

THE SPA

SOFITEL LONDON HEATHROW

A desire to escape the hustle and bustle of the city?

Situated at Heathrow Airport Terminal 5 within the luxurious Sofitel hotel. The Spa at Sofitel London Heathrow allows our guests to achieve complete relaxation whether that be pre or post flight, or even just an escape from everyday stress.

Featuring a fully equipped gymnasium, available to hotel guests 24 hours a day. The Spa also offers an invigorating Hydrotherapy pool, sauna and eucalyptus steam room, available from 8am-9pm.

Our skilled Spa therapists are able to offer high quality treatments and therapies to suit each individual's needs.



8am - 9pm
Monday - Sunday

T: +44 (0)208 757 7741
E: H6214-TH1@sofitel.com

In house guests can dial 7741 from the hotel room

Signature Treatments

Sofitel T5 Ceremony - 60 minutes £100

Exclusive to The Spa at Sofitel London Heathrow, this signature treatment will rejuvenate and restore pre or post flight.

This treatment has been designed to calm the mind, relieve tired muscles and restore the skin. Your therapist will tailor your experience to your concerns and needs to ensure your body is prepared for take off or relaxed for restoration after flight.

AquaVibe - 20 minutes £40

AquaVibe is a unique and powerful way of releasing stress and achieving deep relaxation. It is experienced by laying on a dry floatation platform that delivers pure sound frequencies to every cell of the body. Complex range of sound and light vibrations gently massage and revitalise your body, while at the same time relaxing your mind.

Back, Face And Scalp Treatment - 90 minutes £130

Unravel tension, instantly boost your complexion and restore inner calm with ESPA's most renowned treatment.

Includes: Back exfoliation, Back massage with hot stones, Personalised Facial and Scalp massage.

ESPA Body Ritual - 120 minutes £160

This treatment combines a body wrap and full body massage to restore equilibrium, peace of mind and bring deep relaxation to body.

Includes: Body exfoliation, Detoxifying Algae or Nourishing Marine Mud wrap, Scalp massage and Aromatherapy massage.

Starters

Scalp Soother - 30 minutes £50

Includes: Warm stone Shoulder and Scalp Massage.

Body Polish - 30 minutes £50

Includes: Body brushing, body exfoliation.

Salt & Oil Scrub - 30 minutes £55

Includes: Full body Salt & Oil exfoliation.

Express /Urban Longevity Facial™ - 30 minutes £55

This facial counteracts the effects of stress and environmental daily pollution, which intoxicate the skin and accelerate the aging process.

ESPA Express Facial - 30 minutes £55

Personalised to your needs, leaving you looking and feeling relaxed and radiant.

Express Massage - 30 minutes £60

Ease tension where you need it most with this fast-acting de-stressing treatment.

Mains

Facials

Urban Longevity Facial™ - 60 minutes £100

The perfect antidote to modern fatigue and urban lifestyle, this facial is ideal to renew the skin and counteract the effects of stress and pollution. Treatment will be customized to correct specific stress-related imperfections and signs of aging.

Urban Detox Facial™ - 60 minutes £110

The perfect antidote for everyone to detox the skin from pollution and to specifically fight imperfections and adult acne. This facial counteracts the effects of stress and environmental daily pollution which intoxicate the skin and accelerate the aging process.

ESPA Inner Beauty Facial - 60 minutes £90

Reveal skin that glows each day with natural health and beauty.

After every facial, your therapist will then recommend the key products for you to continue using after your facial to prolong the benefits of your facial and keep your skin glowing.

Massage

Personalised Massage - 60/90 minutes £95/£120

Personalised to your needs, you can choose from Swedish, Maternity, Deep Muscle or Aromatherapy.

Hot Stone Massage - 60/90 minutes £100/£125

The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

Male on the go

Muscle Reviver - 45 minutes £75

Includes: Back massage, Facial massage and Scalp massage.

Urban Longevity Facial™ - 60 minutes £100

The perfect antidote to modern fatigue and urban lifestyle, this facial is ideal to renew the skin and counteract the effects of stress and pollution.

