



So | SPAMENU  
SOFITEL

REJUVENATING  
TRADITIONS FROM AROUND  
THE WORLD WITH  
FRENCH COSMETOLOGY

So SPA at Sofitel Queenstown Hotel & Spa is a multi-award winning day spa that embodies the Sofitel emphasis on the essence of plaisir. With truly unique features such as a traditional Hammam steam room and cedar wood clad Jacuzzi, So SPA is a discreet retreat from the hustle and bustle of daily activities, centrally located in the heart of Queenstown and just steps away from the shimmering waters of Lake Wakatipu.

So Spa 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.



So SPA welcomes you  
from 10am to 9pm  
daily.

(F) Facial Treatment

(B) Body Treatment

# À LA CARTE

## STARTERS

30 minutes

### Traditional Hammam (B)

30 minutes

A hammam steam bath. Experience the ancient tradition of a Turkish bathhouse as a modern luxury, releasing built-up stress and toxins and an ideal way to begin your spa journey. Complimentary for hotel and spa guests.

### Homemade Body Scrub (B)

30 minutes

Let us exfoliate, soothe and heal your skin with your choice of body scrub, all made in our spa kitchen. Designed to leave you feeling soft and smooth, our scrubs are the perfect way to begin your spa journey.

### Instant Glow Facial (F)

30 minutes

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

## SIGNATURE TREATMENTS

### So Rejuvenating Facial Treatment (F)

60 minutes

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

### So Exhilarating Body Massage (B)

60 minutes

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

## MAINS

60, 90 minutes

### Revisited Classics

#### Hydration Strategy (F)

60 minutes

This refreshing facial is the perfect escape for dull, tired skin. The skin is deeply cleansed and exfoliated then stimulated with Ridoki tools and Shiatsu massage movements. A detoxifying face mask will cleanse and heal the skin while you enjoy a soothing scalp massage.

#### Wave of Relaxation Massage (B)

60 minutes / 90 minutes

This calming signature massage soothes muscles with graceful rhythmic movements to fully relax the body, creating a deeply tranquil state whilst stimulating lymphatic drainage and circulation.

#### Deep Tissue Massage (B)

60 minutes / 90 minutes

This intense therapeutic massage focuses on the hidden layers of both fibrous and muscle tissue, 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.

#### Traveller's Revival (B)

60 minutes / 90 minutes

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

#### Purity Radiance Ceremony (F)

90 minutes

A classic facial, the Purity Ritual perfectly combines intense purification with a deep massage. The skin is deeply cleansed, exfoliated and steamed to prepare for a detoxifying mask. The face undergoes lymphatic drainage which leaves the skin oxygenated and purified.

#### Original Beauty (F)

90 minutes

This intensive anti-ageing treatment is designed to combat wrinkles and the loss of elasticity and to reduce the appearance of pigmentation. A deep cleanse of the skin, with a peel to encourage cell renewal, is followed by a fatigue removing facial massage and the application of a collagen mask. The results are radiant skin and a visible reduction in the signs of ageing.

#### Regenerating Back Massage (B)

60 minutes

Allow your body to completely unwind with this unique treatment combining a series of deep muscular techniques for total relaxation. It targets the back and legs to release tension, leaving you feeling calm and serene.

#### Energising Facial (F)

90 minutes

This effective treatment delivers lasting results, with the miraculous properties of the Siberian ginseng and its ability to adapt to any skin types. A truly rejuvenating facial treatment for all skin types.

## Local Favourites

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

60 minutes

Deep cleanse, increase skin hydration, repair damaged skin and improve elasticity – a true healing experience. New Zealand Manuka honey is known for its natural antioxidant properties.

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

60 minutes / 90 minutes

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

### Ataahua Beautiful Body Treatment <sup>(B)</sup>

90 minutes

Your skin will be exfoliated and smoothed with a homemade 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.

## World's Best

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

60 minutes / 90 minutes

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.

### Hanakasumi <sup>(B)</sup>

90 minutes

A rebalancing and nourishing body ritual inspired by Japanese traditional body massage. This treatment includes a full body exfoliation and back massage, using the scents of cherry blossom and Asian floral fragrances.

## SPECIALS

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

210 minutes

Relaxing, rejuvenating, romantic – this is complete indulgence for two. Immersed in your private spa suite, enjoy a massage and a facial of your choice and conclude with a soak in the Jacuzzi. Enjoy a seasonal fruit platter as an accompaniment.

