



S O F I T E L  
S P A

# GLOW THE FRENCH WAY

At Sofitel Spa, we know that looking good is about feeling great and celebrating your natural beauty. Savoir-faire in the holistic aspects of indulgent well-being and beauty, has enabled our Sofitel Spa wellness experts to create beauty programmes and wellbeing journeys, especially for you.

Inspired by our harbour locale and tranquil waterfall, Sofitel Spa offers a unique welcome cleansing ritual and mineral water menu. Featuring a collection of New Zealand and European spring waters, alongside other our carefully selected pours, your total wellbeing is our focus.

Biologique Recherche's methodology has earned an enviable reputation for effectiveness. A clinical approach to personalised skincare; unadulterated, concentrated and practically raw products; and complex formulas applied with original and rigorous treatment protocols

Undertaken with dedication and precision, Sothys massages and rituals represent excellence and prestige help transform the institute treatment into an unforgettable sensorial experience.

Utilising the therapeutic properties of natural plant extracts, New Zealand made Nellie Tier is based on longstanding practices of pytotherapy and aromatherapy. Each product is filled with natural goodness from nature's pharmacy.

SOFITEL SPA WELCOMES YOU  
MONDAY - FRIDAY 10AM TO 8PM  
SATURDAY AND SUNDAY 9:30AM - 8PM  
WEEKEND PRICING APPLIES TO ALL PUBLIC HOLIDAYS



## SPA RITUALS

CHOOSE TO BEGIN YOUR RITUAL WITH A SAUNA OR STEAM ROOM EXPERIENCE TO RELAX MIND AND BODY, AND OPEN THE PORES.

### SOTHYS SECRETS FACE & BODY

150 minutes

The Secrets de Sothys® Face & Body Treatment is an unforgettable well-being experience spanning two and a half hours devoted to the body, face and mind. Eleven unique formulas, concentrated in active ingredients, are used in the eleven steps of this elegant face and body treatment making it both sensorial and effective.

### WAITEMATA HYDRATION JOURNEY

120 minutes

Begin your hydrating journey with a sugar 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, plumper complexion.

### 'TOP TO TOE' EXPERIENCE

150 minutes

Relax and be revitalized as you enjoy our Sothys signature massage and facial. Then, indulge with a manicure or pedicure served with your choice of a glass of bubbles or refreshing fruit cocktail.

### JOURNEY FOR TWO

150 minutes

Relaxing, rejuvenating, romantic - this is complete indulgence for two. Immersed in your private spa suite, enjoy a 60 minute massage and a healing Manuka honey facial while both mind and body sink into total relaxation. Finish with a toast to a decadent experience while enjoying an aromatic bath together.



## FACIALS



### EXCLUSIVE NEW ZEALAND STOCKIST

THE BIOLOGIQUE RECHERCHE METHODOLOGY IS BASED ON OVER FORTY YEARS OF EXPERIENCE USING INNOVATIVE PRODUCTS AND METICULOUS PROTOCOLS. SKIN CARE IS PROVIDED FOLLOWING A PERSONAL DERMOCOSMETIC SKIN DIAGNOSIS (SUITABLE FOR BOTH MEN AND WOMEN) USING A SKIN INSTANT® ANALYSIS FOR EACH INDIVIDUAL. THE HIGHLY CUSTOMISED BIOLOGIQUE RECHERCHE APPROACH MEANS TREATMENTS WILL PROVIDE YOU WITH A TRULY BESPOKE APPROACH TO SKIN CARE.

## INSTANT SKIN LAB

20 minutes

The cornerstone of the Biologique Recherche methodology, the Skin Instant Lab® is a unique and exclusive system of analysis, diagnosis and prescription. This allows for dynamic monitoring of the proposed treatments and the creation of a goal-oriented treatment schedule.

## CUSTOM DESIGNED FACIAL TREATMENT

The Biologique Recherche method treats each skin individually according to your Skin Instant diagnosis. Our expert Dermal Therapists complete rigorous training in French draining and lifting massage techniques, designed by a physiotherapist to sculpt facial contours. Every facial is completely customised to treat a range of skin conditions.

## MICRO PUNCTURE FACIAL

60 minutes

An intensive treatment designed to activate collagen production through intra-epidermal stimulation, helping to combat premature signs of ageing and increase product penetration.



## FACIALS



### FUNDAMENTAL FACIAL

60 minutes

This rejuvenating facial focuses on complete skin maintenance, cleaning and exfoliating the skin with a prescribed intensive serum. A soothing face and neck massage is followed by a mask to restore moisture and further the skin's protection.

### SOTHYS BESPOKE FACIAL

75 minutes

Uncover a powerful healing and hydrating experience which deposits essential nutrients deep in your skin to assist in restoring the skin's natural energy levels. Cleanse, tone and nourish to awaken the skin to reveal a luminous complexion.

### SOTHY'S REJUVENATING FACIAL

60 minutes

Created especially for Sofitel by Sothys Paris. Reveal a youthful complexion with our exclusive facial that utilises Vitamin C for brightening and a unique Glysac acid to even skin tone. Both effective and indulgent this treatment will visibly rejuvenate your skin and leave you feeling calm and revived.



### RELAXATION FACIAL

30 minutes or 60 minutes

Experience nature's pharmacy with New Zealand's own Nellie Tier brand. All of Nellie Tier's face products have a base of Manuka honey providing the skin with anti-bacterial and anti-inflammatory properties. Relax as you breathe in the scent of frankincense and rose.

