Wellness menu

SOFITEL

SOFITEL
Spa

Go with the flow

TREAT YOURSELF TO THE FRENCH GLOW

From radiant skin-boosting treatments that detox, cleanse, and revitalize to a serene, sophisticated setting designed to counter the stresses of modern life, Sofitel Spa embodies the essence of French cosmetology.

Here, beauty goes beyond the surface. Self-care is a lifestyle, and our approach seamlessly blends innovation with tradition to help you look - and feel - your absolute best.

THE ART OF SLEEP BY SOFITEL
SIGNATURE SLEEP TREATMENT

At Sofitel, restful sleep is essential to well-being, especially while traveling. Our Sleep Treatment Collection features signature treatments designed to improve sleep quality. Look for the Moon Icon ☾ on this spa menu to find treatments dedicated to promoting deep relaxation and restorative rest. Embrace tranquility and awaken refreshed.

Signature Body Experiences

Indulge in the ultimate relaxation with our exclusive Signature Treatments, meticulously crafted to envelop you in unparalleled luxury and serenity. These bespoke spa experiences combine expert pampering techniques with exquisite indulgence, leaving you in a state of pure bliss. Each treatment is enhanced by a cup of herbal tea and the soothing essence of AromaTouch oils, elevating every moment of your rejuvenation journey.

FOUR HANDS MASSAGE

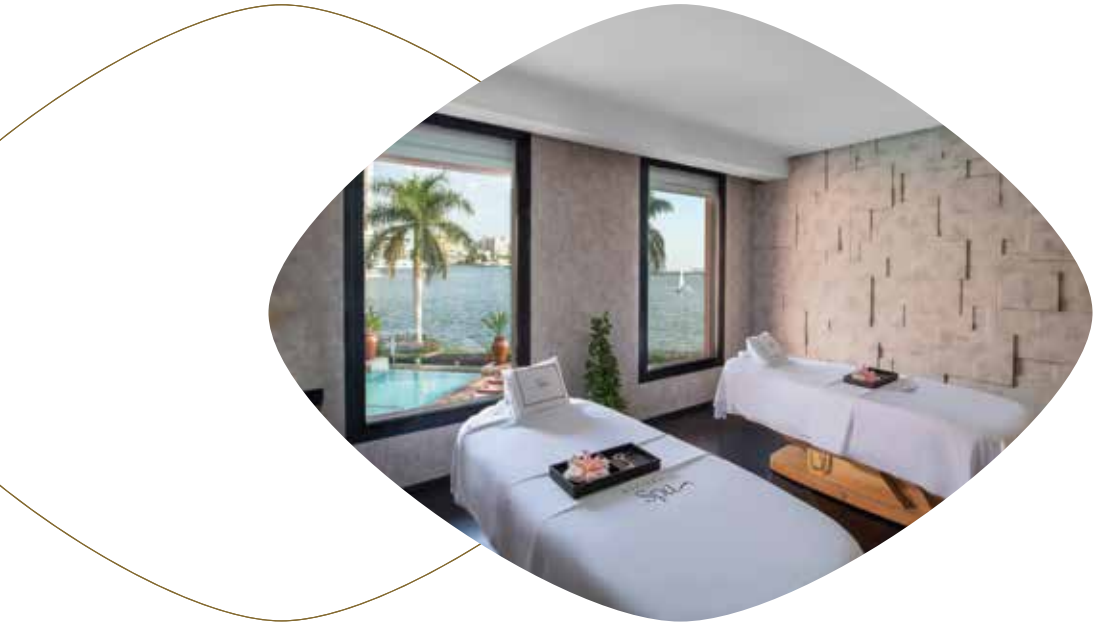
60 / 90 minutes — 220 $ / 280 $

The unique Four Hands Massage is performed by two highly skilled therapists working in perfect harmony to deliver an unparalleled experience of deep relaxation and tranquility for both mind and body.

DREAMSCAPE MASSAGE

60 / 90 minutes — 110 $ / 140 $

The Dreamscape Massage combines calming strokes with soothing aromatherapy to release tension and gently prepare your body for deep, restful sleep.



