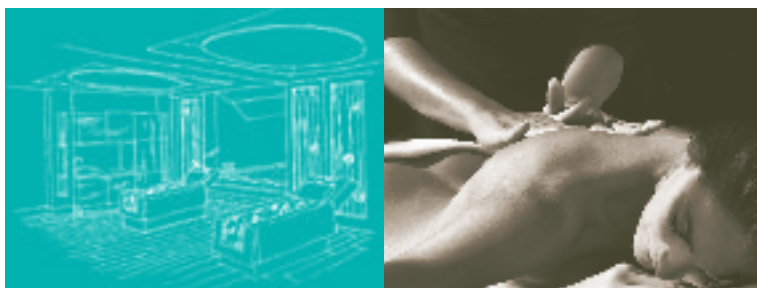
Awake your senses and feel re-energized. Explore a new kind of spa experience with a wide range of poetic and surprising treatments.

Discover the ingredients that enhance your natural glow. Make the stresses and strains of daily life fade away with our menu inspired by gastronomy.

The So SPA at Sofitel The Palm believes in creating unique, personalized spa experiences. Our philosophy: to combine the richness of natural ingredients, latest research in cosmetology and professional expertise through made-to-measure prescriptions of Anne Semonin treatments.

Hei Poa brings an exclusive touch and feel of the exotic French Polynesian islands with authentic "monoi" products. Inspired by the strength and pureness of organic ingredients, Voya treatments nurture each individual while providing immediate and optimum results.

To enhance these experiences, fusion teas designed by homeopaths and nutritionists from Camilla's Tea House have been carefully selected and paired with each treatment to provide a truly bespoke journey.



So SPA welcomes you  
every day  
from 9am to 10pm.

- ⓕ Facial treatment
- ⓑ Body massage

# À LA CARTE

## SIGNATURE RITUALS

### **So Rejuvenating Facial Treatment** (F)

60 minutes **545 AED**

A luxurious blend of products combines harmoniously with the latest French skincare techniques to help restore a youthful complexion.

### **So Exhilarating Body Massage** (B)

50 minutes **510 AED**

A euphoric and soothing body massage, using signature techniques that will shape and tone your silhouette.

## STARTERS

### **Crystal Sand Scrub** (B)

30 minutes **350 AED**

The ultimate express polish that will leave skin smooth, hydrated with a gorgeous glow and a delicate exotic scent.

### **Organic Seaweed Bath** (B)

30 minutes **350 AED**

Straight from the ocean, the only organic, hand harvested seaweed bath treatment to detox, relax, soothe, ease and leave you on another level, then take it home...

### **Under the Rain Scrub** (B)

45 minutes **375 AED**

Experience this revitalizing and energizing body scrub while directly lying under a gentle shower that is perfectly aligned with the six energy chakra points.

### **Thermal Back Bubbles** (B)

45 minutes **375 AED**

A natural self-heating mineral ritual which stimulates the release of back tensions. The bubbling marine minerals combined with an intensive back and foot massage makes this the ultimate anti-stress experience.

### **Essential Hammam Scrub** (B)

45 minutes **375 AED**

Embrace the North African tradition of purifying and cleansing the skin with the traditional Black Soap from Morocco, Scrub and Ghassoul.

### **Shirodhara** (B)

45 minutes **450 AED**

Based on ancient Ayurvedic tradition, "shiro" or head and "dhara" or flow is a classic treatment where warmed oil is slowly poured over the forehead to calm and clear the mind.

## MAINS

### Revisited Classics

#### **Unique Gold Facial** (F)

60 minutes **545 AED**

The ultimate tailor made facial treatment that ensures visible, effective results using personally blended plant botanicals and serums to suit every skin moment.

#### **Under the Rain Experience** (B)

80 minutes **850 AED**

A unique experience of being cleansed whilst under a warm summer shower with the benefits of color therapy and detoxification.

#### **The Parisian Escape** (B)

90 minutes **850 AED**

A complete experience starting with back of body dry brush exfoliation, specialized aromatherapy massage and a flash facial to rejuvenate your skin. Indulge in a sparkling beverage and delicious treat for a wonderful escape à Paris.

#### **Skin Renewal** (F)

60 minutes **545 AED**

A unique 4-step peeling made to measure program using a smart and medically inspired method. Skin is analysed and treated to the ultimate resurfacing treatment for the most efficient skin renewal.

#### **Crystal Sand Ritual** (B)

90 minutes **850 AED**

Immerse yourself in the delight of the exotic, mineral rich crystal sand. An exfoliation culminating in a soothing, decadent botanical oil envelopment and relaxing back massage with heated stone placements.

