

So | SPA
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HOTELS & RESORTS

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So SPA

Abu Dhabi Corniche

Ancient traditions from around the world meet the refinement and skill of the latest in French cosmetology to create So Spa: an exhilarating and rejuvenating experience.

Awaken your senses and feel re-energised. Explore a new kind of spa experience with a wide range of remarkable poetic yet traditional treatments.

Discover the ingredients that enhance your natural glow. Make the stresses and strains of daily life fade away with our menu inspired by gastronomy.

The Cinq Mondes spa philosophy mixes French refinement with inspiration from health and beauty traditions from around the world. Combining this with the prestigious French skincare pioneer Carita you can be assured to discover exclusive beauty secrets to preserve the effects of time.

Inspired by ancient Arabia, Dr. Lamees Hamdan created natural products based on the principles of proven dermatology to bring to you Shiffa. A range of carefully chosen products and ingredients encourages complete indulgence of the most luxurious sensations.

So SPA welcomes you daily from 9:00am to 9:00pm
Sunday to Saturday



À LA CARTE

MAIN

60 minutes - AED 425
90 minutes - AED 605

SIGNATURE RITUALS

60 minutes - AED 470

So Rejuvenating Facial Treatment ⑥

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

So Exhilarating Body Massage ②

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

STARTERS

45 minutes - AED 325

So Fresh ⑥

This express facial is a 15 minute back massage that includes an enzymatic peeling to remove unwanted layers of dull flaky skin to leave the skin smooth and visibly clearer.

Signature Body Scrub ②

Allow our experts to select the best scrub to suit your needs. Your first option follows a ritual from the Island of Java based on spices and sea salt. Second option deeply exfoliates and increases circulation with a touch of mint and basil. Either option will create a satiny smooth skin.

Back Neck and Shoulder Massage ②

Specifically targeted to treat tension areas of the upper body, this intuitive massage and spiced oil will induce your back into your relaxed and harmonious state.

Reflexology ②

Based on the science behind the internal story told by the feet, this treatment help to eliminate tension and restore the body's natural functioning. Stress is alleviated and circulation improved for overall body restoration.

Revisited Classics

Essential Face Treatment 60 min ⑥

This hands-on CARITA facial brightens the complexion using lymphatic drainage techniques to remove impurities and reduce puffiness. Our therapists will select specific serums and creams to meet your skins requirement to enhance your natural glow.

Deep Pressure Massage 60 min | 90 min ②

This deep and tailored massage focuses on relieving tension. Tight and fatigued muscles will be restored by using advanced techniques for improving mobility.

Swedish Massage 60 min | 90 min ②

This Swedish - styled massage focuses on increasing circulation and well-being for the body. Feel re-energized and revived.

Balinese Massage 60 min | 90 min ②

A traditional massage from the East that combines gentle Thai stretching techniques and movements to enhance deeper relaxation

Stress Relief 90 min ②

Stimulate energy with our invigorating body scrub followed by a 60 minute tension focused massage with reflexology. By using a unique blend of herbs and spices to ease muscles, recover from jet-lag and reduce fatigue. You will feel revived and uplifted.

Pregnancy Massage 60 min | 90 min ②

This nourishing body oil infused with a blend of floral, citrus and herb extracts deeply moisturizes the skin. Key ingredients such as rosehip evening primrose and avocado oil help to reduce the appearance of stretch marks in this time of change.

SILHOUETTE SPECIALS

60 minutes - 495 AED

Slimming and Firming Brazilian Rituals ②

Combined with powerful slimming ingredients, this treatment focuses on reducing cellulite and firming of the skin. Including a body sculpting massage with draining and a tonic clay wrap toxin will be eliminated leaving a toned and supple appearance.

Slimming and Silhouetting Udvartana Ritual ②

Ancient Indian slimming technique including lymphatic drainage aids to eliminate aqueous cellulite on the legs abdomen and arms. Followed by a warming wrap to boost detox performance giving amazing results.

② - Body Treatment

⑥ - Facial

Treatment prices are in UAE Dirhams and are inclusive of 10% service charge and 6% tourism fee. An additional 4% municipality fee is applicable.