Massage treatments

Awaken your senses with a bespoke wellness experience.
Each massage treatment is meticulously designed to promote well-being and tranquility, incorporating a blend of specialized techniques and tools.
Your therapist will attentively assess your individual needs, tailoring every aspect of the treatment to deliver the most effective and personalized care.

BALINESE MASSAGE
60 / 90 minutes 100 $ / 130 $

The Balinese massage is a luxurious spa experience, perfect for those seeking a blend of techniques. Combining gentle stretches, acupressure, and the soothing benefits of aromatherapy oils, this treatment promotes deep relaxation while revitalizing both body and mind.

SWEDISH MASSAGE
60 / 90 minutes 100 $ / 130 $

A classic massage is designed to promote relaxation by relieving muscle tension and improving blood circulation.

DEEP TISSUE MASSAGE
60 / 90 minutes 100 $ / 130 $

Deep tissue massage is a specialized technique that targets the deeper layers of muscle to alleviate chronic pain and release built-up tension.

THAI MASSAGE
60 / 90 minutes 110 $ / 140 $

Originally developed over 2,500 years ago in India by Buddha's physician, Thai massage has been an integral part of Thai medicine for centuries, traditionally practiced by monks. This dry massage technique combines passive stretching and gentle pressure along energy lines, promoting deep relaxation and overall well-being. Thai massage helps release muscle tension, reduce stress, improve circulation, boost energy levels, and restore balance to both mind and body.

HOT STONE MASSAGE
60 / 90 minutes 110 $ / 140 $

Indulge in a luxurious full-body massage with heated stones, designed to promote deep relaxation while easing muscle tension, releasing blockages, and melting away stress. The soothing warmth of natural volcanic stones enhances the therapeutic benefits, leaving you feeling renewed, rebalanced, and deeply revitalized.

BACK RITUAL
30 minutes 60 $

This targeted deep back massage focuses on the back, shoulders, and neck, helping to relieve tension and soothe stiff aching muscles.

FOOT RITUAL
30 minutes 60 $

A specialized treatment designed to soothe and rejuvenate tired feet while enhancing their appearance. This refreshing massage will leave you feeling light and revitalized.

SCALP RITUAL
30 minutes 60 $

Combining the nourishing properties of locally harvested hibiscus with coconut oil, this targeted scalp massage uses traditional techniques to deeply nourish and protect both the scalp and hair.

Facial Experiences

Revitalize your skin with our luxurious Facial Experience, designed to refresh, nourish, and enhance your natural glow.
Each treatment is tailored to your unique skin needs, combining premium products with advanced techniques for deep cleansing, hydration, and rejuvenation.
Whether you seek soothing hydration or targeted anti-aging care, our expert estheticians ensure lasting radiance.
Indulge in a moment of pure self-care and let your skin shine with renewed vitality.

GLOBAL ANTI-AGING FACIAL

60 / 90 minutes — 140 $ / 170 $

This advanced treatment harnesses the power of biotechnology to restore the skin's youthfulness, softness, and luminosity.
Results: Skin appears smoother, firmer, and radiant with renewed glow.

BRIGHTENING RADIANCE FACIAL

60 / 90 minutes — 125 $ / 150 $

This comprehensive treatment deeply cleanses the skin to promote a 'new skin' effect. Using an advanced professional formula with brightening properties, it enhances radiance, leaving the complexion visibly refreshed and glowing.

FACIAL FOR MEN

60 / 90 minutes — 125 $ / 150 $

A classic rejuvenating facial designed to relax, purify, and deeply hydrate the skin. Enriched with essential vitamins, this treatment soothes, nourishes, and refreshes, leaving your complexion revitalized and radiant.

FACIAL RITUAL

30 minutes — 80 $

Perfect for those on the go, this express facial includes a deep cleanse, light exfoliation, and a gentle massage, leaving your skin refreshed and revitalized in no time.

Body Treatment

Rejuvenate your body, mind, and soul with a harmonious blend of signature body rituals and organic essential oils, designed to unveil the best version of yourself.

HAMMAM HEAVEN

60 minutes 110 $

Inspired by the traditional Moroccan Hammam, this experience begins with a steam bath and an application of black soap, followed by a purifying exfoliation using a “kessa”glove. The ritual concludes with a nourishing treatment featuring Vitamin E and almond oil, leaving your skin soft, smooth, and revitalized.

