

S O F I T E L

Spa



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*Luxury*  
LIFESTYLE  
AWARDS

WINNER  
2021  
BEST LUXURY  
SPA  
DUBAI, UAE

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**Tripadvisor**  
Travelers'  
Choice Awards



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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 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 Expert Touch Renew (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 Expert Touch Reveal (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.

### **Elemis BIOTEC 2.0 Pro Facial (60 / 90 minutes)**

A couture facial where expert touch meets intelligent technology. BIOTEC 2.0 layers up to six advanced modalities—Sub-Zero CryO<sup>2</sup>, LED Light Therapy, Microcurrent, Ultrasonic Peel, Galvanic Infusions and O<sub>2</sub> Infusion—with professional-strength serums to leave skin looking exquisitely refined, clearer, brighter and beautifully lifted.

60 min: Precise cleanse, ultrasonic polish and a tailored BIOTEC sequence, followed by intensive serum infusion, mask and finishing hydrators (SPF by day).

90 min: A fully bespoke, multi-layer protocol using all six technologies where appropriate, with extended sculpting massage and focused neck & décolleté refinement for amplified lift and definition.



## Facial

### **Luminous Radiance Facial (60 minutes)**

Indulge in Luminous Radiance, a 60-minute rejuvenating facial powered by premium Matis Paris skincare. Blending refined botanicals with advanced actives, this treatment is tailored to your skin's needs—drawing from Réponse Corrective for smoothing, plumping results or Réponse Pureté for clarifying, rebalancing care.

### **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.

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## 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



### **Gold Scrub (30 minutes)**

Indulge in a luxurious exfoliating ritual enriched with shimmering gold particles to gently remove dead skin cells and reveal a smooth, radiant glow. This revitalising treatment stimulates circulation, leaving the skin refreshed, luminous, and silky to the touch. Perfect as a stand-alone boost or as preparation before a massage for enhanced results.

### **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.

### **Slimming Body Treatment (105 minutes)**

Begin with a 45-minute Coffee & Magnesium Scrub: aromatic coffee grounds blended with mineral-rich magnesium butter to sweep away dull cells, revive micro-circulation, and leave skin impeccably smooth and invigorated.

Continue with a 60-minute Top Shape Slimming Magnesium Massage: targeted contouring strokes and rhythmic draining manoeuvres, paired with warm magnesium balm, to encourage a lighter feel, ease muscle tension, and refine the look of puffiness for a more toned, polished silhouette.

Perfect for: a pre-event boost or as part of a shaping series (results are cumulative).



## 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.

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