



CHENOT

SPA



SELMAN MARRAKECH
MOROCCO

“You need to live in harmony with yourself
to be in good health.”

Henri Chenot

CONTENTS



Introduction

4

The Journey to Wellness

8

Aesthetics

12

Nutrition

30

Sports & Physical Activities

34

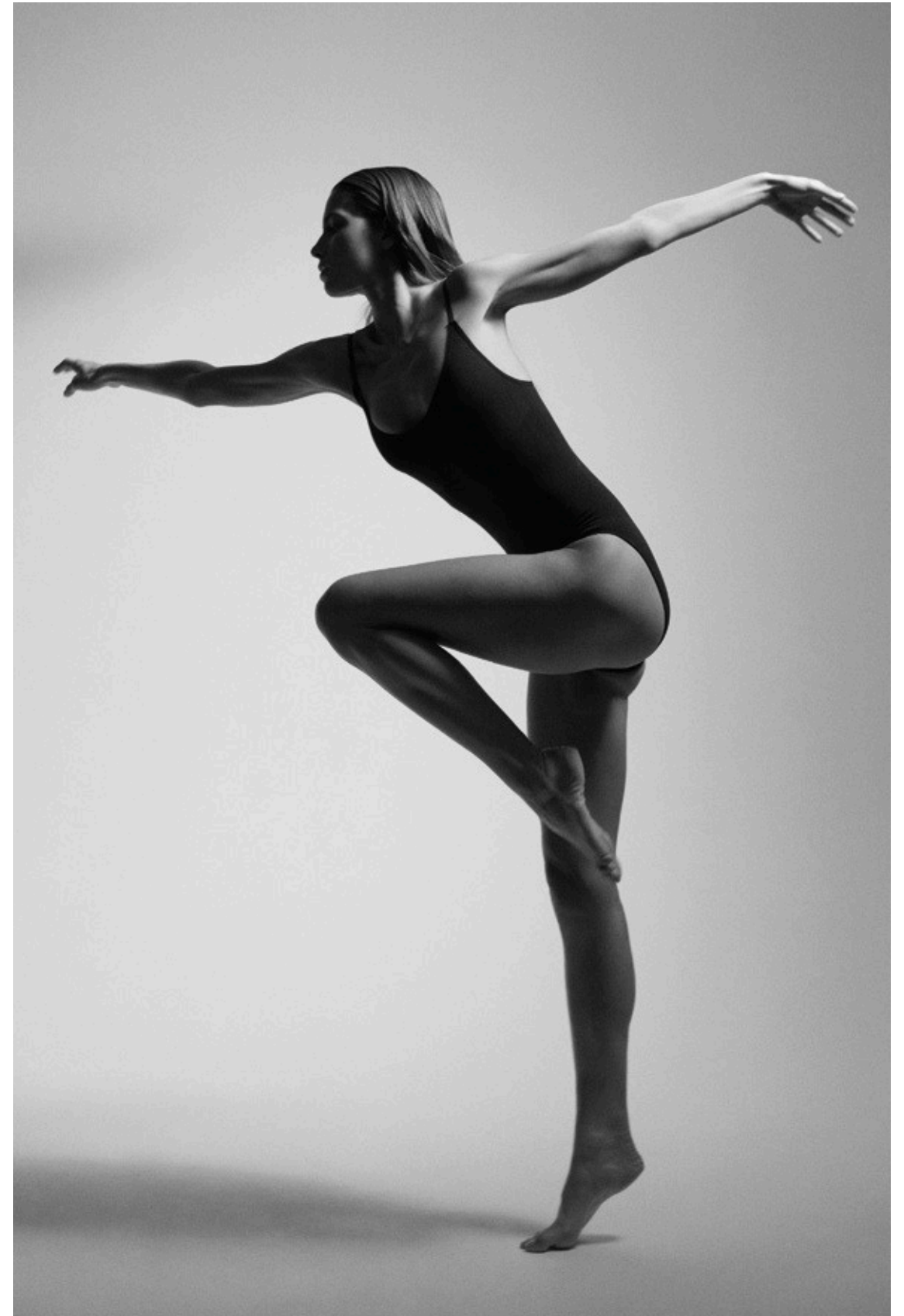
The Chenot Programmes

40

Chenot Spa Guide

56

Annex Hammam



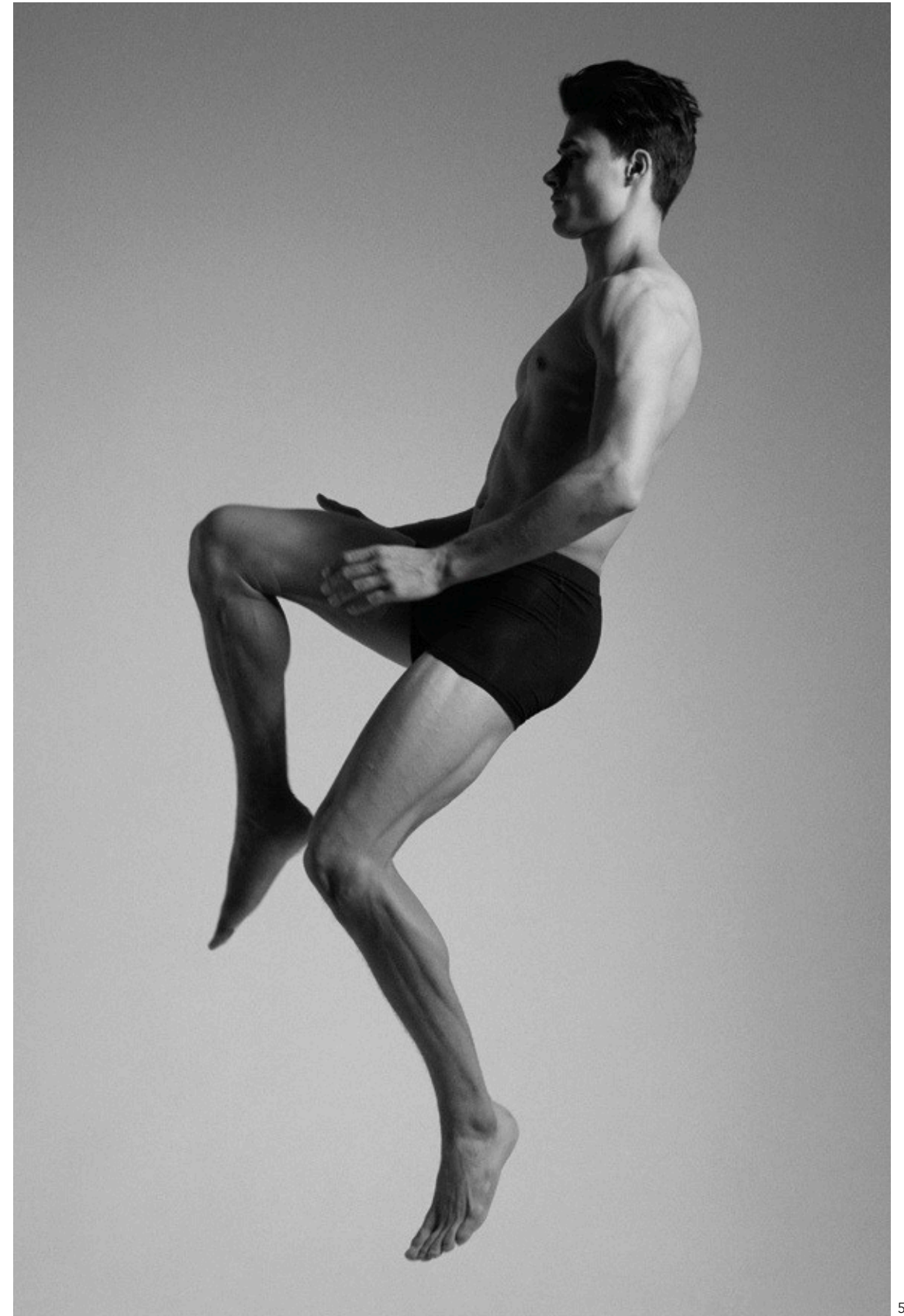
Introduction

The First Step in Your Wellness Journey

Chenot Spa is a nurturing introduction to health wellness.

Chenot Spa at Selman Marrakech is respectful of the local Moroccan culture, with offerings especially designed to be easily enjoyed as part of your holiday.

Chenot Spa at Selman Marrakech creates a unique and symbiotic wellness interaction that extends far beyond traditional spa services, and elevates your experience from act to art. Prepare to open your senses, unify your mind, body and spirit and discover an introduction to absolute health wellness. With Chenot's holistic approach to wellness at its core, Chenot Spa at Selman Marrakech invites you to unwind, rebalance and enrich your spirit.