#### **Thermal Volcanic Stone Massage** (B)

60 minutes **545 AED**

Heated black basalt stones are used to massage the whole body releasing deep seated tension ideal for anyone suffering with muscular aches and pains.

#### **Four Hands Butterfly Massage** (B)

80 minutes **1,200 AED**

Feel completely enveloped in sensations as four balanced hands simultaneously knead away all the stress from your body in flowing, synchronized motion like butterfly wings.

## FRENCH-POLYNESIAN FLAVORS

### Exotic Monoï and Black Sand Body Scrub <sup>(B)</sup>

30 minutes **350 AED**

Gently cleanse, exfoliate and prepare the skin for a luxurious application of hydrating lotion leaving the skin replenished and smooth.

### Polynesian "Taurumi" Massage <sup>(B)</sup>

50 minutes **510 AED** / 80 minutes **750 AED**

Let yourself be enchanted by the fragrances of the monoï.

This traditional Polynesian massage "Taurumi" from head to toes includes a relaxing full body massage through rhythmic movements of the palms, elbows and forearms in perfect synchronicity, inspired by old Tahitian massage techniques.

### Tahitian Wave Bliss <sup>(B)</sup>

90 minutes **850 AED**

Original warm marine poultices with nourishing and repairing monoï essences bring a deep relaxation and realigns energy flow:

draining occidental techniques, energizing Asian and relaxing Polynesian rituals.

### Amethyst and Volcanic Stone Massage <sup>(B)</sup>

90 minutes **850 AED**

A relaxing Massage combining the use of hot and refreshing stones placed on energy points along the body. Semi-precious Amethyst stones are gently massaged onto face to improve relaxation and skin detox.

## World's best

### Poultice Infusion Massage <sup>(B)</sup>

60 minutes **545 AED**

A unique sensorial and natural experience to invigorate or sooth your skin. Full body treatment with handmade poultices combined with aromatic oils.

### Oriental Massage <sup>(B)</sup>

50 minutes **510 AED** / 80 minutes **750 AED**

Experience our uniquely formulated techniques using medium to strong pressure which integrates Arabic elements to create a special Oriental experience.

### Active Ice Therapy <sup>(F)</sup>

60 minutes **545 AED**

A unique formulation using targeted cryotherapy to visibly firm, tighten and enhance the skin's luminosity, restoring youthful radiance with instant results.

### Ayurvedic Chic Massage <sup>(B)</sup>

50 minutes **510 AED**

Experience a thousand-year-old Indian ritual, where warm ayurvedic oil is massaged into the body, relieving tension, restoring energy and improving vitality.

### Thai Massage <sup>(B)</sup>

50 minutes **510 AED** / 80 minutes **750 AED**

An ancient massage that combines firm acupressure and stretching techniques, relying on the use of palms, elbows and thumbs, to release muscle tension, activate circulation and increase vitality.

### **Luxurious Hammam Ritual** <sup>ⓑ</sup>

60 minutes **545 AED**

Invigorating peppermint sugar scrub will awaken your body and deeply cleanse, whilst an organic body mask will re-mineralise the skin. This ancient sea rich ritual is completed with a citrus infused moisture replenishment.

### **Bamboo Fusion Massage** <sup>ⓑ</sup>

50 minutes **510 AED** / 80 minutes **750 AED**

An exotic massage to relax tightened muscles using heated oils and bamboo instruments.

## DESSERTS

### **Therapeutic Foot Reflexology** <sup>ⓑ</sup>

45 minutes **375 AED**

An incredibly relaxing and therapeutic massage focusing on the reflex points on the feet including the lower legs.

### **Perfect Parisian Hands** <sup>ⓑ</sup>

45 minutes **450 AED**

A softening arm, hand and nail treatment with gentle exfoliation using Noirmoutier sea salt and lavender from Provence, a luxurious mineral enriched hand bath and pink kaolin mask and paraffin wax treatment to refine and nourish those delicate hands.

### **Polished Parisian Feet** <sup>ⓑ</sup>

45 minutes **450 AED**

This nourishing and conditioning treatment uses the essences of natural mountain plants and flowers to groom and paraffin wax treatment to revitalize those hard working feet.

## SPECIALS

### Silhouette Specials

#### **Lipoliss Anti-Cellulite Detox Treatment** <sup>ⓑ</sup>

60 minutes **635 AED**

Reduce dimples by up to 40% with the intensive action of Sea Lotus and Marine Extract, reducing fat, boosting the elimination of toxins and soothing the appearance of cellulite. Toned, drained, and firmed.

