



## **So FIT by Sofitel**

### ***The ideal fitness package***

Get in shape this summer at Sofitel London St James. Work up a sweat in our So Fit Gym featuring the latest fitness equipment by Technogym.

After your work out unwind for 20 minutes on the Sha Chair. This unique multi sensory experience is specially composed of sound structures and vibrations perceived in a holistic sphere to activate and unite the senses.

Complete your journey at So SPA by Sofitel and enjoy any 30 minute treatment whilst relaxing in the peaceful surroundings of the SPA.

#### **Price:**

30 minute spa time & 20 minute Sha Chair and access to So FIT: £ 45.00\*

For bookings please contact our So SPA team on 020 7747 2204 or e-mail on [So-SPA.London@sofitel.com](mailto:So-SPA.London@sofitel.com).

[www.sofitelstjames.com](http://www.sofitelstjames.com)



\*Prices include VAT and are based on availability.