World's Best

60 minutes - 450 AED | 90 minutes 620 AED

Youthfulness Ko Bi Do Facial 90 min | 60 min ⑥

Your natural and effective progressive step towards global anti-aging combining the facial massage techniques of the Japanese Ko Bi Do we also enhance results with a glycolic and lifting.

Carita Luxury Diamond Facial 90 min | AED 900 ⑥

This truly luxurious treatment offers unrivalled anti-aging results. Exquisite products containing blend of diamond and plant extract firms and prolong the youth of your skin revealing a radiant and flawless complexion.

Tonifying Indian Ayurvedic Massage Ritual 60 min ②

Experience a traditional Indian massage ritual from over a thousand years ago a muscular focused massage using warm oils and tonics. Tension fades away with vitality and energy restored.

L'Homme 60 min | MEN ⑥

Beginning with a relaxing back massage, we then proceed into a deep-cleansing therapeutic facial designed especially for the needs of men. Results will enhance the complexion with a lifted and firmer appearance.

Revitalizing Volcanic Stone Therapy 60 min | 90 min ②

This extra ordinary heated stone massage will transport you to a physical and spiritual plateau. Heated stone combined with chakra balancing will deeply calm and restore your body's natural energy reserve.

Five Flower Facial Ritual 60 min ⑥

Based on ancestral Balinese ritual, this treatment includes purifying and deep pore cleansing blend from the extracts of five tropical flowers. Including a mesmerizing face, neck and shoulder massage to awaken the skins vitality.

Relaxing North African Massage Ritual 60 min ②

This genuine art of living massage that works the entire body using delicately perfumed Argan oil. Expert hands will ease tension and eliminate toxins to restore the body to a state of pure wellness.

SIDES

Plumping Mask 15 min | AED 170 ⑥

This spectacular addition to any CARITA facial will visibly plump the skin and reduce the appearance to fine lines and wrinkles. Hyaluronic is deeply infused into the skins dermis removing signs of stress and fatigue.

Revitalizing and Lifting Leg Ritual 15 min | AED 170 ②

This reviving draining massage treatment is entirely dedicated to relieving the pain of sore, tired, heavy leg muscles. Enjoy an instant and refreshing light feet sensation.

Indian Head Massage 30 min | AED 215 ②

The head, neck and face are massaged with the purpose to clear blockage exfoliating treatment for your hard to reach backside. Back treatment can be beneficial in cleansing tough-to-reach spots, targeting a variety of skin care needs such as clogged pores, bad acne and dehydrated skin.

Hopi Ear Candles 30min | AED 170 ②

Also known as Thermal Auricular Therapy is a pleasant and non-invasive treatment of the ears, used to treat a variety of conditions. The ear candles induce a revitalizing heat upon the head and ears, which soothes, relieves and relaxes.

DESSERTS

45 minutes - AED 300

1001 Roses Milk Bath ②

Relax and immerse on a journey encased with scent of 1001 Arabian roses. This luxurious SHIFFA milk bath infused with precious rose extract and rich milk to soften and nourish the skin.

Angel Hands Renewing Treatment ②

Preserve the youthfulness and beauty of your hand with this gentle treatment including nail and cuticle care. Soften, nourish and protect one of your best assets.

Light Feet Energising Treatment ②

This reviving treatment targets the removal of aches and pains whilst restoring calmness and relaxation with the inclusion of nail and cuticle care your feet will be refreshed, exfoliated, moisturized and nourished.

SPECIALS

HAMMAM SPECIALS

Traditional Hammam Ritual 60 min | AED 495 ②

A traditional Moroccan hammam with scented black olive soap purifies the body and clears the senses. Glow with vitality and feel re-energised. The journey completes with an application of our luxurious sweetness lotion.

Rose Hamman Ritual 90 min | AED 740 ②

Hailing from the true roots of Arabia, we begin with traditional deep cleanse, you will then be enveloped in a healing rose clay body mask to nourish the skin. SHIFFA's famous rose bliss body balm is used to seal in your new found softness.

