

LE SPA



Sofitel Philippine Plaza Manila

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Worldwide ancient traditions meet the refinement and skill of the latest in French cosmetology to create Le SPA: an exhilarating and rejuvenating experience.

Awake your senses and feel re-energized 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 sublime your natural glow and make the stresses and strains of daily life fade away with our menu inspired by gastronomy.

Le SPA at Sofitel Philippine Plaza Manila invites you to experience exclusive treatments in our Spa Suites for an unforgettable moment of Wellbeing and Beauty.

Le SPA expresses French refinement and beauty expertise while combining the best



Le SPA welcomes you from 8 am to 12 pm everyday.
The last treatment service is at 11pm.

ⓕ Facial

ⓑ Body



A LA CARTE

SIGNATURE TREATMENTS

90 minutes

Price from Php3,500 to Php4,500

The Elixir



A pure moment of relaxation. Bora Bora Deep Blue Massage combines Western, Asian and Polynesian massage techniques using gentle pressure on key massage points with warm marine massage stamps. The use of the exclusive and sensual Bora Bora deep sea water elixir massage oil and Divine Cream - luxurious skin care products of exotic fragrance, rich mineral content and moisturizing properties - makes this skin care treatment a wonderfully pampering experience.

Original Beauty Facial



This intensive treatment is designed to combat loss of elasticity and reduce the appearance of pigmentation. After a deep cleansing of the skin and a peel to encourage cell renewal, a fatigue removal facial massage caps off the session. A collagen mask is used, combined with kneading, acupuncture movements. Skin is radiant and bright, and signs of ageing are visibly reduced.

Hilot Secret



Experience the purity of Hilot, the ancient Filipino art of healing, with this total mind and body experience. Enjoy the relaxing sensation of essential oils and soothing heat of aromatic leaves.

STARTERS

30 minutes
Price from Php 1,500 to Php2,000

Instant Glow Facial F

An express facial on the go to refresh and brighten the skin; green tea decongests the skin, and a relaxing massage is done on the upper body.

Desktop Recovery B

This massage is ideal for today's hectic lifestyle, focused only on the head and the shoulders to relieve stress and tension, allowing the whole body to relax.

Aroma Tea Bath Ritual B

Immerse yourself in warm, crystal clear water sprinkled with petals and tea flowers. Tensions melt away while the scalp is gently massaged.



MAIN

60 to 90 minutes
Price from Php 2,700 to Php3,500

REVISITED CLASSICS

Rejuvenating Facial F

Tackle signs of ageing and wrinkles with this lifting and firming treatment. Therapeutic movements encourage circulation for visibly younger, vibrant looking skin. Each treatment is performed with using traditional tools such as Ridokis and Nuat-Na to firm the skin.

Purity Radiance Facial F

Intense purification is combined with lymphatic drainage to leave skin oxygenated and purified. The skin is deeply cleansed, exfoliated and steamed to prepare for a detoxifying mask enriched with Complexe des 4 Thees and lupin flower extract.

Hydration Facial F

This delicate treatment is the perfect antidote for tired and dull skin. A Ridokis massage tool is combined with the best French techniques and Shiatsu movements. The ultimate in deep relaxation.

Marine Purity B

This marine body scrub gently removes dead cells. Rich in minerals and three kinds of seaweed (Laminiria, Spirulina, and Lithothanium), this scrub washes away impurities, leaving skin soft, clean and glowing with health.

Silhouette Firming Wrap B

This treatment stimulates collagen synthesis, and as a result, noticeably restores the skin's elasticity and firmness. A massage with silhouette shaper cups encourages collagen production and breaks down fatty deposits and cellulite, as well as drains excess fluid.

Silhouette Contouring Wrap B

This contouring wrap firmly envelops the body, stimulating fat and cellulite reduction for a slimmer and smoother silhouette. A massage with silhouette shaper cups breaks down fatty deposits and cellulite, as well as drains excess fluid.

Silhouette Toning Wrap B

This treatment reduces water retention, heavy legs syndrome and improves circulation. Capillary walls are strengthened, toxins are eliminated and microcirculation is regulated. A silhouette massage with silhouette shaper cups encourages collagen production and breaks down fatty deposits and cellulite, and drains excess fluid.



WORLD'S BEST

60 to 90 minutes
Price from Php 2,000 to Php3,500

After Shopping Massage ⓑ

Relish an invigorating Ginger Scrub followed by sole reflexology using revitalizing aromatic oils of acupressure points of the feet to stimulate energy and restore body balance.

Hotstone Rolling ⓑ

Restore physical, emotional and spiritual balance with this full body treatment, using smooth volcanic stones to dissolve muscle tension.

Marrakech Sweetness ⓑ

Transport yourself to the fragrant gardens of Marrakech with this ultimate mood enhancer. It begins with a mint and green tea exfoliation, followed by a light and gentle massage using wide, sweeping hand movements.

