

# WELLNESS A SOFITEL ABIDJAN HOTEL IVOIRE

An epicurean approach to wellness: Sofitel Abidjan Hotel Ivoire takes particular pride in its wellness offering, which integrates the brand's notable expertise and also its epicurean approach. From Sofitel SPA to Sofitel Fitness and delight offer, Sofitel's unique wellness concepts address global wellbeing for body, mind and soul.



S O F I T E L  
ABIDJAN HOTEL IVOIRE

# SOFITEL SPA

The refinement of ancestral traditions from here and elsewhere, and the cutting-edge expertise of French cosmetics, SOFITEL SPA offers you a revitalizing experience where time and space take a whole new dimension.

SOFITEL SPA of Abidjan has partnered with two undisputed beauty experts and ambassadors of the finest French cosmetology, Cinq Mondes and Gemology , as well as a new luxury brand Charme d'Orient.

Its open spaces are conducive to conviviality and exchanges, with its design and its care menu, gives SOFITEL SPA to makes you discover a new way of experiencing the Spa to awaken your senses and re-energize your spirit.

The area is equipped with a Hammam, an indoor pool with integrated water jets, a zone reserved for pedicure and manicure care , an interior room of relaxation and a patio overlooking our gardens for a maximum relaxation between your body cares.

Our massage tables, adapted with the famous MyBed™ concept of Sofitel, offer comfort and ergonomies.



SOFITEL SPA combines recognized know-how and an epicurean approach. The SOFITEL SPA menu is presented like the menu of a French gourmet restaurant. The choice of treatment is "à la carte": starters last 30 minutes, and are intended for active urban professionals in search of rest after a busy day.

Main courses and desserts last an hour and include body massages, facial care and other delights to nourish the body and soul.

Our signature treatments: So Exhilarating body massage and So Rejuvenating facial treatment. A specific musical and olfactory atmosphere accompanies these treatments.

SOFITEL SPA is a place of refined relaxation to revive your spirit during a business trip or to enjoy yourself during a weekend.



# SOFITEL SPA

## Our inspiration

Designed on an area of 840 m2, the SOFITEL SPA OF ABIDJAN invites you to escape, where well-being and refinement delight the senses.

The design and decoration, subtly worked by our artist designer Valérie OKA , promote body and mind balance, and illustrate the strength of a cultural fusion between Africa and the West.

In harmony with the 5 senses and the 5 elements, in each space, the artist transports us in a tactile sensuality between the form and the matter with his "Eburnie" wall sculptures and the majestic photography of Ousmane DAGO.



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# SOFITEL FITNESS

The SOFITEL FITNESS area is located next to the Spa and is accessible free of charge to hotel guests .

It is equipped with high-end fitness equipment from the Technogym brand, comprising cardiovascular machines and weight training equipment including the Kinesis wall for functional training.

The Sofitel Fitness concept, complements classic exercises with a range of innovative activities.

SOFITEL FITNESS also suggests to discover four Signature programs to satisfy your difference needs: Calorie killer, Body Shape, Zen and Jet-Lag Liberation.

With Running by Sofitel, abandon the treadmill for our urban paths and enjoy the surroundings of Cocody Embassy. The jogger's map is available with the Concierge. A fitness kit is available in the suites or on request.

Put on your sports shoes and do not wait any longer.  
For your comfort, another fitness room is available at the 22nd floor of the tower.  
Open 24h/7.





# MYBED™ EXPERIENCE

Indulge, dream and recharge. Our exceptionally crafted hotel beds are more than just a place to sleep – they're your own private sanctuary. Because luxurious sleep is your ticket to greeting the world with joy.

The MyBed™ Experience Sleep Menu features a wide range of offerings, all designed to enhance a customized Sofitel sleep experience.

To develop MyBed™, Sofitel consulted the best French specialists in quality bedding: Dumas, who has several generations of expertise in this field, and Epeda, a renowned manufacturer of premium spring mattresses and box springs.

Sofitel has selected the best quality mattress and box spring: created especially for the brand, they are both very thick to guarantee a good night's sleep.

Mybed is so much more than just a bed: it's a whole new experience: a promise of rest and relaxation.

Nothing better for an awakening on one of the most beautiful views of the city of Abidjan.

Our bathrooms all have Lanvin or Hermès amenities.