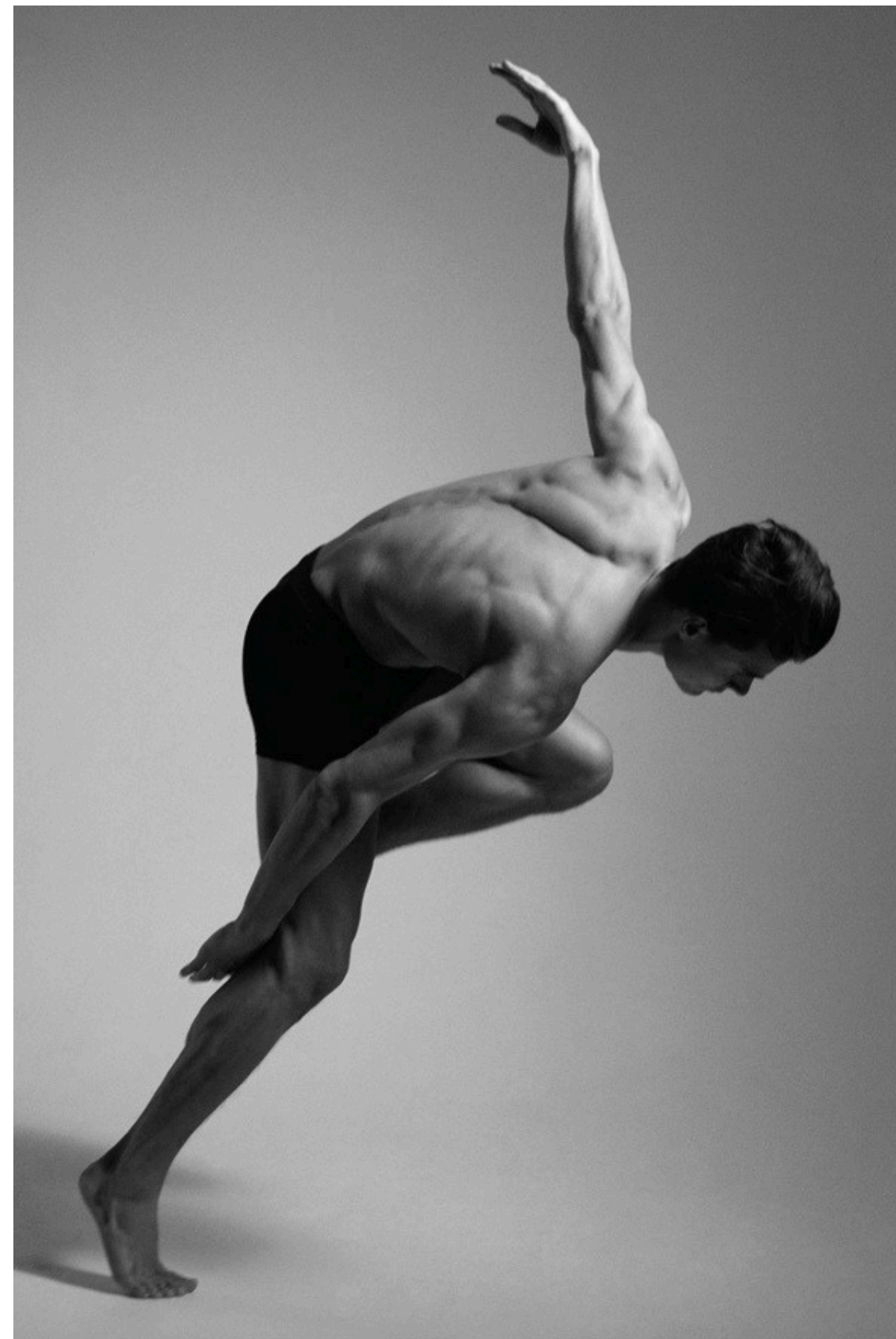




Selman Marrakech and Chenot share a common passion for living well. Selman providing playgrounds for active and mindful discovery, and Chenot with almost 50 years of research applied to the science of wellness. Beautifully designed by noted french architect, Jacques Garcia, the resort provides the perfect backdrop for your journey into wellness.

We invite you to calm, purify and pamper yourself – to awaken your inner spirit and become active with an extensive choice of sports and fitness activities. We also offer a wide range of aesthetic treatments to help restore natural beauty. Ultimately, our aim is to leave you feeling fully recharged and full of vitality.

THE JOURNEY
TO WELLNESS



The Journey to Wellness

The Pillars

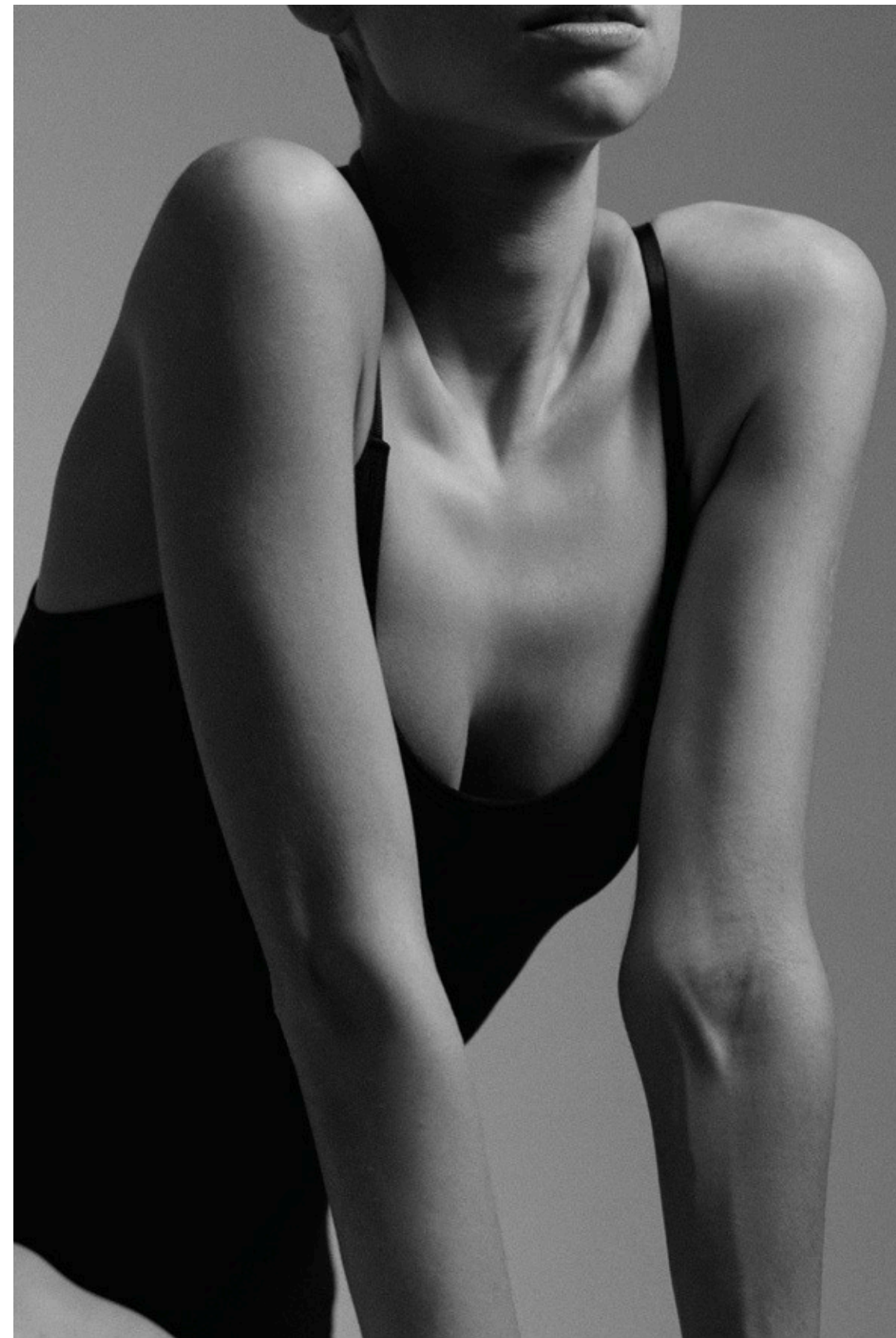
Each Chenot Spa experience is personalised to your individual needs and goals. Three pillars underpin each of the treatments at Selman Marrakech:

- Aesthetics
- Nutrition
- Sports & Physical Activities

By selecting different combinations of treatments you can build a programme based on your chosen intensity and duration. We have also curated alternative programmes for those wishing to unlock optimal energy, functionality and vitality. Alternatively, you may simply sample Chenot with a specific treatment, as an introduction to your wellness journey. We are happy to help.



AESTHETICS



Chenot Actifs

Chenot Actifs are super-charged emulsions infused with plant-based essential oils - extracted with a traditional steam process.

They are 100% pure, effective and natural. By only harvesting the plants when they are at their best, we ensure optimal results. Chenot Actifs deliver high grade benefits to specific organs and body functions.

They have a wide ranging impact from reducing or eliminating the build-up of toxins to relieving pain, stress and fatigue. A critical part of our mission to build mental and physical vitality.

The Actifs collection has seven products – Yin, Yang, Relax, Dtx, Solvant, Cellulite and LMF – each delivering a specific result. Chenot actifs are fragrance free. Their natural scents are a powerful part of the sensory experience and healing.



Aesthetics

BODY MESSAGES AND TREATMENTS

Chenot General Drainage Massage

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

Benefits

Drains and eliminates waste and toxins.

55 minutes

Chenot Connective Tissue Massage

A deep muscle tissue massage designed to release chronic tensions that are often due to muscle inflammation and pain. It helps muscles to relax, to unclog stiffness, and to promote oxygenation.

Benefits

Improves posture, joint flexibility, circulation and oxygenation and reduces spasms and cramps. Improves the appearance and condition of the skin.

