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Booking-Hotline:
+49 (0) 177 - 766 94 80

SPA & MEDICAL
LOUNGE

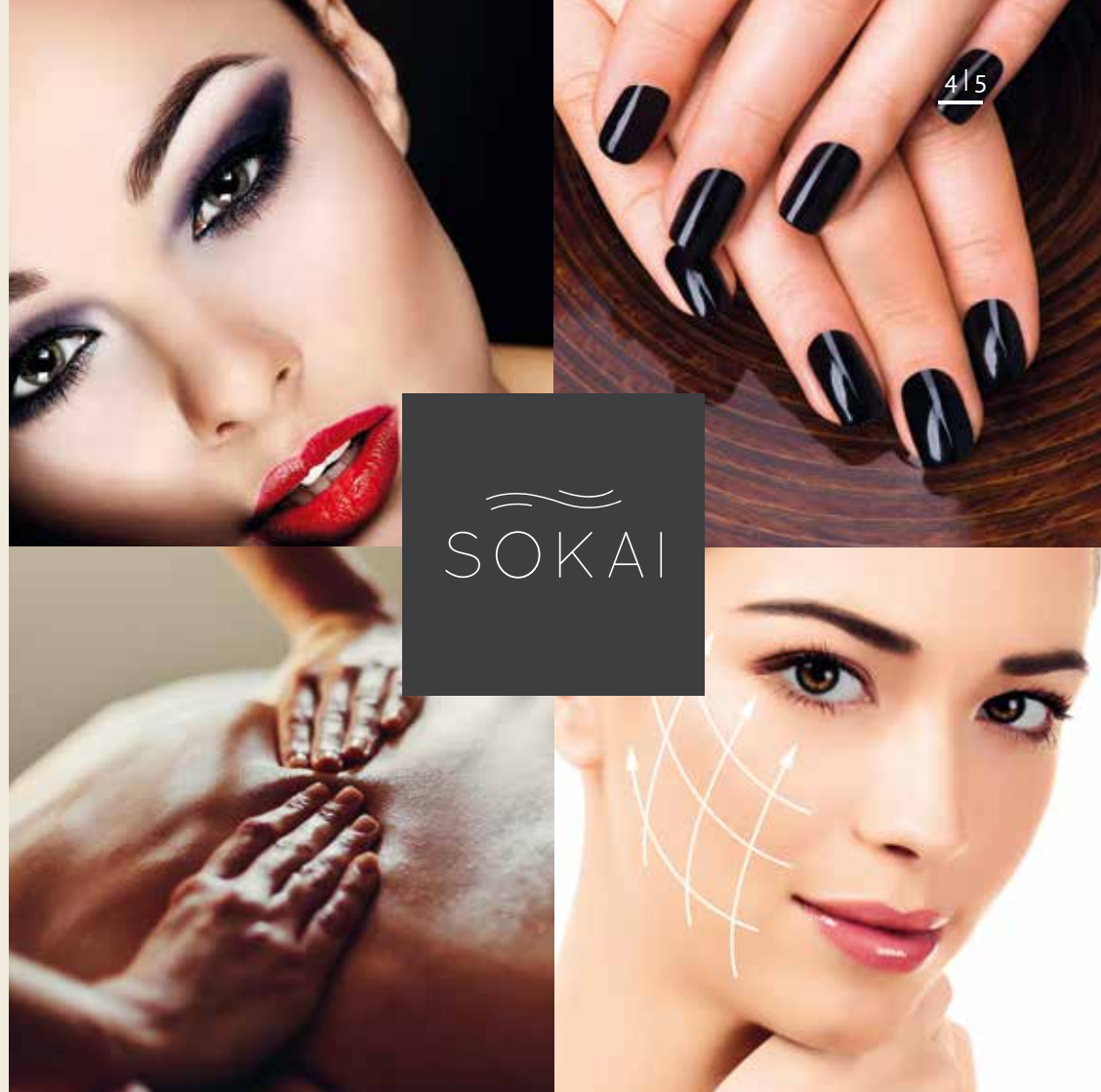
SOKAI is an independent business that has operated in Frankfurt since 1993. We take pride in offering a high quality and dependable service that is especially suited to the busy schedules. Relax with SOKAI Wellness massages or get the little extra sprinkle for your natural beauty.

In our SOKAI Medical Lounge at Grandhotel Hessischer Hof our Heilpraktiker, osteopaths, physiotherapists and fitness trainers are standing ready for you. Or just enjoy a Day Spa experience. Health and pleasure have a fine line between.

