

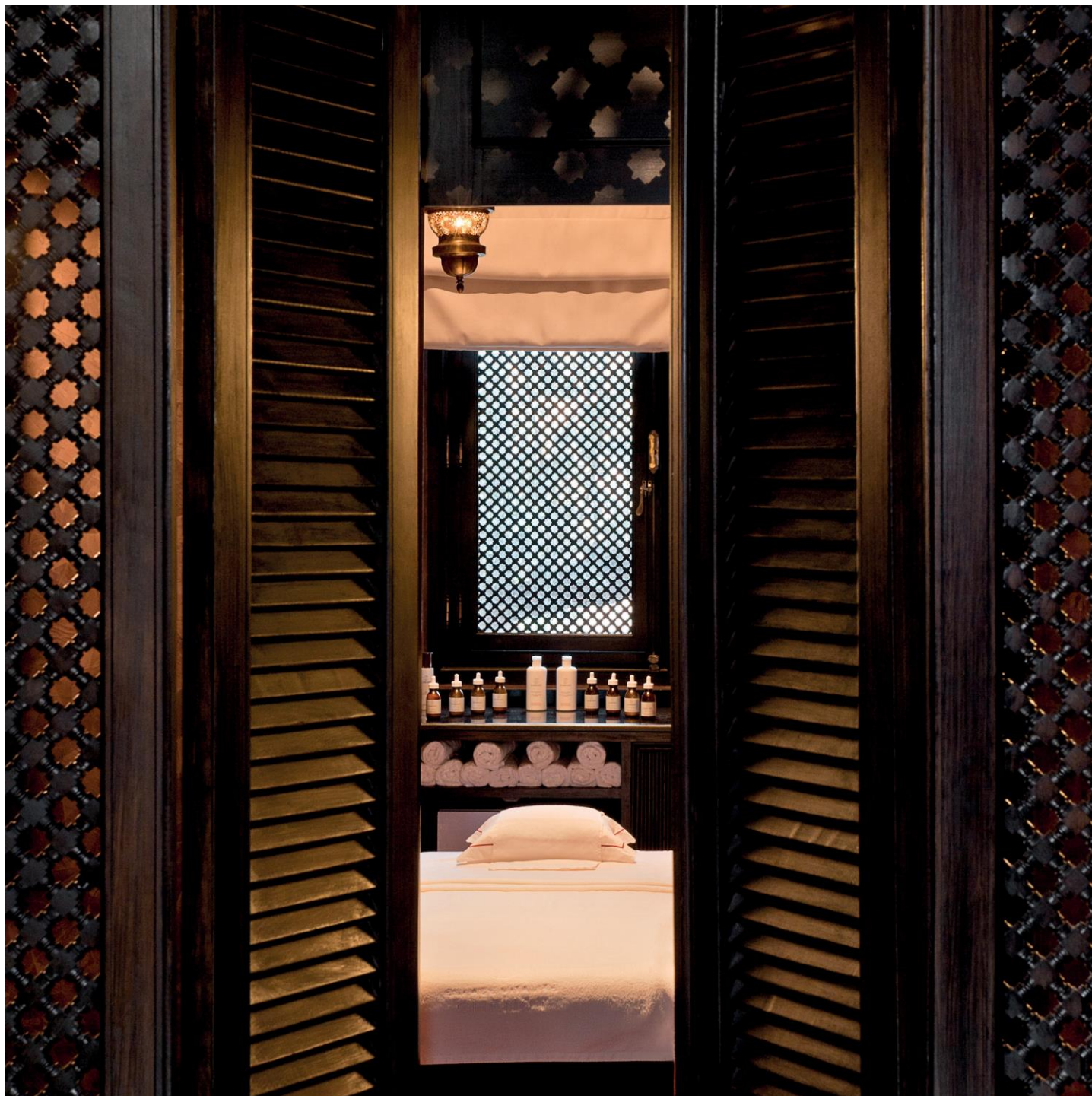


ESPACE VITALITÉ
CHENOT
SELMAN • MARRAKECH

SPA MENU



*Learning to listen to your biological rhythm
is the first step to a universal harmony*



WELCOME

The *Espace Vitalité Chenot* is a wellness center in which hotel guests can choose holistic health and vitality programmes, beauty treatments, as well as fitness and wellness facilities to help them relax, restore and rejuvenate during their period of stay.

We live in an environment that is continuously changing, which may be hostile to our lives. Pollution, consumption of processed and non-organic food, lack of physical activity, stress, and above all, unhealthy habits and lifestyle accumulate « toxins » in the body that with time might gradually reduce functions and increase damage.

Visit *Espace Vitalité Chenot* and restore energy, vitality and beauty. In a sophisticated setting we apply the treatments and wellbeing programmes based on the renowned Chenot Method, which aims to promote health while rebalancing body, mind and spirit.



THE CHENOT METHOD

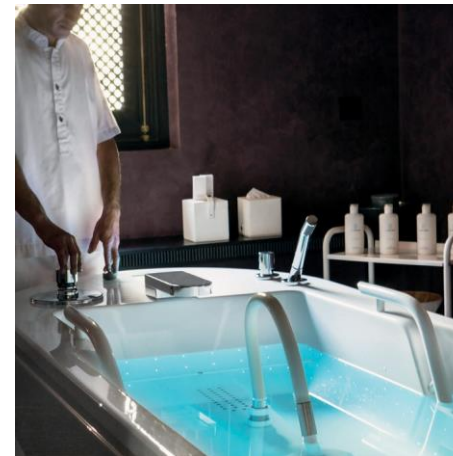
Over the last twenty-five years Henri Chenot has developed and refined a unique method of treatments and diet, which combines the aim to effectively protect the body from damage caused by the toxins it produces. This toxins accumulated because of our lifestyle leads to the premature ageing of organs. The method Chenot based on the Biontology is going to eliminate this toxins to keep a healthy body.

The detoxification techniques used in the method together with the activation of the energy channels of the body, the stimulation of physiological functions and the diet plan, all combined and applied correctly, trigger preventive and regenerative actions for the body.

