

So SPA at Sofitel is dedicated to restoring beauty and balance through delivering individual treatments and Spa journeys, uniquely personalised for each of our guests by exceptionally skilled therapists. Our commitment to wellbeing focuses on holistic principles, combining ancient wisdom with modern expertise.

Awaken your senses and feel re-energised with a selection of treatments designed to revitalise both mind and body. Inspired by gastronomy, our menu features natural ingredients from around the world to purify and renew the skin while drawing you into a state of total relaxation.

Undertaken with dedication and precision, massages and rituals from the prestigious French cosmetology brand THÉMAÉ are designed around the natural, healing benefits of tea. Derived from local plants and ingredients, Plantogen treatments bring out the best in your skin using Mother Nature's own healers. The highly specialised French brand Sothys has always stood out with its extraordinary commitment to research and innovation, claiming its place as an avant-garde beauty expert. Discover Pure Fiji's natural beauty secret with a unique blend of four exotic nut oils that will rapidly hydrate and condition your skin and hair.



So SPA welcomes you  
Monday - Friday 10am to 8pm  
Saturday and Sunday 9:30am - 8pm

- F Facial Treatment
- B Body Treatment

# À LA CARTE

## STARTERS

30 minutes

### Tropical Paradise Body Glow <sup>(B)</sup>

30 minutes, \$79

Relax and enjoy as milk from the coconut, combined with macadamia and coconut oil, is gently massaged into the skin. An application of pure cane sugar follows to polish the body, revealing healthy new skin as well as strengthening elasticity and replenishing moisture loss.

### Seasonal Body Wrap <sup>(B)</sup>

30 minutes, \$84

Rest and relax as you are cocooned in a body wrap inspired by the season. Great on its own, and perfect in combination with a scrub or as a warming start to a massage.

### Stress Relief Massage <sup>(B)</sup>

30 minutes, \$79

Choose one area for your massage therapist to focus on, perfect for relief of stress or pain.

### Aromatic Bath <sup>(B)</sup>

30 minutes, \$55

Cleanse the body and balance the mind as you soak away your stress and tension. The hot water will loosen sore muscles in preparation for massage while the aroma encourages a state of total relaxation.

## SIGNATURE TREATMENTS

### So Rejuvenating Facial Treatment <sup>(F)</sup>

60 minutes, \$150

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

### So Exhilarating Body Massage <sup>(B)</sup>

60 minutes, \$150

A relaxing and soothing body massage, this treatment uses signature techniques that will shape and tone your silhouette.

## MAINS

60, 75, 90 minutes

### Revisited Classics

#### Deep Tissue Massage <sup>(B)</sup>

60 minutes, \$160 / 90 minutes, \$215

This intense therapeutic massage focuses on the hidden layers of both fibrous and muscle tissues, helping you to release deep-seated tension. Slower movements and greater pressure help stubborn toxins to be dislodged and healing oxygen to circulate freely again, making your entire body function and feel better.

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

60 minutes, \$150 / 90 minutes, \$210

Addressing specific muscles, this massage helps to improve circulation, relieves pain, prevents stiffness, reduces swelling and returns muscles back to normal.

#### Traveller's Revival <sup>(B)</sup>

60 minutes, \$155 / 90 minutes, \$215

Combining Swedish and deep tissue techniques to ease sore and aching muscles, this massage is tailor-made for your individual needs.

#### Fundamental Sothys Facial <sup>(F)</sup>

60 minutes, \$160

This rejuvenating facial focuses on complete skin maintenance, cleaning and exfoliating the skin with a prescribed intensive serum. A soothing face and neck massage is followed by a mask to restore moisture and further the skin's protection.

#### Homme Intensive Facial <sup>(F)</sup>

60 minutes, \$160

All men have unique requirements when it comes to caring for their skin. This reformulated Sothys men's facial uses volcanic minerals to detoxify and a combination of nutrients and antioxidants to recharge the skin's energy reserves. Rice and myrtle extracts hydrate and boost the skin for additional protection.

#### Energising™ Sothys Facial <sup>(F)</sup>

75 minutes, \$199

This energising facial features the patented Siberian ginseng extract. A plant with miraculous active ingredients, it has the ability to adapt to the specific needs of each and every skin type. Sothys reveals its extraordinary power to optimise the skin's natural energy reserves.

### FOR MUMS TO BE

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

60 minutes, \$150

This massage, specially developed for expectant mothers in their 2<sup>nd</sup> and 3<sup>rd</sup> trimesters, is simultaneously gentle, comforting and toning. It aims at improving blood circulation and relaxing muscles to soothe the legs and back of the mother to be.

## Local Favourites

### **Ataahua Beautiful Body Treatment** (B)

90 minutes, \$215

Your skin will be exfoliated and smoothed with a scrub using natural ingredients, followed by a body wrap of active Manuka honey and Rotorua geo-thermal mud to purify and hydrate. Finish with a back, neck and shoulder massage to relax your muscles and ease away tensions.

### **Greenstone Massage** (B)

60 minutes, \$150 / 90 minutes, \$210

A soothing progression of long strokes combined with warm greenstones to melt away tension. The greenstone is believed to possess intuitive healing and harmonizing properties, a complement to any therapeutic or relaxing massage.

### **Healing Manuka Honey Facial** (F)

60 minutes, \$160

Deep cleanse, increase skin hydration, repair damaged skin and improve elasticity – a true healing experience. New Zealand Manuka honey, known for its natural antioxidant properties, contains a wide range of vitamins, amino acids and minerals and provides white blood cells with the necessary glucose to destroy harmful bacteria.

