



LIVE
THE
FRENCH
WAY

—
YOUR WELLNESS JOURNEY

SOFITEL

SOFITEL
SYDNEY DARLING HARBOUR



BONJOUR



BIENVENUE TO SOFITEL SYDNEY DARLING HARBOUR



Bonjour,

It's an absolute pleasure to have you stay with us to experience the Sofitel Wellness offer. Your stay will include the following:

Overnight accommodation
In-Room Wellness Amenity
Balmain Bath Salts
Molten Brown Bath & Shower Gel
Yoga Mat & 1KG weights upon request*
V&Tea cocktail in Champagne Bar
Daily Wellness Breakfast in Atelier by Sofitel.

*Available upon request. All Suites include a yoga mat and 1KG weights in-room. For in-hotel use only. Not available for purchase.

We can't wait to welcome you to the hotel. If you have any questions regarding your reservation please contact us on +61 2 8388 8838 and for general enquiries, please contact us +61 8388 8888.

We would like to introduce you to our new in-room Wellness amenity.

Our team of craftsman have created a culturally indulging treat, all natural and one to savour. It includes, Australian native paperbark, Byron Bay organic nuts - Saltbush Macadamias, Chef Charlotte's house-made protein balls, pate de fruit, french-inspired fig slice, fresh england berries and lavender.

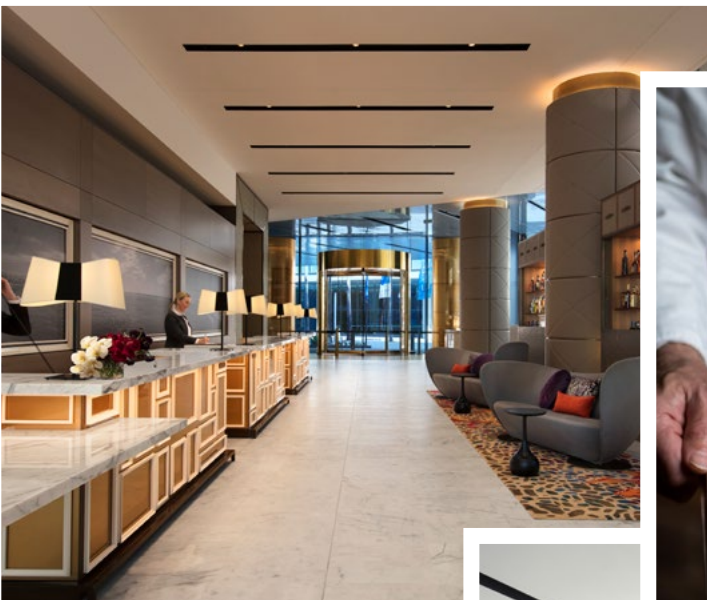
We're always finding joy in everything, be it through authentic and lively culinary experiences, indulgent wellness programs, beautifully designed spaces or a savvy mélange of arts and culture. It is this bespoke lifestyle and culturally-inspired travel experience that Sofitel is committed to offering our guests.

#LiveTheFrenchWay



YOUR WELLNESS JOURNEY

THE WELLNESS JOURNEY IS NOT ONLY TAUGHT BUT IS EXPERIENCED BY OUR GUESTS, AMBASSADORS AND BUSINESS PARTNERS



OUTDOOR POOL

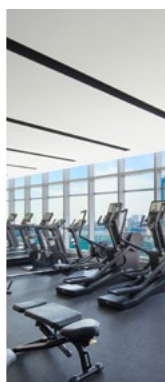
Transporting guests to the French Riviera with a luxurious laid-back poolside experience. Taking inspiration from the brilliant blue skies and emerald water of the Mediterranean, Le Rivage Pool Deck located on Level 4 is a highly visual experience with a vibrant atmosphere.

ARRIVAL

Created by Sofitel, a modern Wellness experience is finding the right balance and re-imagining the classics through a daring and chic lens.

From arrival guests will notice the distinctive aspects of our Wellness journey including:

- A warm greeting
- Valet Parking
- Sofitel Scent
- Yoga mat (on request)
- Light weights (on request)



SOFITEL FITNESS

Providing an exhilarating setting for staying in shape, with state-of-the-art equipment, you can enjoy access to our 24/7 gym located on Level 4.

AUTHENTIC & LIVELY WELLNESS CUISINE

Our innovative Chef's transform local flavours into dynamic dishes that represent an essence of wellbeing and dining à la Française. Enriched with Southern French textures and tastes, guests can enjoy:

- New Wellness selections in Atelier by Sofitel dinner
- Wellness options on our restaurant breakfast menu
- Rejuvenating health juices
- Luxurious Wellness cocktail at Champagne Bar

Book your table here:
<https://www.atelierbysofitel.com/>



IN-ROOM

Pamper yourself in-room with a number of Sofitel's signature wellness offerings including:

- In-Room Wellness Amenity
- Indulgent Bath Menu with Balmain bath salts
- Sofitel MyBed
- Sleep Menu



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