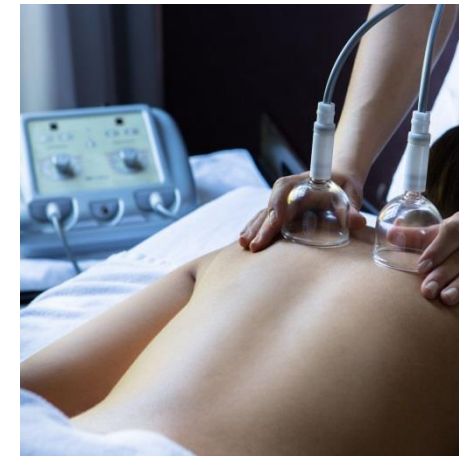
These actions are essential for initiating the restoration of balance and the preservation of an excellent state of vitality and health.



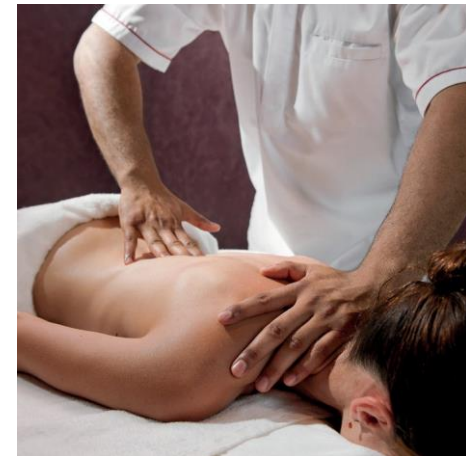
HYDRO BIONTOLOGY DEPARTMENT



AESTHETIC DEPARTMENT



WELLNESS DEPARTMENT





HYDRO BIONTOLOGY DEPARTMENT

Stimulate your circulatory and lymphatic systems through the alternation of water pressure and temperature. Therapeutic value is enhanced with the help of essential oils, plant extracts and marine algae. This treatment is ideal for the blood vessels, the lymph, reestablishing organic liquid system while toning and firming

HYDRO-AROMATHERAPY

This is a particular type of hydro massage in which a special mixture of essential oils is added to the bathwater. The variations in the water temperature and pressure are essential, and combined with the thermodynamic effect of plant extracts, causes the dilation and constriction of the capillaries. This action stimulates the natural physiological functions to remove toxins and fat deposits from the skin tissue.

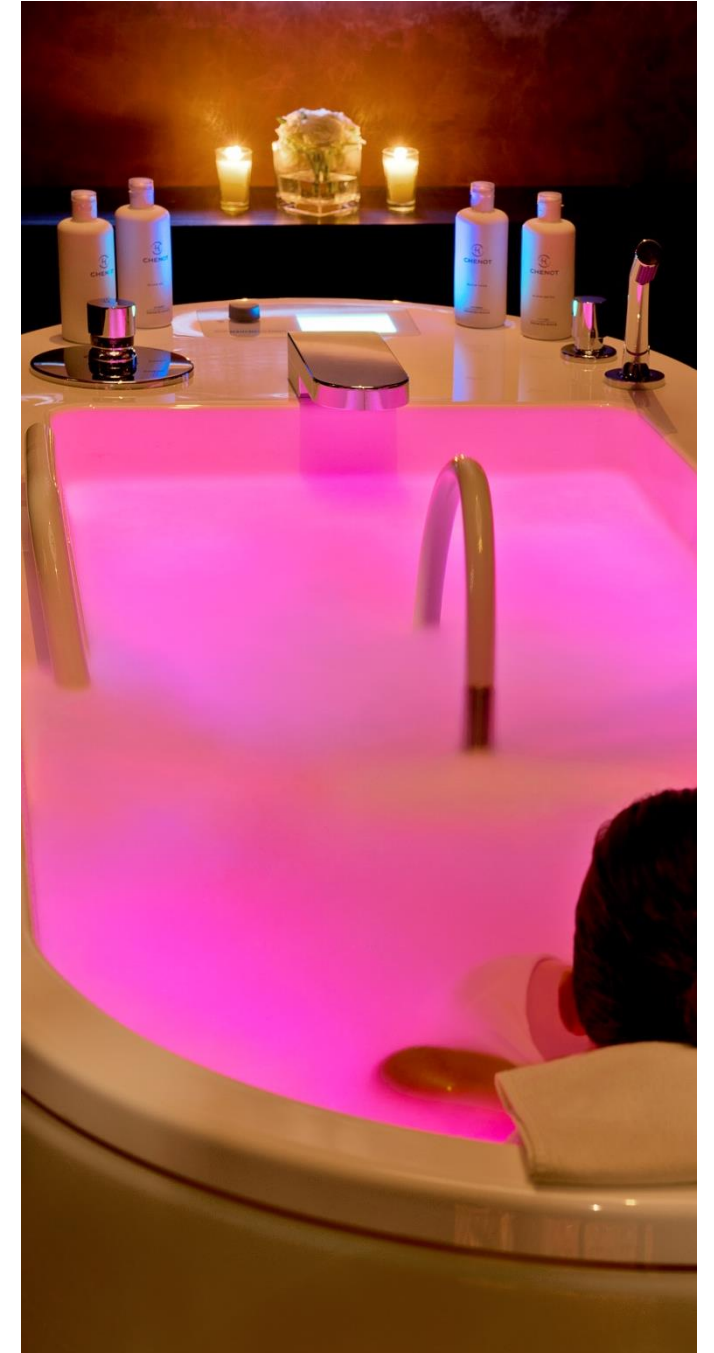
It also combats the effects of skin ageing by favoring spontaneous cell regeneration, improves skin appearance and its overall peripheral blood and lymphatic circulation. The hydro-aromatherapy is a genuine rehabilitative treatment that tones and strengthens the skin, balances the body fluids and energy, and relaxes both body and mind.

