

LE SPA

with L'OCCITANE

LE SALON  
DE BEAUTÉ

BY SERGE COMTESSE

LE SPA | SPAMENU  
with L'OCCITANE

LE SALON | BEAUTYMENU  
DE BEAUTÉ  
BY SERGE COMTESSE

SOFITEL BANGKOK SUKHUMVIT  
189 SUKHUMVIT ROAD SOI 13-15, KLONGTOEY NUA,  
WATTANA, BANGKOK 10110 THAILAND  
TEL: +66 (0) 2126 9655 FAX: +66 (0) 2126 9998  
E-MAIL: LE.SPA.BANGKOK@SOFITEL.COM  
WWW.SOFITEL-BANGKOK-SUKHUMVIT.COM

REJUVENATING  
TRADITIONS FROM AROUND  
THE WORLD WITH  
FRENCH COSMETOLOGY.

CONTENT:

PAGE

Le SPA with L'Occitane Spa Menu	1-12
Introduction	2
À la Carte - Signature Treatments	3
Starters	4
Mains	5-8
Desserts	9
Specials	10
Menu Suggestions	11
Le SPA with L'Occitane Membership Card	12
Le SALON de Beauté by Serge Comtesse	13-17
Beauty Menu	
Starters	14
Mains	15-16
Desserts	17

LE SPA | SPAMENU  
with L'OCCITANE

## Le SPA with L'Occitane Sofitel Bangkok Sukhumvit

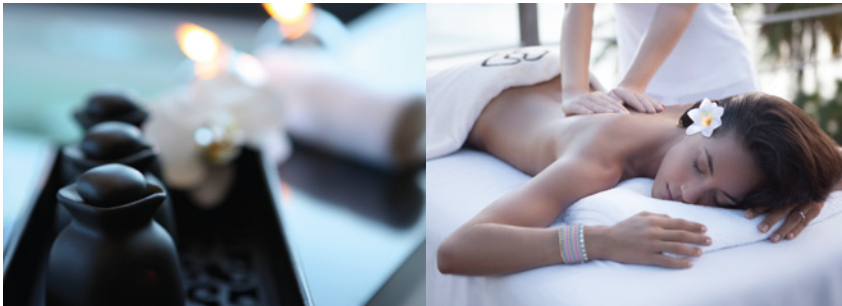
Le SPA with L'Occitane at Sofitel Bangkok Sukhumvit is a tranquil urban spa designed to enhance your wellbeing.

Worldwide ancient traditions meet the refinement and skill of the latest in French cosmetology to create Le SPA with L'Occitane: an exhilarating and rejuvenating experience. Awaken your senses and feel re-energised with a selection of health and beauty treatments.

Explore a new kind of spa experience with a wide range of poetic and surprising treatments. Discover all the ingredients to improve your natural glow and make the stresses and strains of daily life fade away with our menu inspired by gastronomy.

Le SPA with L'Occitane at Sofitel Bangkok Sukhumvit invites you to experience exclusive treatments in our Spa Suites combining contemporary Thai style with touches of French Provence for an unforgettable moment of wellbeing and beauty.

Le SPA with L'Occitane expresses French refinement and beauty expertise while combining the best of Thai beauty traditions and ultimate refinement.



Le SPA with L'Occitane is located on the 9<sup>th</sup> floor and open daily from 10 a.m. to 10 p.m.

(F) Facial  
(B) Body

# À LA CARTE

## SIGNATURE TREATMENTS

### Four Teas Ceremony (B)

120 minutes - THB 5,000

Immerse yourself in a relaxing bath and discover the natural and healing benefits of our Four Teas Elixir®. The bath is followed by a body scrub and an oriental massage to leave you feeling refreshed and looking radiant.

### Golden Siamese Massage (B)

90 minutes - THB 4,500

Using soothing massage oils and authentic Thai techniques, the Golden Siamese Massage helps ease muscle tension and improve flexibility. The treatment also includes a hand and foot wrap. Gold leaf is also placed on the face to oxygenate delicate skin.