ENERGISING VITAMINC BODY RENEWAL

30 minutes 70 $

Lemon and salt gently exfoliate and soothe the skin with a refreshing sensation, while mandarin helps brighten and reveal a more youthful complexion.

ORGANIC CINNAMON BODY BOOST BODY RENEWAL

30 minutes 70 $

Invigorating cinnamon blends with salt to refine the skin, provide warmth, and neutralize free radicals.

STIMULATING ARABIC COFFEE BUFF

30 minutes 70 $

Luxurious Arabic coffee and Vitamin E oil deeply rehydrate and revitalize the skin, leaving it fully refreshed and nourished.

SEAWEED BODY WRAP

45 minutes 90 $

This seaweed body masque provides a cooling sensation while detoxifying and re-mineralizing the skin, leaving it refreshed and revitalized.

RITUAL SALT BATH

30 minutes 30 $

Immerse yourself in a soothing hot bath enriched with bath salts infused with lavender essential oil, enhancing both relaxation and effectiveness for a truly indulgent experience.

Spa Packages

Embark on a transformative wellness journey in an oasis of serenity,
where each treatment unfolds seamlessly, guiding you toward deep relaxation and renewal.

NUBIAN HAMMAM

120 minutes 200 $

Embark on a journey inspired by ancient Arabian traditions with this luxurious ritual. Your experience begins with an application of olive oil-based black soap to prepare the skin for a purifying exfoliation using a kessa glove. A detoxifying clay body wrap follows, renewing and deeply cleansing the skin. The ritual concludes with a full-body massage, leaving you in a state of ultimate relaxation and well-being.

CLEOPATRA'S SECRET

120 minutes 200 $

Experience the legendary beauty ritual of Queen Cleopatra. This indulgent treatment begins with a full-body exfoliating scrub, followed by a deeply relaxing full-body massage, and concludes with an Extend Youth facial, leaving your skin radiant and rejuvenated.

REJUVENATION FOR COUPLE

120 minutes 200 $

Celebrate your love at the enchanting and romantic Sofitel Spa. We strive to nurture harmony, well-being, and a radiant inner glow. Indulge in luxurious romantic bath followed by deep relaxation with a soothing massage.

BRIDAL PACKAGE

180 minutes 270 $

Begin your luxurious bridal journey with a ritual salt bath infused with lavender essential oil. Continue with a Hammam Heaven exfoliation, followed by a detoxifying clay body wrap to renew your skin.
A full-body massage brings deep relaxation, while a facial ritual completes the experience, leaving you refreshed, radiant, and ready for your special day.

Information

ARRIVAL AT SOFITEL SPA

To fully immerse yourself in the Spa experience, we kindly recommend arriving 20 minutes before your scheduled treatment.
Step out of your shoes and embrace the comfort of our luxurious robes and slippers, allowing yourself to transition into a state of deep relaxation. Leave your worries behind as you unwind in our serene and therapeutic environment.
By taking this time to prepare, you will enhance the benefits of your treatment, promoting a complete sense of balance and harmony for your mind, body, and spirit.

SPA ACCESS

Sofitel SPA and swimming pool access from 02 level

RESERVATION

Reservations made by hotel guests directly with Sofitel SPA are confirmed upon signature at the time of booking. For external guests, reservations may be secured with a credit card or a cash deposit.

CANCELATION POLICY

Out of respect for other guests' reservations, please be advised that we are unable to extend your treatment time in the event of a late arrival.
Cancellation policy 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.

HEALTH MATTERS

In addition to the high standards of cleanliness and hygiene already maintained at Sofitel SPA, we have implemented additional health and safety measures, including the disinfection of all tools and equipment after each use.

SPA ATTIRE

Wrap yourself in the comfort of our luxurious robes and slippers.
Let go of your worries and immerse yourself in our serene, therapeutic, and soothing environment.

Discover *other facilities*

Enhance your spa experience by immersing yourself in our exceptional wellness facilities, thoughtfully designed to promote relaxation and well-being.
Begin with a refreshing swim in our serene pool, perfect for both invigorating laps and peaceful unwinding.
Relax in the gentle warmth of our hammam and sauna, where steam and heat help detoxify, soothe muscles, and release tension.
For those looking to stay active, the Sofitel Fitness Center offers state-of-the-art equipment and personalized training options to keep you motivated.
Embrace each moment of your wellness journey - our facilities are here to make your visit truly revitalizing.

