



So | SPA MENU  
SOFITEL

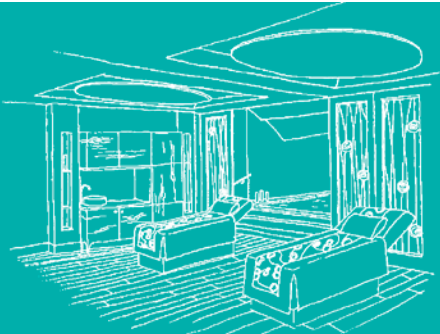
REJUVENATING  
TRADITIONS FROM AROUND  
THE WORLD WITH  
FRENCH COSMETOLOGY.

A desire to escape the hustle and bustle of the city? In the heart of Cairo, discover SoSPA by Sofitel where a direct view of the Nile River, candlelight, smooth music and fragrance are staged to create a moment of total relaxation.

Awaken your senses and feel re-energized; explore an exhilarating and rejuvenating Spa experience where ancient traditions from around the world meet the refinement and skill of the latest in French cosmetology.

Make the stresses and strains of daily life fade away with our menu inspired by gastronomy and two highly prestigious brands from French cosmetology, Thémaé and Jeanne Habashi.

The Thémaé spa philosophy mixes French refinement and inspiration from the world's best health and beauty traditions; while Jeanne Habashi - Le Caire, the first luxury cosmetics brand born in the motherland of cosmetology, revives Ancient secrets of the Ancient Egyptians with the ultimate technologies in cosmetology.



SoSPA welcomes you from 8:00 am to 10:00 pm every day

- ⓕ Facial Treatment
- ⓑ Body Treatment

# À LA CARTE

## SIGNATURE TREATMENTS

### **So Rejuvenating Facial Treatment** Ⓡ

60 Minutes

Luxurious blend of products combine harmoniously with the latest in French skincare techniques to help restore a youthful complexion.

### **So Exhilarating Body massage** Ⓡ

60 minutes

Euphoric and soothing body massage using signature techniques that will shape and tone your silhouette.

### **Gift Voucher**

A chic and refined gift that suits every occasion. Offer from one hour to an entire day of wellbeing. The SoSPA team is at your disposal for any information or purchase.

## SPECIALS FROM EGYPT

### **Cleopatra's secret** Ⓡ

120 minutes

The beauty ritual of Queen Cleopatra: soothing milk and Almond bath with rose petals, an exfoliating scrub, followed by a deep relaxing massage.

### **Nubian bliss** Ⓡ

120 minutes

Enjoy a complete Hammam experience, combining the traditional Hammam, scrub with black soap, a body clay mask and a relaxing Oriental Massage.

## STARTERS

30 Minutes

### FOOT MASSAGE

Welcome to the Ancient Chinese tradition of Health through the foot massage. It stimulates energy channels, promoting healing and intense relaxation.

### HEAD MASSAGE

Traditional Head Massage is a derivative of Indian Head Massage, which is a powerful yet subtle form of treatment. This form of massage is based on old Ayurvedic techniques, involving work on the upper back, shoulders, neck, scalp and face. It will leave you rejuvenated by reducing your stress and fatigue.

### DE-STRESS EXPRESS <sup>®</sup>

Ideal to ease tension of the busy day, this corrective massage is customized to produce optimal stress reduction in only half an hour.

INDIVIDUAL TREATMENTS	Booking before 3pm	Booking after 3pm
30 Minutes	70 USD	80 USD
60 Minutes	105 USD	120 USD
90 Minutes	138 USD	165 USD
120 Minutes	180 USD	210 USD

## COUPLE SPA TREATMENTS

### SoUs <sup>®</sup>

90 Minutes /120 Minutes

Mix and match any treatments from our menu and enjoy unforgettable time just for two.

SoUs 90 Minutes	205 USD
SoUs 120 Minutes	260 USD

## WORLD'S BEST FACIALS

### YOUTH REVEALING PIONNER FACIAL TREATMENT (F)

90 Minutes

This treatment reaches the height of biotechnological performance and restores the skin's youthfulness, softness and luminosity.