### Immortelle Secret to Brightness (F)

60 minutes - THB 4,400

Immortelle is a special Vitamin C - enriched formula with bellis perennis to combat signs of aging and the effects of sun exposure. The uplifting treatment helps reveal a bright and youthful complexion.

All prices are quoted in Thai Baht and subject to 10% service charge and 7% government tax.

## STARTERS

### **Delicious Softening Scrubs** (B)

45 minutes - THB 2,500

Choose the Shea Softening Scrub or Almond Firming Paste Scrub for an invigorating spa experience that eliminates dead skin cells and leaves you feeling fresh and looking youthful.

### **Nepalese Style Tea Exfoliation** (B)

45 minutes - THB 2,500

A chance to revitalise the skin's radiance through gentle massage and exfoliation. An aromatic paste of apricot oil, Shea butter, bamboo powder and Complexe des 4 Thés® (Four Teas Elixir®) rids your skin of impurities, leaving it feeling fresh and radiant.

### **Immortelle Youthful Eyes** (F)

30 minutes - THB 1,500

Our special Immortelle formula combined with a lifting massage helps to reduce fine lines and dark circle around the eyes.

### **Soothing "Provencal" Steam Bath** (B)

30 minutes - THB 800

Hot steam bath where flowers and essential oils from the "Haute Provence" region will infuse your body helping to prepare the skin before a wrap or massage.

### **Lavender Relaxing Bath** (B)

30 minutes - THB 800

This bath ritual provides a delicious and softening prelude that leaves the skin - and the mind - truly receptive to the benefits of following treatments.

## MAINS

### Revisited Classics

#### **Immortelle Secret of Youth** (F)

60 minutes - THB 4,400

The treatment uses organic Immortelle essential oils from Corsica to stimulate cell renewal and collagen synthesis. Applied during a lifting and firming acupressure massage, benefits also include improved microcirculation.

#### **Hydration Strategy - Brilliance** (F)

60 minutes - THB 4,400

This delicate treatment is the perfect escape for tired, dull skin. A series of Ridokis massage tools are used within the massage which begins with stretching the nape of the neck; and cleansing and exfoliating the skin before you enjoy a relaxing mask and Shiatsu massage, the ultimate in deep relaxation. Skin will feel intensely hydrated and completely rested.

#### **Purity-Radiance Ceremony** (F)

60 minutes - THB 4,400

This is a classic, deep cleansing facial. The Purity Ritual perfectly combines intense purification (exfoliation, blackhead removal, tissue oxygenation) with a deep massage. The movements are precise to deliver specific benefits. The skin is deeply cleansed, exfoliated and steamed to prepare for a detoxifying mask enriched with the Complexe des 4 Thés® (Four Teas Elixir®) and Lupin flower extract. The face undergoes a lymphatic drainage massage which leaves the skin oxygenated and purified.

#### **Slimming Massage** (B)

60 minutes - THB 4,400

This treatment combines relaxation with slimming results. Starting with a lymphatic massage of the legs, combined with tapping and roll movements, the skin is detoxified and toned through the application of suction pads. This incredible treatment will reduce the appearance of cellulite as well as tackle fluid retention in the stomach and legs. For visible results a series of treatments are required. Ideal for people seeking to combine relaxation with slimming.

### **Relaxing Aromachology Massage** (B)

60 minutes - **THB 2,500**

Swedish massage strokes, Chinese acupressure and Balinese techniques are all used to improve circulation and ease tensions. Essential oils of lavender, tea tree and geranium ensure complete relaxation.

### **Revitalizing Aromachology Massage** (B)

60 minutes - **THB 2,500**

The light touch of Swedish massage techniques and the deep pressure of Hawaiian Lomi Lomi and Balinese movements are combined with a stimulating blend of mint, pine and rosemary essential oils to awaken acupressure meridians.

