



SPA MENU

S O F I T E L

Spa

with L'OCCITANE

SOFITEL QUEENSTOWN HOTEL & SPA

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S O F I T E L

Spa

with L'OCCITANE

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 with L'OCCITANE 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 with L'OCCITANE welcomes you daily from 9 AM to 7 PM.

Get your French glow, call +64 (0)3 450 0048
or speak to our spa team.

Find Your French Glow



A Journey To Provence

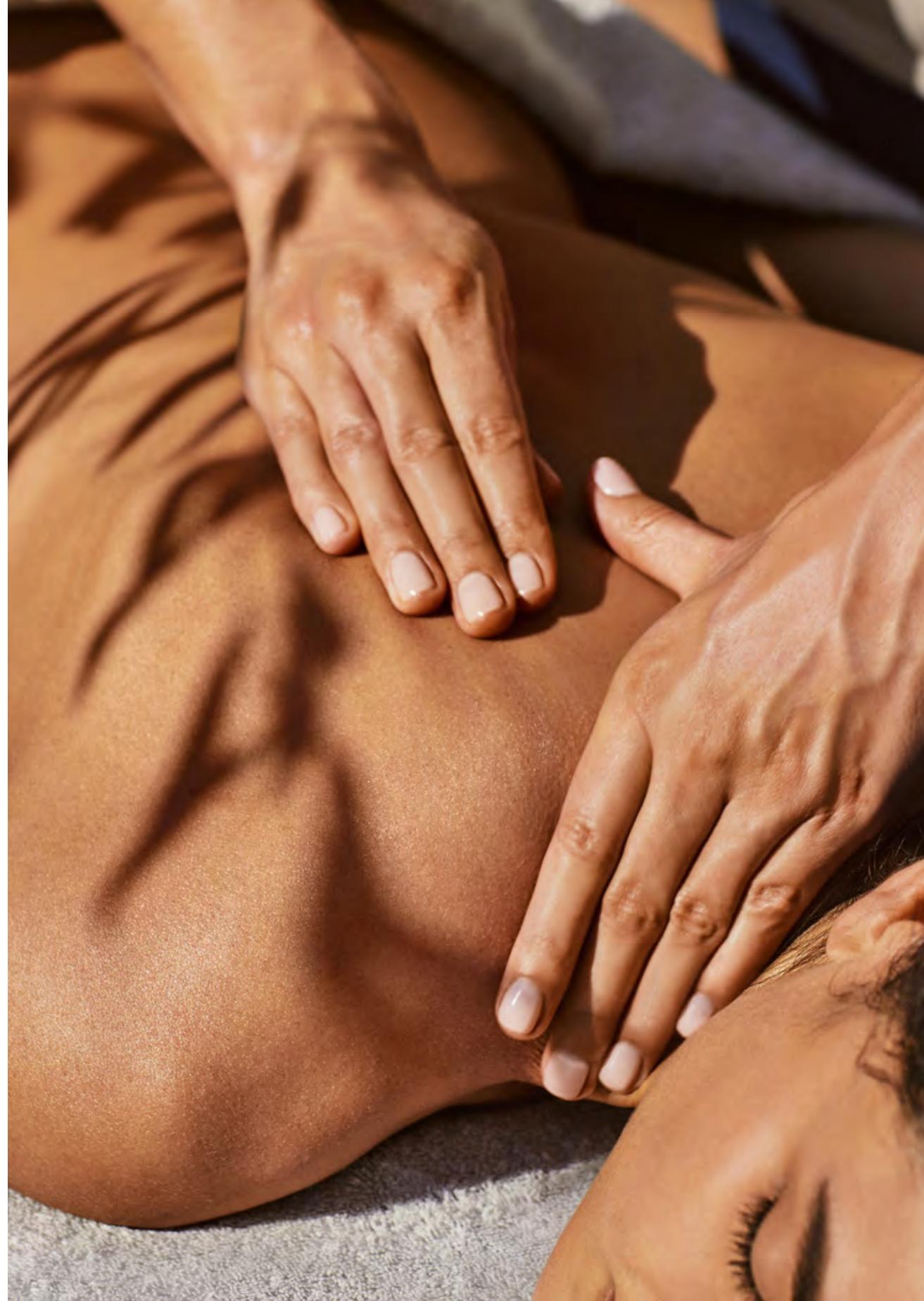
When you step into a Sofitel SPA with L'OCCITANE, you are entering a little corner of Provence.

