



So | SPA
SOFITEL

SOFITEL THE PALM, DUBAI

SoSPA

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

Awake your senses and feel re-energised. 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.

An exhilarating and rejuvenating experience.

The SoSPA at Sofitel The Palm believes in creating unique, personalised spa experiences. Our philosophy: to combine the richness of natural ingredients, latest research in cosmetology and professional expertise. Inspired by the strength and pureness of organic ingredients, Voya treatments nurture each individual while providing immediate and optimum results.

VOYA are leading experts in harnessing the endless restorative and healing powers of seaweed. They blend their cherished natural source with the wealth of the purest organic active ingredients and essential oils. VOYA's renowned, award winning products and treatments have raised people's expeditions of organic skincare into something exceptional, luxurious, and highly effective.

NUXE is a brand with recognised expertise in treatments for the face, body and in massages, using products from the Laboratoire NUXE, expert in natural-origin cosmetology.

This excellence combines with our products' exquisite fragrances to marry emotions and senses, creating a singular feeling of wellbeing.

In places of exceptional charm that have retained all their authenticity and exclusive character, "the art of hospitality the NUXE WAY" will provide you an experience you'll never forget.



SoSPA welcomes you every day between 9am and 9pm.

SIGNATURE EXPERIENCES

So Rejuvenating Facial

60 minutes **AED 580**

A luxurious blend of products combines harmoniously with the latest French skincare techniques to help restore hydration levels.

So Exhilarating Massage

60 minutes **AED 580**

A euphoric and soothing body massage with lavender oil, using signature techniques that will relax your mind, body and soul.

WATER EXPERIENCES

HAMMAM RITUALS

Turkish Hammam

45 minutes **AED 475**

Embark on a journey with this traditional Turkish hammam ritual leaving your skin smooth and refreshed.

Oriental Escape

60 minutes **AED 580**

This hammam ceremony is an experience of the Maghreb traditional treatments, which purifies the skin and releases all tension, combined with the purifying black soap scrub that includes a clay body mask.

Polynesian Hammam

60 minutes **AED 580**

Experience a unique hammam journey where the heat and coconut products prepare you for moments of relaxation. The body cleansing and exfoliating ceremony in the tranquil ambience of the dedicated hammam treatment rooms leave you with a revitalised complexion and radiant glow.

So Nourishing

75 minutes **AED 740**

A combination of the best of the Moroccan and Turkish hammam treatment including an almond body scrub combined with a honey wrap to deeply soothe and nourish the skin leaving it glowing and silky soft.

Wake Me Up Hammam

60 minutes **AED 580** or 90 minutes **AED 890**

A hammam treatment incorporating a Turkish coffee exfoliation and body mask to refine and smoothen the skin. Pamper yourself in luxury with a re-invigorating detox retreat to purify your body, mind and soul.

UNDER THE RAIN

Under the Rain Scrub

30 minutes **AED 370**

Experience this revitalising and energising body scrub while directly lying under a spring shower that is perfectly aligned with the six energy chakra points.

Under The Rain Massage

30 minutes **AED 370**

An anti-cellulite massage concentrating on thighs and lower back. The Vichy Shower will open your pores enhancing the effect and penetration of the active ingredients of the massage oil.

So Stimulating Body Buff

60 minutes **AED 580**

Our certified organic Bladder Wrack body buff is the ultimate treat for tired and dull skin. The anti-oxidants of the mineral-rich Bladder Wrack seaweed combined with pure seaweed oils provide a powerful organic way to better skin. The all-over body scrub is followed by a short relaxing massage with VOYA's Softly Does It.

Under The Rain by Nuxe

60 minutes **AED 580**

Under a fine rain of warm water, the body is gently exfoliated with exclusive "4F" scrub (flowers, foliage, fruits and fibers) before relaxing thanks to deep movements on meridian.

BATH

So Aromatic Bath

30 minutes **AED 370**

An aromatic bath infused with mineral-rich seaweed, organic aroma oils of mandarin, lemon, lime, clove, patchouli and basil to uplift the mind and body. Submerge yourself into the enticing water and allow the infusion to work its magic. This treatment is a perfect preface to a facial or body massage to enhance the relaxation effects.