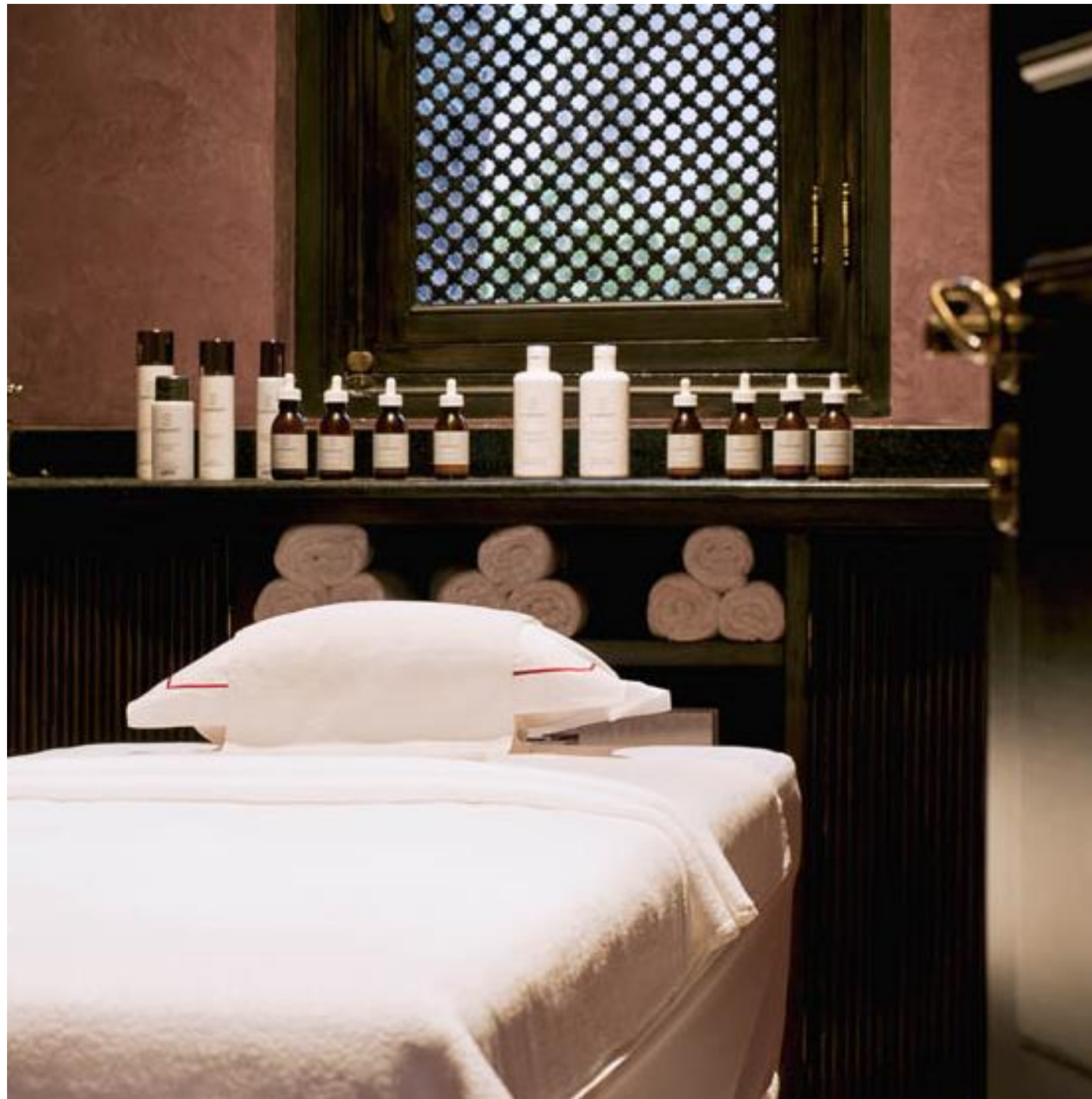
PHY TO-MUD THERAPY

This involves the application of a body wrap that consists of a mixture of white or green clay enriched with microalgae and pure essential oils, and is the second step of the hydro-energetic treatment. The combined effect of essential oils and minerals further drain, detoxify and revitalise the body depending on the application time, and is helpful to eliminate physical / muscular as well as psychological / stress tension.

HYDROJET TREATMENT

In this final treatment, a pressure-jet adds a cold mechanical stimulus to the thermal action to improve toning and firming effect of the skin, to increase the metabolic rate, and further to improve the peripheral circulation, restoring the energy and vitality of the body.





AESTHETIC DEPARTMENT

Detoxify, revitalise and rejuvenate yourself with a selection of personalised aesthetic body and facial treatments. Rediscover the beauty within you through specific treatments that use the latest available non-invasive aesthetic technology devices in the world.

AESTHETIC BIONTOLOGY BODY TREATMENTS

CHENOT DETOX TREATMENT

55 minutes

In this fundamental first-step treatment, with the aid of specific techniques and highly detoxifying products, deep toxins are drained towards collection points in the excretory system. The combined action of manual techniques and a specific suction cup-device accelerate the body fluids in a wave-like movement, thereby facilitating the elimination of toxins, consequently stimulating cellular regeneration.

BENEFITS : *Draining, detoxifying, stimulating, rejuvenating, energising*

CHENOT ENERGI MASSAGE

55 minutes

This treatment aims to relieve and clear the energy flow in the meridians with the help of suction cups, re-equilibrates the energetic circulation, lymphatic system, and improves blood circulation, promoting an extraordinary sense of wellbeing.

BENEFITS : *Draining, detoxifying, stimulating, regenerating*

CHENOT FOOT AND HAND REFLEX TREATMENT

55 minutes

This energising therapy allows your body to rebalance itself through deep massage and stimulation of acupuncture points of the hands and feet. It also helps to reduce stiffness and maintain the flexibility of the foot and hand joints.

BENEFITS : *Deconstructing and anti-stress effect*



MASSAGE CHENOT DES PIEDS

30 minutes

This relaxing treatment make you free of all your plantar arch and legs tensions using energetic stimulation. It's ideal against heavy legs sensation or aches after a long journey. This care can be done in the relaxation room or next to the pool.

