

S O F I T E L

S P A A

with L'OCCITANE





SOFITEL

MEXICO CITY REFORMA



L'OCCITANE  
EN PROVENCE

**SOFITEL SPA with L'Occitane**

Monday to Sunday from 11:00AM to 20:00 Hrs

**POOL**

Monday to Sunday from 6:00 AM to 22:00 Hrs

\*Requires reservation.

**FITNESS**

Available with reservation. Monday to Sunday from 11:00 AM to 20:00 HRS.







First Spa in the American continent that uses the L'Occitane product portfolio in all its treatments.

With the legacy of L'Occitane, founded in 1976 by Olivier Baussan in France, today it arrives to Mexico City and is located within Sofitel Mexico City Reforma.

It has 4 individual cabins and a couples cabin. As well as additional areas: 2 sensory showers, steam and contrast tub, ideal for relaxing muscles and helping the body to enter a state of maximum relaxation

SOFITEL  
SPA  
with L'OCCITANE



SOFITEL  
SPA  
with L'OCCHITANE

- Our Italian massage beds have *state-of-the-art* technology, chromo therapy and temperature regulation, as well as being articulated and covered with memory foam.
- Our Welcome Ritual within the treatments begins with a relaxing mist of lavender, *sweet orange and geranium*, then a foot wash is performed to relieve tension, improving the quality of sleep and preparing the body to reduce muscle tension.
- Experts in different massage techniques.
- SPA Time



# MENÚ EXCLUSIVO

- SLEEP & RESET
- Rejuvenating Facial
- We have techniques from different parts of the world, including some rescued from indigenous communities in Mexico.
- Among the treatments we use active ingredients from French Provence, such as the flower of immortelle and the fruit of cedrat



## TRATAMIENTOS DE FIRMA

*SIGNATURE TREATMENTS*

### **MASAJE CORPORAL EXHILARATING** *EXHILARATING BODY MASSAGE*

75 min

Masaje corporal energético y relajante  
que dará forma y tonificará su silueta.

*An euphoric and soothing Body Massage, combining  
a rocking and tasteful experience that will shape  
and tone up your silhouette.*

### **TRATAMIENTO FACIAL DE FIRMA** *SIGNATURE FACIAL TREATMENT*

90 min

Cuidado facial a base de una combinación de miel  
y pepino para revitalizar su piel.

*A refreshing and tasteful Facial Care.  
Honey and cucumber combined harmoniously  
to revitalize your skin.*





1

PEOPLE ARE **SLEEPING 2 HOURS LESS** THAN IN THE 1960s<sup>(1)</sup>

Nowadays, people lead intense professional and social lives - and while it can be fulfilling, it is also exhausting.

Fatigue is the second most important health concern for US adults.

Only 58% of UK customers and 53% of US people say they get enough sleep.

2

RESEARCH HAS DEMONSTRATED THAT

**32%** OF THE 35 TO 44 YEARS OLD ARE **NOT VERY WELL-RESTED** WHEN THEY WAKE UP<sup>(2)</sup>

**26%** WOULD TRY ANYTHING TO IMPROVE THEIR SLEEP<sup>(2)</sup>

Quality of sleep decreases with age: sleep is lighter, and waking up more frequent, giving an overall feeling of having not slept enough<sup>(1)</sup>.

3

**N°1** CONCERN OF WOMEN IS SKIN FATIGUE (77% OF 9 700 WOMEN)<sup>(1)</sup>.

Often this fatigue has a visible impact on our skin. Environmental factors like stress and pollution, combined with our modern lifestyle, affects our quality skin.



01

# PROVEN ACTION ON SLEEP QUALITY

## 1 Night

*After the massage*

**SLEEP QUALITY**  
is improved  
by  
**40%**<sup>(1)</sup>

**THE TIME TO FALL ASLEEP**  
decreased  
by  
**30%**<sup>(2)</sup>

Feeling <b>MORE RESTED</b> <sup>(3)</sup>	Asleep feeling <b>MORE RELAXED</b> <sup>(3)</sup>	The Spa protocol helps to <b>SLEEP WELL</b> <sup>(3)</sup>
for <b>87%</b> of the volunteers	for <b>90%</b> of the volunteers	for <b>87%</b> of the volunteers