THE POOL

Escape into a haven of tranquility and enjoy our serene pool oasis, ideal for both refreshing swims and peaceful relaxation. Whether you prefer to energize with a few laps or simply unwind by the water, our pool offers the perfect setting.

Opening hours: 08:00 AM till sunset

HAMMAM AND SAUNA

Experience true tranquility in our revitalizing hammam and sauna, where heat and steam come together to purify the body and revitalize the spirit. Designed as a peaceful retreat, our facilities offer the perfect sanctuary to enhance your wellness journey.

Opening hours: 08:00 AM till 10:00 PM

SOFITEL FITNESS

Unlock your full potential at our state-of-the -art fitness center, where wellness and motivation come together.
Equipped with the latest technology and a variety of training options, our facility caters to all fitness levels. Whether you want to build strength, join an energizing group class, or engage in a revitalizing cardio session, our expert trainers are here to support and inspire you every step of the way.

Opening hours: 24 Hours

Discover *your peace*
WITH SOFITEL FITNESS

OUR FACILITIES

A modern and serene fitness space in Cairo, equipped with state-of-the-art Technogym machines, including cross trainers, treadmills, rowing, cycling, and step machines for an effective cardio workout. Free weights and stretching mats are also available for a well-rounded session. Conclude your workout with ultimate relaxation in the hammam and sauna.

Our *classes*

SPINNING 15 $
45 min

Your instructor will guide you through the workout, allowing you to adjust the bike's resistance to your comfort level, ensuring you can enjoy the class at your own pace.

Required level: Beginners
Course intensity: Fat burning & toning
Course duration: 45 min
Equipment supplied: spinning bike

STRETCHING 15 $
45 min

Stretching is an excellent way to improve flexibility, prevent muscle tightness, and reduce the risk of injury. It also helps participants learn proper techniques for effectively stretching various muscle groups.

Required level: Beginners
Course intensity: Joint & muscles flexibility
Course duration: 45 min.
Equipment supplied: Yoga mats

BOXING 15 $
45 min

Our trainer will support you throughout the workout, ensuring proper technique and guidance. Strength training is an essential aspect of boxing, helping you continually progress and improve physically.

Required level: Beginners
Course intensity: Power & strength
Course duration: 45 min.
Equipment supplied: Punching sandbag

ABDOMINAL BUILD UP 15 $
45 min

Ab workouts are an excellent way to build strength, endurance, and definition in the abdominal muscles. Strengthen your core while toning your abs, glutes, and legs with targeted exercises.

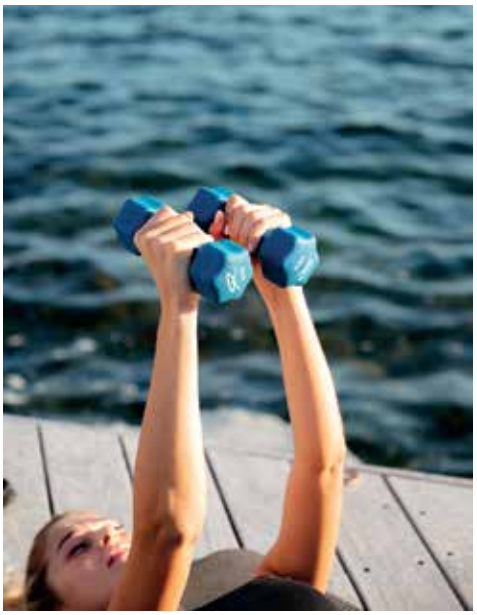
Required level: Beginners
Course intensity: Core toning
Course duration: 45 min.
Equipment supplied: Yoga mats

Our *coachs*

Mohamed Moustafa

Expert Fitness Coach

Information



HOURS OF OPERATION

Equipped with the savoir-faire, attention to detail and a passion for modern French zest, Sofitel Fitness team welcomes you daily 24 hours.