BENEFITS : *Improve body posture, reestablishing lenght and alignment of muscles and tissues.*

CHENOT CONNECTIVE TISSUE MASSAGE

55 or 90 minutes

A deep massage of muscular tissue designed to release deep, chronic tensions that are often due to muscle inflammation. This helps to relax muscles, unclog tissues and promote oxygenation.

BENEFITS : *Improves body's posture by restoring the length and alignment of the muscles and tissues.*

CHENOT LYMPHATIC MANUAL MASSAGE

55 minutes

Lymphatic drainage is a delicate, soft harmonious treatment that is performed in a rhythmic way. It is exceptionally relaxing, it improves the circulation of fluids in the body, promotes the elimination of stagnant lymph tissues and strengthens the immune system.

BENEFITS : *Feeling of lightness, reduced leg edema and water retention*

CHENOT RELAXING MASSAGE

55 minutes

This unique body massage promotes physical and mental relaxation for a profound feeling of wellbeing according to the energetic concept found in the Chenot Method. This helps relax muscles and frees the mind, helping to recuperate after extensive physical or mental effort.

BENEFITS : *Deconstructing and anti-stress effect*

AESTHETIC BIONTOLOGY BODY TREATMENTS

CHENOT INDULGENCE PRENATAL MASSAGE

55 minutes

This relaxing massage is specifically designed for pregnant women. It reduces muscular pain in the lower back, relaxes the legs and feet, and also improves blood and lymphatic circulation.

BENEFITS *Eases muscular discomforts in areas such as the lower back and neck, calf cramps, and also helps with tension and tightening of the body.*

CHENOT SCALP TREATMENT

55 minutes

This treatment involves manual stimulation of the scalp through the use of a vibrating device, and the application of essential oils that are useful in improving blood and energetic circulation along with promoting greater tissue oxygenation. The objective is to release compression and tension in the cranial, neck and shoulder areas, which alleviates stress and pain.

BENEFITS *Eases muscular discomforts in areas such as the lower back and neck, calf cramps, and also helps with tension and tightening of the body*

CHENOT CELLULITE TREATMENT

55 minutes

This treatment involves drainage and a deep massage of the targeted areas with the aid of Cellutec. This allows better absorption of the essential oils and algae that are used to accelerate the removal of the deposited cellulite.

BENEFITS *Increases blood circulation and improves the elimination of toxins and metabolic wastes that cause cellulite.*



CHENOT ABDOMINAL TREATMENT

55 minutes

This treatment consists of a gentle but deep manual massage in the abdomen area that moves toxins out of the body and improves bowel function. Combined with the electrical stimulation of energy points, it frees the abdomen from swelling and helps to mobilise fat.

BENEFITS *Improves bowel function and the elimination of toxins and meta- bolic wastes.*

CHENOT REGENERATING TREATMENT

55 minutes

The body is designed to release 70% of its toxins through breathing, and effectively breathing helps the body to release its toxins. When the body is tense, it develops constraints, muscles tighten and breathing becomes shallow. Shallow breathing leads to the body not able to receive the adequate amount of oxygen needed. This treatment is designed to optimise breathing by opening the diaphragm, and allowing it to de-contract and relieve tension.

BENEFITS *Promotes deeper and easier breathing*

AESTHETIC BIONTOLOGY FACIAL TREATMENTS

CHENOT PURIFYING DETOX TREATMENT

55 minutes

This is a detoxifying and exfoliating treatment that promotes cell renewal and restructure in the epidermis. This deepcleansing treatment removes impurities and helps to energise dull skin by removing metabolic waste that has accumulated over time in the tissues. The skin becomes healthy and radiant.

BENEFITS : *Purified, invigorated, smooth and fresh skin*

CHENOT ILLUMINATING AND NOURISHING TREATMENT

55 minutes

This treatment is aimed to provide the skin with nourishment and hydration with the use of specialised products that balance the tissue with the vitamins and minerals that it needs. The energetic massage stimulates the connective tissue and improves the flow of energy to bring vitality and radiance to the skin.

BENEFITS : *Zero imperfection, a relaxed face with a moisturised complexion*

CHENOT ANTI-AGING REGENERATING TREATMENT

55 minutes

This treatment combines special massage technics with electric simulation in order to act in synergy on the cellular level. This action stimulates skin's natural defenses and neutralizes free radicals. It improves skin's elasticity and firmness, avoiding collapse. This treatment is excellent for dehydrated and mature skin.

BENEFITS : *Fresher and firmer skin, full tonicity.*

CHENOT FACIAL TREATMENT FOR MEN

This treatment has been carefully created through expert men's skin knowledge.

It starts with a deep cleanse and exfoliation followed by a precise massage designed to stimulate cell renewing process and to counteract aging.

BENEFITS : *Deeply relaxing and anti-aging, it revives and oxygenates the skin, achieving a healthy younger look.*





CHENOT FACIAL DRAINAGE MASSAGE

55 minutes

This treatment is designed to help promote a radiant complexion, a softer facial contours, and to tone the skin. By activating the lymphatic system, the drainage massage has a decongestant effect, leaving eyelids less swollen and the entire face more luminous.

BENEFITS *Reduces puffiness, decreases bruising and recovery time following surgery.*

CHENOT NECK, ARM AND NECKLINE TREATMENT

55 minutes

This treatment restores tone and firmness to the tissues of the neck, décolleté and arms due to the action of a specially formulated blend of pure and natural essential oils that is combined with the Chenot drainage technique and electrical stimulation. Vibration with a device helps to tone the tissues.

BENEFITS *Promotes deeper and easier breathing*

CHENOT FACE AND HEAD MASSAGE

55 minutes

This treatment stimulates the energy points and zones of the head in a very effective method in order to alleviate tension and relax the scalp and facial areas, to remove the lymph from the head, to smooth wrinkles and to restore the skin's elasticity.

