Atelier de Beauté

SOTHYS PARIS

Spa MENU

BODY REFRESHING COLLECTION

B1. DEEP TISSUE MASSAGE: 60/90 — 1200/1500

A full body massage with oil combines Thai techniques to relax muscles and Swedish techniques to warm the body, increasing blood circulation and reducing fatigue. Suitable for relaxation after playing sports or guests who have experienced spa many times.

B2. HOLISTIC: 60/90m — 1200/1500

Comprehensive massage therapy optimally improves physical and mental health. With gentle and slow massaging movements all over the body, scalp and facial pressure points. Suitable for first spa experience or deep relaxation and women pregnanate more than 3 months. Helps improve physical conditions such as muscle relaxation, circulation, nerve and joint function.

B3. FOOT ACUPRESSURE MASSAGE: 60/90m — 1200/1500

Your feet will be exfoliated to help relax and soften the skin. You will then have a foot massage, followed with foot and toes reflexology. When pressing on the acupressure points in the foot, it can cure and prevent disease, prolong youth, increase longevity, improve metabolism and immunity, make muscles, bones, and joints more flexible.

ASIAN SOUL RITUALS

B5. VIETNAMESE JOURNEY : 60/90min — 1200/1500

Traditional Vietnamese oil massage combining acupressure techniques, arranged in a logical order, warms the body and relaxes muscle tissue, relieve pain, detoxify, improve circulation, rejuvenate the body, help treat bones and joints problems, keep the mind refreshed and relax.

B6. THAI MASSAGE: 60/90 min — 1200/1500

Ancient therapy dating back to 2,500 years helps blood flow and awakens the hidden power in your body. Thai massage is oil free, focusing only on acupuncture points and massaging along the body to regulate internal organs and stimulate the body's energy source.

B8. TIBETAN WARM STONE MASSAGE: 60/90 min — 1500/2000

Melt the tension away and ease muscle softness, this full body Tibetan massage accesses deep muscle layer to effusively treat painful areas, this ancient treatment used by Tibetan Buddhist monks for their own wellbeing.

B9. SENSORY SPA JOURNEY 90 min — 2200

A deeper relaxing Atelier massage using the five popular treatment techniques of Holistic, Balinese, Swedish, Japanese Shiatsu and Thai stretching to relieve your muscle tension and knots. The massage is followed by our Sweet and Sour scrub, which reveals velvety skin. Ingredients include sugar for hydrating, salt to relieve your muscular aches and pains, and body lotion to lock in moisture.

**** All prices are in ,000 VND*



BODY SCRUB

B10. Scrub with sugar and salt 60 min **1200**

Body scrub with sugar and sea salt makes skin soft, firm. Sweep away dirt on the skin, remove old skin cuticles, stimulate blood circulation, brighten skin and easy to absorb the moisturizer afterwards.

RELAXING MOMENT

E1. HEAD, NECK AND SHOULDERS 30/60 min **600/1200**

Gentle aromatherapy techniques are applied to your head, neck and shoulders to promote sleep and inner peace. Recommended for those who love scalp massages.

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