Slimming Ceremony ⓑ

A massage combining relaxation and slimming results. A lymphatic massage of the legs, combined with rolling movements and suction pads, detoxify and tone the skin. This treatment reduces the appearance of cellulite, as well as fluid retention in the stomach and legs. For visible results, a series of treatments is required.

Siam Energy ⓑ

A traditional Sino-Oriental method, this massage combines the firm, restorative strokes of acupuncture with "Passive Stretching. Siam swabs enliven the skin leaving it silky soft with a beautiful, vibrant glow.

OUR LOCAL FAVORITES

60 to 120 minutes
Price from Php 2,000 to Php3,500

Filipino Pride (B)

Relieve muscle tension and energize the body with this invigorating combination of Swedish, Shiatsu, Thai and reflexology massages.

Hilot Secret (B)

Experience the purity of Hilot, the ancient Filipino art of healing with this total mind and body experience. Enjoy the soothing sensation of virgin coconut oil, essential oils and the heat of aromatic banana leaves.

Mayon Wrapsody (B)

Wake up to deliciously smooth skin with this organic treat that combines the benefits of natural skin-lightening calamansi, papaya body scrub and a mineral-rich volcano clay body wrap.

Mango Delight Scrub (B)

Delight in a pampering body scrub that moisturizes and gently exfoliates skin using one of the Philippines' most popular tropical fruits. The treatment restores moisture, smoothness and suppleness of the skin.

Coconut Milk Body Glow Scrub (B)

A rejuvenating body scrub comprised of a sea salt body scrub and a Philippine coconut milk treatment. It greatly improves the appearance of skin, leaving it renewed, glowing and deeply moisturized.

Aloe Vera After - Sun Treatment (B)

This treatment soothes, repairs and rejuvenates the skin after exposure from the sun's harmful rays. It also smoothens and tones your epiderm.



DESSERTS

30 to 90 minutes
Price starts Php 900 to Php2,000

Hand/Foot Moisturizing Reflex (B)

This treatment begins with an extensive exfoliation, followed by a reflexive foot massage using moisturizing body milk. Chlorella seaweed has a regenerating effect while daisy extract has lightening properties to reduce age spots and pigmentation, restoring skin radiance.

Smooth as Silk (B)

Enjoy skin so smooth and flawless with this treatment that combines waxing on the skin zone of your choice and soothing creams.

Royal Foot (B)

A combination of foot and hand reflexology, as well as scalp and shoulder massages designed to calm and balance mind and body.

MALE ON THE GO

60 minutes
Price from Php 2,500 to 2,800

Gentleman's Regenerative Massage (B)

A deep tissue massage designed to relieve severe muscle tension. A potent treatment, it combines deep muscular massage techniques and Thai stretching. Focus is directed at the back and legs to release tension, effectively soothing and relaxing the body.

Purity Facial (F)

Purification is achieved by lymphatic drainage to thoroughly detoxify and oxygenate. The skin is deeply cleansed, exfoliated and steamed to prepare for a detoxifying mask enriched with Complexe des 4 Thes and lupin flower extract.

MAGNIFIQUE FAMILY

60 to 180 minutes
Price from Php 1,200 to Php6,000

Cocoon Massage (B)

Specially developed for expectant mothers, this treatment is simultaneously gentle, comforting and toning. It improves blood circulation, relaxes muscles, and soothes the legs back of the mom-to-be.

Angel Bliss (B)

Gentle pressure is applied to the scalp, legs and feet in this relaxing essential oil massage, performed on the back and the arms. This treatment improves the child's quality of sleep, relaxes the nervous system and strengthens immunity.

Mommy & Me (B)

Mom or dad can enjoy a delightful Mango body scrub while child gets a Choco body wrap. The treatments are followed by a fun bath and a relaxing massage.

SPECIALS

Php3,000 to Php6,000

Scrunch (B)

An international buffet lunch and a 60-minute Filipino Pride Massage. This treatment package is available from Monday to Friday.

Aromatic Diner (B)

An international buffet dinner and a 60-minute Marrakech Sweetness Massage. Available Sundays to Thursdays, except public holidays.

Slimming Ritual (B)

60-minute Slimming Massage, 30-minute Green Tea Wrap, 30-minute Ultralipo and Resolift at The Zen Institute.