### DE-STRESS EYE TREATMENT

20 minutes

Cold healing greenstones and a gentle massage around the eyes are combined to reduce puffiness and dark circles. A bite size treat that can be its own treatment or added on to any of our facials.



# MASSAGE

## STRESS RELIEF MASSAGE

30 minutes

Choose one area for your massage therapist to focus on, perfect for relief of stress or pain.

## TRAVELLER'S REVIVAL

60 minutes or 90 minutes

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

## DEEP TISSUE MASSAGE

60 minutes or 90 minutes

This intense therapeutic massage focuses on the hidden layers of both fibrous and muscle tissues, helping you to release deep-seated tension. Slower movements and greater pressure help stubborn toxins to be dislodged and healing oxygen to circulate freely again, making your entire body function and feel better.

## HOT STONE MASSAGE

60 minutes or 90 minutes

A soothing progression of long strokes combined with warm volcanic basalt stones to melt away tension. The stone is believed to possess intuitive healing and harmonising properties, a complement to any therapeutic or relaxing massage.



## MASSAGE

### SWEDISH MASSAGE

60 minutes or 90 minutes

Addressing specific muscles, this massage helps to improve circulation, relieves pain, prevents stiffness, reduces swelling and returns muscles back to normal.

### SOTHY'S EXHILARATING BODY MASSAGE

60 minutes

A relaxing and soothing body massage, this treatment uses signature techniques that will shape and tone your silhouette. You can choose between two exclusive massage oils from Sothys Paris.

### COCOON MASSAGE

60 minutes

This massage, specially developed for expectant mothers in their second and third 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.

### SPA FOOT RITUAL

60 minutes

Relax, indulge, and treat your feet with this soothing foot ritual. Start with an essential oil soak to instantly calm the senses, followed by a luscious salt scrub for silky soft legs and feet and finishing off with tension-releasing pressure point foot massage to leave you feeling relaxed and renewed.



## BODY TREATMENTS

### SMOOTHING BODY GLOW

30 minutes

Feel relaxed, as skin is refreshed with Nellie Tier's Salt Scrub, combined with olive oil to gently nourish the skin, revealing healthy new skin as well as strengthening elasticity and replenishing moisture loss.

### MUD WRAP

30 minutes

Rest and relax as you are cocooned in New Zealand thermal mud. Perfect on its own and in combination with a scrub, or as a warming start to any massage.

### AROMATIC BATH

30 minutes

Cleanse the body and balance the mind as you soak away your stress and tension. The hot water will loosen sore muscles in preparation for massage while the aroma encourages a state of total relaxation.

### HANAKASUMI BODY TREATMENT

60 minutes

A re-balancing and nourishing body ritual inspired by Japanese traditions. Including a gentle full body exfoliation and shea butter application using scents of cherry blossom and Asian essences. The mind is cleared and skin is softer, more nourished and delicately perfumed.





## BEAUTY ESSENTIALS

### FILE AND POLISH MANICURE OR PEDICURE

20 minutes

An express nail treatment, including a file, buff and polish in the colour of your choice.

### CLASSIC MANICURE OR PEDICURE

45 minutes

Designed to make your hands or feet look their best without taking up too much of your busy day. Nails will be buffed, filed and shaped, and cuticles tidied and moisturised before your nails are painted in the colour of your choice.

### LUXURY MANICURE OR PEDICURE

75 minutes

Treat your hands or feet to a touch of luxury with this delicious upgrade on the classic. All the benefits of the Classic with the addition of an exfoliation and a mask, followed by a relaxing massage to lock in moisture and leave your hands or feet feeling soft and smooth.

### GEL MANICURE OR PEDICURE

60minutes

If you don't have the time or patience to let the paint dry, Gel is the perfect solution. Your nails will be shaped and filed, then cuticles tidied before the Gel is applied in the colour of your choice. The polish will instantly set, letting you go straight to your next activity or appointment.

### GEL REMOVAL

20 minutes



# BEAUTY ESSENTIALS

## WAXING

Eyebrow

Lip or Chin

Lip & Chin

Bikini

Extended Bikini

Brazilian

Half Leg

Full Leg

Underarm

Forearm

Full arm

## TINTING

Eyebrow or Eyelash

Eyebrow & Eyelash

Eyebrow shape & tint, eyelash tint



## POLICIES

### 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.

### EVENTS AND OCCASIONS

What better way to celebrate than to spend some quality time with your friends? Ask the Sofitel team for more information on how to make your day extra special.

### CANCELLATION POLICY

Cancellation is free of charge if made 12 hours in advance for individual bookings, and 48 hours for group bookings. Hotel guests must give four hours' notice, after which the full cost of the treatments will be charged.

### RESERVATIONS

We recommend booking in advance to secure preferred date and time. Bookings made by hotel guests directly with Sofitel Spa are guaranteed by the signing of a reservation. Bookings made by external guests may be secured by a credit card or cash payment.

### ARRIVAL AT SOFITEL SPA

To enhance your spa experience, we encourage you to arrive 15 minutes prior to your treatment. Indulge yourself with our luxurious robes and slippers in one of our relaxation lounges. Treatments start at the scheduled time. The pool and Sofitel Fitness facilities are available to guests of Sofitel Spa at no charge.

### PARKING

Valet parking is complimentary for four hours for non-hotel guests receiving treatments of 60 minutes or more. Paid valet parking is available for all other treatments. Pay and display street parking can be found on surrounding streets: Halsey Street, Gaunt Street and Viaduct Harbour Avenue.

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