



So | SPAMENU
SOFITEL

REJUVENATING
WORLD TRADITIONS,
FRENCH COSMETOLOGY.

Ancient traditions from around the world meet the skill and refinement of the latest in French cosmetology to create So SPA; 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.

Clarins Exclusive Professional Aromatic Treatments is a subtle alchemy between the active principles of plants with a specific 100% manual expert application method, which has been created to deliver a genuine sensorial experience with instant and effective beautifying results.



So SPA welcomes you daily from 09.00 to 22.00

SOFITEL SIGNATURE TREATMENTS

90 minutes | IDR 1,750++

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.

(F) Face Treatment | (B) Body Treatment

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

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++

ⓕ Face Treatment | ⓑ Body Treatment

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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.

Relaxing Body Wrap ^(B)

This gentle wrap has a re-mineralising 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 ^(B)

A nutrient-rich detox wrap for a revitalised skin system that eases muscle soreness. Achieve maximum wellbeing by immersing yourself in a potent blend of organic extracts, essential oils, and herbs full of healthful nutrients to feed the skin. Helps eliminate impurities and activate the skin's natural healing power. Skin feels smooth and soft, firm and youthful-looking.

Hydrotherapy Jet Floral Jacuzzi ^(B)

This treatment allows you to pamper yourself to a sensuous bath experience. Enjoy the therapeutic properties of Jacuzzi combined with the aromatic healing properties of essential oil to a relaxing sensation, relieving tension and leaving you with a firmer and healthier body.

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

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MAINS - FACIAL

90 minutes

IDR 1,750++

Youthful Lift Facial with Harungana ^(F)

Using Harungana extract is known for its energizing and skin-firming benefits. A spectacular youth-boosting effect for smoother and firmer skin.

Brightening Facial with Acerola ^(F)

Take control of your skin's translucency with this effective whitening treatment that targets all layers of the skin. Acerola fruit extract helps to slow down melanin production, whilst restoring a fairer and healthy glow.

Ultra-Hydrating Facial with Katafray ^(F)

A rehydrating treatment to supply intense moisture using Katafray, a tree with water storage capacities that grows in the desert. Nourishes and softens skin to revive and restore radiance, softness, suppleness and comfort.

Men Facial with Bison Grass ^(F)

A complete treatment for men's skin affected by external contaminants and irritation from shaving. It purifies, moisturizes, and reduces the look of wrinkles and dark circles and energizes the skin. The treatment includes a massage of the scalp, neck, and shoulders that brings an instant feeling of wellbeing. You will look rested, relaxed and completely reenergized.

MAINS - BODY

90 minutes

IDR 1,750++

Contouring Body Massage with Celosia ^(B)

Celosia helps to limit the formation of excess lipids in the body. This treatment is for those who want to slim and remodel the silhouette while gaining a real feeling of lightness.

Moisture Relax Body Massage with Peach Milk ^(B)

A massage using peach extract for its hydrating and nourishing virtues. A wave of hydration and comfort for thirsty skin that becomes more comfortable, supple, and thus more resistant to external aggressions.

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

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MAINS - BODY

90 minutes

IDR 1,750++

Firming Body Massage with Lemon Thyme (B)

This comforting body massage instantly smooths away lines, leaving skin soft and satin-smooth. Using a formula rich in regenerating and firming plant extracts which restore the skin's youthful density and elasticity. With irresistible velvety cream to pamper the body.

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.

Tension Release Massage (B)

Indulge in a full body massage which works to detoxify and relax. Allow yourself to be transported on a journey of wellbeing and calm with the powerful healing with an blended essential oils. This treatment will target muscle aches, pain and tension, and stimulate the blood circulation with our signature warm oil technique.

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.

Canadian Deep Tissue Massage (B)

Unwind sore muscles with the deep tissue massage created to restore and heal over-used muscles, whether it's a heavy exercise schedule or too many hours spent sitting at your desk, and when you push yourself to your limit. This massage designed to strengthen the body's vital energy so that you can emerge with a renewed spirit.

(F) Face Treatment | (B) Body Treatment

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DESSERTS

30 minutes
IDR 650++

Luminous Eyes (F)

Contour treatment from Clarins to decongest and freshen the eye zone. This anti-ageing treatment which visibly rejuvenates and enhances the beauty of the whole eye area, from temple to temple with proven results.

Express Facial (F)

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!

Bust and Décolleté Beauty (B)

An exquisite and intensive bust treatment with its synergistic formulation for an instantaneous beautifying skin effect on the breast. It imparts velvetiness to the skin due to its significant moisturizing properties and preserves tone of tissues for fuller and younger-looking breasts.

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 within. It helps to shed away any tension or fatigue in your feet.

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.