Energizing Sports Ritual (B)

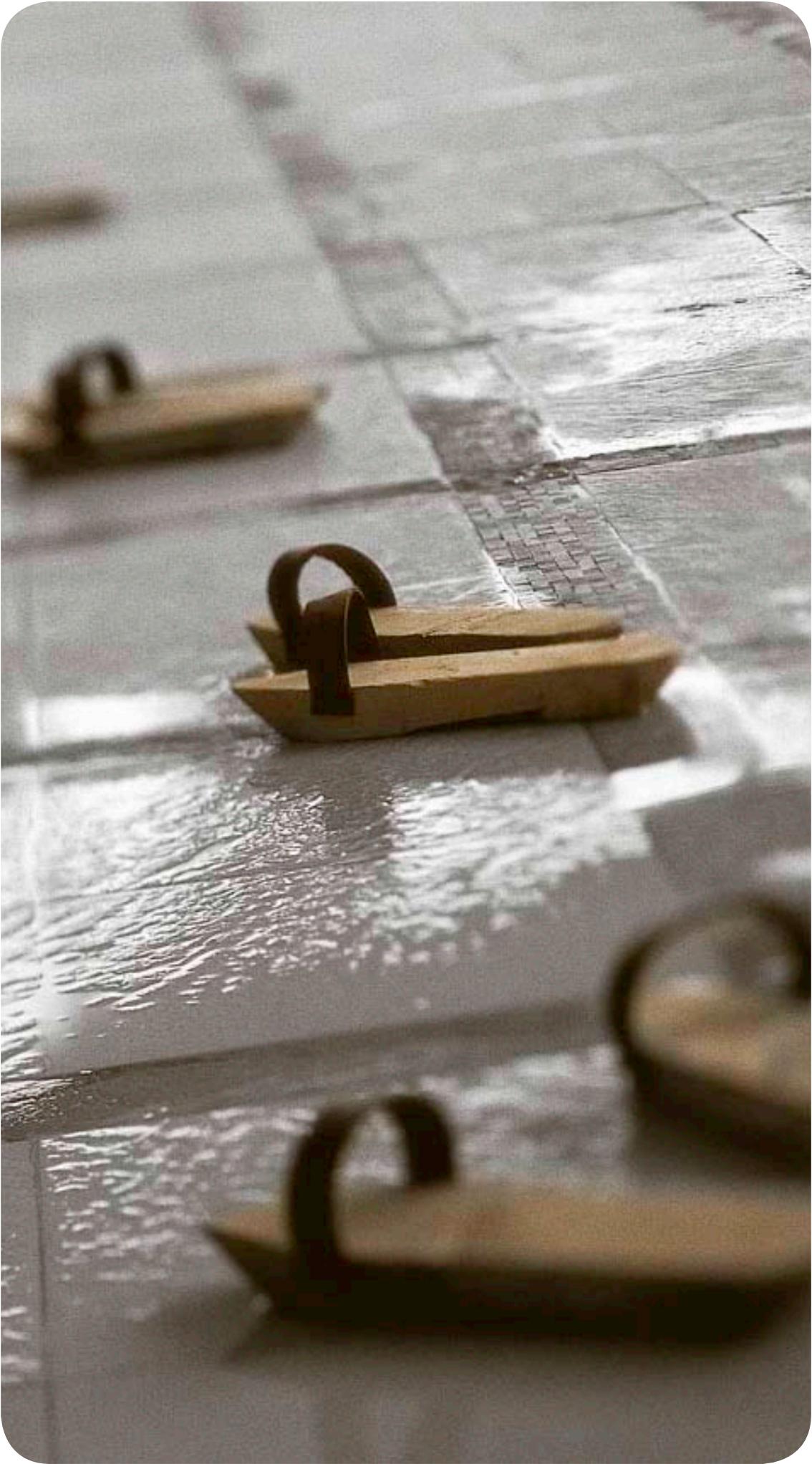
Steam Bath, 60-minute Filipino Pride Massage and 90-minute Yoga session or use of So Fit fitness centre.

Rejuvenating Ritual (B) (F)

90-minute Purity Facial, 30-minute Coconut Milk Body Glow Scrub and a 60-minute Marrakech Sweetness.

Top to Toe Pampering (B) (F)

A Steam Bath, 60-minute Hydrating Facial, 60-minute Hotstone Rolling, 90-minute Manicure and Pedicure and a blow dry at Philippe Tordjman Le Salon.



CHEFS SUGGESTIONS

Price from Php3,200 to Php12,800

“Duo” Couple’s Romantic Ritual ⓑ

Indulge in a 3-hour use of a romantic couple’s suite with a choice of a 90-minute Marrakech Sweetness or Filipino Pride massage for two; includes a bottle sparkling wine, decadent pralines and a sensuous bath ritual.

