



CHENOT

SPA



SELMAN MARRAKECH
MOROCCO

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

Henri Chenot

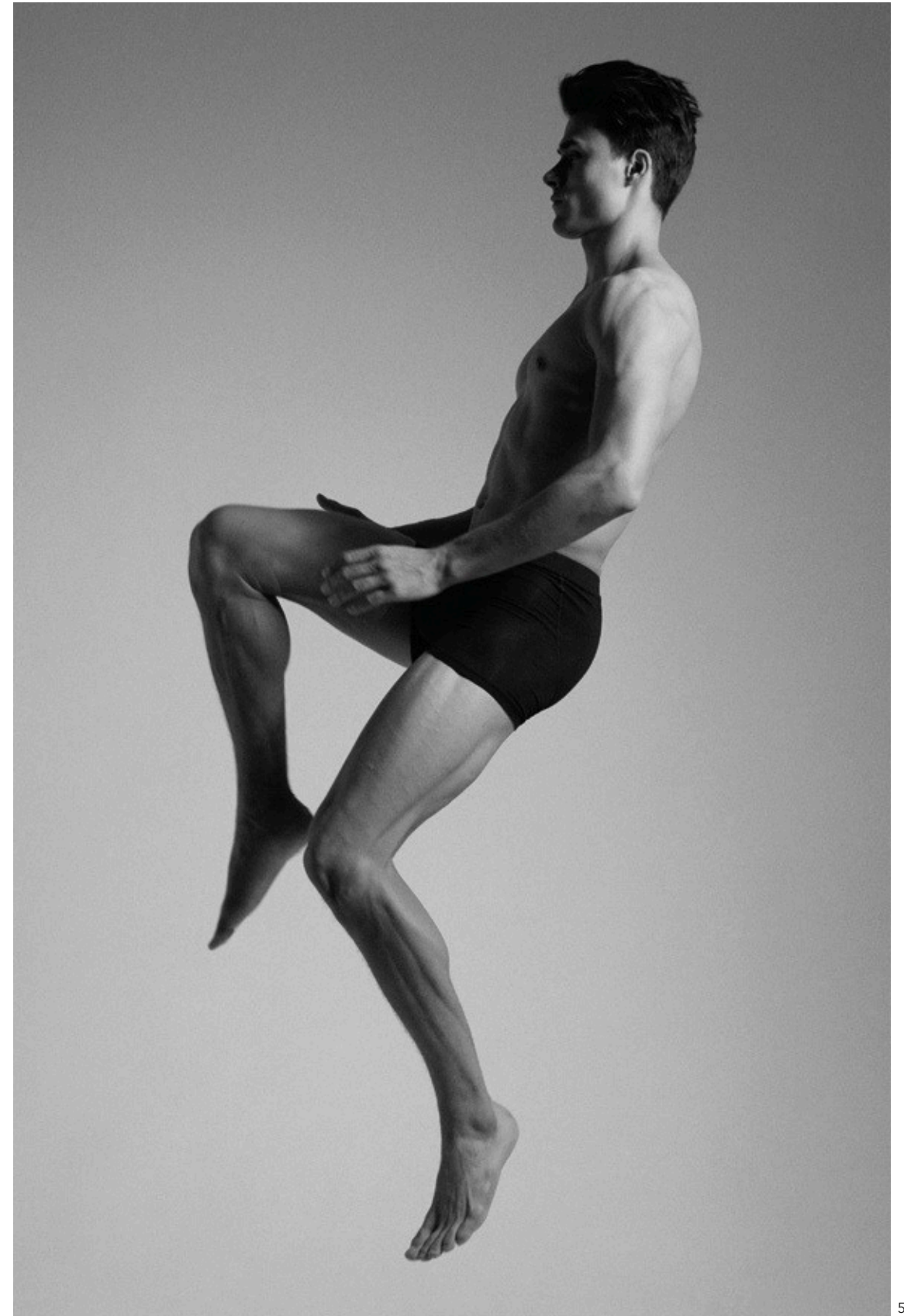
Introduction

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.