SOKAI is partner of many hotels in and around Frankfurt. In some hotels SOKAI operates own facilities. In other hotels SOKAI Wellness Service is available in your guest room.

Our medical and wellness service is available 7 days a week.

We are looking forward to treating you!
Sincerely yours, your SOKAI Team



SOKAI

MASSAGE

Asian Style

SOKAI Signature by SOA

Asian style treatment with foot bath, body scrub, shower and intensive oil massage with acupressure and stretching.

Tea will be served. Pre-arrangement recommended.

In-room-service only on request available.

2 hrs, € 220 | 3 hrs, € 330

Traditional Shiatsu

This traditional Japanese massage is recommended if you are experienced with Asian massage styles. Please come in loose fitting clothes. Shiatsu will be performed on a floor matt using acupressure and stretching.

No oil will be used. Pre-booking recommended.

In-room service available.

90 min, € 155 | 2 hrs, € 210

Swedish-Shiatsu Combination

This massage combines SOKAI's most popular treatments. It will use all different styles – bespoke and adjusted to your needs.

We recommend longer than one hour.

In-room service available.

60 min, € 105 | 90 min, € 145 | 2 hrs, € 200

Ayurvedic Style Massage

Based on the famous treatment of Indian origin you will feel the spirit of its own. It stimulates the invisible but allegedly palpable marma junctions between mind and matter, analogous to acupuncture's pressure points.

Not available as in-room service.

90 min, € 165 | 2 hrs, € 210

Lomi Lomi Nui

In a Hawaiian Lomi Lomi massage the therapist will use long flowing strokes that go from head to toe in a continuous, rhythmic movement massaging both the top and the underside of your body.

In-room service available.

60 min, € 105



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From 9 p.m. until midnight a night tariff applies with a surcharge of 40 € per hour.



MASSAGE
Classic

Sport Massage

Sports massage therapy is geared toward athletes of every kind, from world-class professionals to weekend joggers. The particulars of the sports massage technique are intermuscular trigger points and stretchings specific to the athlete's sport of choice. In-room service available.

60 min, € 105 | 90 min, € 145

Reflexology

Reflexology treatment stimulates predefined pressure points on the feet, hands and head. Book it as a single treatment or as a 30 minute add-on treatment! In-room service available.

+ 30 min, € 45 | 60 min, € 105

Hot Stone Massage

Get the intensive feeling of warm stones applied to your skin. It's a smooth soft massage just to relax, especially on cold wet winter days. Just try it as a loving couples treatment. Not available as in-room service.

90 min, € 155

Swedish Massage

Swedish massage is the best-known type of bodywork massage technique to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. In-room service available.

60 min, € 105 | 90 min, € 145 | 2 hrs, € 200

Aromatherapy

Book this special well-being-feeling as an add-on to one of our other massages. Choose from a selection of different organic scents which suit you for that moment. Surcharge for aroma oil.

+ € 15



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BEAUTY
Classic Facials

Eye Lashes Extension

Fresh extensions with silk hair or mink hair;
refilling
60-120 min.
Booking in advanced for required.
Not available as in-room treatment.

From € 80

Eye Lashes Treatment

Coloring.
20 min.
Not available as in-room treatment.

€ 29

Eye Brow Treatment

Correction, coloring.
20 min duration.
Not available as in-room treatment.

€ 49

Effect Facial

Immediately visible smoothed and rejuvenated
skin!
Bevore-after-photo with your cam.
60 min.

Available as in-room treatment.

€ 139

Luxury Facial

With gorgeous products of LaPrairie
incl. intensive mask. 60 min.

Available as in-room treatment.

€ 149

Classic Facial

Methode Clarins.
50 min duration.

Available as in-room treatment.

€ 99



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BEAUTY

Hands & Feet

Spa Manicure

Soothing hand bath, peeling, nourishing mask, nail shaping, polish, classic coating.
70 min duration.
In-room-service only on request available.

€ 75

Classic Manicure

Nail shaping, classic polish
40-50 min duration.
Available as in-room treatment.

€ 49

Classic coat	+ € 10
French coat	+ € 15
Shellac or gel removal	+ € 15

Spa Pedicure

Soothing foot bath, peeling, nourishing mask, nail shaping, polish, classic coating.
70 min duration.
Not available as in-room treatment.

€ 90

Classic Pedicure

Nail shaping, classic polish.
50-60 min duration.
Available as in-room treatment.

€ 59

Classic coat	+ € 10
French coat	+ € 15
Shellac or gel removal	+ € 15



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BEAUTY
Spray Tanning &
Body Forming

BeauBronz London – Spray Tanning

Delight yourself with a natural looking tan, the whole year round, with regular BeauBronz treatments. Or boost your confidence for a last minute special event.