55 minutes

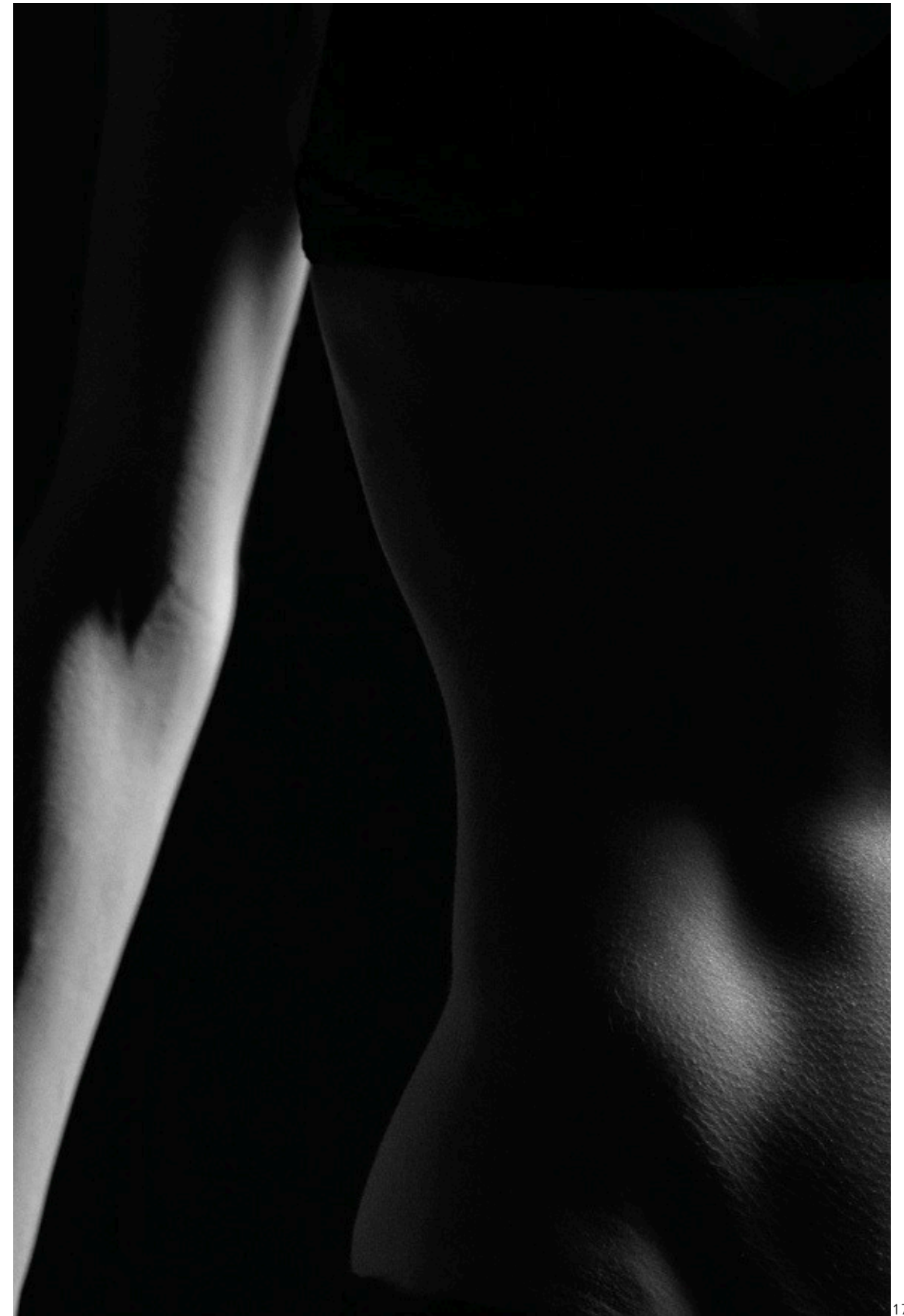
Chenot Energetic Massage

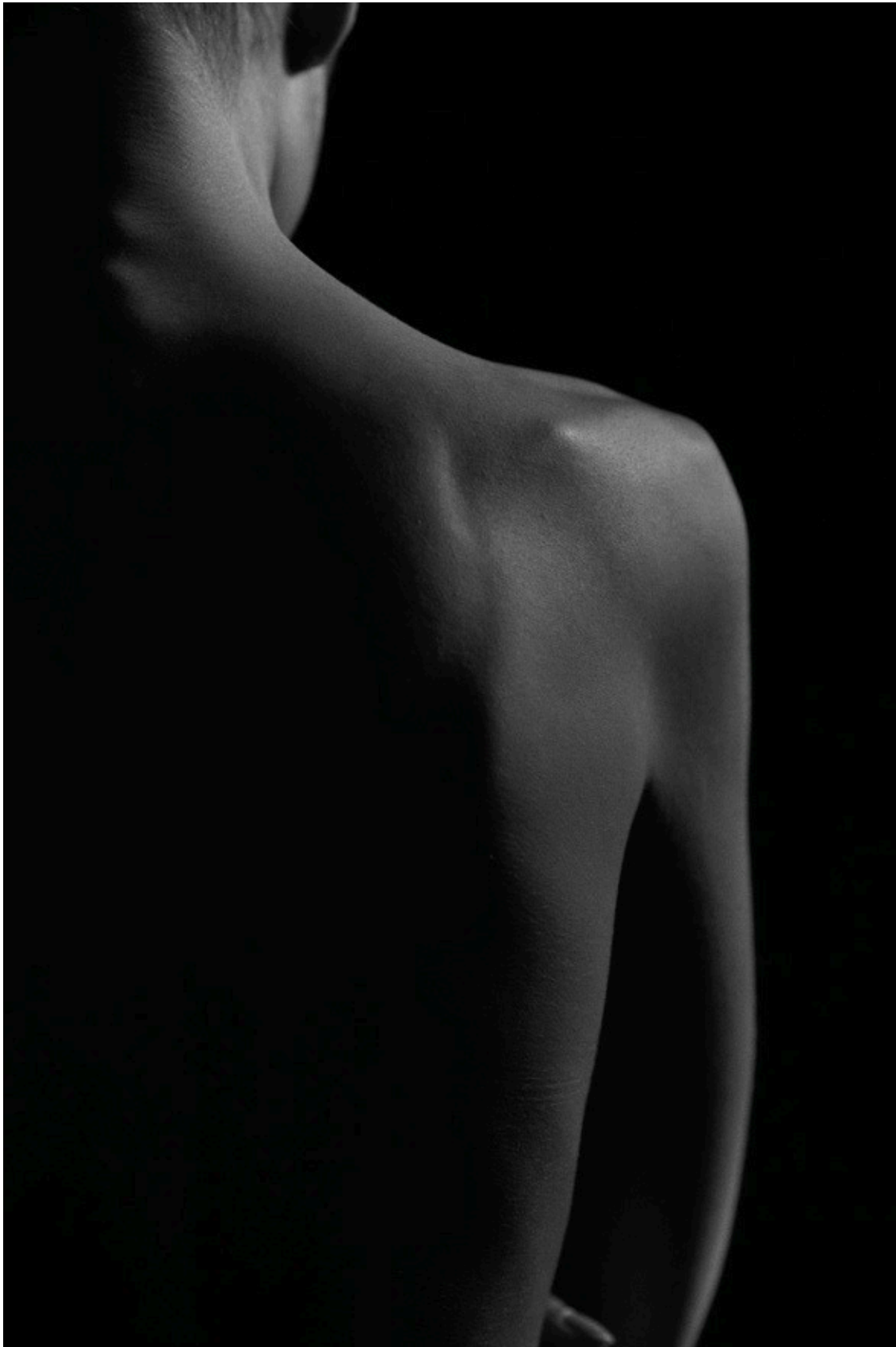
This treatment aims to relieve and clear the energy flow in the meridians. With the help of suction cups re-equilibrates the energetic circulation, lymphatic system, and improves blood circulation promoting an extraordinary sense of wellbeing.

Benefits

Activates meridians and re-energises the body

55 minutes





Aesthetics

BODY MESSAGES AND TREATMENTS

Chenot Head & Shoulders Massage

This treatment aims to release tension in the cranial, neck and shoulder areas and alleviate stress and pain. It improves blood and energetic circulation and promotes greater tissue oxygenation.

Benefits

Relaxes and releases tension providing a feeling of calmness within the body. Very effective for migraines, headaches, neck and facial stress.

55 minutes

Chenot Scalp Treatment

This treatment involves manual stimulation of the scalp through the use of a vibrating device and the application of essential oils which are useful in improving blood and energetic circulation along with promoting greater tissue oxygenation.

Benefits

Release compression and tension in the cranial, neck and shoulder areas, alleviating stress and pain.

55 minutes

Chenot Relaxing Massage

This unique body massage promotes physical and mental relaxation for a profound feeling of wellbeing. This helps muscles to relax and frees the body and mind to recuperate after extensive physical or mental effort.

Benefits

Relaxes, reduces stress and balances the hormones.

55 minutes

Chenot Prenatal Massage

This massage therapy is specially designed for the sensitive prenatal and the postnatal periods. It reduces muscular pain in the neck, shoulders and lower back, relaxes the legs and feet, and also improves blood and lymphatic circulation.

Benefits

Reduces tension and stiffness of the body. It is relaxing and energising.

55 minutes

Aesthetics

BODY MESSAGES AND TREATMENTS

Chenot Abdominal Treatment

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. It frees the abdomen from swelling and bloating and helps to mobilise fat into the lymph.