BENEFITS *Improves blood circulation to reduce wrinkles and restore tone in the face.*

CHENOT EYES TREATMENT

30 minutes

This exclusive treatment for the eye area uses a combination of active ingredients that are rich in minerals and vitamins. The treatment consists of the application of decongestants and corrective actions that ensure optimal hydration and multi-active protection of this delicate and sensitive skin. The result alleviates signs of fatigue, swelling, bags and dark circles under the eyes.

BENEFITS *Leaves a relaxed and radiant eye area with greatly reduced fine lines.*

ADVANCED TECHNOLOGY AESTHETIC TREATMENTS

PHOTOMODULATION LED

35 seconds

Anti-aging, anti-redness action: Treatment that promotes the production of collagen and blocks the negative effects of collagenases (enzyme that block the production of collagen).

LAP EX LASER

30 minutes

A very safe laser that offers a painless and completely non-invasive treatment for targeted fat reduction and body contouring. It is appropriate for every skin type, and can treat virtually all body areas.

ICOONE

30 minutes

Involves kneading of the soft tissue and skin with negative action. It effectively stimulates these areas and improves cellulite appearance. It also improves the circulation and oxygenation of the skin as well as improves its tone.

CAVITATION

30 minutes

An aesthetic treatment based on inaudible low-frequency ultrasound. For the reduction of fat in any part of the body such as arms, legs, abdomen, thighs, neck, buttocks, but also to combat the formation of fibrous cellulite, responsible for the orange peel skin.



BIPOLAR RADIO-FREQUENCY

30 minutes

Offers a firming action, and is an effective method to treat sagging skin, cellulite, localised adiposity and stretch marks. It is non-invasive, painless, fast and efficient, as well as stimulates collagen and fibroblasts. Up to two treatment areas can be combined in one session.

FACIAL CONTOURING

30 minutes

ABDOMEN

30 minutes

ARMS

30 minutes

LEGS

30 minutes

ULTRASONIC FACIAL PEELING

30 minutes

Ultrasonic facials purify your skin in depth, leaving it smooth and shiny. Combining the action of ultrasounds and vibrations, this method removes make up residues, impurities and smog, effectively rejuvenating and cleansing your skin. This treatment promotes the cell renewal process by enhancing oxygen and circulation thanks to the delicate touch of a wand or paddle that is used to lightly stroke and pat the skin to release in depth all of its active principles. Effective and painless, ultrasonic facials leave no undesirable signs and don't irritate the skin. It's recommended for all skin types, from very delicate and sensitive skin to normal, dry, acneic and oily skin.

TRADITIONAL AESTHETIC TREATMENTS

BODY DEPILATORY TREATMENTS

Our advice: Do not attend a steam bath or sauna before the hair removal procedure.

TOTAL LEG	UNDER ARM WAX
HALF LEG	CHIN & LIP
BRAZILIAN BIKINI LINE	BACK
INTEGRAL BIKINI	CHEST
TOTAL ARM	STOMACH
HALF ARM	INTEGRAL BODY

SHAPING AND TINTING

EYEBROW SHAPE <i>30 minutes</i>	FACIAL CONTOURING <i>30 minutes</i>
EYELASH TINT <i>30 minutes</i>	ABDOMEN <i>30 minutes</i>
EYEBROW TINT <i>30 minutes</i>	ARMS <i>30 minutes</i>
	LEGS <i>30 minutes</i>



SEMI-PERMANENT NAIL POLISH APPLICATION

SEMI-PERMANENT MANICURE

MANICURE

FRENCH MANICURE

75 minutes

CHENOT MANICURE

55 minutes

A hand and nail treatment that includes a skin refiner exfoliation and a therapeutic massage. The hands and nails are dipped into warm paraffin wax and wrapped in mitts to condition and nourish.

PEDICURE

FRENCH PEDICURE

75 minutes

CHENOT PEDICURE

55 minutes

A foot and nail treatment that includes a softening exfoliation and healing massage. The foot is enveloped in warm paraffin wax to deeply nourish and condition, leaving the feet soft and smooth.

HAIR DRESSER SERVICES AND MAKE-UP

On demand and upon availability.



THE MOROCCAN RITUAL

45 minutes - Scrub and Rassoul wrap

In the warmth of the hammam, a warm mud from the fertile valleys of Morocco, abundant in health and beauty elements, is generously applied to the entire body, stimulating the release of impurities and the absorption of the skin enriching minerals. This double-action property of the wrap provides deep purification of the body without irritating the skin along with deep hydration, leaving a great sense of complete renewal.

HAMMAM SELMAN'S SIGNATURE

75 minutes - Scrub and Rassoul wrap

A traditionnal maroccan Hammam for body detoxification that remove each toxin of the skin with a complete care from the head to the feet in a steam bath for a total relaxation. In order to make the experience unforgettable, we add to this care, 30 min of hydratation with oils perfumed with orange blossom, verbena or sweet almond fragrances.



WELLNESS DEPARTMENT

The Wellness Department is dedicated to supporting physical activity and improving the purification, rebalancing and harmonisation process of the body. With the expert advice of a personal trainer, suitable programmes are offered to clients with the aim to achieve the optimum level of personal fitness.

PILATES

Pilates method, sometimes called « Pilates » is a physical activity system developed at the beginning of XXIth century by a sport and human body passionate: Joseph Pilates. Pilates method is practiced with a carpet, with or without accessories, using an appropriate machine. The goal is to develop deep muscles, improve posture, muscular balance and articular easing, for a maintenance, an improvment or a restoration of physical fonctions.