NAIL & FOOT LOUNGE

Hand and Foot Mapping (B)

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++

SoSpa Manicure	IDR 600++
SoSpa Pedicure	IDR 750++
Nail Polish only	IDR 40++ per nail

(F) Face Treatment | (B) Body Treatment

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WAXING -DEPILATORY

Unwanted hair removal

- Half Leg IDR 650++
- Full Leg IDR 850++
- Back IDR 850++
- Half Arm IDR 500++
- Full Arm IDR 650++
- Underarm IDR 450++
- Bikini Line IDR 450++
- Eyebrow IDR 400++
- Upper Lip IDR 400++
- Chest IDR 500++
- Stomach IDR 450++

ROOM SERVICE

60 minutes
IDR 1,350++

Experience a taste of So Spa in your own room
with one of our specially created treatments.

Rejuvenating Foot Therapy ^(B)

Massages your feet and calves to improve circulation and alleviate swelling from your flight. This massage can be used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance.

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.

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.

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

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INDULGENCE BATH RITUALS

IDR 145++

Sofitel Bali Nusa Dua Beach Resort introduces a heavenly experience through its range of Indulgence Bath Rituals. This bath experience is available within the privacy of your own room. Our Spa butler will require 30 minutes to prepare the bath in your room.

Hydrating Milk Bath

Renew, clarify and calm the spirit while soothing and moisturizing your body with rich milk protein.

Tranquillity Sea Salt Bath

Bath experience that is rich in minerals and various types of sea salts, an invigorating experience which bring the benefits of deep purifying and detoxification, reducing muscle aches and also helps reduce water retention.

Aromatic Bubble bath

Take care of your body and enjoy this fantastic bubble bath which helps soothe and smooth your skin. Leave feeling revitalized yet calm and serene.

Romantic Chocolate Bath

Celebrate your time together with our romantic chocolate bath to balance your mind, body and spirit. This bath increases the function of the internal organs while bolstering the immune system and increasing stamina.

Rewarding Bath Treat for Kids

This fun bubble bath is designed to meet the children's needs and teach them to take care of their health and hygiene. It is an efficient way to relieve stress, improve sleep, strengthen muscles and bones. This bath will leave your kids fresh and happy!

Intimate Escape Bath

Soak up the togetherness in your tub-for-two which provides you with full body relaxation. Select any of the above baths and combine your bath experience with champagne and strawberry macarons to round out this truly magnifiqu experience.

IDR 1,450++

 Face Treatment |  Body Treatment

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SPA AT THE BEACH

60 minutes
IDR 500++

Balinese Healing Massage ^(B)

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 ^(B)

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.

Swedish Healing Massage ^(B)

Focusing on total relaxation, this treatment involves circular pressure with firm kneading, percussion-like tapping, bending and stretching. This type of massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation while easing tension.

Hand and Foot Mapping ^(B)

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.

30 minutes
IDR 250++

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 within. It helps to shed away any tension or fatigue in your feet.

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.

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

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SPA FOR KIDS

Our kids are living in the same world with the same stresses. Give them the gift of relaxation and have them experience kid friendly mini-spa treatments or our popular spa session. Kid's spa services are conducted in the spa and must have an adult in the spa room during the time of service. These services are only for those below 12.

Soft Balinese Massage

A customized relaxing session designed for your child to relax.

30 minutes / IDR 500++

Yummy Mini Facial

Learn basic skin care using all natural cleansing and moisturizing products.

30 minutes / IDR 500++

Manicure & Nail Polish

IDR 450++

Pedicure & Nail Polish

IDR 350++

Mum and Me

Mum: Foot Bath Ritual, Choice of Massage or Facial, Choice of Manicure or Pedicure, Refreshment.

Me: Foot Bath Ritual, Choice of Soft Balinese Massage or Yummy Mini Facial, Choice of Manicure or Pedicure, Refreshment.

120 minutes / IDR 2,500++

Dad and Me

Dad: Foot Bath Ritual, Massage, Choice of Head and Shoulder Massage or Foot Reflexology, Refreshment.

Me: Foot Bath Ritual, Soft Balinese Massage, Choice of Manicure or Pedicure, Refreshment.

90 minutes / IDR 2,000++

ⓕ Face Treatment | ⓑ Body Treatment

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A MOMENT FOR 2

We invite you to share a unique way of relaxation as a couple, with a friend or your child in our luxury spa suite. Please meet our So Spa Concierge to assist you in creating your desired spa experience.

MY SPA DAY

Celebrate your special occasion
(birthday, anniversary, etc.) with So Spa.

Foot Bath Ritual, Balinese Massage, Body scrub, Body Wrap,
Facial, Hydrotherapy Bath, Refreshment and surprise.

3 hours / IDR 3,500++

SPA TAKEAWAY

Spa Time **(B)**

Own your most rewarding time by choosing our spa menu as your preference. Consult our Spa Concierge for your tailored spa treatment.

Gift Certificate **(B)**

Value your friendship and relationship with a gift of spa moments at Sofitel Bali Nusa Dua.

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

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PLEASE TAKE SOME MOMENT TO READ HOW TO SPA

HOURS OF OPERATION

The Spa is open daily from 09.00 to 22.00.
Last treatment service conducted by 21.00.

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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