Benefits

Improves bowel function and eliminates toxins and metabolic wastes, providing a feeling of lightness.

55 minutes

Chenot Feet & Hands Reflex Treatment

This energising massage allows the 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

Improves the blood circulation to the hands and feet and energises the internal organs through the activation of meridians. This has a stress relieving effect.

55 minutes

Chenot Regenerating Treatment

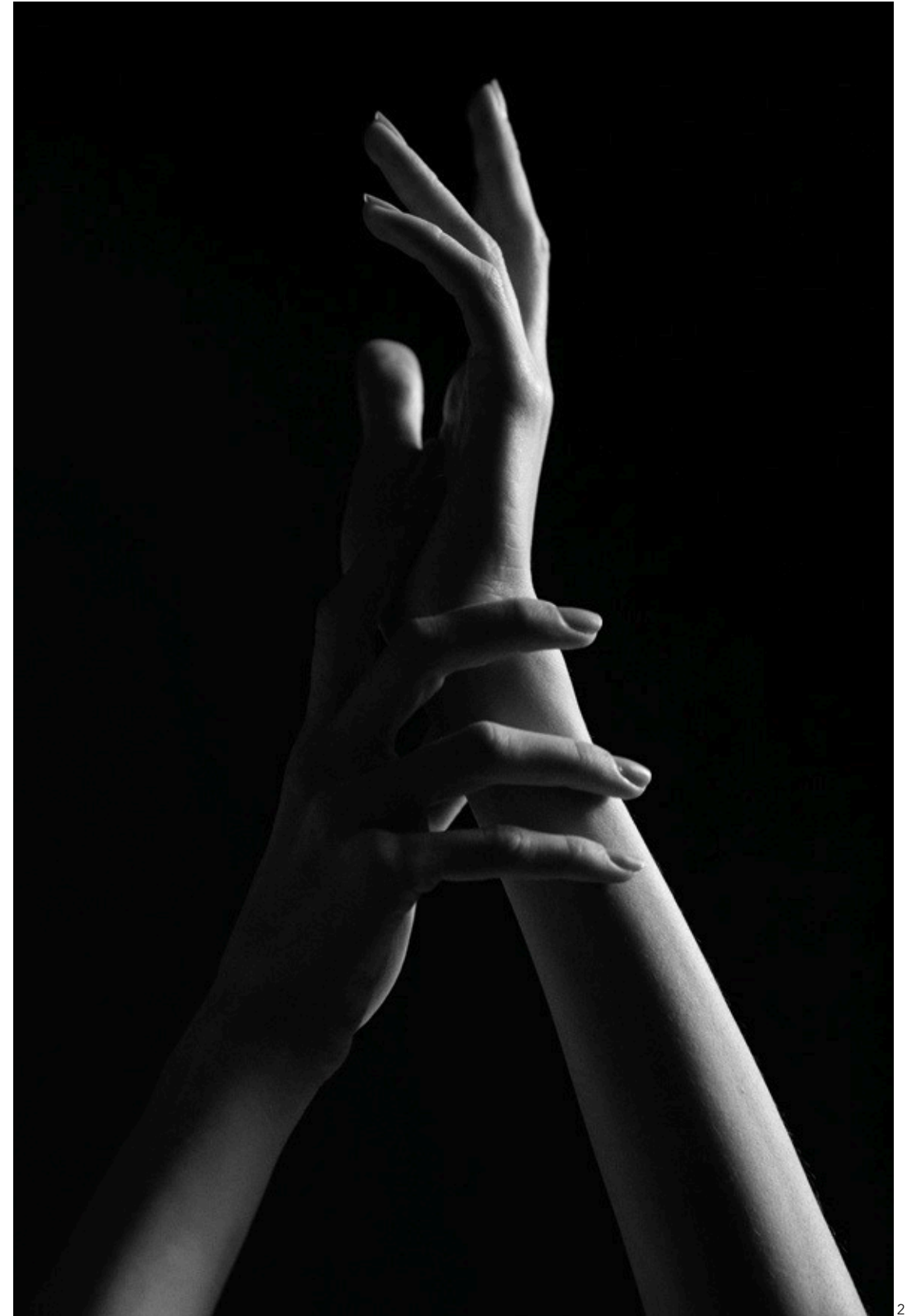
This treatment is designed to stimulate deep breathing by opening the diaphragm, ultimately deconstructing any tensions and relieving from stress, allowing energy to flow within the body.

When the body is tensed it develops constraints, the muscles get tight and breathing becomes shallow. When breathing is shallow, you are not getting the amount of oxygen that you need.

Benefits

Promotes deeper breathing, re-energises and regenerates.

55 minutes



Aesthetics

BODY MESSAGES AND TREATMENTS

Chenot Cellulite Treatment

This treatment involves a deep manual massage of the targeted areas with draining action. It is combined with specific essential oils and vibratory applicators at certain frequencies, unrolling the fat deposits from the connective tissue. It promotes blood circulation and lymphatic flow.

Benefits

Skin looks youthful and even. The connective tissue receives a flexible, soft and healthy structure.

55 minutes

Chenot Lymphatic Manual Massage

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

55 minutes

Hydrotherapy Department

Hydro - Aromatherapy

The hydro-aromatherapy is a genuine rehabilitative treatment that tones and strengthens the skin balances and the body fluids, it relaxes both body and mind.

Benefits

Combats the effects of skin ageing and improves skin appearance and its overall peripheral blood and lymphatic circulation.

25 minutes

Phyto-Mud Treatment

This involves the application of a body wrap that consists of a mixture of green clays, enriched with minerals, micro-algae and pure essential oils.

Benefits

Drains, detoxifies and revitalises the body, and it is helpful to eliminate physical (muscular) and psychological (stress) tensions.

25 minutes

Hydro - Jet Treatment

In this final phase, the process involves the application of a pressure jet adding cold and hot mechanical stimulus to the thermal action, this enables the toning and firming effects of the skin.

Benefits

Increase the metabolic rate, and further improve the peripheral circulation, restores the energy and vitality of the body.

10 minutes



Aesthetics

FACIAL TREATMENTS

Chenot Purifying Detox Facial Treatment

This is a detoxifying and exfoliating treatment that promotes cell renewal and restructure in the epidermis. This deep-cleansing treatment removes impurities, dead cells and metabolic waste and helps to energise the skin. The skin becomes healthy and radiant.

Benefits

Purifies, energises, smooths and freshens up the skin.

55 minutes

Chenot Illuminating & Nourishing Facial Treatment

This treatment provides nourishment and hydration to the skin with the use of specialised products that give tissue the optimal balance of vitamins and minerals. The massage stimulates the connective tissue, improves circulation and the flow of energy to bring vitality and radiance to the skin.

Benefits

Nourishes the face with a glowing effect. It pampers the skin leaving it exceptionally energised and hydrated.

55 minutes

Chenot Anti-ageing Regenerating Facial Treatment

This treatment consists of special massage techniques that work in synergy at the cellular level in order to stimulate the skin's natural defence and to neutralise free radicals. It improves skin elasticity and firmness and prevents sagging. This treatment is excellent for mature and dehydrated skin. It provides an immediate lifting effect that visibly rejuvenates, refines and invigorates the skin.

Skin's appearance is improved and signs of ageing are remarkably reduced.

Benefits

Energises, volumises, tones and firms the skin.

55 minutes

Aesthetics

FACIAL TREATMENTS

Chenot Facial Drainage Treatment

This treatment has a lymphatic drainage action with decongestant effect, leaving the face and the eyelids less a swollen and the entire face illuminated.

Benefits

Decongests the skin, reduces swelling and contours the face.

55 minutes

Chenot Face & Head Treatment

This treatment stimulates the energy points of the head in a very effective method in order to alleviate tension and relax the scalp and facial areas. It decongests the lymphatic system, smoothing wrinkled and restoring the skin's elasticity.

Benefits

Improves blood circulation, relieves the scalp, relaxes the face and restores its tone.

55 minutes

Chenot Eye Treatment

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 eye contour area. The result alleviates signs of fatigue, swelling, and bags and dark circles under the eyes.

Benefits

Brightens, decongests and reduces swelling, fine lines and wrinkles.

25 minutes



Aesthetics

ADVANCED AESTHETICS TREATMENTS

LAPEX LASER A safe laser that offers a painless and non-invasive treatment for fat reduction and body contouring in target areas. It is suitable for every skin type and offers visible results to all body areas.

30 minutes

ICOONE This treatment involves kneading of the soft tissue and skin with negative action. It stimulates these areas effectively and improves cellulite appearance. ICOONE improves the circulation and oxygenation of the skin, as well as improves its tone.

30 minutes

CAVITATION An aesthetic treatment based on inaudible low-frequency ultrasound. Ideal for reducing the fat in various body parts such as arms, legs, abdomen, thighs, neck, buttocks, but also for fighting against the formation of fibrous cellulite which causes the dimpled appearance on cellulite affected areas of the body.

30 minutes

BIPOLAR RADIO-FREQUENCY 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.

30 minutes

ULTRASONIC FACIAL PEELING Ultrasonic facials deeply purify your skin, leaving it smooth and glowing. 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 through the use of a specialised device that is used to lightly stroke and pat the skin to activate its enhanced regeneration process. Effective and painless, ultrasonic facials leave no undesirable signs and don't irritate the skin. It's recommended for all skin types including very sensitive to normal, as well as dry, acne-prone and oily skin.