We cultivate the art of well-being with 100% manual treatments that reflect the Provençal values of tradition, savoir-faire, and authenticity.

Inspired by massage techniques from around the world, our treatments embody the spirit of sharing and the cosmopolitan nature deeply rooted in our territory.

Just as Provence is the land of beauty, Sofitel SPA with L'OCCITANE is a sanctuary of tranquillity that will refresh your senses and restore peacefulness and inner balance.

Through Your Senses





Pounamu Greenstone is a unique form of jade found in the South Island of New Zealand that holds deep and profound cultural significance to the people of Aoteroa.

It goes far beyond just being a stunningly beautiful stone - to the indigenous Maori people of New Zealand, Pounamu has a profound connection to Papatuanuku (Earth Mother) and the koha (gift) she gives back to humankind. For this reason it is believe Pounamu is imbued with spiritual properties given its connection to the land, past and present and provides healing, strength and protection. It has been used for centuries for trade, gifting, ceremonial or culturally significant artifacts and for tools. It is strongly believed that for its mana (spirit) to be at its fullest, it must be gifted with love - as it was to humankind by Papatuanuku.

Our Greenstone Ritual has been uniquely curated specifically to use Pounamu's healing and harmonising properties using a soothing progression of long strokes with locally carved, warmed stones to melt away tension. An excellent option to those seeking a therapeutic or relaxing massage.

Sofitel Exclusives

BODY
60 Minutes
90 Minutes

Greenstone Massage

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.

BODY
60 Minutes
90 Minutes

Traveller's Revival

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

BODY
60 Minutes

Cocoon Massage

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.

The background of the advertisement is a photograph of a rustic, textured stone wall. A wooden beam is visible at the top left, and a window opening on the left side looks out onto a green landscape under a blue sky. The text is overlaid on the wall.

Spa
L'OCCITANE

Signature Treatments

Blending tradition, heritage and innovation, our Signature Treatments are the reflection of our expertise. Our Signature Body and Face Treatments are built around three pillars of holistic well-being : **Beauty, Regeneration and Balance.**

To measure and highlight the benefits on sleep improvement and holistic well-being, our best-selling Signature Treatments have been tested and approved by L'OCCITANE laboratories as well as recognised research institutes.

Beauty

FACE
90 Minutes

Immortelle Divine Secret

Firming. This treatment helps unveiling the skin's natural youthful glow. The Immortelle Super Extract helps to redensify the skin and restore its radiance. Combined with lifting movements and muscle stimulation, the skin appears to be well-rested.

BODY
45 Minutes

Shea Nourishing Scrub

Exfoliating. This Shea enriched scrub restores the comfort of a soft, smooth and supple skin. The exfoliation is completed with a Shea, Almond, Lavender or Verbena moisturizer application, leaving the skin hydrated and nourished.

BODY
45 Minutes

Shea Ultra-moisturizing Body Wrap

Nourishing. This treatment contributes to nourishing and reinforcing the skin barrier. The creamy and velvety texture of the Rich Shea Butter Cream soothes the skin and comforts all the senses, while a foot and scalp massage complete this moment of well-being.



Regeneration

BODY
90 Minutes

Sleep & Reset Massage

Regenerating. Sleep is a key contributor to well-being. This treatment has been tested and accredited by the European Sleep Center in order to show its effects on sleep cycle and sleep quality. It allows to regain serenity as well as to provide an energy boost.

