



SPA MENU



SOFITEL
SPA

LIVE
THE FRENCH
WAY

GO WITH
THE FLOW

Treat yourself to *the* French glow.
From radiant skin-boosting experiences that detox,
cleanse and revitalize to the chic, tranquil setting that
combats the demands of modern life, Sofitel SPA
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 team welcomes you from 10 am to 10 pm daily.

Get your French glow, call 03 2720 6696
or speak to our reception team.

FIND YOUR
FRENCH GLOW



SPA MENU

SIGNATURE TREATMENTS

REJUVENATION

60 minutes RM359

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

EXHILARATION

60 minutes RM359

An euphoric and smoothing body massage, using signature techniques that will shape and tone your silhouette.

HAMMAM & GOMMAGE (body scrubbing and steaming)

120 minutes RM399

Embark on a journey with the traditional Turkish hammam ritual leaving your skin smooth and refreshed. Steam, purify and cleanse your skin with Savon Noir Beldi olive rich-black soap invigorating scrub with a Kassa glove, as well as the wrap includes a body mask.

REJUVENATE,
THE FRENCH
WAY





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SPA JOURNEY

ROMANTIQUE (Couple's package)

150 minutes RM899

Share a special moment with your loved one or friend. Experience a relaxing steam bath followed by a signature massage and signature facial for the ultimate relaxing sensation.

LISSE (Hammam ritual)

120 minutes RM549

Inspired by the Turkish ancient cleansing traditions, the Hammam ritual purifies the skin with Savon Noir Beldi olive-rich black soap and a body mask wrap followed by a full body massage with tea elixir and Argan oil to complete the journey.

LE BIEN ETRE (Wellness)

120 minutes RM499

A beautifying and nourishing combination for the face and body allowing it to energise and revitalise. Explore the uniqueness of Sofitel Spa by enjoying two signature treatments, exhilaration body massage and rejuvenation facial treatment.

BIOLOGIQUE (Organic)

120 minutes RM499

Commence the journey with bain de vapeur (vapour bath) to relax stiff joints and muscles. Exfoliate away the dead cells with the most authentic lavender from the peak of Provence in France, followed by a full body massage to relax your mind and revitalise the body.

GENTILHOMME (Gentlemen)

150 minutes RM549

The ultimate face and body treatment exclusively designed for the gentlemen. The treatment begins with a tropical range of body scrub followed by a deep fusion body massage to ease muscle tension and ends with Homme intense pore refining facial to give you that perfectly groomed look from head-to-toe.



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BODY MASSAGE

RELAXANT

60/90 minutes RM299/RM359

A selection choice of essential oils fused with traditional Balinese and Swedish massage techniques to bring tranquility to the mind to ease stress. A truly magical moment that awakens your senses.

SPORTIVE

60/90 minutes RM299/RM359

A perfect ritual for sport enthusiasts to dispel stress and tension, combining Lomi-Lomi massage, gentle stretching and acupressure to ease muscular tension.

TISSUS PROFONDS (Deep Tissue)

60/90 minutes RM299/RM359

Experience the sheer pleasure of deep compression that will help ease tensed muscles, banish fatigue and sluggishness associated with a jet lag. This massage makes your entire body function and feel better.

SUOLAGEMENT

(Urutan Malaysia – Relief Massage)

90 minutes RM359

Warmed herbal oil is used in this therapy which involves a combination of long and firm strokes with kneading and stretching on the entire body for balancing. Deep pressure is applied on specific areas to relieve tension and to aid in the removal of toxin.

PRENATALE (Pre-natal)

60 minutes RM319

This massage specially developed for expectant mothers in their second and third trimester is gentle, comforting and toning. It aims to improve blood circulation and relax muscles to the legs and back of the mother to be.



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FACIAL

LUMINEUX (Illuminating radiance)

60 minutes RM299

The ultimate illuminating treatment works to enhance radiance and reveal the beauty of dull tired-looking complexion. The secret to its effectiveness lies in its professional mask and concentrate, combined with an energizing digit pressure technique.

LE BELLE (Beautiful skin solution)

60 minutes RM379

To restore the skin by instant tightening of pores, soothing redness and lightening of dark circles.

PEAU- JEUNE

(Hyaluronic smooth and fill facial)

90 minutes RM749

From the first treatment, the skin will appear younger and smoother providing a radiant complexion. The treatment uses an anti-wrinkle solution high in hyaluronic acid which fills and corrects wrinkles with a professional double mask.

MASCULIN

(Masculine homme intensive facial for men)

60 minutes RM329

All men have unique requirements when it comes to caring for their skin. This is the ultimate facial indulgence to reduce visible pores and refine skin texture. The potent facial treatment is quickly and easily absorbed with immediate visible results.



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BODY WORK

PEAU BRILLANTE

(Shine - Thalgo exfoliating treatment)

45 minutes RM299

The exquisite texture to eliminate dead cells by Thalgo technology, leaving skin perfectly smooth, firm and shiny.

LE MANNEQUIN

(Gorgeous - Body sculpt treatment)

45 minutes RM359

Treat your sagging skin and restore the elasticity and firmness of your body. The perfect complement to your workout and weight loss regiment, our body sculpting treatment can tone your muscles to give you the sculpted body of your dreams.

BODY SCRUBS

GOMMAGE AU GINGEMBRE

(Ginger Salt Scrub)

45 minutes RM199

Spa favorites it vibrant and fresh scrub with pure lemongrass, Lime and ginger essential oil is formulated to awaken and energize the skin, leaving it refined and lightly moisturized.

SEL DE GENEVRIER

(Juniper salt scrub)

45 minutes RM199

An invigorating and uplifting scrub with pure juniper berry, rosemary and grapefruit essential oil is the perfect spa detox experience. The scrub tones and stimulates the skin, leaving it refined and revitalised

SEL DE ROSE

(Rose salt scrub)

45 minutes RM199

Luscious and gentle, this ultimate body exfoliation contains fine pink Himalayan mineral salt with pure rose geranium, ylang ylang and damask rose essential oils to leave the skin fragrantly refreshed and renewed.



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EXPRESS TREATMENT

Head and shoulder massage

45 minutes RM199

This head massage brings a unique and traditional stress-relieve imparting a cooling sensation which brings an immediate sense of calmness and relaxation.

Foot massage

45 minutes RM199

An incredible relaxing and therapeutic massage focusing on the reflex points on the feet including the lower legs. Designed to relax, soothe and refresh tired feet.

Express facial

30 minutes RM199

An express facial treatment that will totally leave your skin refreshed and radiant.

Eye treatment

30 minutes RM99

Hydrate and firm up the delicate eye area to reduce puffiness and dark circles



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NAIL TREATMENT

Spa manicure

60 minutes RM119

Pamper your hands and nails with a sequence of soaking, scrubbing, filing and buffering, a softening massage with the perfect paint finish.

Spa pedicure

60 minutes RM119

This relaxing treatment begins with a foot bath and scrub. Toe nails are clipped then filled and buffed before a softening massage with the perfect paint finish.

Express manicure

30 minutes RM69

Beautify hands and nails with a sequence of soaking, filing and buffering before an immaculate paint finish.

Express pedicure

30 minutes RM69

Feet are first soaked, then toe nails are clipped, filed and buffed to perfection. A perfect paint finish concludes this pampering treatment.