So Seaweed Bath

30 minutes **AED 370**

Our detoxifying seaweed bath utilises the natural power of organic hand-harvested seaweed to deeply moisturise your skin, increase circulation and promote healing by demineralising the body. We will immerse you in a bath of pure seaweed hand-harvested from the unspoilt Atlantic coast of Ireland. This treatment will relax the muscles, ease aches and pains, and support skin regeneration.

FACIAL EXPERIENCES

Radiance Eye Contour Treatment

30 minutes **AED 370**

Specific radiance decongesting and moisturising eye contour treatment to revive the eyes.

Express Nuxe Men Facial with Trees Extract

30 minutes **AED 370**

A moisturising and energising bath for dehydrated and tired skins.

Voya Express Facial

30 minutes **AED 370**

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

Instant Brightness Nuxe Facial with Flowers

45 minutes **AED 475**

Awaken the skin, and restore radiance and softness.

Nuxuriance Ultra Treatment

60 minutes **AED 580**

The height of effectiveness, this anti-aging treatment targets the main factors of aging. An exceptional treatment with flowers and precious plants that will surely make your skin denser, plumper and detensed.

So Radiant Facial

60 minutes **AED 580**

Suitable for all skin types, your therapist will customise the treatment to suit your specific needs leaving your skin feeling purified, hydrated and perfectly nourished.

The Oil Controller Facial

60 minutes **AED 580**

Suitable for oily/acne skin types. Using a combination of gentle enzyme exfoliator, serums and masks, along with the sebum controlling extract Alpaflor® Alp®-Sebum, this facial helps to transform even the most problematic skin types.

PRODIGIEUX® Nuxe Facial with Blue Everlasting Flower

60 minutes **AED 580**

Designed for urban women of all ages, the Prodigieux® facial treatment, relieving fatigue and skin stress, helps you face a hectic pace of life.

Beau Joueur® Nuxe Men Facial

60 minutes **AED 580**

A treatment, like a "breath of fresh air", which purifies or moisturises the male epidermis ravaged by harsh external factors and the effects of shaving.

Nuxe White Treatment

60 minutes **AED 580**

Help correct the appearance of spots and activates radiance.

BODY EXPERIENCES

SCRUB

Instant Radiance Booster Nuxe Treatment

30 minutes **AED 370**

Applied as a rhythmic massage, the "4F" scrub (flowers, foliage, fruits and fibers) reveals your skin's beauty.

So Smooth

60 minutes **AED 580**

This refreshing all-over exfoliating treatment awakens the skin and body. It features a fabulously fragrant mix of organic peppermint leaf, seaweed and sugar, which perform the double action of removing dead skin cells while treating you to the uplifting effects of our organic peppermint essential oil. This cool-feeling treatment is ideal pre-bath, massage or steam. A gentle aromatic sugar scrub to revive the senses and refresh the body.

WRAP

Prodigieux® Nuxe Wrap

30 minutes **AED 370**

Anti-fatigue and moisturising Blue Everlasting Flower wrap with a scalp, foot or face massage.

Muscle Melt Wrap

60 minutes **AED 580**

This all-over body treatment revitalises skin condition with a full body brushing and hot towel cleanse that relaxes tired and lethargic muscles and relieves stress and fatigue. The antioxidant compounds fight cellulite and the signs of aging, improving the suppleness and elasticity of your skin. You will then be treated to a relaxing scalp massage while your skin absorbs the rich seaweed gel.

Organic Warm Spiced Mud Wrap

75 minutes **AED 740**

Seaweed taken fresh from the ocean is combined with purifying elements of peat to produce a mud wrap rich in potent anti-oxidants, minerals and enhanced with organic ginger and cinnamon. Definitely for the results-driven client, this wrap has immediate and noticeable effects on the skin, including firming and toning.

A serious detoxifier, metabolism stimulator and a natural anti-aging boost.

BODY TREATMENT

So Prodigieux® Nuxe Treatment

75 minutes **AED 740**

Scrub, moisturising wrap, application of Huile Prodigieuse®. The ideal treatment for restoring velvet-smooth, silken skin.