30 minutes

Aesthetics

TRADITIONAL AESTHETICS TREATMENTS

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

Full legs, Half legs, Brazilian bikini, Bikini line, Arms, Half arms, Under arm wax, Chin & lip, Back, Chest, Stomach, Full body.

Shaping & Tinting Eyebrow shape, Facial contouring, Abdomen, Arms, Legs
30 minutes each

Manicure Semi-permanent nail polish application
Semi-permanent Manicure
French Manicure - 75 minutes

Chenot Manicure - 60 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 gloves to nourish and hydrate.

Pedicure French Pedicure - 75 minutes

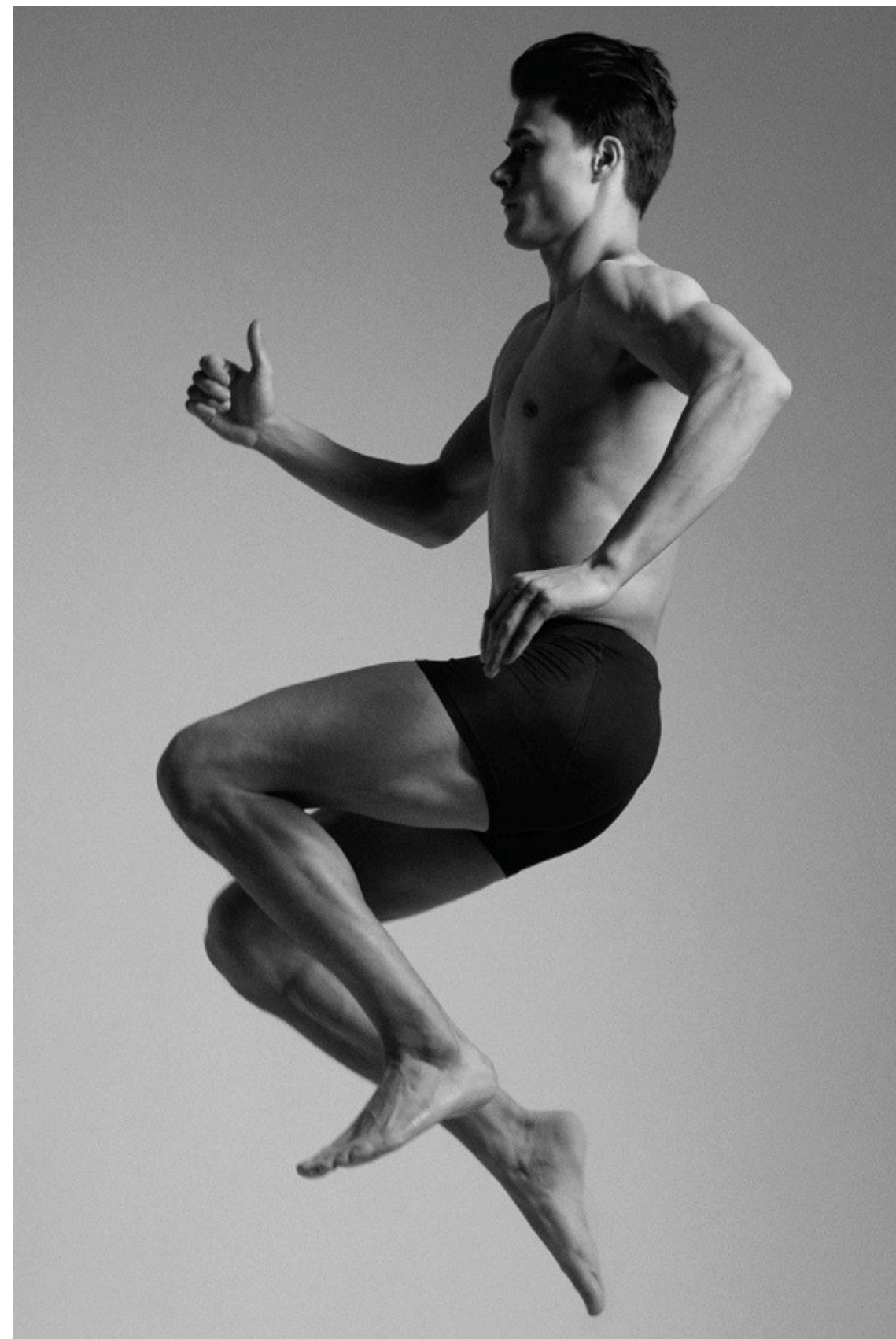
Chenot Pedicure - 60 minutes
A foot and nail treatment that includes a softening exfoliation and healing massage. The foot is enveloped in warm paraffin wax to deeply nourish and hydrate, leaving the feet soft and smooth.

Hair Dresser Services & Make-up Upon request and availability.

Hamam In keeping with local tradition, Selman Marrakech are pleased to offer a selection of Hammam experiences. The benefits of the Hammam come from the humid steam bath which brings many virtues preparing your body and mind to relax, calm down, eliminate toxins, stimulate blood circulation and find inner harmony. The ritual is done in three phases: sweating, purification and relaxation. By introducing essential oils, the body and mind enjoy the benefits of aromatherapy, enhancing your journey to well-being.

For full details of the Hammam options available to you, please ask the spa team for the full brochure.

NUTRITION



Nutrition

Bio-light Diet

Eating is to meet a physiological need. Satisfying this need is the basis of physical and mental health. A diet adapted to your lifestyle gives energy, concentration and even resistance to various diseases and improves physical and mental performance.

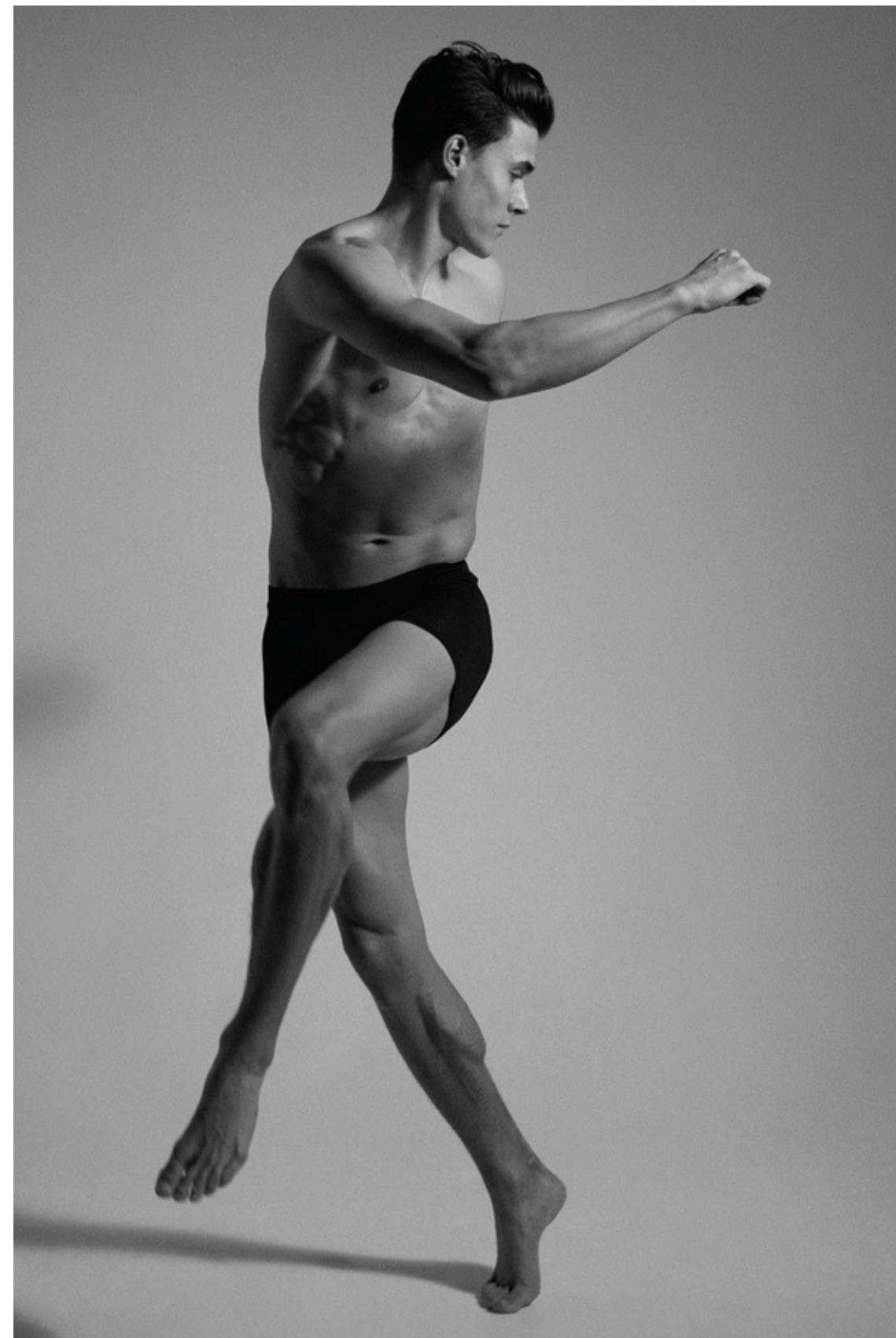
Available at participating restaurants in the resort, the Bio-light Diet is based on Chenot's healthy cooking principles. These involve selecting, preparing and processing a wide variety of ingredients in order to produce healthy, nutritious, well-balanced and tasty meals. Healthy cooking is a lifestyle choice that promotes awareness of healthier food and the benefits of better nutritional habits.

