



SPA MENU



SOFITEL
SPA

LIVE
THE FRENCH
WAY

GO WITH THE FLOW

Love Who You Are And Glow.

Sofitel Spa combines luxury French skincare from Sothys, inspired by Les Jardins Sothys in Auriac, France along with botanicals and latest derma-science from TEMPLESPA, a Mediterranean-inspired British luxury skin care brand.

Experience a range of top-to-toe, skin-boosting treatments based on the principles of the Mediterranean diet, lifestyle and landscape. Our aim is to use ethically and environmentally sustainable products that ensure maximum results to enhance skin, body and soul.

Take the treatment home! Our SPA team can advise you on your bespoke skin care regime that will enable you to look after your skin wherever you are. A lifestyle approach blending innovation with tradition to help you look and feel at your absolute best.

The Sofitel Spa team welcomes you to experience attention to detail, quality, and modern French art de vivre Monday to Sunday from 9 am to 9 pm.

Book an appointment by calling +44(0)208 757 7741
or email our therapists on
Sofitel.LondonHeathrow.Wellness@sofitel.com

FIND YOUR
FRENCH WAY



REJUVENATE,
THE FRENCH
WAY

STARTERS

AQUA RELAXATION 60 minutes

Simply indulge into our thermal pool and prepare your skin with steam and sauna. Enjoy a dip in the hydropath bath, relax and hydrate your body with a choice of healthy drinks.

Mon - Thur: £30
Non resident: £45

Fri - Sun: £40

TEMPLESPA | AAAHHH! ! LEG AND FOOT ENERGISER 30 minutes

This oh-so-good treatment is instant relief for tired, overworked legs and feet. Begins with skin brushing to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub.

Mon - Thur: £65

Fri - Sun: £75

SOTHYS SUGAR AND SALT SCRUB 30 minutes

A full body exfoliation for velvety skin. Choose from the following scents: lemon & petit grain, orange blossom and cedar wood, cinnamon and ginger or Sothys Men.

Mon - Thur: £65

Fri - Sun: £75



REJUVENATE,
THE FRENCH
WAY

MAINS

SOFITEL SIGNATURE EXHILARATION MUSCLE MELT | DEEP TISSUE MASSAGE

60 minutes

An ideal combination of deep tissue therapy with the lightness of surprise to soothe muscles after or before a long journey. This treatment will unravel tension in sore and tight muscles, relieve stress and promote better circulation throughout the body.

Mon - Thur: £130

Fri - Sun: £140

TEMPLESIPA | DRIFT AWAY | RELAXING MASSAGE

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of hot Mediterranean essential oils, is guaranteed to have you drifting away. This is the perfect treatment to soothe and calm frazzled nerves; tension and stress simply melts away.

30 minutes

Mon - Thur: £65

Fri - Sun: £75

60 minutes

Mon - Thur: £120

Fri - Sun: £130

TEMPLESIPA | ROCKS OF THE MEDITERRANEAN | HOT STONES MASSAGE

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. Simply heavenly!

30 minutes

Mon - Thur: £75

Fri - Sun: £85

60 minutes

Mon - Thur: £135

Fri - Sun: £130



REJUVENATE, THE FRENCH WAY

MAINS

TEMPLES SPA | SOUL RETREAT | DETOX FOOT RITUAL, BACK MASSAGE, FACE MASK AND SCALP MASSAGE 75 minutes

You will be in for a treat with this beautiful nurturing therapy that will leave you feeling comforted and peaceful. Begin with a foot ritual to soak and exfoliate your feet, then followed by a massage to release tension and stress in the back, neck and shoulders. A specially selected face mask and scalp massage will complete this treatment.

Mon - Thur: £145

Fri - Sun: £155

SOTHYS BODY A LA CARTE | INDULGENCE 90 minutes

A relaxing treatment consisting of flowing enveloping movements, that aid relaxation and help overcome physical and emotional tension. Select your tailor-made body ritual by choosing from three massage textures and scents with either a full body exfoliation, massage or both to truly personalise your experience. Select your massage texture, Softening body oil, nourishing body wax or a hydrating body cream. Select your scent: Lemon and petit grain, orange blossom and cedar wood, cinnamon and ginger.

Mon - Thur: £175

Fri - Sun: £185

SOTHYS SEASONAL FACE AND BODY RITUAL 1h 45 minutes

An exceptional Sothys face and body treatment infused with the scent of the season. An original concept combining scent of the season. An original concept combining chronobiologically and delicious flavours to reveal the skin's radiance, season by season. A dose of oxygen associated with a cocktail of minerals to boost the skin's defence system during the winter season and a cocktail of vitamins to revitalise the skin in the summer.

