

AFTERNOON OFFER

YOU DEVERSE A BREAK
AND ENJOY THE JOURNEY OF RELAXATION

50% DISCOUNT

11AM - 3PM AT **SoSPA**

CHOICE OF :

**RELAXING BODY MASSAGE
INNER STRENG MASSAGE**



ADVANCED RESERVATION IS ADVISED
Please dial operator '0' or WA +62 811-3886-023



Cancelation Policy

Should you need to cancel your appointment, please allow four hours notice to avoid a 50% charge. A no show will be charged at the full value of the scheduled treatment.



So | SPAMENU
SOFITEL

REJUVENATING
WORLD TRADITIONS,
FRENCH COSMETOLOGY.

PLEASE TAKE SOME MOMENT TO READ HOW TO SPA

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

Awaken your senses, feel re-energized, and explore a new kind of spa experience with a wide range of surprisingly poetic treatments. Discover the ingredients that enhance your natural glow. Make the stresses and strains of daily life fade away.

Bali's rich resources and their healing properties, in marriage with French skincare advancements, offer an unforgettable spa experience on this Island of Gods.

Allow us to soothe, pamper, and invigorate your mind and body with fully customized treatment plans tailor-made to your needs. Each treatment is carefully crafted to address your particular requirements and areas of attention, providing you with a unique spa experience.

Choose from a variety of signature massage that combine ancient and contemporary techniques with expert knowledge from all over the world. Both male and female guests are also invited to build their own spa package with a variety of interchangeable product elements and treatment enhancements.



SoSPA welcomes you daily from 09.00 to 18.00

ⓕ Face Treatment | ⓑ Body Treatment

All prices are quoted in .000 (thousands Indonesian Rupiah) and subject to 21 % government tax and service charge

HOURS OF OPERATION

The Spa is open daily from 09.00 to 18.00.
Last treatment service conducted by 17.00.

RESERVATIONS

Spa treatment reservations can be made by telephone through operator. For outside guest please dial 0361 849 2888. When making a booking, your room number and complete name are required. We recommend making a reservation at least one day in advance to ensure availability.

CANCELLATION POLICY

Should you need to cancel your appointment, please allow four hours' notice to avoid a 50% charge. A "no show" will be charged at the full value of the scheduled treatment.

ARRIVAL

We encourage you to arrive at least 15 minutes prior to your scheduled treatment to ensure total relaxation and enhanced treatment results. This will allow you time to fill spa consultation, rest and relax ready for your treatment. Arriving late for your appointment will limit your treatment time, reducing its full benefits and your enjoyment. Your treatment will end on time to prevent any inconvenience to the next guest and the same treatment price will apply.

SPECIAL CONSIDERATIONS

- Your health and safety come first. Please help us provide you with the best possible spa experience by completing the guest consultation form.
- As the Spa offers each guest the chance to relax and rejuvenate, we appreciate you leaving your mobile phone in your guest room or switching it to silent mode or off upon entering the spa premises.
- Smoking and consumption of alcohol inside the spa premises are strictly prohibited. Alcohol consumption is not recommended prior to any spa treatment.

GRATUITIES

Gratuities are only acceptable if you feel your experience warrants it. If you wish to give a gratuity to one of your staff for exceptional service, we kindly request you to add this directly to your bill. Please do not hand cash directly to the staff.

VALUABLES

The Management shall not be held responsible for loss of any items, cash or valuables brought into the spa premises.

Disclaimer:

Conditions and prices are subject to change without prior notice

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SOFITEL SIGNATURE TREATMENTS

90 minutes | IDR 1,750++
60 minutes | IDR 1,350++

So Exhilarating Massage ^(B)

An euphoric and soothing body massage, combining a rocking and tasteful experience that will shape and tone up your silhouette.

So Rejuvenating Facial ^(F)

A refreshing and refined facial care. Honey and cucumber combined harmoniously with the best of French techniques to revitalize and bring back youth to the skin.

SET MENU

Do your own selection of starters, mains and desserts. Create your own package, to suit your needs and avail from these attractive offers.

STARTER + MAIN	120 minutes IDR 2,160++
STARTER + MAIN + DESSERT	150 minutes IDR 2,745++
MAIN + DESSERT	120 minutes IDR 2,160++
STARTER + DESSERT	60 minutes IDR 1,170++

MY SPA DAY

Celebrate your special occasion (birthday, anniversary, etc.) with SoSPA. Foot Bath Ritual, Balinese Massage, Body scrub, Body Wrap, Facial, Bath Ritual, Refreshment and surprise.

3 hours / IDR 3,500++ per person

^(F) Face Treatment | ^(B) Body Treatment

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^(F) Face Treatment | ^(B) Body Treatment

All prices are quoted in .000 (thousands Indonesian Rupiah) and subject to 21 % goverment tax and service charge

À LA CARTE

STARTERS

30 minutes | IDR 650++

Head and Shoulder Massage ^(B)

An invigorating massage treatment that essentially focuses on the key stress areas of the body. Include scalp massage for healthy blood circulation to induce good sleep. This is a great way to unwind after a long day of activities.

Back Relief ^(B)

For those who spend long hours working at the desk or encounter backaches, this 30-minute massage serves as the perfect tension and ache relief to iron out the tension and pain.

Foot Massage ^(B)

Enjoy and relax as your therapist applies varying degrees of pressure to specific points on the feet with thumb and fingers to unblock energy flow and promote the body's natural healing from

Pure Exfoliation ^(B)

A complete body exfoliation treatment with essential oils benefits. This treatment promotes a wonderful feeling of well-being, leaving skin feeling ultra soft and smooth.