# 7 Nights

After the massage

## SLEEP QUALITY

continues to improve  
by

27%<sup>(1)</sup>

## DYNAMISM

at waking-up is improved  
by

24%<sup>(1)</sup>

The Awakening was improved during the 7 mornings after the SPA protocol compared to the week before the SPA massage<sup>(2)</sup>

The Anxiety and the Moroseness were decreased during the 7 mornings after the SPA protocol compared to the week before the SPA massage<sup>(2)</sup>

Sleep seems  
**REPAIRED**<sup>(2)</sup>

for

77%  
of the volunteers

Feeling  
**MORE RESTED  
UPON AWAKENING**<sup>(2)</sup>

for

79%  
of the volunteers

Whether you have jet lag, a poor sleep pattern or simply need some deep relaxation, the "SLEEP & RESET" Spa Massage will let you enjoy all the benefits of the well-being virtuous circle: SLEEP better, LOOK better and FEEL better!

**TARGET: Men & Women**

**DURATION: 90 mns**

### IDEAL FOR:

- People feeling short of sleep, exhausted by their daily routine and urban stress.
- Anyone in need of a beauty and well-being boost.
- People sensitive to seasonal changes.

### IDEAL TO:

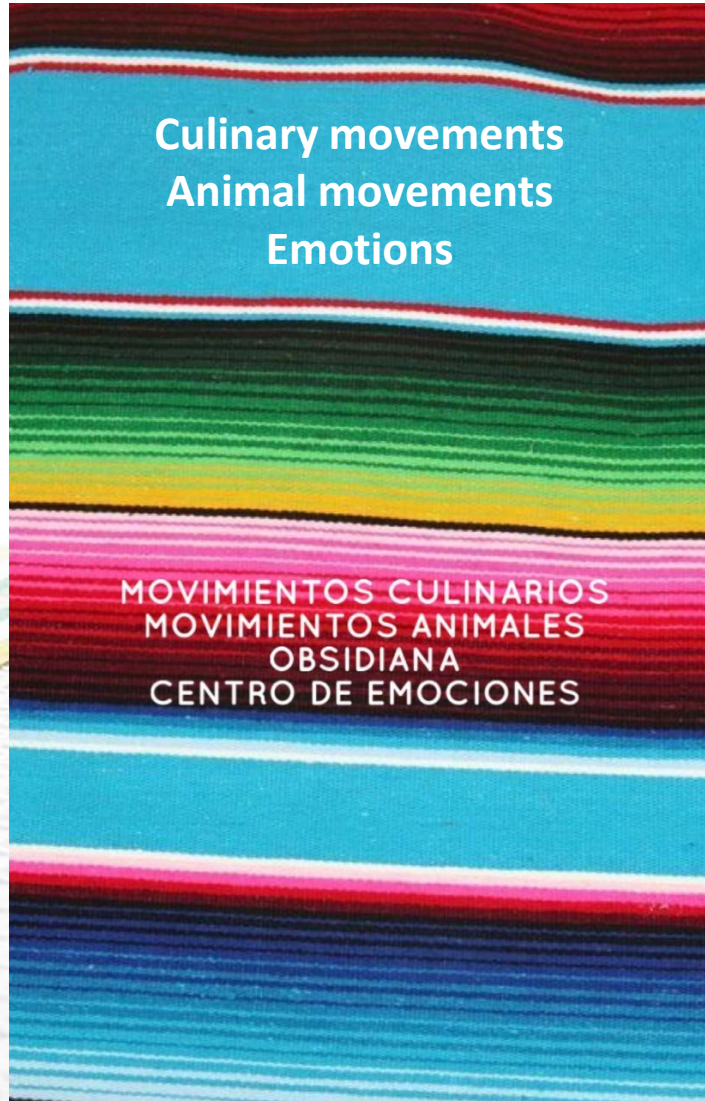
- Promote relaxation and well-being.
- Release tensions.
- Help make the skin more receptive to the serum.
- Prepare for a good night's sleep & improve sleep quality.
- Help soothe the mind, body and skin.

To promote the benefits of the massage, we recommend taking this spa protocol after 6:00pm.





# MEXICAN MASSAGE





# AROMATHERAPY

SOFITEL  
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# CROMOTHERAPY



JOIE DE VIVRE



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- Energizing, stimulates metabolism.
- Stimulates the senses.
- It transmits serenity, tranquility.
- Stabilizer.
- Balancing.
- Soothing, introductory of sleep.
- Stimulating, digestive.