KINESYS

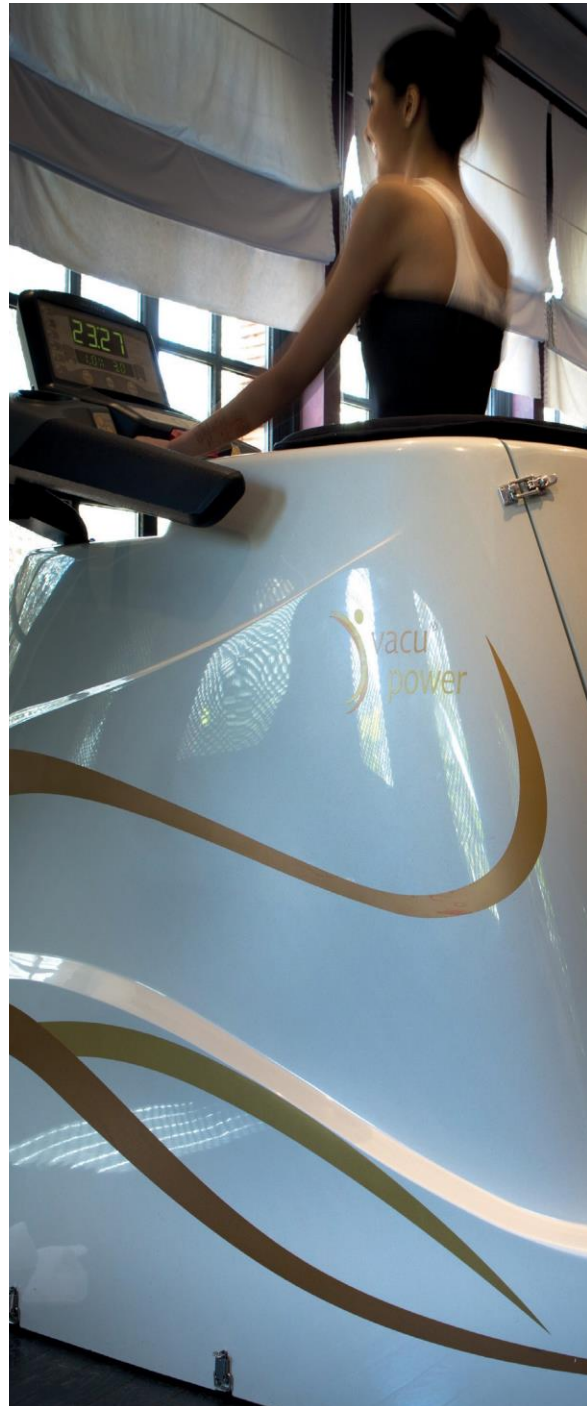
This equipment, its userfriendly design, allows over 200 exercises with unlimited movement to improve strength, flexibility, stability and posture of the body. The exercise program is conducted under the supervision of a personal trainer.

VACU POWER

An innovative technology designed for effective body sculpting and gentle improvement of the silhouette. Combines the advantages of physical exercise (treadmill) and vacuum therapy. The aim is to act especially on those parts of the body that accumulate fat such as abdomen, hips and buttocks. The exercise program is conducted under the supervision of a personal trainer.

PERSONAL TRAINING

Private lessons with a final assessment and advice for carrying out proper training at home.



TAI-CHI

Tai-Chi is an ancestral martial art wich is based on Qi work (people vital energy) from Chinese medicine. It permits to reach a state of interior tranquillity and it also harmonises this vital energy. It's concidered as a kind of moving meditation . Tai-Chi has for final goal to harmonise body and spirit, thanks to breath control (which must be slow and deep) and thanks to the execution of special movments.

BOXE

English Boxing is a combat sport practised since the XVIIIth century, one by one , based on percussion's hit using padded gloves. It allows to work cardio and muscular resistance while increasing reflexes.

AQUA GYM

Aqua Gym is also an excellent way to improve athletic ability by using the water's natural resistance to build strength and improve muscle tone, with low impact on joints.

STRETCHING

Stretching methods allow a progressive lengthening of muscles with the ability to complete new movments. It's the perfect exercise to increase flexibility. In this way, it's a true sport's complement wich increases performance and limits accidents.

Stretching is practised by sport professionals before and after training in order to put their muscles in effort conditions and in order to end a training or a competition properly.

SUMMARY OF BODY AND FACIAL BEAUTY TREATMENTS

ABDOMINAL TREATMENTS

- Chenot Manual Abdominal Treatment
- Bipolar Radio Frequency
- Icoone
- Lapex

BRIGHTENER FACIAL TREATMENTS

- Chenot Facial Drainage Massage
- Photo modulation Led
- Chenot Neck, Arm and Décolleté Treatment
- Chenot Illuminating and Nourishing Treatment
- Ultrasound Facial Peeling

CELLULITE TREATMENTS

- Chenot Cellulite Treatment
- Icoone
- Lapex
- Cavitation
- Vacu Power (with personal trainer)
- Training (with personal trainer)

VOLUME REDUCTION

- Chenot Lymphatic Massage
- Icoone
- Lapex
- Vacu Power (with personal trainer)



ANTI-AGE FACIAL TREATMENTS

- Chenot Anti-Aging Regenerating Treatment
- Photo modulation Led
- Chenot Neck, Arm and Décolleté Treatment
- Chenot Scalp Treatment
- Bipolar Radio Frequency

DOUBLE CHIN TREATMENTS

- Chenot Facial Drainage Massage
- Chenot Neck, Arm and Décolleté Treatment
- Bipolar Radio Frequency
- Icoone

FIRMING AND LIFTING

- Chenot Neck, Arm and Décolleté Treatment
- Icoone
- Bipolar Radio Frequency (double chin, arms, abdomen, legs and buttocks)
- Vacu Power (with personal trainer)
- Training (with personal trainer)

FACIAL DETOX TREATMENTS

- Chenot Purifying Detox Treatment
- Led Photomodulation
- Ultrasound Facial Peeling

SCALP TREATMENTS

- Chenot Scalp Treatment
- Chenot Face and Head Massage

SPA ETIQUETTE



OPENING HOURS

The *Espace Vitalité Chenot* is open every day from 9 AM to 8.30 PM. (The Hotel reserves the right to alter the time schedule according to the season without any prior notification).

APPOINTMENTS AND ADVANCE BOOKINGS

We highly recommend to book in advance to ensure that your preferred time and treatment is available.