## MAINS

### International Favourites

#### **Shea Nurturing Massage** (B)

90 minutes - **THB 4,500**

Relaxing light strokes and deep tissue pressure point massage are used to target individual needs. Nourishing Shea butter is also used to replenish and soften your skin.

#### **Shop-'Til-You-Drop Reviver** (B)

90 minutes - **THB 4,500**

Enjoy the healing properties of a traditional Thai steamed herbal compress. The heat improves muscular tone and eases aching muscles after a rewarding day's shopping.

#### **Deep tissue Intense Relief** (B)

60 minutes - **THB 2,700**

This invigorating sports massage uses Hawaiian Lomi Lomi massage, acupressure and gentle stretching to relieve muscular tension. The therapist pays particular attention to the back, shoulders and neck.

#### **Oriental Massage** (B)

60 minutes - **THB 2,500**

The graceful strokes and gentle movements of our professional masseuse help ease tension and relax the body for an enhanced sense of wellbeing.

#### **Chada Head Massage** (B)

60 minutes - **THB 2,500**

The ancient Ayurvedic therapy of Indian head massage combines gentle and stimulating techniques on the scalp and shoulder, as well as energy points on the face to reduce stress and relieve fatigue.

## MAINS

### Local Specialities

#### **Thai Heritage** (B)

60 minutes - **THB 1,800**

90 minutes - **THB 2,500**

120 minutes - **THB 3,500**

This traditional healing therapy has been taught for centuries in Thailand. The massage combines acupressure and stretching techniques using the therapist's fingers, thumbs, elbows, arms and feet, allowing the body's energy to flow freely.

#### **Cocoon massage (Mother to be)** (B)

60 minutes - **THB 3,000**

This massage, specially developed for expectant mothers, 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.

Ideal for expectant mothers seeking a little 'me' time to feel lighter, more relaxed and ultimately radiant.

#### **New Mother Massage** (B)

60 minutes - **THB 3,000**

This massage, specifically designed for new mums, detoxifies and relaxes. The stimulating combination of Four Teas Elixir® and lymphatic drainage strokes relieves the legs. Tight areas in the back and arms are deeply relaxed. The new mother will enjoy a feeling of lightness all over her body. Ideal for: recharging ones batteries after giving birth. To be practised at least one month after giving birth.

#### **Angel Bliss** (B)

60 minutes - **THB 1,500**

Using relaxing massage oils on the back and the arms and gentle pressure on the scalp, legs and feet, this treatment helps improve the quality of a child's sleep and strengthens their immune system.

All prices are quoted in Thai Baht and subject to 10% service charge and 7% government tax.

## MAINS

### Male on The Go

#### Verdon Vivifying Skincare ⑥

60 minutes - THB 4,400

Created especially for men, the treatment uses spring water, organic sea-buckhorn, peppermint and genepi to refresh the skin. A draining massage also helps eliminate toxins and relieve excess sebum to leave the skin with a healthy glow.

## DESSERTS

#### Shea Ultra Moisturising Body Wrap ⑥

45 minutes - THB 2,500

Repair dry, sun-damaged skin with a special formula developed exclusively for L'Occitane. While the entire body soaks up nourishing Shea butter and grape seed oils, moisturising honey extracts and softening kaolin, a foot and scalp massage ensures more moments of pure relaxation.

#### Three Teas Detoxifying Wrap ⑥

45 minutes - THB 2,500

The Three Teas Purifying Body Wrap helps remove toxins and restore a sense of calm vitality. Clay, talcum and rice powders absorb excess oils and smooth the texture of the skin leaving it instantly soft. The detoxifying, antioxidant and anti-ageing properties of green tea, black tea and red tea, also known as Rooibos, combine to protect the skin against ageing. Mint leaves invigorate and tone upon contact with the skin. As your skin revitalises, let your body relax and absorb the unique fragrances and sensations with our scalp and foot massage.

#### Pomsuay Scalp Massage ⑥

30 minutes - THB 1,500

Experience the pleasures of an exhilarating scalp massage using deep moisturising oils and a moisturising hair mask.

