



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.

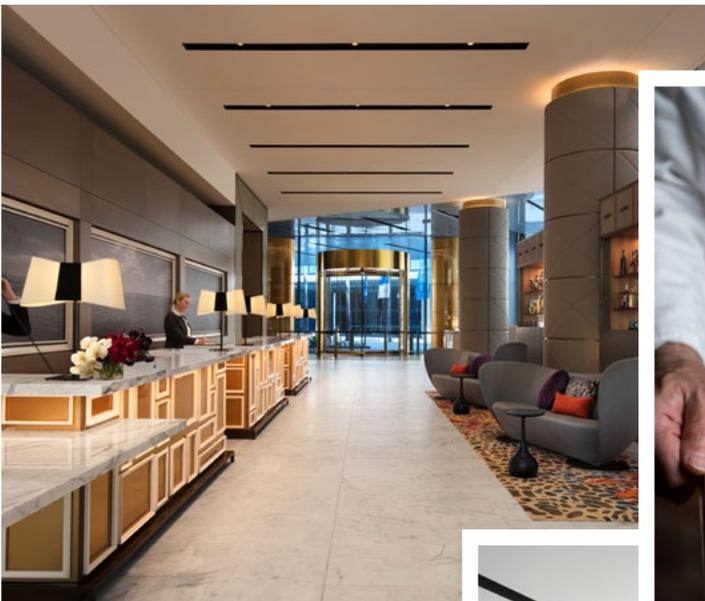
We're always finding joy in everything, be it through authentic and lively culinary experiences, indulgent wellness programs, beautifully designed spaces or a savvy mélange of arts and culture. It is this bespoke lifestyle and culturally-inspired travel experience that Sofitel is committed to offering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