

The background is a deep blue underwater scene. Sunlight rays penetrate from the surface, creating a shimmering effect. Numerous small bubbles and particles are visible throughout the water, adding texture and depth to the image.

HEALTHIER
for
LONGER

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A TIMELESS, EXQUISITE OASIS MEETS THE SCIENCE BEHIND WELLNESS

Selman Marrakech and Chenot share a common passion for living well. Selman provides a playground for active and mindful discovery, while Chenot applies 50 years of research to the science of health and wellness. Beautifully designed by noted French architect Jacques Garcia, the Selman Marrakech 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 CHENOT
METHOD®
AT SELMAN
MARRAKECH

“You need to live in harmony with
yourself to be in optimal health.”
Henri Chenot

The Chenot Spa concept follows a scientific
and holistic approach, promoting wellness
through preventative measures and a
healthy lifestyle.

The aim of our personalised treatments is
to create a balanced body and mind using
non-invasive methods, leaving you feeling
peaceful, re-energised, and in harmony with
your surroundings.

Chenot Spa invites you to open your senses,
unify your mind, body and spirit, and
discover an introduction to absolute health
and wellness.

THE JOURNEY TO WELLNESS

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

- Nutrition
- Aesthetics
- Hydrotherapy
- Sports & Physical Activities

By selecting different combinations of treatments you can build a personalised programme based on your chosen intensity and duration. We have also curated a series of recommended programmes for those wishing to unlock optimal energy, functionality and vitality.

Alternatively, you may simply sample the Chenot approach with a specific treatment as an introduction to your wellness journey. We are happy to help you select the right therapies.



THE CHENOT FUNCTIONAL DIET

This diet is specifically designed to support health and reduce inflammation without overwhelming metabolic processes. It consists of whole foods-simple, organic, minimally processed ingredients that are locally sourced and seasonally appropriate.

The diet is vegetarian with anti-inflammatory properties, designed to minimise the intake of substances commonly found in animal fats, excessive proteins, high-calorie diets, and processed foods.

Nutrient-dense meals ensure digestive ease and promote hormonal balance, providing essential vitamins, minerals, and phytonutrients.



CHENOT SPA PROGRAMMES

Inspired by the renowned Chenot Method®, we have developed curated programmes for those wanting to unlock optimal energy, functionality and vitality. With durations ranging from 1 to 6 days, our retreats are tailored to your health goals, whether you wish to recharge energy reserves, improve strength and resilience or embark on a wellness journey on your own or with a companion.

- Chenot Wellbeing Programme / 6 Days
- Chenot Relax Programme / 3 Days
- Chenot Fitness Programme / 3 Days
- Chenot Couples Programme / 2 Days
- Chenot Day Spa / 1 Day

To curate your own bespoke programme, please contact the Chenot Spa team.

CHENOT WELLBEING PROGRAMME

6 DAYS / 7 NIGHTS

28,890 MAD per person

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 Personal Training Sessions
- 1 Chenot General Drainage Massage
- 4 Chenot Energetic Massages
- 6 Hydro-Aromatherapy Treatments
- 6 Phyto-Mud Treatments
- 6 Hydro-Jet Treatments
- 1 Chenot Facial Drainage
- 1 Chenot Head and Shoulders Massage
- 6 Days Chenot Functional Diet

CHENOT RELAX PROGRAMME

3 DAYS / 4 NIGHTS
11,250 MAD per person

This programme is designed to help you relax and recharge your energy reserves. The programme combines two powerful elements: a delicious and healthy Chenot Functional Diet and a carefully integrated blend of relaxing and energising treatments.

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

This programme can be extended beyond 3 days. Please contact the Chenot Spa team for personalised programmes.

CHENOT FITNESS PROGRAMME

3 DAYS / 4 NIGHTS
10,935 MAD per person

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. Our aim is to optimise your health and improve your wellbeing, regardless of your age. This programme is beneficial if you wish to keep active and strengthen your body and mind.

The programme includes:

- 3 Chenot Connective Tissue Massages
- 3 Personal Training Sessions
- 1 Aquagym Session
- 2 Stretching Sessions
- 3 Days Chenot Functional Diet

This programme can be customised with your coach and extended to suit your goals.

CHENOT COUPLES PROGRAMME

2 DAYS / 3 NIGHTS
10,980 MAD per couple

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

The programme includes the following treatments for each person:

- 2 Chenot Relaxing Massages
- 2 Chenot Head and Shoulders Massages
- 2 General Drainage Massages
- 2 Traditional Moroccan Hammam
- Chenot Personalised Facial Treatment