## World's Best

### **Oriental Massage** (B)

60 minutes, \$150 / 90 minutes, \$210

This massage frees the body from all its tensions by working the muscles and skin with agile, graceful strokes and gentle, comforting movements. The kneading, treading and smoothing movements will leave you feeling relaxed and calm. This massage works the body with parallel movements, resulting in a feeling of well-being, a rested mind and a relaxed body.

### **Hanakasumi Body Treatment** (B)

60 minutes, \$160

A re-balancing and nourishing body ritual inspired by Japanese traditions. Including a full body exfoliation and a back massage using scents of cherry blossom and Asian essences.

Write a spa menu to suit your own palate. Book time and design your journey with the help of our spa experts. Whether you are craving a 30 minute taste or a full day indulgence, we will help you find the perfect treatments to meet your needs.

## So SPA RITUALS

We recommend using the sauna or steam room before any ritual to relax mind and body and open the pores.

### Greenstone Ritual <sup>(B)</sup>

120 minutes, \$274

Begin this unique treatment with a nourishing scrub and body wrap combining the natural restorative properties of native New Zealand manuka honey and Rotorua geo-thermal mud. Finish with a relaxing full body massage using the Greenstone, with its intuitive healing and harmonizing properties.

### Waitemata Hydration Journey <sup>(B) (F)</sup>

120 minutes, \$269

Begin your hydrating journey with a sea salt scrub to increase circulation and leave your skin feeling smooth and silky. Follow this with a decadent full body massage using graceful stroking movements and pressure to suit your individual needs. To conclude your journey a hydrating facial will reveal a brighter, plumper complexion.

### So SPA 'Top to Toe' Experience <sup>(B) (F)</sup>

150 minutes, \$310

Relax and be revitalized as you enjoy our signature So Exhilarating Massage and So Rejuvenating Facial. Then, indulge with our delicious Spa desserts: a manicure or pedicure served with a glass of bubbles!

### Journey for Two <sup>(B) (F)</sup>

150 minutes, \$610

Relaxing, rejuvenating, romantic - this is complete indulgence for two. Immersed in your private spa suite, enjoy a 60 minute massage and a healing manuka honey facial while both mind and body sink into total relaxation. Finish with a toast to a decadent experience while enjoying an aromatic bath together.

## DESSERTS

20, 30 minutes

### De-Stress Eye Treatment <sup>(F)</sup>

20 minutes, \$45

Cold healing greenstones and a gentle massage around the eyes are combined to reduce puffiness and dark circles. A bite size treat added guilt-free to any starter or main.

### Healing Facial <sup>(F)</sup>

30 minutes, \$89

Using Manuka Honey to heal and hydrate your skin, this facial is a sweet add on to any body treatment or decadent enough to be enjoyed on its own.

### Instant Glow Facial <sup>(F)</sup>

30 minutes, \$89

An express facial which totally refreshes the skin with a series of gentle phases: cleansing, a detoxifying mask and a soothing scalp massage.

## BEAUTY ESSENTIALS

20, 45, 75 minutes

### **File and Polish Manicure or Pedicure**

20 minutes, \$40

An express nail treatment, including a file, buff and polish in the colour of your choice.

### **Classic Manicure or Pedicure**

45 minutes, \$70

Designed to make your hands or feet look their best without taking up too much of your busy day. Nails will be buffed, filed and shaped, and cuticles tidied and moisturised before your nails are painted in the colour of your choice.

### **Luxury Manicure or Pedicure**

75 minutes, \$105

Treat your hands or feet to a touch of luxury with this delicious upgrade on the classic. All the benefits of the Classic with the addition of an exfoliation and a mask, followed by a relaxing massage to lock in moisture and leave your hands or feet feeling soft and smooth.

### **Gel Manicure or Pedicure**

45 minutes, \$70

If you don't have the time or patience to let the paint dry, Gel is the perfect solution. Your nails will be shaped and filed, then cuticles tidied before the Gel is applied in the colour of your choice. The polish will instantly set, letting you go straight to your next activity or appointment.

### **Gel Removal**

20 minutes, \$20

## WAXING

|                 |      |
|-----------------|------|
| Eyebrow         | \$26 |
| Lip or Chin     | \$26 |
| Lip & Chin      | \$42 |
| Bikini          | \$32 |
| Extended Bikini | \$46 |
| Brazilian       | \$76 |
| Half Leg        | \$42 |
| Full Leg        | \$72 |
| Underarm        | \$32 |
| Forearm         | \$36 |
| Full arm        | \$42 |

## TINTING

|                                       |      |
|---------------------------------------|------|
| Eyebrow or Eyelash                    | \$26 |
| Eyebrow & Eyelash                     | \$42 |
| Eyebrow shape<br>& tint, eyelash tint | \$62 |

### **Gift Vouchers**

A chic and refined gift that suits every occasion, from 30 minutes to an entire day of wellbeing. The So SPA team is at your disposal for any information or purchase.

### **Events and Occasions**

What better way to celebrate than to spend some quality time with your friends? Ask the So SPA team for more information on how to make your day extra special.

### **Cancellation Policy**

Cancellation is free of charge if made 24 hours in advance. Hotel guests must give four hours notice, after which the full cost of the treatments will be charged.

### **Reservations**

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

### **Arrival at So SPA**

To enhance your spa experience we encourage you to arrive 10 minutes prior to your treatment. Leave your cares at the door and indulge yourself with our luxurious robes and slippers in one of our relaxation lounges. The pool and So FIT facilities are available to guests of So SPA at no charge.

### **Parking**

Valet parking is complimentary for non hotel guests receiving treatments of 60 minutes or more. Paid valet parking is available for all other treatments. Pay and display street parking can be found on surrounding streets: Halsey Street, Gaunt Street and Viaduct Harbour Avenue.