MAINS - BODY

90 minutes | IDR 1,750++

60 minutes | IDR 1,350++

Relaxing Body Massage ^(B)

An indulgent experience of stress relief using blended aromatherapy oils. The properties in essential oils penetrate the body to restore health and well-being. Common ailments that can be treated include stress, anxiety, headaches, fluid retention, poor circulation and fatigue.

Inner Strength Massage ^(B)

This nurturing treatment incorporates a variety of soothing massage techniques using firm pressure, to ease physical tension and emotional anxiety. It is a full body massage that combines long strokes, meridian pressure points, and breathing techniques to help you detach from everyday stresses. The blended massage oil is used throughout the treatment to enhance complete relaxation.

Chinese Hot Stones Massage ^(B)

Heated stones are used to enhance a nurturing head-to-toe tissue massage. Tensions melt away as a warm sensation penetrates the muscles to release stress, provides relief from pain and evokes deep relaxations. This treatment promotes physical, mental and even spiritual wellbeing

Beautiful Mother-to-be Body Massage ^(B)

A pampering treatment which relieves tension, lightens the legs, improves skin elasticity and helps prevent marks linked to pregnancy. A perfect way to prepare your body and skin for the birth of your baby.

^(F) Face Treatment | ^(B) Body Treatment

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^(F) Face Treatment | ^(B) Body Treatment

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DESSERTS

30 minutes | IDR 650++

Express Facial [ⓕ]

Busy schedules can wreak havoc on your facial skin. Recharge with a half-hour facial, featuring the essentials for skin radiance: plant extracts, pure essential oils and natural ingredients. It gives your skin a quick nourishing 'drink' with a cleansing and exfoliating facial massage, leaving skin refreshed and ready to go!

Relaxing Body Wrap [ⓑ]

This gentle wrap has a re-mineralizing action on the skin and promotes a wonderful feeling of relaxation. This approach improves texture and tone by stimulating circulation and infusing the skin with vitamins and minerals. Skin feels silky soft and comfortable.

Detoxifying Body Wrap [ⓑ]

Nutrient-rich detox package for a revitalized and relaxed skin system muscleache. Achieving maximum well-being by immersing yourself in a potent blend of organic extracts, essential oils and plants herbal full of healthy nutrients to provide warmth to the skin. Help delete impurities and activities the skin's natural healing powers. Skin feels smooth and soft, firm and healthy.

After Sun Treatment [ⓑ]

Nurture your tender skin after a long day in the sun with the spa's Aloe Vera Wrap. The sun-loving treatment is specially designed to fight sunburn and skin aging. Enjoy the sensation of soothing, cooling and rehydrating your skin.

This treatment includes :

- Lavender body wash for gentle cleansing
- Aloevera, Cucumber and honey body wrap to cool and soothe
- Aloevera gel lotion to ease sunburn, prevent exfoliation to lock in moisture

Bath Ritual [ⓑ]

This treatment allows you to pamper yourself to a sensuous bath experience.

Enjoy the bath ritual combined with the aromatic healing properties of essential oil to a relaxing sensation, relieving tension and leaving you with a firmer and healthier body.

[ⓕ] Face Treatment | [ⓑ] Body Treatment

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NAIL & FOOT LOUNGE

Hand and Foot Mapping [ⓑ]

Release stress and tension by having the reflex points of your feet stimulated followed by a hand and shoulder massage. Your Therapist will apply pressure to the soles of the feet that correspond with different body organs. This restores depleted energy levels and encourages overall good health.

60 minutes / IDR 800++

Foot Spa [ⓑ]

Indulge in a relaxing foot treatment with a gentle scrub, massage and mask. A treatment that leaves your feet luxuriously soft and velvety smooth.

45 minutes / IDR 600++

NAIL CARE

SoSPA Manicure

60 mins | IDR 600++

SoSPA Pedicure

60 mins | IDR 750++

Express Manicure

60 mins | IDR 300++

(Cleansing, cutiing, Shaping, cuticle remover)

Express Pedicure

60 mins | IDR 400++

(Cleansing, cutiing, Shaping, cuticle remover)

Nail Polish

IDR 15++/Finger

[ⓕ] Face Treatment | [ⓑ] Body Treatment

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MESSAGE BY THE BEACH

Opening Hours : 8 AM - 6 PM

Balinese Healing Massage

A traditional massage originated from the centuries old legacy. The ritual utilizes a variety of techniques including skin rolling, kneading, stroking and pressure-point stimulation combined with the use of aromatherapy essential oils. The massage will increase blood and lymphatic circulation and makes you feel relaxed.

Thai Healing Massage

It is described as 'Yoga Massage' for its stretching and bending movements. An art with ancient traditions, this method of massage, relying on the use of palms, elbows and thumbs, to release muscle tension, activate circulation, increase vitality and flexibility.

Foot Massage

A relaxing foot massage effectively stimulates and improves blood circulation to promote hormone balance, remove toxins, relieve back pain, and improve quality of sleep and overall wellbeing.

Head and Shoulder Massage

An invigorating massage treatment that essentially focuses on the key stress areas of the body. Include scalp massage for healthy blood circulation to induce good sleep. This is a great way to unwind after a long day of activities.

Back Relief

For those who spend long hours working at the desk or encounter backaches, this 30-minute massage serves as the perfect tension and ache relief to iron out the tension and pain.

30 min | IDR 300++

45 min | IDR 450++

60 min | IDR 600++

90 min | IDR 900++

ⓕ Face Treatment | ⓑ Body Treatment

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SOFITEL BALI NUSA DUA BEACH RESORT

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