Our team takes care to formulate the dishes; from the selection, processing and cooking techniques of the foods, to creating unique recipes that combine the right balance of proteins, good fats and low glycaemic index carbohydrates. Fresh, wholesome, non-processed and organic ingredients with various properties.

Last but not least, we do not forget that the act of eating is a particularly emotional moment in our lives and we have integrated the importance of enjoying meals and stimulating all the senses.



SPORTS
& PHYSICAL
ACTIVITIES



Sports & Physical Activities

Energy, Fitness & Vitality

Unwind and exercise in world class environments with swimming pools, fitness centre, nearby golf courses, horse riding experiences or trekking in the near Atlas mountains. In addition to the range of active offerings, our coaches are available to design a personalised programme around your needs and goals. We aim to help you achieve your optimum level of physical fitness.



Sports & Physical Activities

INDIVIDUAL AND GROUP CLASSES

Personal Training

The aim of our personalised training is long-term, sustainable fitness. Together, you and your trainer work to realign your muscles. This involves a scientific approach to maintaining posture, building strength and increasing performance. Our emphasis is on helping you to do things the right way so that you have a fitness model for life.

55 minutes

Pilates

Pilates is a system of exercises designed to improve physical strength, flexibility, and posture, and enhance mental awareness. The founder was a passionate physical trainer, Joseph Pilates. Pilates' method uses equipment, such as a mat and machinery, and the goal is to build muscular endurance, improve posture and balance skills, as well as improve and restore natural body functions.

55 minutes

Vacu Power

An innovative technology designed for effective body sculpting and improvement of the silhouette. Combines the benefits of physical exercise (treadmill) and vacuum therapy. The aim is to improve and train the parts of the body that accumulate fat such as abdomen, hips and buttocks. Training is offered under the supervision of a personal trainer.

30 minutes

Sports & Physical Activities

INDIVIDUAL AND GROUP CLASSES

Yoga

Discover the combination of physical and mental exercises that have inspired yoga practitioners for thousands of years. Yoga has the power to calm the mind and strengthen the body whatever your age and body type.

60 minutes | Book 24h in advance

Boxing

English Boxing is a one-on-one martial art sport where one hits padded gloves with the trainer. Known and practiced since the XVIIIth century, an ideal practice for cardio training and for enhancing muscular resistance while increasing reflexes.

60 minutes

Aqua Gym

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

60 minutes

Stretching

Stretching allows a progressive lengthening of muscles with the ability to complete new movements. It is the perfect exercise to increase flexibility.

Stretching is practiced by sport professionals before and after training in order to properly bring care to their muscles and prevent injuries.

60 minutes

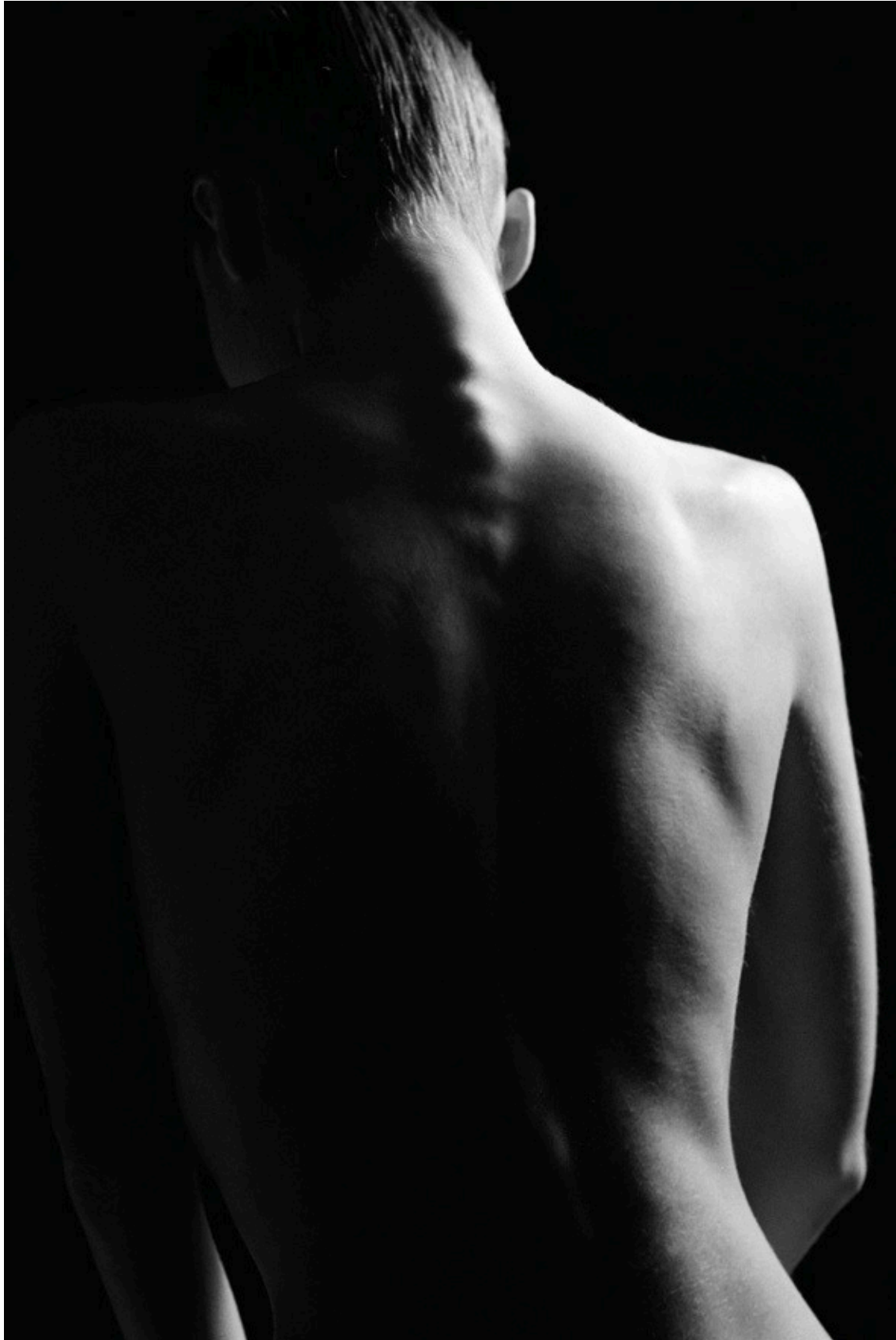
TRX

This suspension training stands for total body resistance exercise, it is a revolutionary workout method of using your body weight and gravity as resistance to build strength, balance, flexibility, and enhance core and joint stability.

30 or 60 minutes

CHENOT SPA
PROGRAMMES





Chenot Spa Programmes

Chenot Relax Programme 3 Days

This programme is designed to help you relax and recharge your energy reserves. The programme combines two powerful elements : a delicious and healthy Bio-light diet and a carefully blended mix of relaxing and energising treatments.

Each program can be tailor made based on length and type of treatment.

The programme includes :

- 2 Chenot Relaxing Massages
- 1 Chenot Head and Shoulders Massage
- 2 Hydro-aromatherapy treatments
- 2 Phyto-Mud treatments
- 2 Hydro-Jet treatments
- 1 Chenot Feet & Hands Reflex Treatment
- 1 Traditional Moroccan Hammam
- 3 Fitness Sessions
- Bio-light diet on demand