Results: the skin is smoother and firmer. It glows with new radiance.

### WHITE LUMINATION PIONNER FACIAL TREATMENT (F)

90 Minutes

This very complete treatment offers skin cleansing along with chemical exfoliation in order to encourage a "new skin" effect.

This is followed by a face massage carried out with the new Perfecting Massage Cream, an advanced professional product formulated to combine brightening action, dark spot correction and action on wrinkles. The application of the new Luminous Complexion Mask, Plasticizing with Vitamin C delivers a final burst of radiance for a glowing face.

### FACIAL FOR MEN (F)

60 Minutes

Stressed and fatigued male skin will love this detoxifying treatment, combining moisturisation with deep cleansing ( Peeling, blackhead removal, masque , etc) The skin is left relaxed, purified and intensely moisturized.

### SO-KID'S

#### LITTLE ANGEL'S

30 Minutes

A relaxing, soothing treatment perfect for energetic kids, the Angel Bliss Massage improves the quality of children's sleep, soothes the nervous system, and helps to strengthen the immune system through a gentle pressure oil massage applied to the scalp, legs and feet.

## MAINS

### REVISITED CLASSICS

#### **AROMA MASSAGE** ⓑ

60 Minutes /90minutes

A deeply relaxing massage that is customized to your specific blends made with 100% vegetal massage oil.

#### **HOT STONE ROLLING** ⓑ

90 Minutes

Specially designed to overcome stress and encourage relaxation, this massage designed to deeply relax muscle tissue, improve circulation and relieve tension.

#### **IN-DEEP RELAXING MASSAGE** ⓑ

60 Minutes /90 minutes

A full body massage designed to deeply relax muscle tissue, improve circulation and tension.

#### **COCOON MASSAGE** ⓑ

60 Minutes

This massage, specially developed for the 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.

#### **DETOX MASSAGE** ⓑ

60 Minutes / 90 Minutes / 120 Minutes

This massage combines relaxation with slimming results. Starting with a Lymphatic massage of the legs, combined with the 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.

### **AYURVEDIC MASSAGE** Ⓟ

60 Minutes /90 Minutes

Deep and powerful, this treatment intensely works on muscle tissue with a variety of movements which are both invigorating and stimulating. Through the careful application of pressure, sustained strokes, tapping and stretching, the skin and muscles are warmed while the mind and body become relaxed.

### **THAI MASSAGE** Ⓟ

60 Minutes /90 minutes

Both relaxing and energizing, the therapists use their hands, knees, legs and feet to move you into a series of Yoga-like stretches to reduce stress, increase flexibility and center the mind and body.

## **DESSERTS**

30 Minutes

### **INTENSE BODY WRAP** Ⓟ

30 Minutes

Sumptuous and creamy Bourbon Tea Intense Body Wrap will give you soft and comfortable skin. Combining the beneficial properties of the milk, rice and Kaolin powders with a Vanilla and Coconut nectar, the treatment envelops the body relax and absorb the unique fragrances and sensations with our scalp and foot massage.

### **AROMATIC BATH** Ⓟ

30 Minutes

Enjoy an utter relaxation with this bath ceremony and enjoy the blissfulness of personalized therapeutic essences. This treatment awakes the senses to restore physical and psychic harmony.

### **ARRIVAL AT SOSPA**

To enhance your spa experience, we encourage you to arrive 10 minutes prior to your treatment. Throw off 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 to optimize the overall effects, and completely re balance your mind, body and spirit.

### **TREATMENTS AT SOSPA**

Reservations of 30, 60, 90 or more minutes have an effective treatment time of 20, 50, 80 or more minutes.

### **RESERVATIONS**

Bookings made by hotel guests directly with SoSPA are guaranteed by the signing of a reservation. Bookings made by external guests directly with SoSPA may be secured by a credit card or cash payment.

### **CANCELLATION POLICY**

Cancellation is free of charge if made 24 hours in advance. Hotel guests must give four hours notice, after which the full cost of the treatments will be charged.



### **SOFITEL CAIRO EL GEZIRAH**

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