With this exclusive three-stage tanning treatment you get a natural tan. The ingredients are purely natural, paraben, formaldehyde, alcohol, free of perfumes and oil products and are made entirely without animal experiments.

Book that holiday feeling. Individually tailored to your skin type for a perfect holiday tan without remorse.

Individual treatment € 65
10 tickets € 500



Bodystyling with SLIMYONIC

Slimyonic – a new, easy and effortless treatment. Already popular in Hollywood, this treatment is pain free and can be administered whilst laying down and relaxing!

Whether your target is weight loss or toning up of your body, Slimyonic can help. Using a pressure wave massage technique, Slimyonic is believed to stimulate blood flow and the metabolic system, which can lead to less retention of fat and water.

Enhance your beauty and tone up with Slimyonic – your body styler.

Individual treatment € 39
10 tickets € 290



SOKAI

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Medical Lounge

SOKAI Medical Lounge at **Grandhotel Hessischer Hof** offers osteopathy, physiotherapy and medical training therapy in an exclusive ambience. The 3 pillars compliment each other and create the basis of a good medical balance.

To suit your busy schedule our team is available 7 days a week. Call SOKAI Medical Lounge concierge to arrange your personal appointment for medical examination, treatments and trainings. Our staff will gladly assist you.

Services of osteopathy, physiotherapy and medical trainings will be settled on the basis of the official "Heilmittelkatalog und Gebührenordnung für Heilpraktiker" and SOKAI Medical Lounge price list.

For further information please visit our website www.osteopathie-frankfurt-sokai.de

List of services:

- Osteopathy
- Chiropractic
- Physiotherapy
- Physiotherapy on resistance machine
- Classical massage therapy
- Manual therapy
- Manual lymphatic drainage
- Lymphatic drainage on resistance machine
- Frigo therapy
- Heat therapy
- Nutrition consulting

If you don't find your required treatment please do not hesitate to ask. We are happy to assist you.



GRANDHOTEL HESSISCHER HOF

SOKAI

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MEDICAL
LOUNGE



FITNESS COACHING

B12 Fitness & Coaching Excellence by Richard Nzoulé

No matter if you are a hotel guest or a guest for a day - we offer you a time efficient and to your needs adjusted personal fitness coaching. A training session in a luxurious and discreet ambience which is challenging and satisfying before, between or after your working hours. And all that far away from „mainstream“.

Book your appointment now. We are looking forward to welcoming you at SOKAI Spa & Medical Lounge at Grandhotel Hessischer Hof.

B12 Personal Fitness Coaching - challenging, time efficient, effective - just 30 minutes!

Prices for personal training, arrangements and memberships are available by request at SOKAI concierge.



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Day Spa day ticket € 30

Day Spa Finest Package

per person € 380

- Junior Suite for day use
- Champagner breakfast in the room or on the sunny terrace at SOKAI Lounge
- One hour massage of your choice
- Gourmet menu in Restaurant Sèvres

Day Spa SOKAI Arrangement

per person € 199

- Welcome Smoothie
- SOKAI healthy breakfast
- Spa manicure for her or Spa pedicure for him
- One hour massage of your choice
- SOKAI Lunch
- Including free use of towels, bathrobe and slippers
- Free of charge parking

Membership

annual fee € 1.860

- One-time set up fee € 125
- Starting package: Fitness bag with contents
- One-time orientation and performance assessment on proxomed® equipment
- Unlimited use of fitness facility
- Unlimited use of sauna, steam bath and relaxation room
- Free use of towels, bathrobe and slippers
- Free parking in the hotel's own underground parking facility, during your spa visits (depending on availability).

Day Spa

Enjoy a day's stay at the **Grandhotel Hessischer Hof**. Every day from 10 a.m. to 6 p.m., you can spend relaxing hours at our refined and very private medical, fitness, health facility – one-of-a-kind in Frankfurt am Main – on the seventh upper level of the **Grandhotel Hessischer Hof**.

Get fit with proxomed® exercise equipment, enjoy the sauna and steam bath, forget time entirely in our relaxation room and enjoy the view of Frankfurt from the terrace.

Delicious and healthy food will be served.

If you spend over €100 per visit and person at our SOKAI Lounge the entrance is free of charge.