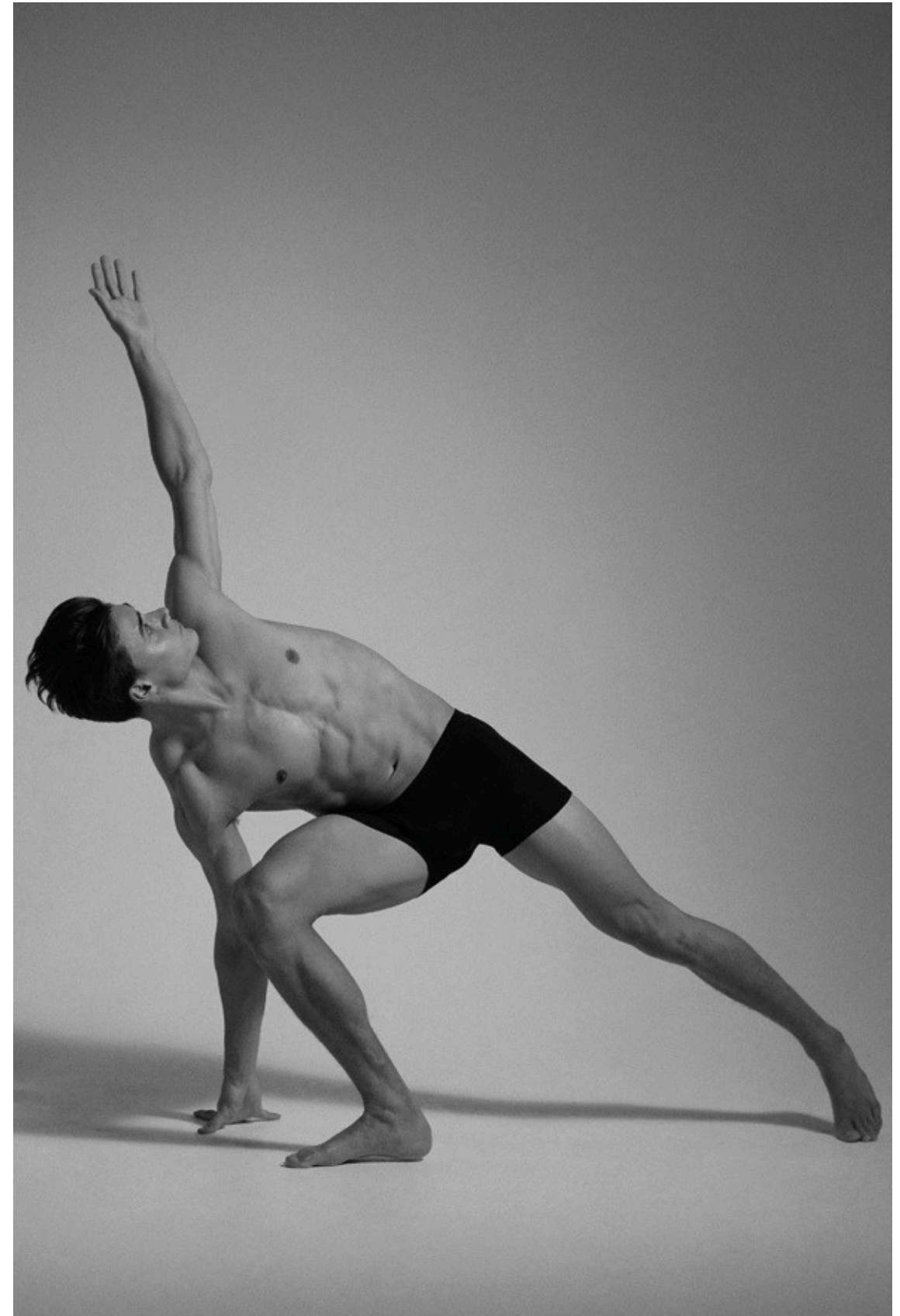
Chenot Spa Programmes

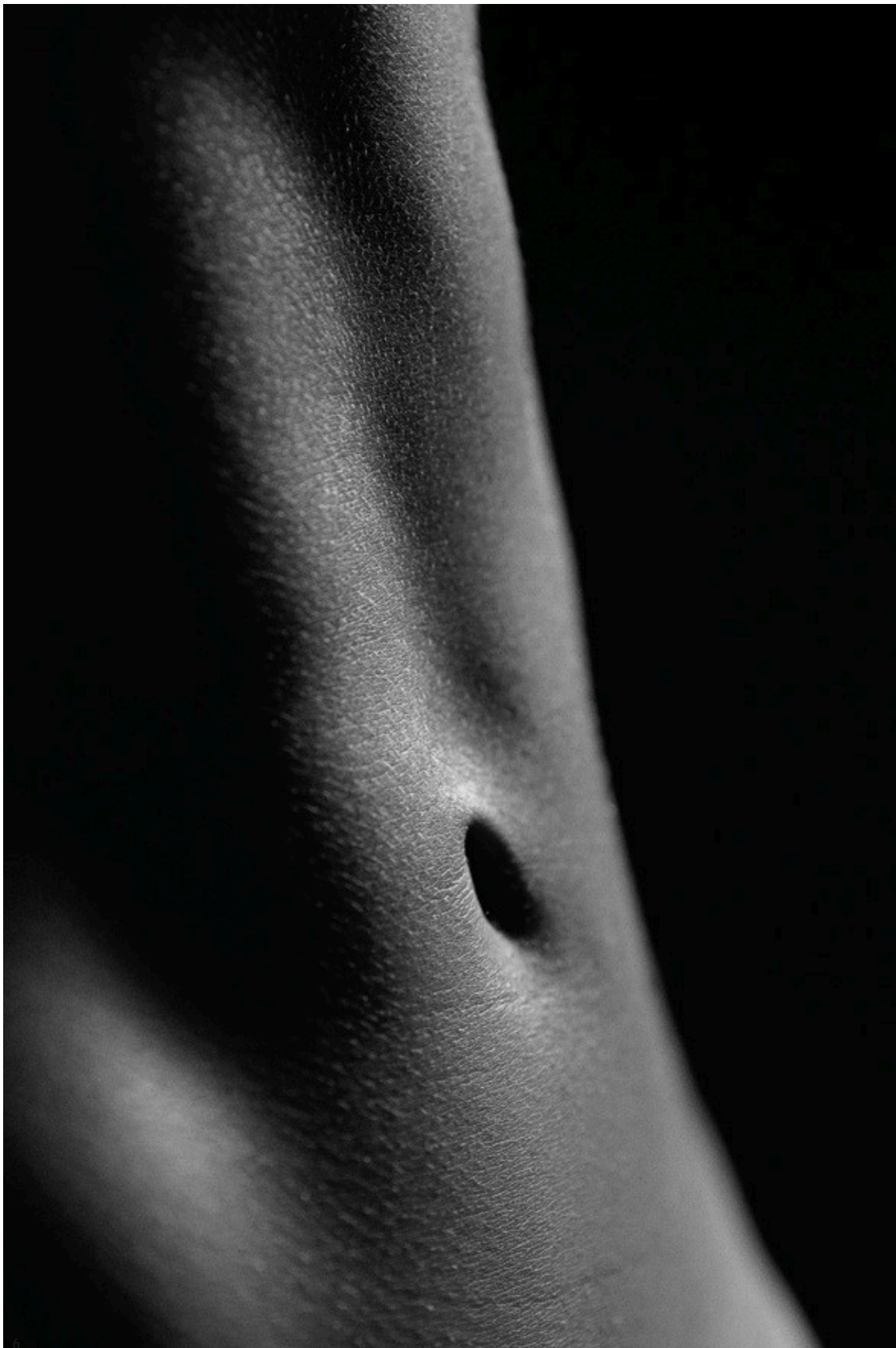
Chenot Fitness Programme 3 Days

This programme aims to familiarise you with your fitness performance and potential. We look at your physical strengths and weaknesses and advise on how you can improve your wellbeing, regardless of your age. This programme is beneficial if you wish to keep active, strengthen your body and mind and can be customised with your coach and adjusted in length and treatments.

The programme includes :

- Bio-light diet
- 3 Chenot Connective Tissue Massages
- 3 Personal Training Sessions
- 1 Vacum Power session - 30 min
- 1 Aquagym session
- 1 Streching session





Chenot Spa Programmes

Chenot Body Sculpture Programme 3 Days

The programme is designed to improve the appearance of the skin, its elasticity and firmness.

The programme includes :

- Bio-light diet
- 3 Hydro-aromatherapy treatments
- 3 Phyto-Mud treatments
- 3 Hydro-Jet treatments
- 1 Chenot General Drainage Massage
- 1 Energetic Massage
- 2 Chenot Cellulite Treatments
- 1 Aquagym session
- 1 Stretching session