BODY
25 Minutes

Power Nap Massage

Reinvigorating. This treatment gives the same energy boost as the one felt after a restorative power nap. Designed as a break during the day, it is done without oil and with clothes on. It combines scalp acupressure, rocking movements and a relaxing hand or foot massage.

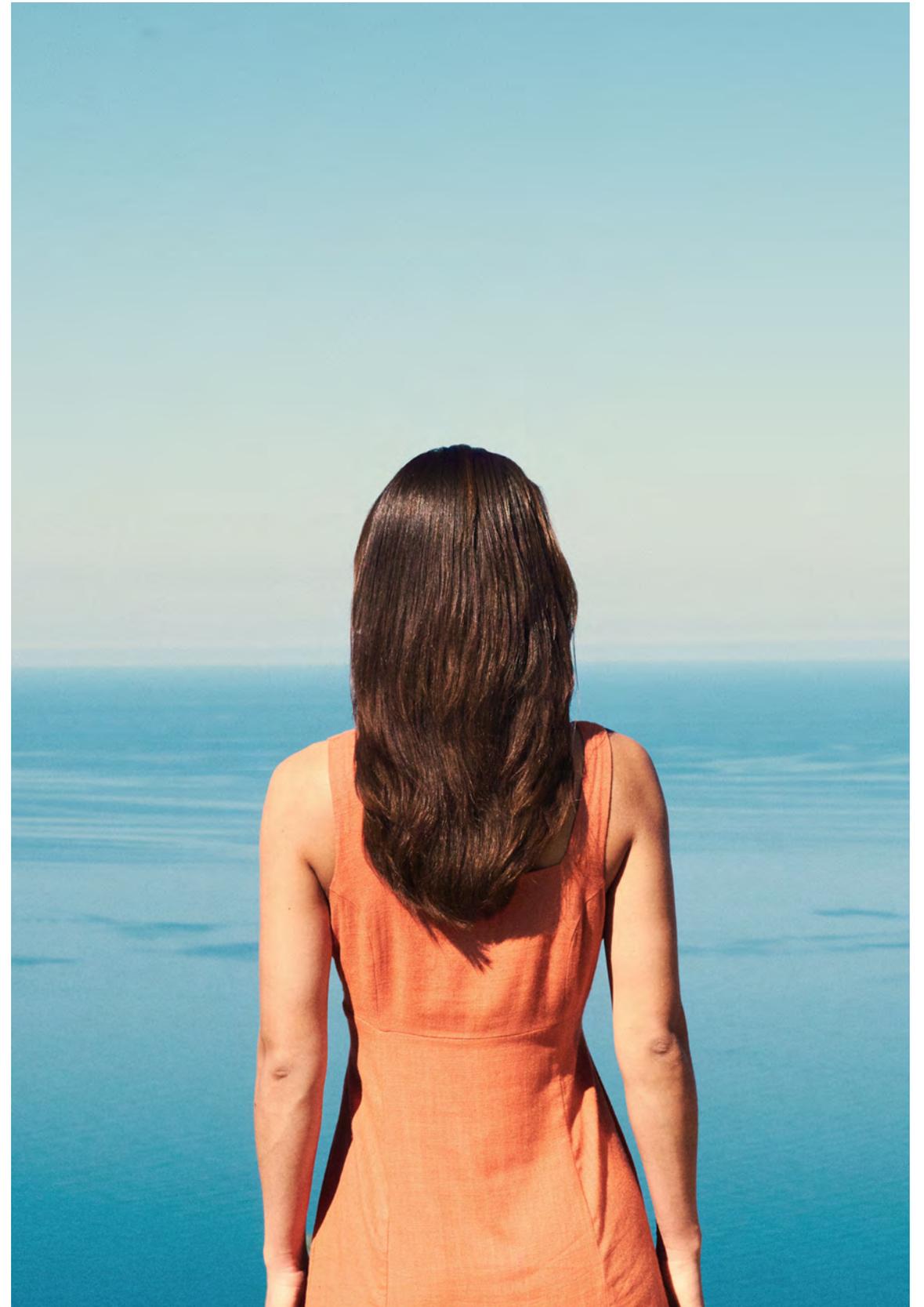
Balance

