



Wellness by Sofitel

It is important to stay fit and develop physical and mental well-being. Sofitel has designed a range of solutions, which are specially adapted for the international traveler. Visitors can reduce their stress levels, relax, tone up or savor the sophisticated treatments on offer in a luxurious and intimate spa.

Fitness at Sofitel

The increased importance of new business sectors and the new economy, not to mention the demands of modern life, have led to a change in expectations and desires. The new generation is more conscious of their level of fitness and their figure, especially because it affects their performance in other areas.

An overloaded timetable makes it difficult to take up a sport. For this reason, Sofitel has created spaces dedicated to this area of life, which work around the busy traveler's hectic schedule.

Each fitness room offers a perfect blend of performance, quality equipment and ease and freedom of use. All Sofitel fitness centers are equipped with the latest exercise technology: treadmills, exercise bikes, cross trainers, rowing machines, multi-gyms, etc.

An aural or olfactory ambiance, freely available towels and attentive service enable guests to get the most out of their session.

LeSpa at Sofitel

As a response to the hustle and bustle of the outside world, Sofitel offers its clients a welcome respite, a moment of relaxation to centre themselves and restore their energy levels.

Just as each Sofitel hotel is firmly rooted in the history of a region or city, each spa is unique, with its own personality.

The brand has **40 spas, 40 exclusive developments** throughout the world, with no imposed standardization: These can be found at the **Sofitel Imperial Mauritius, Sofitel Marrakech, Sofitel Los Angeles, Sofitel Santa Clara, to name but a few.**

Each of the facilities is inspired by the history of its location and its environment. They blend authenticity and tradition with current trends and demands.

Inspired by local traditions and techniques, Sofitel treatments are exclusive and original; take for example the *anti-Jet Lag* treatment offered at the Scribe which is designed to invigorate the tired traveler:

A revitalizing face and body treatment to relieve muscle tension, ease tiredness, sweep away jetlag and increase vitality and spiritual peace.

Deep massage techniques. Application of a self-heating purifying mud masque to remove harmful toxins, ease muscle cramps, combat the effects of stress, air pollution and cigarettes and invigorate the life force, with mineral replenishment and energy stimulation.

Because relaxation can only be achieved through confidence, each spa has specific protocols to guarantee high levels of expertise, technical skill and safety.

LeSpa at Sofitel believes that different is good and offers spas which are unique and evocative of the architecture and culture of each country: whether you want to experience the authenticity of the Orient, the art of Zen from Asia, the modernity of North America or the exoticism of the Indian Ocean, at Sofitel there are as many worlds as there are spas.

Unique decor, new sensations, a carefully preserved intimacy, everything is carefully designed to rejuvenate, promote inner harmony and comfort the body and the mind.

The range of treatments on offer in Sofitel's spas is constantly changing in the desire to anticipate client's wishes and to create a world where ancient rituals blend with modern trends. After all the very essence of a spa is the search for new and original sensations...