Jardin D’ Eden ⓑ

A 3-hour World’s best or Local favorite Massage for couples and overnight accommodation at Sofitel with breakfast for two

Before the Special Day ⓑ ⓕ

A 60-minute Purity Radiance Facial, a 60-minute Coconut Milk Body Glow Scrub, and a 1-hour Filipino Pride Massage

Tranquillite ⓑ

A 60-minute Marrakech Sweetness Massage and a 30-minute Coconut Body Scrub

Oasis ⓑ ⓕ

A 1-hour Filipino Pride Massage and a 30-minute Instant Glow Facial

Sérénité ⓑ ⓕ

A 1-hour Filipino Pride Massage, a 30-minute Mango Delight Body Scrub, and a 30-minute Hydrating Facial

Allegresse ⓑ ⓕ

A 30-minute Mango Delight Body Scrub, a 30-minute Regenerative Back Massage, and a 30-minute Instant Glow Facial



PLEASE TAKE A MOMENT TO READ THIS

Cancellation Policy

Should you need to cancel your appointment, please allow two hours notice to avoid a 50% charge. A “no show” will be charged at the full value of the scheduled treatment.

Reservations

We recommend making your reservation at least one day in advance to ensure availability. Please contact Le Spa reception at extension 1588. For outside guests, please call 551-5555 loc.1588.

Arrival

We encourage you to arrive at least 30 minutes prior to your scheduled treatment to start off a relaxing spa journey. This will allow you time to slip into a robe, use the bathing and steaming areas and relax before 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. In-house hotel guests are welcome to visit Le Spa dressed in their robes and slippers. As Le Spa offers each guest the chance to relax and rejuvenate, we appreciate you leaving your mobile phone in your room or switching it to “silent mode” or turning it off upon entering the spa premises.

Smoking inside the spa premises is strictly prohibited.

Gratuities

Gratuities are not expected and only acceptable if you feel your experience warrants it. If you wish to give a gratuity to one of our staff for exceptional service, we kindly request you 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 items, cash or valuables brought into the spa premises.

Disclaimer: Conditions and prices are subject to change without prior notice.

Le SPA Menu Price List

A LA CARTE

SIGNATURE TREATMENTS

- The Elixir** (1H30m)) - Php 4,500
- Original Beauty Facial** (1H30m) - Php 4,500
- Hilot Secret** (1H30m) - Php 3,500

STARTERS

- Instant Glow Facial** (30m) - Php 2,000
- Desktop Recovery** (30m) - Php 1,500
- Aroma Tea Bath Ritual** (30m) - Php 1,500

MAIN

REVISITED CLASSICS

- Rejuvenating Facial** (1H30m) - Php 3,800
- Purity Radiance Facial** (1H) - Php 3,000
- Hydration Facial** (1H) - Php 3,000
- Marine Purity** (1H) - Php 2,700
- Silhouette Firming Wrap** (1H30m) - Php 3,500
- Silhouette Contouring Wrap** (1H30m) - Php 3,500
- Silhouette Toning Wrap** (1H30m) - Php 3,500

WORLD'S BEST

- After Shopping Massage** (1H) - Php 2,000
- Hotstone Rolling** (1H30m) - Php 3,500
- Marrakech Sweetness** (1H) - Php 3,000
- Slimming Ceremony** (1H30m) - Php 3,500
- Siam Energy** (1H) - Php 2,500

OUR LOCAL FAVORITES

- Filipino Pride** (1H) - Php 3,000
- Hilot Secret** (1H30m) - Php 3,500
- Mayon Wrapsody** (1H) - Php 3,000
- Mango Delight Scrub** (1H) - Php 2,500
- Coconut Milk Body Glow Scrub** (1H30m) - Php 3,500
- Aloe Vera After - Sun Treatment** (1H) - Php 2,000

Le SPA Menu Price List

DESSERTS

- Hand/Foot Moisturizing Reflex** (30m) - Php 1,000
- Smooth as Silk** (30-1h30m) - P hp 900 - Php 2,000
- Royal Foot** (1H) - Php 2,000

MALE ON THE GO

- Gentleman's Regenerating Massage** (1H) - Php 2,500
- Purity Facial** (1H) - Php 2,800

MAGNIFIQUE FAMILY

- Cocoon Massage** (1H) - Php 3,200
- Angel Bliss** (1H) - Php 1,200
- Mommy & Me** (3H) - Php 6,000

SPECIALS

- Scrunch** - Php 3,000
- Aromatic Diner** - P3,500
- Slimming Ritual** (3H) - Php 5,000
- Energizing Sports Ritual** (2H) - P3,500
- Rejuvenating Ritual** (2H) - Php 5,500
- Top to Toe Pampering** (3H30m) - Php 6000

CHEF SUGGESTIONS

- "Duo" Couple's Romantic Ritual** (3H) - Php 6,000
- Jardin D' Eden** - Php 12,800
- Before the Special Day** (3H) - Php 6,000
- Tranquilite** (1H30m) - Php 3,200
- Oasis** (1H30m) - Php 3,200
- Sérénité** (2H) - Php 4,200
- Allegresse** (1H30m) - Php 3,200