Royal Gold and Diamond Hamman Ritual 120 min | AED 1020 ②

A luxurious blend of the traditional moroccan hamman and precious diamond to purify and relax the mind. A rejuvenating gold clay mask heals and purifies. As the finishing touch a diamond infused precious body oil is massaged into skin for a radiant glow.

Foaming Bath 30 min | AED 215 ②

It is a massage made by covering the whole body with soap bubbles.

Turkish Bath 90 min | AED 700 ②

An invitation to fulfillment and serenity. It's a soft steam and exfoliation with black soap followed by a massage in a cloud of foam.

② - Body Treatment

⑥ - Facial

Treatment prices are in UAE Dirhams and are inclusive of 10% service charge and 6% tourism fee. An additional 4% municipality fee is applicable.

MENU SUGGESTIONS

Expresso 75 min | AED 495

Your best choice for a full body reviver when limited for time relieve tension with a tailored back, neck and shoulder massage, followed by a specifically tailored facial to suit only your needs.

Petals and Gems 90 min | AED 615

A luxurious and deeply regenerating treatment. Begin with a rose milk bath, then unravel tension with a hot volcanic stone massage pure bliss.

Fleurs d'Orient 90 min | AED 615

Melt away muscle tension using traditional techniques including deep enveloping muscle movements, followed by a natural and cleansing Balinese inspired facial to enhance radiance.

So Spa Forever 120min | AED 1160

This exclusive precious package will leave you shining from top to toe. Beginning with our signature massage using diamond infused oils. You will then experience the true radiance from our diamond facial.

Couples Retreat 90 min | AED 990

Indulge in your own private VIP treatment. Beginning with a rose milk bath and fruit platter, you will then each experience a 60 minute signature massage all in the privacy of your own spa suite.

Half Day Package 4 hours | AED 1420

Immerse yourself in a rose petal bath followed by an aromatic body scrub. Relax and relieve tension with a specified Balinese massage combined with stretching techniques and reflexology before your progressive anti-aging Ko Bi Do Facial.

Full Day Package 6 hours | AED 2525

Your ultimate top to toe treatment. Commencing with our traditional Hammam ten a personal slimming treatment. Enjoy your freshly prepared spa lunch followed by a heated stone massage specialized CARITA diamond facial and light feet treatment. The perfect way to spend the day.

Spa Day and Long Stay Packages

Our experience spa butlers are available to advise and tailor specific treatment to achieve results and enhance your time with us. Bridal package, retreats, slimming or wellness package can be designed to meet all of your needs, days or weeks, whatever time you have with us we can maximize your time and prepare you for that special occasion.

Spa Time

Book time and prepare your own spa journey from our selection of treatment with our personalized spa butlers, reserve your SoSPA time in advance to allow our specialized staff to create the perfect treatment for you.

15 minutes by the pool | AED 105 (subject to availability)

30 minutes | AED 215

60 minutes | AED 425

90 minutes | AED 605

Gift Voucher

A chic refined gift to suit every person and every occasion. Offer from one hour to an entire day of wellbeing, the SoSPA team is at your disposal for advice on the perfect treatment you wish to share.

Cancellation Policy

Hotel guest and guest visitor from outside must give four hours notice for any cancellation, after which the full cost of the treatment will be charge.

Reservation

Booking made by hotel guest directly with SoSPA re guaranteed and confirmed at the time of reservation. Booking made by external guest directly with SoSPA may be secured by a credit card or cash payment.

Arrival at SoSPA

To enhance your spa experience, we encourage you to arrive 15 - 30 minutes prior to your treatment. Step out of your shoes and indulge yourself with our luxurious robes and slippers, leave your cares at the door and unwind in our calming, therapeutic and relaxed environment.

Give yourself time prior to your treatment and relaxed to optimize the overall effect and completely re-balance your mind, body and spirit.

SoSPA Membership

Enjoy extended monthly promotions and special offers by becoming a SoSPA member. Please see our welcoming SoSPA reception for more details.

SoFIT Membership

See our friendly SoFit team for more details on memberships and the benefits of staying fit and focused for life.