Mon - Thur: £210

Fri - Sun: £220



REJUVENATE, THE FRENCH WAY

FACIALS

SOTHYS Organics® CERTIFIED RADIANCE FACIAL / EXPRESS FACIAL

30 minutes

Dive into the heart of nature and enjoy a moment of deep relaxation thanks to a deeply relaxing face and scalp massage. Reawakens and gives instant radiance to the skin. A boost of sensoriality and efficiency from the Sothys Organic® collection.

Mon - Thur: £75

Fri - Sun: £85

TEMPLESPA | THE POWER BREAKFAST FACIAL | EXPRESS FACIAL

30 minutes

Looking for results now? This revitalising express facial includes a deep power cleanse, nutrients clay mask and lymph drainage techniques for rapid turnaround topped off a wake up scalp massage. Quick, go!

Mon - Thur: £75

Fri - Sun: £85

SOTHYS HYALURONIC ACID 4 | HYDRATION FACIAL

60 minutes

This high-performance treatment combines four sources of hyaluronic acid with two Sothys patented active ingredients. The absolute hydration solution with six stages to quench, hydrate and plump the skin, renewing its appearance. A perfect alliance of technical advancement and sensory pleasure.

Mon - Thur: £130

Fri - Sun: £140

SOTHYS YOUTH BP3. TRICOMPLEX™ SAFFRON-SOPHORA PEPTIDES

75 minutes

Targeted treatment to combat the signs of ageing: wrinkles and slackened skin. Through five steps and eight specific formulas, live the experience of Sothys exclusive techniques, with relaxation massage and expert maneuvers, for visibly younger skin.

Mon - Thur: £130

Fri - Sun: £140

TEMPLESPA | MY KINDA SKIN | BESPOKE PRESCRIPTION FACIAL

60 minutes

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face and décolleté massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

Mon - Thur: £110

Fri - Sun: £120



REJUVENATE, THE FRENCH WAY

DESSERTS

HANDS & FEET

OPI PRO SPA MANICURE

60 minutes

Indulge in our nourishing hand and arm ritual, which includes a beautiful massage, hand exfoliation and a rich moisturising mask followed by a nail and cuticle tidy with OPI polish.

Mon - Thur: £55

Fri - Sun: £65

OPI PRO SPA PEDICURE

60 minutes

Sit back, relax and enjoy our OPI pro spa pedicure. This unique foot ritual includes a detox foot massage, nourishing foot mask and heated wrap followed by a nail and cuticle tidy with OPI polish.

Mon - Thur: £55

Fri - Sun: £65

OPI GEL POLISH OVERLAY

Upgrade to our OPI gel polish for the perfect nails that are immediately smudge proof. This will protect the nail and last up to 2 weeks, with a longer lasting high gloss shine.

£15

GEL POLISH REMOVAL

15 minutes

Gentle removal of your existing gel polish, followed by a nail tidy and nourishing cuticle oil.

£15

NEED A LITTLE MORE?

30 minutes

Upgrade your Gel soak off with a hydrating hand and arm massage, followed by a heated wrap to relieve tension and restore lost moisture.

£30



REJUVENATE, THE FRENCH WAY

UNIQUE INFORMATION

A discretionary 12.5% service charge will be added to all treatments.

OPENING HOURS

Open daily from 9am to 9pm.

RESERVATIONS

Schedule your appointments in advance to ensure your preferred treatment and therapist are available. Bookings must be secured with valid contact details and a major credit card.

PRIOR TO SERVICE

We recommend you arrive 15 minutes in advance. A pre-treatment consultation will occur with your therapist so that you can make us aware of any medical conditions you may have and the areas you would like to focus on or be avoided. During service do not hesitate to tell the therapist if you feel any discomfort.

CANCELLATION POLICY

48 hours' notice is required for changes or cancellations. Arriving late for a service may require us to shorten the length of your treatment with full charges applicable. A full fee will be applied to all no shows.

SMOKING

Smoking in the spa is not permitted.

GIFT CERTIFICATE

Gift certificates are available for purchase at the spa reception. Our gift certificates are the perfect way to celebrate any occasion, with treatments, bridal packages or predetermined denominations offered.

ETIQUETTE

All guests are entitled to full relaxation and privacy. Mobile phones must be kept on a silent mode and loud videos and music are not permitted.

VALUABLES

We accept no responsibility for the loss of valuables and jewellery at any time whilst guests on the spa premises. Guests are advised to leave all valuable in the in-room safe deposit box provided.

LOST AND FOUND POLICY

All lost and found items will be handed over and kept for a maximum period of 1 month and then disposed of or handed over to local charities. All perishable items will be disposed of immediately.

S O F I T E L

L O N D O N H E A T H R O W

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