### Hydrating Vanilla Wrap <sup>(B)</sup>

90 minutes

Combining the beneficial properties of milk, rice and kaolin powders with a vanilla and coconut nectar, this treatment envelopes the body in a skin-nourishing moisture. As your skin revitalises, let your body relax and absorb the soothing sensations of our scalp and foot massage.

## So SPA RITUALS

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

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

120 minutes

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. Then sink into a relaxing full body massage using Greenstone, with its intuitive healing and harmonising properties.

### Deep Relax Ritual <sup>(B)</sup>

150 minutes

Begin in the Hammam room, followed by a body 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, an Instant Glow facial will reveal a brighter complexion.

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

150 minutes

Relax and be revitalised 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!

A three course menu including a facial, a body massage and an express manicure or pedicure.

## DESSERTS

30, 60, 90 minutes

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

30 minutes

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

### Foot Reflexology <sup>(B)</sup>

30 minutes / 60 minutes

A true treat for tired and aching feet. The healing art of reflexology works specific pressure points in the feet to re-establish the flow of energy throughout the body.

### Beauty of the Hands / Feet <sup>(B)</sup>

60 / 90 minutes

Enhance your beauty from top to toe. Pamper and refresh tired hands or feet by giving them all the attention they deserve, with an exfoliation treatment followed by a nourishing clay and honey mask. Finish with a blissful massage.

## MATERNITY TREATMENTS

Nurturing a baby is stressful, both physically and mentally. It is the perfect time to check out of reality and into So SPA.

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

60 minutes

This massage, specially developed for expectant mothers in their 2nd 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.

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

90 minutes

A ritual just for expectant mothers in their 2nd trimester, the treatment begins with an aromatic bath designed to prepare the body for total, deep relaxation, followed by the Cocoon Massage to address the tensions and aches of pregnancy.

## EXPRESS TREATMENTS

30 minutes

### Nail Buff and Polish <sup>(B)</sup>

30 minutes

An express nail treatment, including a file, buff and polish in the colour of your choice. Perfect for a touch up between manicures or a quick lunch-hour pamper.

### Aroma Scalp and Shoulders Massage <sup>(B)</sup>

30 minutes

This massage uses calming and relaxing essential oils to soothe and relieve, removing tension and stress in the shoulders and head.

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

30 minutes

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

## MAN ON THE GO

### Homme Intensive Facial

60 minutes

An essential facial treatment to boost and detoxify men's skin, combining relaxation and efficiency for more resilient skin and an impeccable complexion.

### A Gentleman's Escape

120 minutes

Created specifically for men, this spa experience is tailored to your needs. Start with a Hammam steam session, then relax with a 90 minute massage and Homme facial - the lengths of each will be tailored to your needs for the best results.

## BEAUTY ESSENTIALS

45, 60 minutes

### Classic Manicure

45 minutes

This is truly a classic, designed to make your hands look their best without taking up too much of your busy day. Nails will be buffed, filed and shaped, cuticles tidied and your hands gently massaged and moisturised before your nails are painted with the colour of your choice.

### French Manicure

60 minutes

Add a French touch onto any manicure – and why not include a glass of French bubbles too

### Classic Pedicure

60 minutes

Sit back and relax while your spa therapist gets your feet ready for any occasion. Your nails will be trimmed, filed and buffed, cuticles tidied and feet massaged and moisturised. Finish with a polish in the colour of your choice.

## TINTING

Eyebrow or Eyelash

Eye Combo

Eyebrow & Eyelash

*\*Includes eyebrow shape & tint, eyelash tint*

## WAXING

Eyebrow

Half Leg

Lip or Chin

Full Leg

Lip & Chin

Underarm

Bikini

Forearm

Extended Bikini

Full arm

Brazilian

Back or Chest

Brazilian Maintenance



### **Cancellation Policy**

Cancellation is free of charge if made 24 hours in advance. Hotel guests must give a minimum of 4 hours notice for cancellations, after which the full cost of the treatment 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 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 20 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 Hammam facility is available to guests of So Spa at no charge.

### **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 'me time' with your friends? Ask the So Spa team for more information on how to make your day extra special.

### **Parking**

Valet parking is complimentary for non hotel guests receiving treatments at So SPA.