For maximum results, multiple sessions recommended.

5 sessions – 2,860 AED

10 sessions – 5,400 AED

#### **Slimming Seaweed Cocoon** <sup>ⓑ</sup>

90 minutes **850 AED**

Traditional seaweed wrap using fresh organic seaweed from the Atlantic to cocoon the body, renewing damaged skin cells, add tone and elasticity, combat cellulite and signs of aging and soothe the sun kissed skin.

## FIT & TONED

### Fitness Coaching

Shape and tone your body with our internationally qualified fitness professionals. Fitness sessions to be conducted in the exclusive spa fitness centre and include a detailed Body Composition Analysis and access to the Spa facilities before or after your session.

1 session – 300 AED  
4 sessions – 900 AED  
8 sessions – 1680 AED

### Wellness Activities

Include some activities like yoga, pilates or aquagym in your wellness regimen for a more holistic spa experience. Consult with So SPA reception for on-going programs.

## EXPRESS

### Quick Gold Facial <sup>ⓕ</sup>

30 minutes **350 AED**

A powerful made to measure express skin replenishment treatment ideal for quick and immediate results. Refreshes and hydrates the skin, leaving it soft, supple and revitalised.

### Bespoke Express Massage <sup>ⓑ</sup>

30 minutes **350 AED**

Ideal to ease the tension of a busy day, this corrective massage is customised to produce optimal stress reduction in only half an hour.

### “Miracle Eyes” <sup>ⓕ</sup>

30 minutes **350 AED**

This ultimate eye care treatment uses state of the art express radiance ice cubes with cryotherapy benefits and a therapeutic lymphatic drainage massage to dramatically lift, firm and target signs of fatigue.



# MENU SUGGESTIONS

## Spa Time

30 minutes **350 AED** / 60 minutes **545 AED** / 90 minutes **850 AED**

Book time and prepare your own spa journey from our selection of treatments. Reserve your So SPA time in advance and allow our specialists to create the perfect experience for you.

### So SPA Experience (F) (B)

120 minutes **950 AED**

Explore the uniqueness of So SPA by enjoying our two signature treatments: So Exhilarating body massage and So Rejuvenating facial treatment.

### Oriental Degustation (B)

125 minutes **960 AED**

Enjoy a complete oriental experience, combining the traditional hammam, scrub with black soap and ghassoul mask. Then relax with the oriental massage.

### Ultimate Organic Detoxification (B)

140 minutes **1,125 AED**

A detoxifying and deeply moisturizing ritual combining a revitalizing peppermint exfoliation, an authentic seaweed leaf bath ending with a warmed spice organic mud wrap.

Complete this unique experience with a full body massage using the world's first organic seaweed body oil.

### The Palm Island Princess Ritual (F) (B)

170 minutes **1,320 AED**

Feel like island royalty and spoil yourself with a Crystal Sand Scrub, Active Ice Therapy facial treatment and a Poultrice Infusion Massage.

### Together in Paradise (F) (B)

150 minutes **2,500 AED** for 2

180 minutes **2,960 AED** for 2

Spend some quality time together in our special outdoor room for two with a luxurious experience starting with a relaxing hydrobath, a made to measure facial treatment and a traditional Polynesian "Taurumi" massage for a complete island escape.

### My Private Spa

See our SPA team for detailed information and to select your own experience. Reservation with one day advance notice.

## Gift Voucher

A chic and refined gift to suit every person and every occasion.  
Offer from one hour to an entire day of wellbeing.  
The So SPA team is at your disposal for advice on the perfect treatment you wish to share.

## Cancellation Policy

Hotel guests and guests visiting from outside must give four hours' notice for any cancellations, after which the full cost of the treatment will be charged.

## Reservations

Bookings made by hotel guests directly with So SPA are guaranteed and confirmed at the time of reservation. Bookings made by external guests directly with So SPA may be secured by a credit card or cash payment.

## Arrival at So SPA

To enhance your spa experience, we encourage you to arrive 15-30 minutes prior to your treatment. Step out of your shoes and indulge yourself with our luxurious robes and slippers, leave your cares at the door and unwind in our calming, therapeutic and relaxed environment. Give yourself time prior to your treatment to optimise the overall effects, and completely re-balance your mind, body and spirit.

## MEMBERSHIP

### So SPA Membership

Enjoy extended monthly promotions and special offers by becoming a So Spa member. Please see our welcoming So SPA Reception for more details.

### So FIT Membership

See our dynamic So FIT team for more details on Memberships and the benefits of staying fit and focused for life.





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