Ocean Essence Anti Cellulite Treatment

75 minutes **AED 740**

Combining the detoxifying power of Fucus Serratus and cellulite reducing abilities of Laminaria this treatment stimulates the blood and lymph flow, detoxifies & hydrates the skin. Including an anti cellulite massage with cryoballs, this treatment is an excellent skin rejuvenator, combating cellulite and fatigue while producing a moisturising effect.

Purifying Back Nuxe Men Treatment

45 minutes **AED 475**

Eliminate rough areas and other imperfections thanks to the "4F" scrub. Purify, revitalise and restore clear skin while relaxing.

MASSAGES

Back, Neck & Shoulders Massage

30 minutes **AED 370**

A relaxing massage concentrating on the back, neck and shoulder muscles. Designed to relax and ease tension in the areas of the body where tensions most often occur.

Charismatic® Head Nuxe Massage

30 minutes **AED 370**

It sometimes helps to start from the scalp to achieve full body relaxation. Based on Chinese traditions, this massage combines Shiatsu strokes and scalp massage.

Relaxing Legs Nuxe Massage

30 minutes **AED 370**

Specific legs massage for tired legs. Great to try after a long day of walking.

Polynesian "Taurumi" Massage

45 minutes **AED 475**

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.

Oriental Massage

50 minutes **AED 530**

Let your body and soul relax with this gentle but powerful massage. With enveloping sweeping movements, this soothing treatment aids relaxation and helps overcome physical and emotional tension. Give yourself over to a rare moment of fulfilment.

Relaxing Nuxe Massage

50 minutes **AED 530**

Take the opportunity to discover this massage. Slow rhythm, working gently over the back and shoulders, to ease tension. Your whole body ultimately experiences full deep relaxation.

Detox Nuxe Massage

50 minutes **AED 530**

This massage, with its deep movements, promotes the elimination of toxins which damage daily your fitness and health. The body finds in itself energy and wellbeing.

Ayurvedic Chic Massage

50 minutes **AED 530**

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

60 minutes **AED 580**

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.

Shirodhara

60 minutes **AED 580**

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

Prenatal Massage

60 minutes **AED 580**

A complete body massage using specific pre-natal techniques to help relax, increase circulation, alleviate tired muscles and reduce excess water retention, focusing on the specific muscles that are responsible for supporting the pregnant tummy.

Foot Reflexology

60 minutes **AED 580**

An incredibly therapeutic massage, with a healing effect on the body utilising reflex points on the feet and lower legs.

Slimming Nuxe Body Massage

60 minutes **AED 580**

Manual draining massage, targeted pressures, rolling massage. In just a few sessions, your body is firmer, and more toned.

Amethyst and Volcanic Stone Massage

90 minutes **AED 890**

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.

Bamboo Fusion Massage

90 minutes **AED 890**

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

Voya Herbal Poultice Massage

90 minutes **AED 890**

Warm herbal bags infused with orange, clover & ginger essential oils massaged into the body, to gently exfoliate & nourish the skin.

PACKAGES

So Detoxed

180 minutes **AED 1415**

This is the ultimate spa package to detoxify and re-mineralise the body, while balancing and harmonising the mind and soul. This is a serious detoxifier, metabolism stimulator and a natural anti-aging boost.

So Seaweed Bath - So Stimulating Body Buff - Organic Warm Spiced Mud Wrap - Detox Massage

Nirvanesque® Nuxe Escape

90 minutes **AED 890**

An infinite facial, body and hair treatment which immerses you into a deep sense of relaxation.

Scalp Massage-Facial Scrub-Full body Massage

Voyager Total Massage Journey

90 minutes **AED 890**

A complete top to toe relaxation Journey, incorporating, body buffing & brushing, foot massage, back treat, stretches and deep muscle body massage. The ultimate luxury treatment to relieve aches& pains & to hydrate the body. Each area is buffed, massaged and conditioned to improve the overall texture and condition and leaving in a deep sense of peace.

So Revived

90 minutes **AED 890**

After the initial invigorating peppermint sugar scrub revives and awakens your body, a mineral-rich body mask is applied to deeply nourish and revive it. While your body absorbs the goodness of the mask, a treatment infused with essential oils is applied to the scalp to soothe and relax you. An application of aromatic organic body crème is applied to complete this ancient sea ritual.*

Recommended for Men.