Specials

British Tradition Day Spa - £109 per person

Choose one of the following 60 minute treatments:

- Personalised Massage
- ESPA Inner Beauty Facial
- Skin Regimen Urban Longevity Facial

Indulge in Afternoon Tea in our Tea Salon

Enjoy use of Spa Facilities

Mother To Be Day Spa - £125 per person

Maternity Massage 60 minutes

AquaVibe session 20 minutes

ESPA Nourishing Oil to take home

Urban Retreat - £125 per person

Skin Regimen Urban Longevity Facial 60 minutes

Enjoy use of Spa Facilities

AquaVibe session 20 minutes

Enjoy use of Spa Facilities

Skin Regimen Cleansing cream to take home

Desserts

The Spa Manicure - 1 hour £60

File, cuticle tidy (trimming if required), nail buff, hand exfoliation, hand and arm massage, polish.

The Spa Pedicure - 1 hour £65

File nails, foot file to remove hard skin, foot exfoliation and soak, cuticle tidy (trimming if required), foot massage and polish.

Add hydrating mask and heated mitts/booties for £10

Add gel polish for £15

Express manicure - 30 mins £35

File, cuticle tidy no trimming, polish

Express pedicure - 30 mins £40

File, foot file, polish

File and polish - 15 mins £20

Gel manicure - 1 hour £55

File, cuticle tidy, gel polish, hand massage

Gel pedicure - 1 hour £60

File, cuticle tidy, gel polish, foot massage

Gel removal - 15 mins £15

HAIR REMOVAL – WAXING

Lip and Chin Wax £16

Bikini Wax (standard) £22

Bikini Wax (high cut) £27

Hollywood/Brazilian £55

Full Leg £48

Half Leg & Bikini Wax £58

Half Leg £28

Underarm Wax £16

Half arm Wax £22

Full arm Wax £27

Back Wax £36

Chest Wax £28

EYE TREATMENTS

Eyebrow Shape £16

Eyebrow Tint £12

Eyelash Tint £16

Eyebrow & Eyelash Tint £22

Useful information

Spa Opening Hours

Spa open from 08:00 to 21:00, Monday to Sunday, Treatments available from 09:00 to finish at 21:00.

Gym Opening Hours

Gym facilities available 24 hours for resident guests, 06:00 – 20:00 for non residents at standard chargeable rates.

Scheduling an appointment

To schedule an appointment, please contact our Spa reception team. To ensure your preferred time and service is available we recommend to book in advance. All spa treatments and packages will need to be guaranteed with a credit card.

Arrival Time

Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive up to 1 hour in advance of your treatment so that you can change and relax prior to your treatment. Please be advised that late arrivals will result in a reduction of treatment time. The Spa will provide towels, robes and slippers and any amenities required for use during your spa visit.

Spa Facilities and Access

The following spa facilities are available: sauna, eucalyptus steam room, power showers, vitality pool, spa changing and relaxation lounge. Spa facilities are complimentary with any 60 minute or longer booking. If you have booked a shorter treatment then a £40 charge will be payable in order to use the facilities.

Gym

The gym is fully equipped with cardio vascular equipment, strength machines and free weights. We ask all guests to ensure they have read our Fitness use disclaimer prior to working out in our facility.

Cancellation Policy

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

Children's Policy

We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult for the whole duration.

Please contact the Spa reception team for details on treatments available for our young guests. Access to the rest of the spa including the changing facilities, spa and heat experiences and gym are restricted to over 16's.

Spa Etiquette

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, camera and smoke free zone.

Health Conditions

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

Pregnancy

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

Homecare

To continue your spa experience at home, most products used in our treatments are available at Spa reception.

Valuables

The Spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

Lost Property

All lost property found on the premises should be handed in at Spa reception. Items will be stored for four months, if they are not collected within this time they will be donated to local charities. Liquids, under garments and hair brushes are kept for 24 hours only.