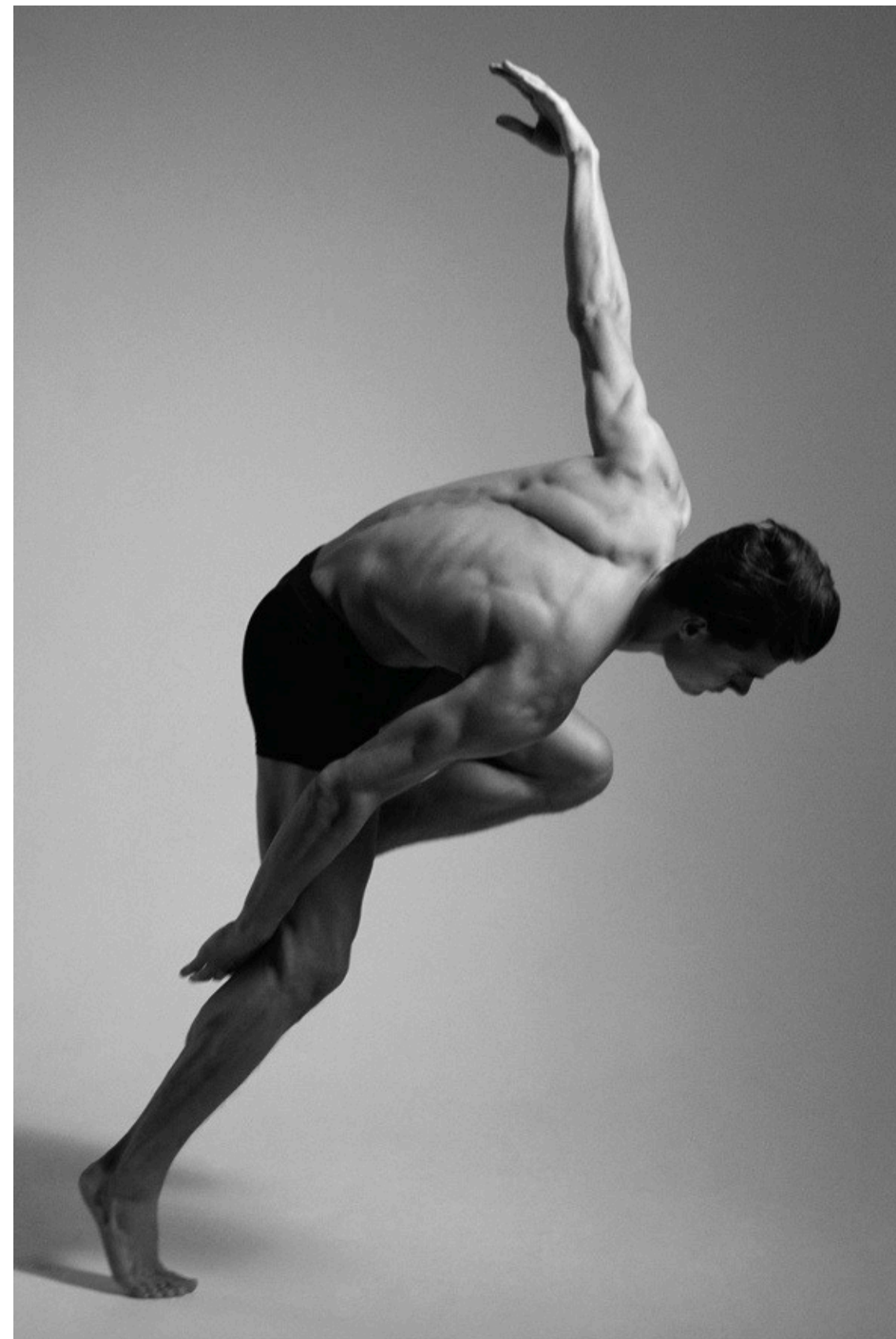




Selman Marrakech and Chenot share a common passion for living well. Selman providing playgrounds for active and mindful discovery, and Chenot with almost 50 years of research applied to the science of wellness. Beautifully designed by noted french architect, Jacques Garcia, the resort provides the perfect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