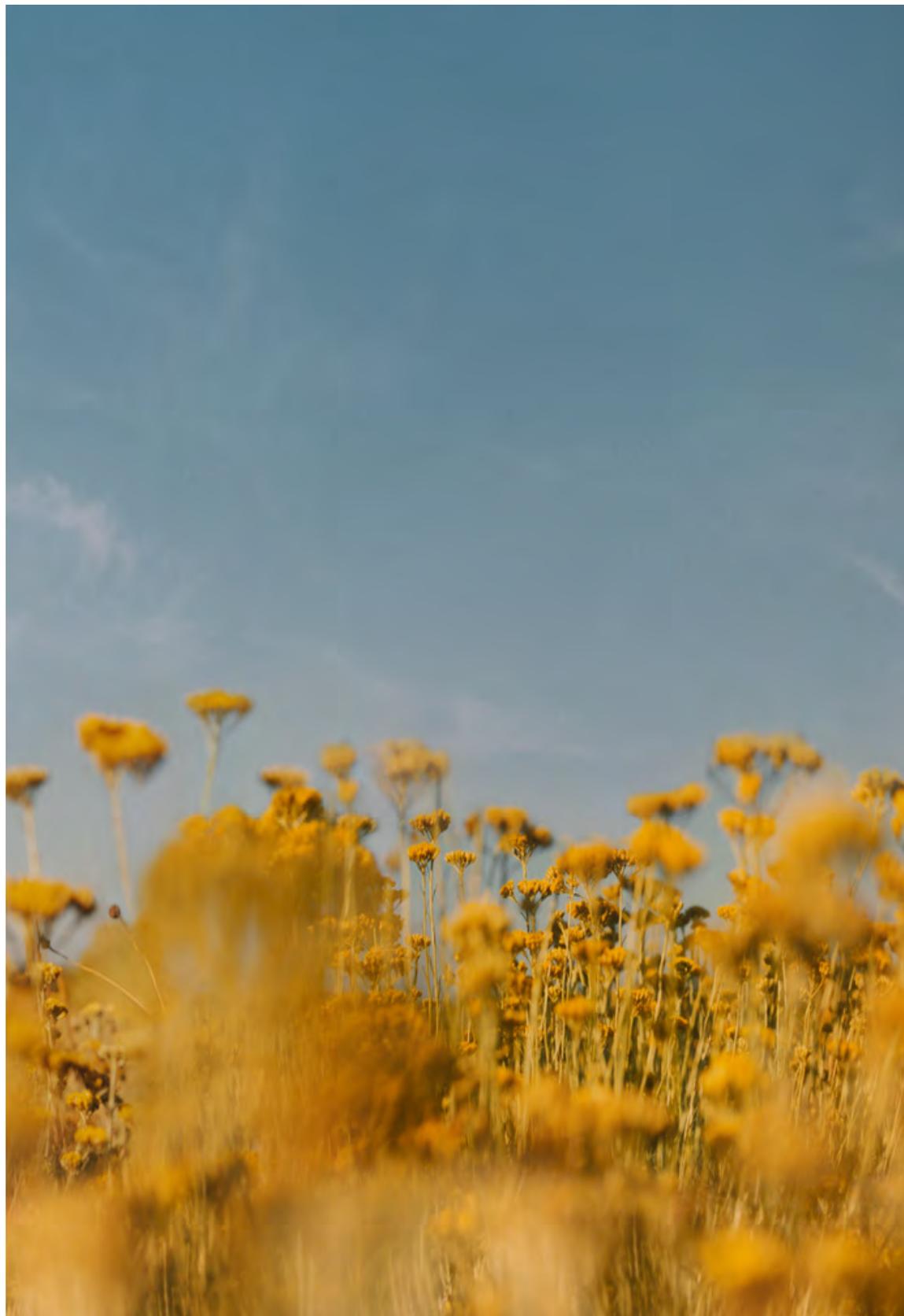
BODY

30 Minutes
60 Minutes
90 Minutes

Relaxing Aromachologie Massage

Comforting. This enveloping massage eases the body and mind into letting go thanks to its relaxing movements. Studies carried out by L'OCCITANE's laboratories have demonstrated that this gentle touch noticeably improves well-being and emotional balance.