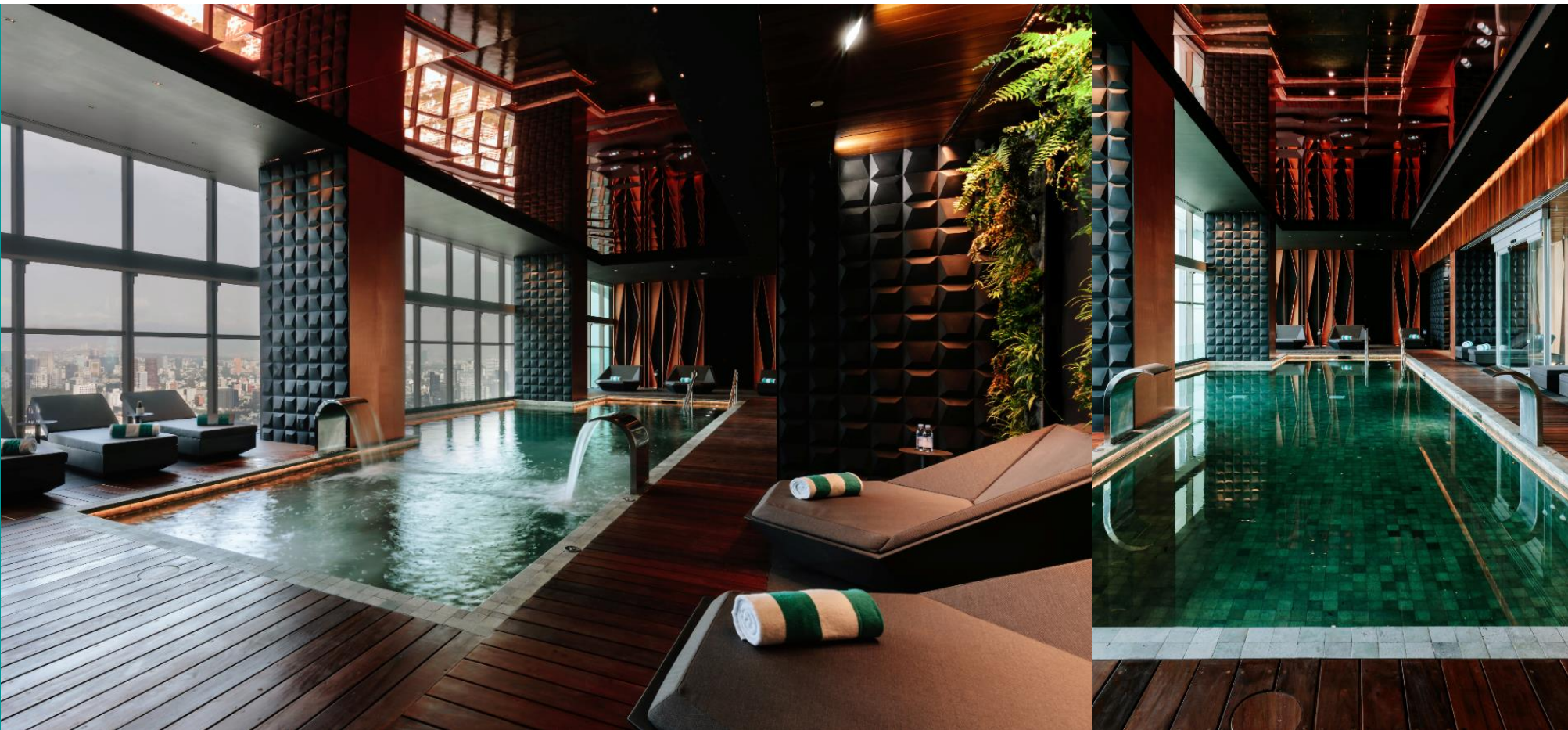


# SOFITEL FITNESS



- My Wellness App | Reserve your space with the perfect sanitary measures.
- The personal trainer is virtual and offers two modalities: Trainer vs Trainer and Visual Trainer. <https://catalog.afproducts.com/products/list/category/personal1/>
- Sofitel Fitness available only to hotel guests.





## OASIS URBAINE

**ONLY FOR GUESTS.**

In case of requiring access for premises or groups, check with the Sofitel Spa Reception for more information



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