From the room dial: 8800

From outside dial: +212 524 45 96 87

Per email: spa@selman-marrakech.com

To confirm your appointments, we kindly ask you to provide your credit card details.

TREATMENTS

If you require further information or advice, our team is at your full disposal. To schedule an appointment, please speak with our Spa reception specialists who will happily assist you in choosing the right options.

DRESS CODE AND LOCKERS

A locker will be at the disposal of each guest. We will provide a robe, slipper, shower cap, as well as all the needed amenities while you are visiting the Spa facilities.

ARRIVAL TIME

We recommend that you check into the *Espace Vitalité Chenot* at least 20 minutes prior to your scheduled appointment. This allows us to welcome you and introduce you to the facilities, while also allowing time to briefly discuss your treatment expectations. In the event that you are running late for an appointment, a courtesy call would be greatly appreciated. When possible, we will try to ensure full treatment time for late arrivals, but to accommodate the next scheduled guest, your treatment time may be reduced.

PAYMENT / CANCELLATION

Major credit cards are accepted. Payments in cash or with foreign currency are accepted. Payments can be charged directly to your room. A 50% cancellation charge will be incurred for any Spa programme or treatment cancelled 24 to 12 hours prior to an appointment. A 100% cancellation charge will apply for any treatment or Spa programme cancelled less than 12 hours prior to appointment. All pre-paid programmes are non-refundable and non-transferable.

All prices are quoted in MAD and are subject to change at any time.

AGE REQUIREMENTS

We are delighted to offer treatments for children under 16 years old, however an adult must accompany them.

LOSS OR DAMAGE

We regret that we cannot be held responsible for any loss or damage to personal belongings.

VALUABLES

No jewellery should be worn in the Spa / Gym and pools. Lockers are provided in the changing room as well as safety boxes in the hotel reception for your use. The client is responsible for his/her locker key whilst in the Spa area.

RESTRICTION OF THE USE

The Spa is a retreat for your body, mind and spirit. For the consideration of others, we request that visitors keep noise to a minimum. We request that you respect other guest's privacy by speaking softly. The use of cellular phones and electronic devices, as well as alcohol and tobacco, are strictly prohibited.

SPA BOUTIQUE

The *Espace Vitalité Chenot* prides itself on the high level of treatment in the comfort of your own house, we offer a range of Chenot products in our Spa Boutique. Our therapists are highly trained and knowledgeable, and will happily advise you in selecting the appropriate products.

HEALTH CONDITIONS

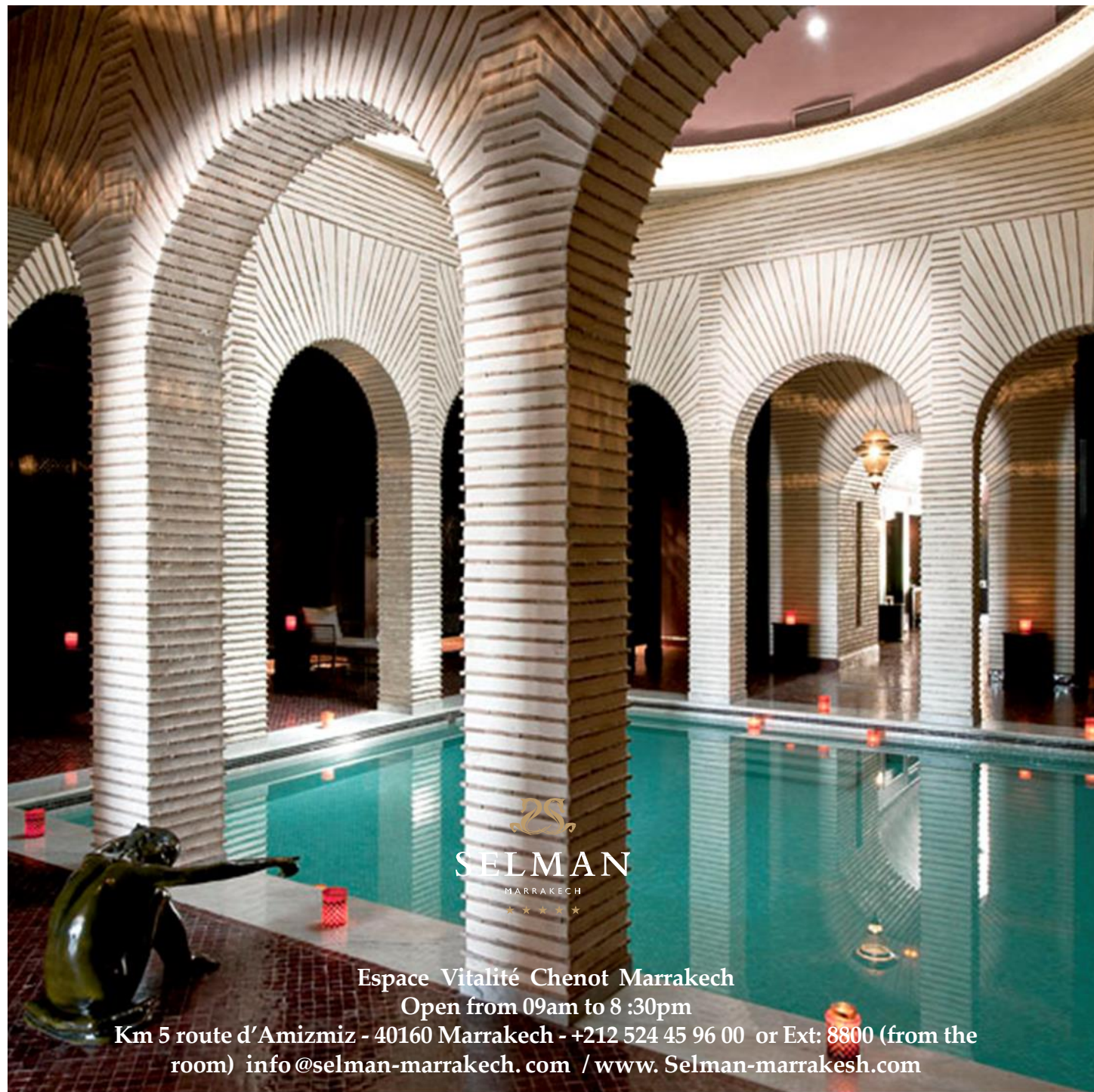
When making your Spa reservation, please advise us of any health conditions, allergies or injuries that could affect your handling.

