

S O F I T E L  
HOTELS & RESORTS

LUANG PRABANG

LE SPA MENU

REJUVENATING  
TRADITIONS FROM  
AROUND THE WORLD

TRADITIONS DE JEUNESSE  
DU MONDE ENTIER



We are delighted to present a collection of body treatments, scrubs and facials, each designed for the optimal benefit of our guests.

Le SPA treatments combine ancient Lao healing techniques with local organic products and the latest international advances in skin care.

Here, amidst the serenity of our traditional Lao home, surrounded by the richness of nature, guests may relax and refresh as they rejuvenate body, mind and spirit.

Nous sommes fier de vous présenter une collection de soins du corps, scrubs et soins du visage qui répond à tous les besoins.

Les soins Le Spa combinent des anciennes techniques Laotiennes utilisant des produits naturels locaux avec les connaissances les plus avancées en matière de soin de la peau.

Entouré de nature et installé dans d'anciennes maisons traditionnelles Laotiennes, le client se trouve dans des conditions idéales pour se ressourcer l'esprit, corps et âme.

Body **B** Facial **F**



# À LA CARTE

## APPETIZERS

Express

### Le Tropical Facial (F)

60' - \$60

A rejuvenating facial treatment designed to promote beautiful and radiant skin using local products and techniques. This facial includes a pampering hand massage.

### Indian Head Massage (B)

60' - \$60

Using Ayurvedic massage techniques, this treatment focuses on the face, head, neck, shoulders and upper back.

### Foot Massage

60' - \$50

This traditional Lao massage delivers pressure to specific points of the feet to restore the free flow of energy throughout the body, relaxing legs and muscles.

## SIGNATURE EXPERIENCES

2 hours

### Bonjour Experience (B)

\$110

Awaken your senses and tone your body with this rich coffee and coconut treatment, followed by a relaxing bath and an aromatherapy massage. Locally grown coffee beans naturally exfoliate the skin while the caffeine stimulates circulation.

### Soul Pampering (B)

\$100

Aromatherapy and long-stroke oil massage soothe the body to improve lymphatic drainage and circulation. End the treatment with a 30 minute foot massage for a total body pampering.

### Hin Hon Hot Stone Massage (F)(B)

\$100

Using an ancient technique described in The Ayurveda Bible, stones and minerals are applied to specific points. This treatment includes a Le SPA Tropical Facial.

All prices are quoted in USD and include service charge and government taxes

# À LA CARTE

## MAINS Full body

### Lao Wisdom Massage (B)

60' - \$50

90' - \$60

120' - \$70

Traditional Lao acupressure is applied to specific points along the body's meridian lines to release muscle tension and clear energy blockages.

### Le Spa Herbal Compress (B)

90' - \$70

Ease aches and stimulate your circulation with a combination of Royal Healing Massage techniques and a warm Indochina Herbal Compress.

### Lao Coffee Body Wrap (B)

60' - \$60

This coffee comes from the south of Luang Prabang and is regularly used for detoxifying. Additional benefits include moisturizing your skin so it feels smooth and looks silky, while antioxidants make it healthy

### Swedish Massage (B)

60' - \$60

Based on a Swedish technique, this oil massage uses soothing hand movements to work into muscle and soft tissue to induce relief from stress and tension. Pressure can be tailored to your preference.

### French Silhouette Body Scrub (B)

60' - \$60

This natural exfoliating scrub improves blood circulation and revitalizes your skin and muscle tissue. This is a perfect treatment for those still adapting to the change in temperature.

### Aromatherapy Massage (B)

60' - \$60

This fragrant, therapeutic oil massage maximizes the healing properties of essential plant oils and herbs and is customized to promote the relaxation and overall well-being of each guest.

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# LE SPA

BIODROGA

Limited offer

To assure that our guests benefit from the latest advances in skin care, we use the highly effective Anti-Age program from Biodrogain selected treatments.

This set of luxury cosmetics brings the vital refresh that your skin needs.

## ANTI-AGE EYE FLUID

### ANTI AGE FLUID

Dermaxyl™ and Fucogel®

### ANTI AGE DAY CARE

Soybean protein and sheabutter

### ANTI AGE NIGHT CARE

Extra-rich formula

## Sensitive Skin Treatment (F) 60 Minutes \$100++

This treatment activates elastin and collagen formation, improving the structure of sensitive and making the epidermis more resistant to the effects of ageing and the environment.

## Le Golden Caviar Treatment (F) 75 Minutes - \$100++

Pamper your complexion with precious caviar extract in its purest concentrated form.

## Royal Aquamarine Treatment (F) 75 Minutes \$100++

Summoning the legendary energy of the sea, the highlight of this treatment is a relaxing facial featuring gentle massage with a Rock Crystal Wand.

## Milk and honey wrap (B) 60 minutes - \$100++

Thanks to a unique combination of ingredients, velvety soft skin can be attained in a single treatment - skin metabolism is activated and the parts of the body that are prone to dryness receive maximum care to improve elasticity.

# À LA CARTE

# INFORMATION

## DESSERTS

## BEAUTY TREATMENTS

Manicure - 60' \$35

Pedicure - 60' \$50

Manicure + Pedicure - 90' \$75

Waxing  
Arms \$20  
Bikini \$20  
Legs \$25

## WELLNESS

Available on request, please book 48h in advance

**Blind Massage** by the LAO BLIND ASSOCIATION

(B) 60' - \$50

Pilates by Emi

Meditation & Reiki by YOUR MIND RETREAT

All prices are quoted in USD and include service charge and government taxes.

### Le SPA membership Cards

A thoughtful gift that suits every occasion.  
Please inquire at Reception for more information.

### Cancellation Policy

For outside guests, cancellation is free of charge if made 24 hours before the treatment.  
Hotel guests can make a cancellation free of charge up to 4 hours before the treatment.  
Late cancellations will incur the full cost of the treatment.

### Reservations

Bookings made by hotel clients directly with Le SPA must include a signed reservation card or credit card printout. Bookings made by outside clients directly with Le SPA must be secured by a credit card printout or cash payment. Changes to treatments and appointment times are possible without charge depending on availability.

### Arrival at Le SPA

Guests are encouraged to arrive at Le SPA 15 minutes before a scheduled treatment.

### Health issues / Medical Conditions

Please notify our Spa Manager or Receptionist before booking your treatment if you have high blood pressure, a heart problem, allergies, are pregnant or have any other medical complications, so that proper care can be taken.

### Valuables

We recommended that no jewellery or valuables be worn at the spa. Management accepts no responsibility for loss of money or valuables of any kind brought into the spa.

### Etiquette

We remind our guests that the services provided at Le SPA are strictly professional.  
Any unusual behaviour toward our staff will automatically result in ending the treatment, and full payment will be due immediately.