#### Smooth as silk ⑥

30 minutes up from THB 800 to THB 2,500

This special skin treatment waxes the zones of your choice before a soothing massage.

## SPECIALS

### **Le SPA Afternoon Tea** (B)

120 minutes with Afternoon Tea - **THB 5,500**

Experience the delights of the Four Teas Ceremony followed by a delicious French Afternoon Tea served in the spa or by the pool.

### **Scrunch** (B)

90 minutes - **THB 4,500**

The ultimate combination of a stimulating L'Occitane body scrub and relaxing Aromachology Massage, the perfect combination for mind and body.

## MENU SUGGESTIONS

### **French Silhouette** (B)

90 minutes - **THB 6,000**

After a Slimming massage, a green tea and kelp wrap is applied for 30 minutes. This activates the cell's metabolism, leading to a firmer body after just a few sessions. Boosted by foot and scalp massages, your total relaxation enables the skin to rediscover its suppleness. Ideal before and after pregnancy or to treat cellulite and restore firmness to the body.

### **His and Her** (F)(B)

120 minutes - **THB 11,000**

Only His 120 minutes - **THB 6,500**

Only Her 120 minutes - **THB 6,500**

Enjoy the therapeutic benefits of a Aromachologie soothing bath for two, followed by your 'his and her' spa journey.

### **For Her**

Aromachologie Relaxing massage  
Immortelle Secret to Brightness facial

### **For Him**

Aromachologie Revitalising massage  
Verdon Vivifying Facial for men

### **Exclusive Touches**

Make your Le SPA with L'Occitane experience unforgettable and combine it with private limousine service, a bottle of Champagne served during your bath, and a box of chocolates.

### **Coconut Ultimate Indulgence** (B)

2.5 hours - **THB 6,000**

Begin your spa journey with a warm oil Indian scalp massage followed by a hydrating hair therapy wrap. A steam bath follows to prepare you for a red rice body scrub and a nourishing coconut poultice and virgin coconut oil massage.

### **Immortelle Youthful Experience** (F)(B)

2 hours - **THB 5,500**

The Immortelle Youthful Experience begins by releasing your Chi energy flow to balance the body and combat stress and is followed by the Immortelle Youthful Eye treatment and the Immortelle Secret of Youthful facial.

## Le SPA with L'Occitane Membership Cards

A thoughtful gift that suits every occasion.  
Ask for further details

### Cancellation Policy

For outside guests, cancellation is free of charge if made 24 hours before the treatment. Hotel guests can make a cancellation free of charge up to 4 hours before the treatment. Appointments cancelled outside the time limits will be charged the full price.

### Reservation

Bookings made by hotel clients directly with Le SPA with L'Occitane must sign a reservation card or credit card printout. Bookings made by external clients directly with Le SPA with L'Occitane must be secured by a credit card printout or cash payment. Changes in relation to treatments and times are possible without charge depending on availability.

### Arrival at Le SPA with L'Occitane

Guests are encouraged to arrive at Le SPA with L'Occitane 15 minutes before a scheduled treatment. Dressing gowns, towels and slippers are provided in a private changing area.

### Preferences

Do not hesitate to let your therapist know if there is any way your treatment or comfort can be improved, for example heavier or lighter pressure during your massage, an extra towel, music or no music. We also welcome your feedback, so please fill in a comment card following your treatment.

### Health issues / Medical Condition

Please notify our Spa Manager or Receptionist before booking your treatments if you have high blood pressure, a heart problem, allergy, pregnancy or any other medical complication, so that proper care can be taken.

### Valuables

We recommended that no jewelry or valuables be worn at the spa. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa.

### Etiquette

We respectfully request that mobile phones be turned to silent mode and that noise is kept to minimum. Smoking and consumption of alcohol in the spa is prohibited. We remind our guests that service provided in our Le SPA with L'Occitane are strictly professional. Any unusual behaviour towards our staff will automatically result in ending the treatment. Full payment will be due immediately.