ACCIDENT AND INJURIES

The *Espace Vitalité Chenot* shall not be liable for accidents or injuries suffered by guests using the facilities.

GIFT CERTIFICATE PURCHASING

Gift certificates for our Spa treatments are available at the Spa Reception.




SELMAN
MARRAKECH
★★★★★

Espace Vitalité Chenot Marrakech

Open from 09am to 8 :30pm

Km 5 route d'Amizmiz - 40160 Marrakech - +212 524 45 96 00 or Ext: 8800 (from the room) info@selman-marrakech.com / www.Selman-marrakesh.com



Aesthetic Biontology

CHENOT BIO-ENERGETIC BODY BEAUTY TREATMENTS

Chenot Detox Treatment	55 min	1300 MAD
Chenot Energetic Massage (meridians)	55 min	1300 MAD
Chenot Connective Tissue Massage	55 min	1300 MAD
Chenot Relaxing Massage	55 min	1300 MAD
Chenot Relaxing Massage	90 min	1950 MAD
Chenot Cellulite Treatment	55 min	1300 MAD
Chenot Lymphatic Drainage	55 min	1300 MAD
Chenot Prenatal Massage	55 min	1300 MAD
Chenot abdominal massage	55 min	1300 MAD
Chenot Foot and Hand Reflex Massage	55 min	1300 MAD
Chenot Scalp Treatment	55 min	1300 MAD
Chenot Regenerating Treatment	55 min	1500 MAD
Chenot head and shoulders massage	55 min	1500 MAD

HYDRO-BIONTOLOGY

Hydro-Aromatherapy	25 min	700 MAD
Phyto-Fangothérapie	25 min	800 MAD
Hydrojet	10 min	200 MAD
Hydro-Energy Treatment	60 min	1700 MAD



CHENOT BIO-ENERGETIC FACE BEAUTY TREATMENTS

Chenot Purifying Detox Treatment	55 min	1600 MAD
Chenot Skin Brightener Treatment	55 min	1600 MAD
Chenot Anti-Aging Regenerating Treatment	55 min	1600 MAD
Chenot Facial and Scalp Massage	55 min	1100 MAD
Chenot Neck and Arm Treatment	55 min	1400 MAD
Chenot Eyes Treatment	30 min	900 MAD
Chenot Facial Drainage Massage	55 min	1400 MAD
Chenot Facial Treatment for men	55 min	1400 MAD
Chenot Facial massage for men	30 min	1000 MAD



HIGH-TECHNOLOGY BEAUTY TREATMENTS

BIPOLAR RADIOFREQUENCY Session of 30 minutes

Face / Neck / Abdomen / Arm / Legs / Buttocks	1600 MAD
Package 3 treatments	4200 MAD
Package 6 treatments	7800 MAD

LAPEX Session of 30 minutes

Price per session	1100 MAD
Package 3 treatments	2900 MAD
Package 6 treatments	5400 MAD

ICOONE Session of 30 minutes

Price per session	1100 MAD
Package 3 treatments	2900 MAD
Package 6 treatments	5400 MAD

CAVITATION Session of 30 minutes

Price per session	1600 MAD
Package 3 treatments	4200 MAD

FACE PEELING WITH ULTRASOUND

Price per session	2100 MAD
Package 3 treatments	5300 MAD

LED PHOTOMODULATION

From 1100 MAD per zone	
Package 3 treatments	2900 MAD
Package 6 treatments	5400 MAD



The Moroccan Ritual

Black Soap Treatment	20 min	400 MAD
Sugar Scrub Beauty Ritual	30 min	600 MAD
Traditional Hammam	45 min	700 MAD
Hammam Selman's Signature	75 min	1200 MAD

TRADITIONAL BEAUTY TREATMENTS

WAXING

Lips and Chin Wax or Eyebrows	250 MAD
Umber arm	200 MAD
Arm	350 MAD
Forearm	250 MAD
Half Leg	350 MAD
Full Leg	500 MAD
Brazilian Bikini	350 MAD
Bikini	450 MAD
Stomach	200 MAD
Back of Chest	450 MAD

MANICURE / PEDICURE

Nail polish	200 MAD
Manicure with nail polish	400 MAD
Pedicure with nail polish	550 MAD
Manicure with semi-permanent nail polish	450 MAD
Pedicure with semi-permanent nail polish	550 MAD
Semi-permanent nail polish removal	300 MAD



The Fitness Center

VACU POWER

30 minutes session

500 MAD

Package of 5 sessions

2000 MAD

POWER PLATE

30 minutes session

250 MAD

Package of 5 sessions

1000 MAD

PERSONAL TRAINER

Functional Training

60 minutes session

800 MAD

30 minutes session

400 MAD

YOGA TONIC

60 minutes session

600 MAD

TRADITIONAL YOGA

60 minutes session

1000 MAD

PILATES ON THE GROUND

60 minutes session

600 MAD

Free access to all Spa facilities (complimentary for in house customers only).

Open from 7am to 8:30 pm



AQUAGYM

60 minutes session

600 MAD

AQUA STRETCHING

60 minutes session

600 MAD

AQUA DYNAMIC

60 minutes session

600 MAD

STRETCHING

45 minutes session

500 MAD

BOXE

60 minutes session

800 MAD

TRX

60 minutes session

600 MAD

TAI-CHI

60 minutes session

600 MAD

FITNESS PROGRAM

Discovery Session, Tailor-made program (4 Weeks)

1500 MAD

Free access to all Spa facilities (complimentary for in house customers only).
Open from 7am to 8:30 pm