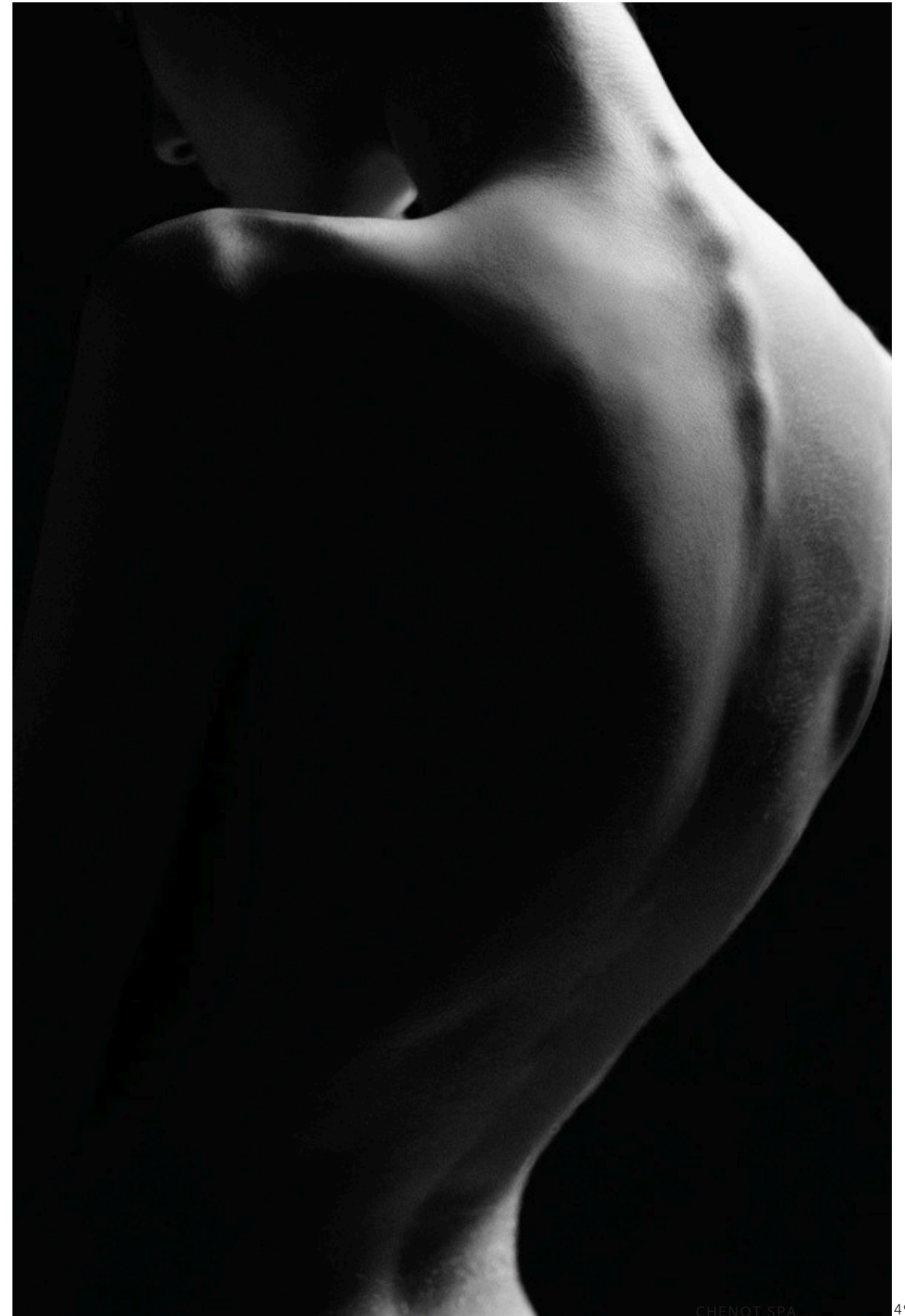
Chenot Spa Programmes

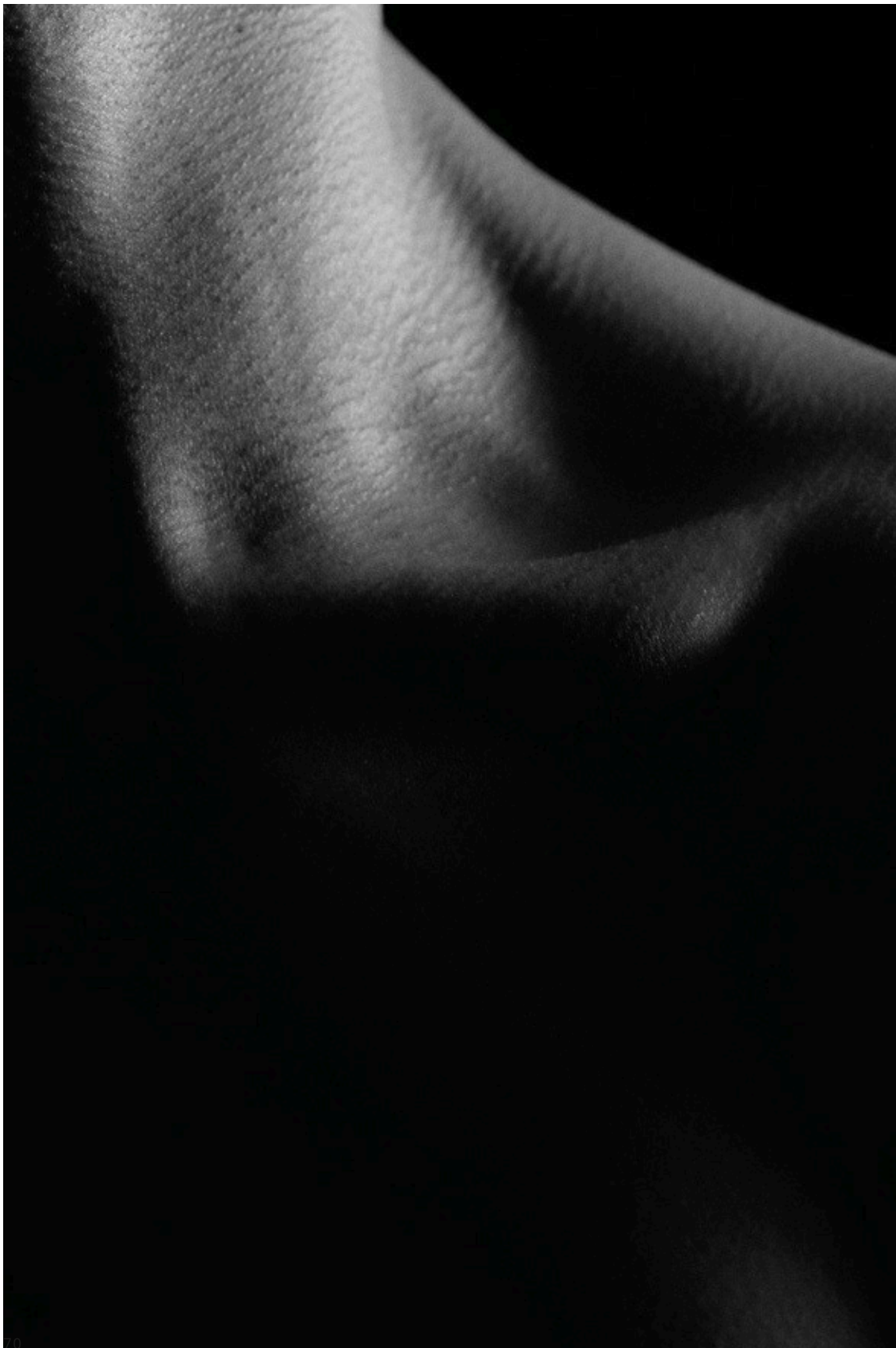
Chenot Couples Programme 2 Days

This programme is perfect if you want to start your wellness journey with your partner. The programme gives you both the chance to spend precious time together with a relaxing set of treatments.

The programme includes :

- 2 Chenot Relaxing Massages
- 2 Chenot Head and Shoulders Massages
- 2 Scalp Treatments
- 2 Traditional Moroccan Hammam
- 1 Chenot Illuminating and Nourishing Facial Treatment with application of Chenot Customised Mask and Booster





Chenot Spa Programmes

Chenot Day Spa 1 Day

Treat yourself to a day of total spa relaxation to restore your sense of wellbeing. Enjoy this one-day programme, with individually personalised Chenot treatments combined with the delicious and healthy Chenot lunch.

The programme includes :

- Bio-light Lunch
- 1 Phyto-Mud Treatment
- 1 Hydro-Jet Treatment
- 1 Hydro-Aromatherapy
- 1 Chenot General Drainage Massage
- 1 Personal Training Session - 60 min

Chenot Spa Programmes

Facial Ritual

Experience this signature 1.5 h facial ritual. Our therapist will provide you with a unique tailor-made protocol perfectly tailored to your skin needs.

Complimentary Diagnostic





Chenot Spa Programmes

Chenot Wellbeing Programme 6 Days

This programme aims to provide an effective stimulation to the body to reset physically and mentally and to recharge with energy, leaving a genuine feeling of wellness.

The programme includes :

- 6 Days of Bio-light Diet
- 6 Personal Trainings with a coach (60 minutes)
- 1 Chenot General Drainage Massage (55 minutes)
- 3 Energetic Massages (55 minutes)
- 6 Hydrotherapy Treatments (25 minutes)
- 6 Phyto-Mud Treatments (25 minutes)
- 6 Hydro-jet Treatments (10 minutes)
- 1 Chenot Abdominal Massage (55 minutes)
- 1 Chenot Facial Drainage

Chenot Spa Guide

OPENING HOURS

Chenot Spa is open daily from 9am to 8:30pm. (The resort reserves the right to alter the time schedule according to the season without any prior notification).

APPOINTMENTS AND ADVANCE BOOKINGS

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

TREATMENTS

If you require further information or advice, our team is at your full disposal. To schedule an appointment or discuss your options, please contact the Spa reception on the 8800 extension.

LOCKERS

A locker will be at the disposal of each guest. We will provide a robe, slippers, towels, in-shower cosmetics, and other essential items while you are visiting the Spa.

ARRIVAL TIME

We recommend that you check in to Chenot Spa at least 15-30 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.

HEALTH CONDITIONS

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

GIFT CERTIFICATE

Gift certificate for our spa treatments are available at the Spa reception

SPA BOUTIQUE

Chenot Spa prides itself on providing exceptional results, and with a range of Chenot products available in our Spa Boutique, you can also achieve them in the comfort of your own home. Our therapists are highly trained and knowledgeable, and will advise you in selecting the appropriate products.

PRICES

All prices are quoted in MAD (Morrocan Dirhams).

PAYMENT / CANCELLATION

Major credit cards are accepted. Payments can be charged directly to your room. A 50% cancellation charge will be incurred for any spa programme or treatment cancelled up 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 the appointment. All pre-paid programmes are non-refundable and non-transferable.

AGE REQUIREMENTS

We are delighted to offer treatments for guests from 16 years old and above.

LOSS OR DAMAGE

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

VALUABLES

No jewellery should be worn in the Spa, Fitness Centre and pools. Lockers are provided in the changing room as well as safety boxes in the hotel reception for your use. You are fully responsible for your personal belongings.

RESTRICTION OF USE

Chenot Spa is a retreat for your body, mind and spirit. For the consideration of others we request that you turn all cell phones and electronic devices to silent. Smoking in the spa area is strictly prohibited.

ACCIDENTS AND INJURIES

Chenot Spa shall not be liable for accidents or injuries suffered when using the facilities.

CONTACT DETAILS

Chenot Spa, Selman Marrakech
Km 5, Amizmiz Road, Marrakech 40160

E: spa@selman-marrakech.com

T: +212 5 24 45 96 87

www.selman-marrakech.com




SELMAN
MARRAKECH