LE SALON  
DE BEAUTÉ | BEAUTY MENU  
BY SERGE COMTESSE



## STARTERS

### Shampoo & Treatments

Every hair type has specific needs, the NEW Boncure Hair therapy is a personal hair care program that is put together just for you. With the New Amino Cell Rebuild Technology, it renews strength and restores elasticity for beauty that lasts.

#### For Her

##### Brushing Blow Dry

Short - **THB 800**  
Medium - **THB 900**  
Long - **THB 1,000**

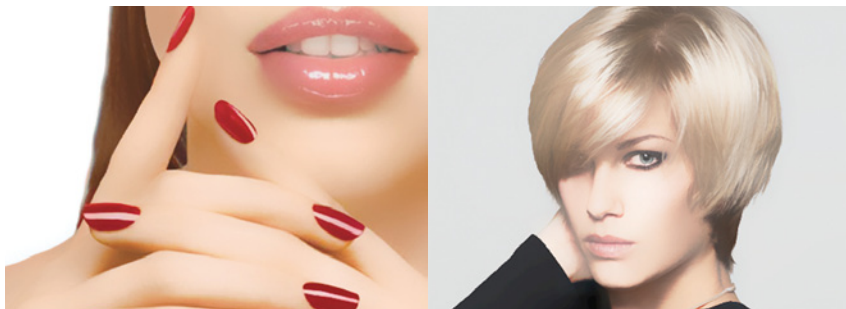
#### For Him

**Customised Shampoo, Cut, Blow Dry**  
**THB 1,500**

**Customised Shampoo, Blow Dry**  
**THB 600**

#### For Her & For Him

**Scalp Massage**  
15 minutes - **THB 700 - 1,000**  
30 minutes - **THB 1,200**



## MAINS

### For Her

**Creation Cut**  
**THB 1,750**

**Stylist Cut**  
**THB 2,400 - 3000**

**Fringe (bang) Cut**  
**THB 600**

### Highlight

HIGHLIGHTING TECHNIQUE FROM NATURAL TO SOPHISTICATED  
Igora Various Blond is a high performance de-colourising system, it can lighten up to 7 shades, and contains a wheat starch treatment to enhance cosmeticity and the natural body of your hair.

#### HighLighting Technique

Technical Comb Highlights - **THB 3,000**  
Colour Flash - **THB 3,500**  
Fashion Lights - **THB 3,500**  
Palette - **THB 4,000** / Longhair - **THB 4,500**  
Foil Highlights - **THB 5,000** / Longhair - **THB 5,500**  
Tie and Dye - **THB 5,500**

## MAINS

### For Her

#### Colour

##### IGORA ROYAL

Igora Royal Colour is expression defined by emotion. Whatever colour you desire, this complete spectrum provides the perfect shade for creativity and excellence. Use our light new emotional product to explore the colours of your imagination.

##### ESSENSITES NATURAL COLOUR

Essensity brings together high performance and the love of nature. It is infused with Aloe Vera to restore moisture and is enriched with grape seed oil with essential fatty acids to make the hair supple and naturally strong.

**Creative Colour**  
**THB 4,000**

**Traditional Colour**  
**THB 5,500**

**Touch Up**  
**THB 2,000**

### For Him

**Permanent Wave**  
**THB 4,000**

**Rejuvenated Colour**  
**THB 1,500**

**Natural Highlights**  
**THB 4,000**

Styling product, Finishing, Texturizing are included in the price.

## DESSERTS

### Pedicure Manicure

**For Her**  
Manicure - **THB 1,200**  
Pédicure - **THB 1,800**

**For Him**  
Manicure - **THB 900**  
Pédicure - **THB 1,200**

### Chignon

**For Her**  
**Chignon Up Do**  
**THB 2,100**

**Soirée Formal Up Do**  
**THB 2,100**

All prices are quoted in Thai Baht and subject to 10% service charge and 7% government tax.