FITNESS ACCESS

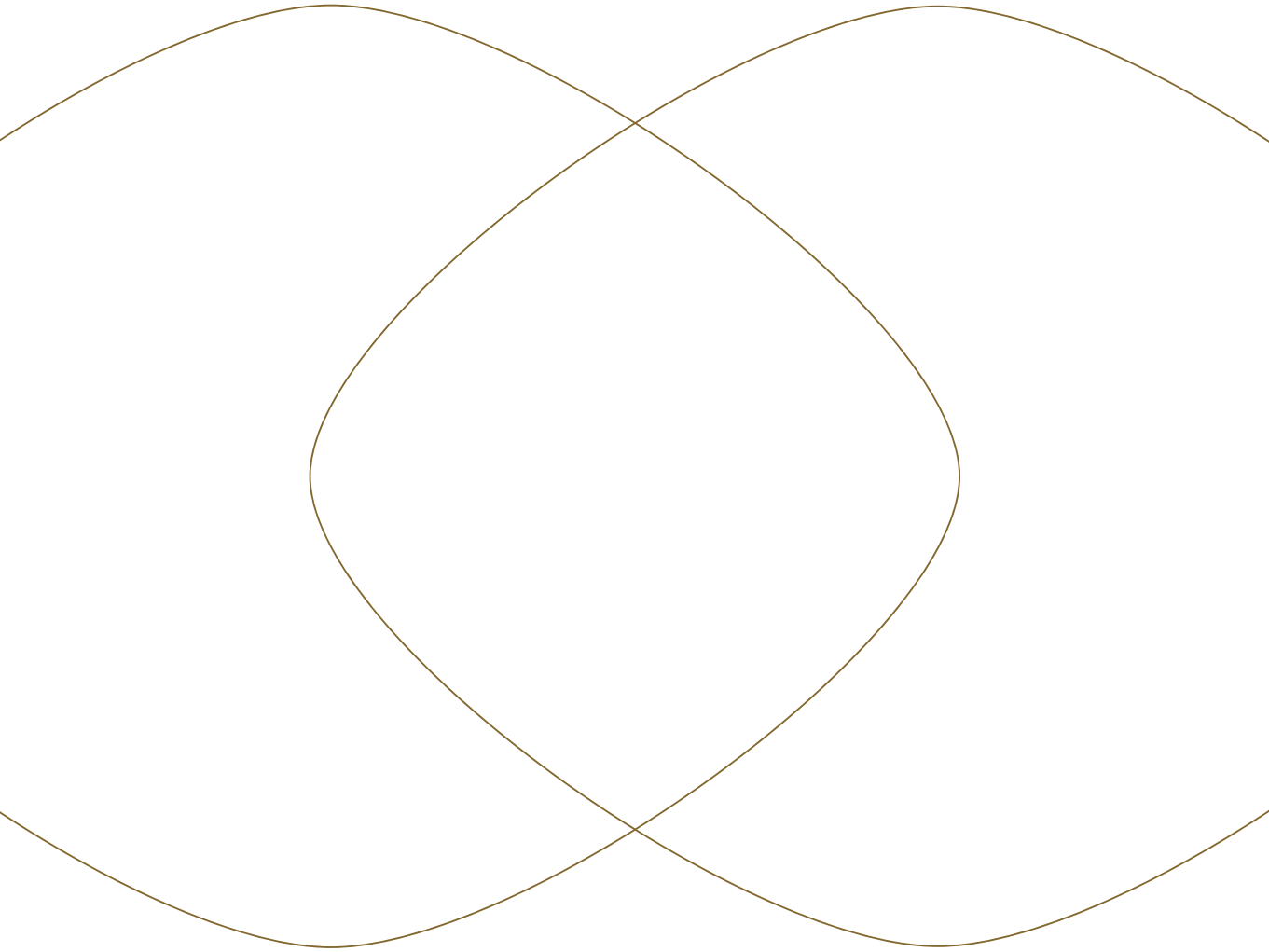
Sofitel Fitness access from 02 level.

MEMBERSHIP

Become a member and enjoy exclusive access to Sofitel SPA's premium facilities, including the sauna, steam room, swimming pool, jacuzzi, and fitness center.
Annual memberships are available for individuals and couples and are subject to availability.

GIFT VOUCHER

A perfect and refined gift that suits every occasion.
Our Sofitel SPA Team is at your full disposal for advice to customized your gift voucher.



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