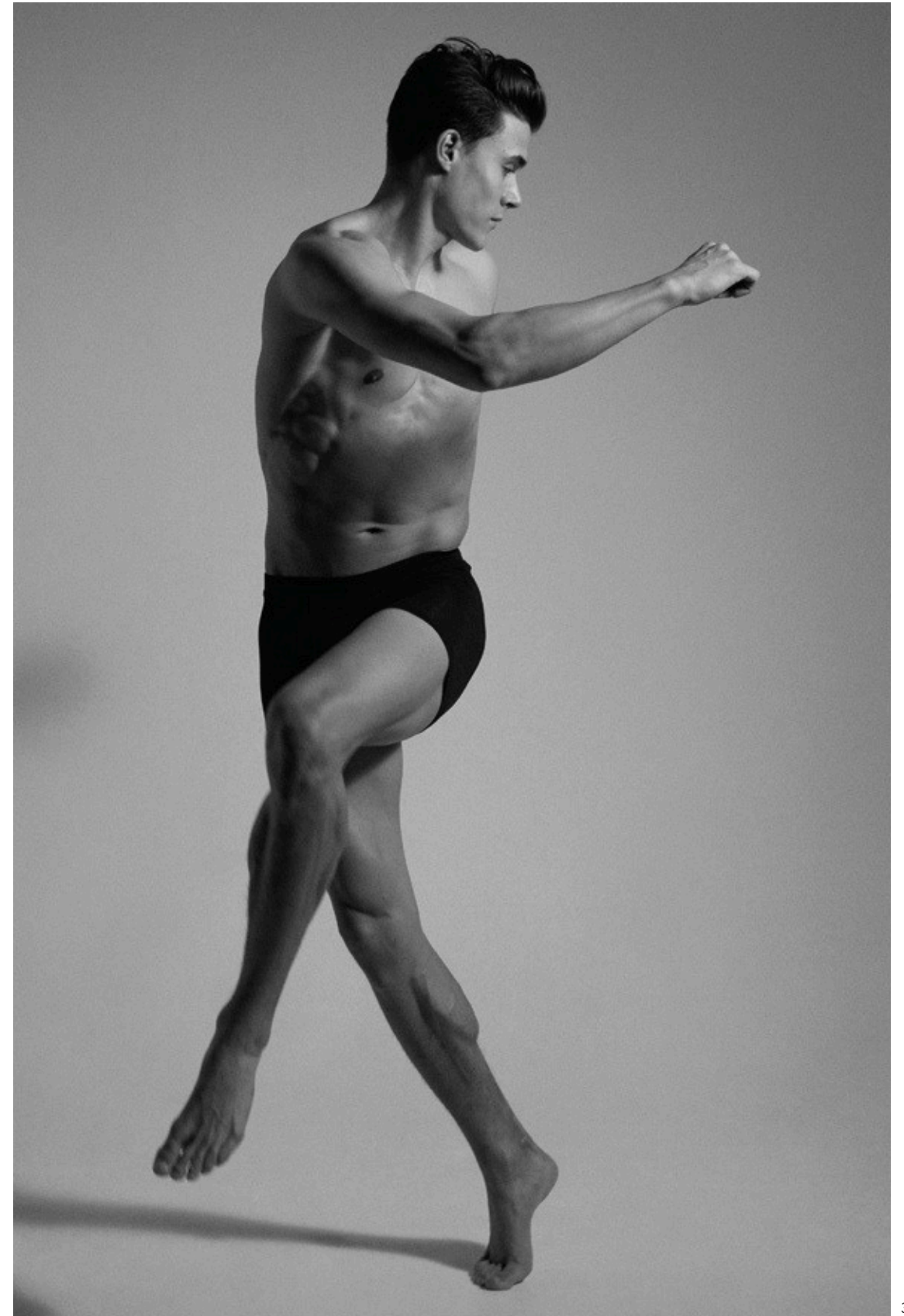
Each Chenot Spa experience is personalised to your individual needs and goals. Three pillars underpin each of the treatments at Selman Marrakech:

- 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.



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

Kinesys

This equipment, with its user-friendly design, allows over 200 exercises with unlimited movement to improve strength, flexibility, stability and posture of the body. Training is offered under the supervision of a personal trainer.

60 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 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

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