DAY SPA



GRANDHOTEL HESSISCHER HOF

SOKAI

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WEDDING
SERVICE
Hair styling & Make up

Sample Styling with consultation

Hair Styling (Updo)	€ 120
Make up	€ 99
Airbrush Make up	€ 99
Hair Styling & Make up	€ 199

Final Styling

Bridal Make up	€ 150
Bridal Airbrush Make up	€ 199
Bridal Hair Styling	€ 175
Bridal Hair Styling & Make up	€ 299
Bridal Hair Styling & Airbrush Make up	€ 350

Groom Styling	€ 90
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Guests

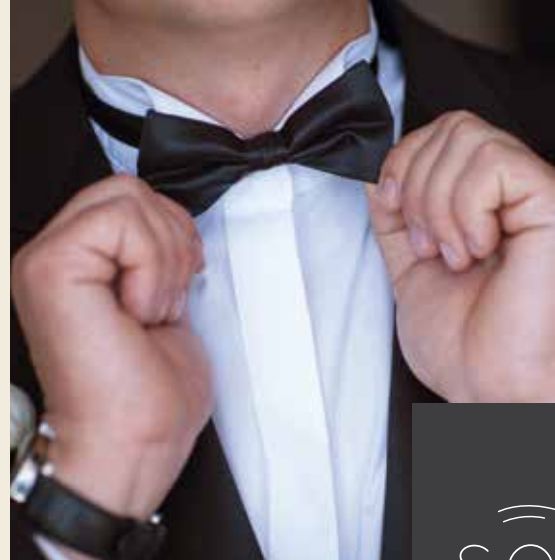
Make up & Hair Styling	€ 150
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Make up party with girlfriends

3-8 persons per person	from € 40
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Business Styling

Make up & Hair Styling	€ 180
Suitable for photoshooting	



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TERMS & CONDITIONS

Booking / Reservation

With our booking hotline +49 177 766 9480 you can make reservations and we also will answer further questions. Our booking hotline is available for all different hotels and places. The booking hotline and services are available on working days from 8 a.m. until 10 p.m., weekends and bank holidays from 10 a.m. until 10 p.m.

For medical consultation and treatments at our SOKAI Medical Lounge please dial +49 (0)69 7540-2222.

Advance notice is advisable in order to ensure that we can accommodate your request. To enable us to provide the best possible service, you may be asked to complete a brief medical history and details as to your individual preferences for the requested treatment. All appointments will be confirmed via email or text message to your cell phone.

Please be so kind to provide credit card details to guarantee your reservation. We accept Master Card and VISA Card.

Services and treatments for hotel guests can be charged to the room bill or can be paid cash. We also accept Master Card and VISA Card.

Cancellation policy

As a consideration to all of our guests there is a 2 hour cancellation policy for wellness appointments. For our medical service there is a 24 hour cancellation policy. In case of no show the full service fee will be charged to your credit card guarantee.

If you are late for your appointment the time will be reduced from your reserved duration time.

Appointment etiquette

We also would like you to recognize that any kind of inappropriate requests towards our staff will terminate the appointment and the full fee will be charged to your credit card guarantee.

In-room rates

If you wish to receive your treatment as "in-room" service in your hotel room there is a surcharge of €30. Only valid for hotels with SOKAI treatment rooms.

Night tariff

Appointments extending beyond 9 p.m. will be charged at night rates with a surcharge of € 40 per hour.



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Our Partner Hotels /
Unsere Partner-Hotels:

SOKAI facilities:



GRANDHOTEL HESSISCHER HOF



Hotels with in-room Service
in alphabetical order:

Adina Apartment Hotel

Dorint Frankfurt Hotel

Dorint Oberursel Hotel

Dorint Wiesbaden

Element Frankfurt Airport

Fleming's Hotels

Hilton Frankfurt Airport Hotel

Inside Eurotheum Frankfurt

Inside Niederrad

Jumeirah Frankfurt Hotel

Kempinski Hotel Frankfurt

Kempinski Hotel Falkenstein

Kempinski Hotel Villa Rothschild

Mariott Frankfurt Hotel

Maritim Hotel Frankfurt

Maritim Hotel Bad Homburg

Meininger Frankfurt Airport

Meininger Frankfurt Messe

Mövenpick Hotel Frankfurt

nh Hotels Frankfurt

Radisson Blue Frankfurt

Rocco Forte Hotel Villa Kennedy

Roomers Frankfurt

Schlosshotel Kronberg

Sheraton Frankfurt Airport Hotel

Sheraton Frankfurt Congress Hotel

Sofitel Frankfurt Opera

Steigenberger Airporthotel Frankfurt

Steigenberger Hotel Bad Homburg

Steigenberger Hotel Frankfurter Hof

Steigenberger Hotel Metropolitan

The Pure

Westin Grand Hotel Frankfurt

Wyndham Grand Hotel Frankfurt



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