Sweetheart Nuxe Escape

80 minutes **AED 1100**

To live an infinite relaxation Spa experience for two. Begin with a Jacuzzi session for two followed by a 50 minutes couple's massage. The perfect getaway for two!

Energising Nuxe Men Escape

90 minutes **AED 890**

In 1hr.30, the face regains hydration and energy, while body and mind feel lighter. Perfect combination of a 60 minutes NUXE Massage followed by a 30 minutes NUXE Men Facial.

Spa Time

Choose from three tailored packages offering that well-deserved "Me Time". Whether you are looking to indulge in an ultimate pampering spa experience or just have time for a quick fix to ease the tension of a busy day, SoSPA's "Spa Time" can cater to your whims and needs. You can choose from the three, five or ten hour packages wherein you have the freedom to choose however you want to spend your time.

3 hours **AED 1730** - 30 minutes free (valid 3 months)
5 hours **AED 2880** - 60 minutes free (valid 6 months)
10 hours **AED 5755** - 150 minutes free (valid 12 months)

Reserve your So SPA time in advance and allow our specialist to create the perfect experience for you.

*Can be done Under The Rain - ask our receptionist for more information.

SoSPA FRENCH GOURMET MENU

120 minutes - AED 1180
150 minutes with a Special - AED 1340

STARTERS 30 minutes

Sugar & Coconut Scrub

Natural body scrub to keep your skin smooth and hydrated.

MAIN COURSE 60 minutes

So Exhilarating

A euphoric and soothing body massage with lavender oil, using signature techniques that will relax your mind, body and soul.

DESSERT 30 minutes

Voya Express Facial

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

SPECIAL - TO BE ADDED WITHIN YOUR MENU FOR FURTHER RELAXATION A choice of a 30 minutes treatment

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OR

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OR

Charismatic Head Nuxe Massage

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RITUALS FROM AROUND THE WORLD

France

So Rejuvenating Facial

A luxurious blend of products combines harmoniously with the latest French skincare techniques to help restore hydration levels.

Turkey

Turkish Hammam

Embark on a Journey with this traditional Turkish hammam ritual leaving your skin smooth and refreshed.

Morocco

Oriental Escape

This hammam ceremony is an experience of the Maghreb traditional treatments, which purifies the skin and releases all tension, combined with the purifying black soap scrub that includes a clay body mask.

Polynesia

Polynesian "Taurumi" Massage

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Thailand

Thai Massage

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.

India

Shirodhara

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

China

Bamboo Fusion Massage

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

Russia

Banya Treatment

An invigorating treatment inspired by an ancient Russian tradition. Start with a Sauna session, followed by a massage with a special bath brooms made in Birch wood and a jump into our cold plunge pool before a refreshing sugar and Mint scrub mixed with almond oil. A perfect combination of invigorating and moisturising.

BEAUTY SERVICES

	LADIES	GENTS
MANICURE		
Shape and Polish - 30 minutes	105	105
Classic Manicure - 45 minutes	190	160
SoSPA Manicure - 60 minutes	335	305

(INCLUDING SCRUB, MASSAGE AND MASK)

PEDICURE

Shape and Polish - 30 minutes	105	105
Classic Pedicure - 60 minutes	235	200
SoSPA Pedicure - 75 minutes	370	335

(INCLUDING SCRUB, MASSAGE AND MASK)

OPI GEL COLOUR SERVICES

OPI Gel Manicure - 90 minutes	255
OPI Gel Pedicure - 90 minutes	305
OPI Gel Mani & Pedi - 2hrs 30 minutes	515
Gel Removal - 20 minutes	65

THREADING SERVICES

Brows	60
Full Face	130
Lips	40

ADD ONS 20 minutes **AED 85**

Callus Treatment

Neck & Shoulder Massage

Feet Massage

Sea Salt & Essential Oil Foot Bath

*Spa facilities access complimentary only for guest booking SoSPA Manicure or Pedicure

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 SoSPA team is at your disposal for advice on the perfect treatment you wish to share.

Reservations

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

Arrival at SoSPA

To enhance your spa experience, we encourage you to arrive 20 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 optimize the overall effects, and completely re-balance your mind, body and spirit.

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.



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