Classic

BODY
60 Minutes
90 Minutes

Deep Tissue Massage

Rebalancing. With its slow pace and deep action on the back, shoulders & neck area, this massage releases tension and reduces pain and inflammation. Ideally performed after a sport effort, it allows muscles to regain their flexibility thanks to Lomi Lomi deep pressure, acupressure points and gentle stretching. As a result, the whole body feels refreshed and deeply rebalanced.



Made to Measure Treatments

Our Made to Measure Treatments offer a personalized experience to meet every needs. Like a sensory journey in Provence, they awaken the senses, the promise of a relaxing moment in the hands of our experts.

Tailor Your Experience

Face

30 Minutes
60 Minutes
90 Minutes

Facial Treatment

Expert. A drainage facial treatment using products techniques tailored to the skin's mood. Our experts adapt to provide a moment of relaxation all to oneself.

Body

30 Minutes
60 Minutes
90 Minutes

Body Massage

Sensory. A choice of relaxing or deep tissue massage techniques that favour all five senses. Paired with Relaxing or Energizing massage oils, or enriched with Almond, this wellbeing interlude delights the senses.

Selection of Massage Techniques (1 choice only)

- Relaxation (Wellbeing and serenity uplift)
- Intensity (Deep tissues relaxation)

Selection of Massage Oil (1 choice only)

- Cocon de Sérénité (Calms the mind and promotes sleep)
- Souffle de Liberté (Helps to regain energy and vitality)
- Almond (Softens and firms the skin)

Face & Body
from 60 Minutes

Face & Body Treatment

Complete. A combination of a targeted facial treatment and a sensory body massage for a wellbeing interlude that meets every need as well as promotes harmony between the face, body, and the senses.



Targeted Treatments

Targeted
30 Minutes

Foot Relief With Essential Oils

Revitalizing. Treat your tired feet with a relaxing foot massage that combines soothing strokes and deep circular movements and a revitalizing blend of essential oils. The feet feel lighter, ready for the next adventure.

Targeted
60 Minutes

Shea Ultra-Softening Foot Care

Renewing. Pamper yourself with a 60 minutes happy feet moment. The relaxing massage offers a moment of well-being and lightweight feeling. The skin is soft, nourished and hydrated.

Targeted
30 Minutes

Immortelle Divine Eyes

Illuminating. For a complete eye rejuvenation experience this 30 minutes treatment includes L'OCCITANE's iconic Divine formula that intensively treats the signs of ageing. The perfect treat for your eyes, and a great moment of relaxation.



The Journey

Package
210 Minutes

Journey For Two

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

Package
120 Minutes

Deep Relax Ritual

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, a hydrating facial will reveal a brighter complexion.

Package
150 Minutes

‘Top to Toe’ Experience

Relax and be revitalised as you enjoy 60-minute relaxation massage and a 60-minute Hydrating 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.

Package
120 Minutes

A Gentleman’s Escape

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.



Spa Etiquettes

Cancellation Policy

Cancellation is free of charge if made 24 hours in advance. Hotel guests must give a minimum of 4 hours notices for cancellations, after which the full cost of the treatment will be charged.

Reservations

Bookings made by hotel guests directly with Sofitel Spa with L'OCCITANE are guaranteed by the signing of a reservation. Bookings made by external guests directly with Sofitel Spa with L'OCCITANE may be secured by a credit card or cash payment.

Arrival at Sofitel Spa with L'OCCITANE

To enhance your spa experiences 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.

Gift Vouchers

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

Event and Occasions

What better way to celebrate than to spend some quality 'me time' with your friends? Ask the Sofitel 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 Sofitel Spa with L'OCCITANE.