CHENOT DAY SPA

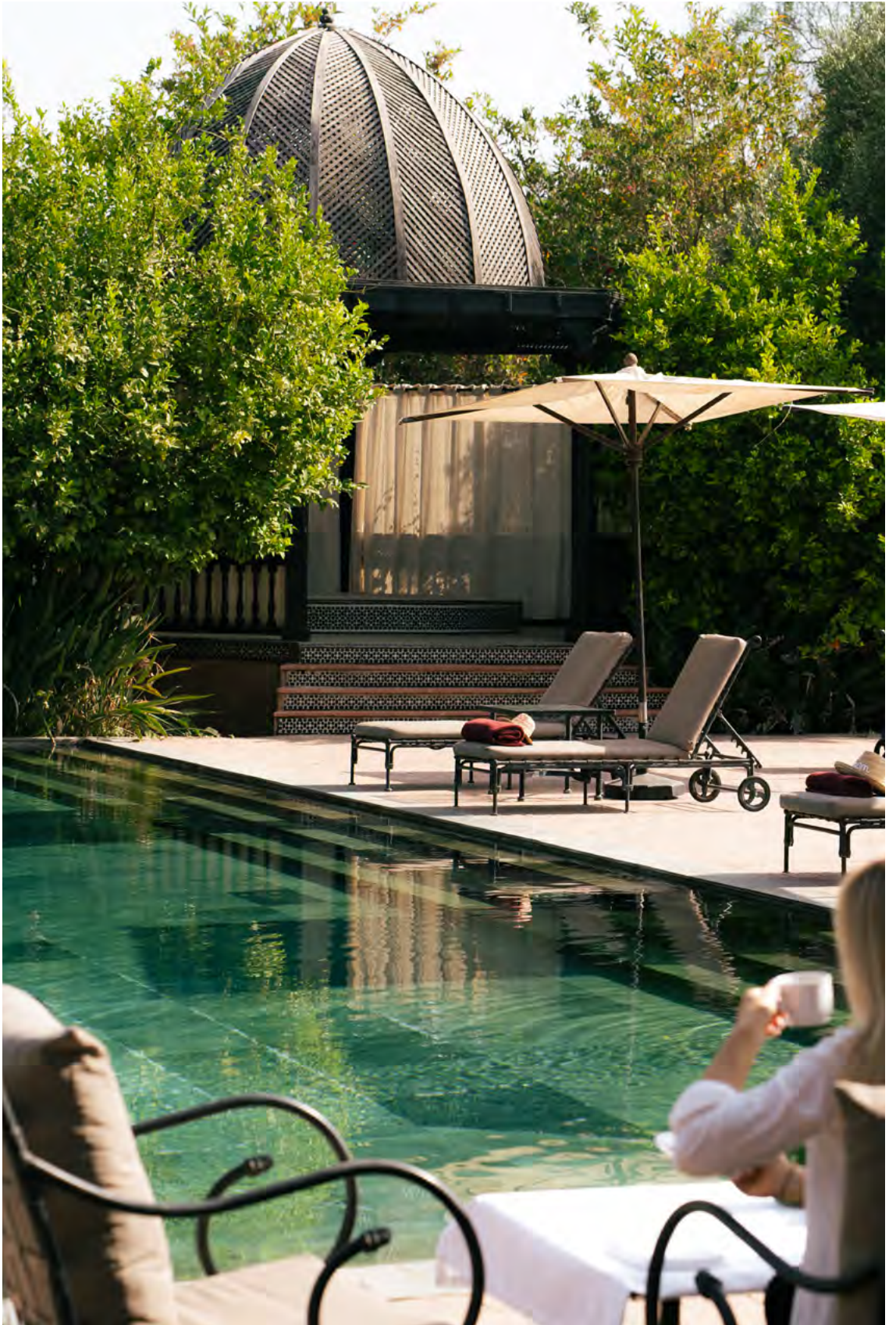
1 DAY

4,800 MAD per person

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:

- 1 Hydro-Aromatherapy Treatment
- 1 Phyto-Mud Treatment
- 1 Hydro-Jet Treatment
- 1 Chenot General Drainage Massage
- 1 Chenot Personalised Facial Treatment
- Chenot Functional Diet



TREATMENTS

HYDRO-THERAPY DEPARTMENT

HYDRO-AROMATHERAPY 25 MINUTES - 700 MAD

Using the very best essential oils, personalised 'Chenot Elixirs', are added to the bath water during the Hydro-Aromatherapy treatment. This treatment tones and strengthens the skin, removes toxins and fat deposits from the tissues and relaxes body and mind.

Benefits

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

PHYTO-MUD TREATMENT 25 MINUTES - 1,000 MAD

The second step of Chenot's hydro-energetic treatment involves the application of a white and green clay body wrap, enriched with minerals, microalgae and pure essential oils.

Benefits

Drains, detoxifies and revitalises the body, helping to eliminate physical, muscular and psychological stress tensions.

**HYDRO-JET TREATMENT
10 MINUTES - INCLUDED WITH
PHYTO-MUD TREATMENT**

**FULL HYDRO-AROMATHERAPY
CIRCUIT
60 MINUTES - 1,700 MAD**

In the final hydro-energetic treatment, a pressure-jet adds a powerful cooling action to the thermal stimulus, toning and firming the skin.

Benefits

Increases the metabolic rate, and further improves the peripheral circulation, restoring the energy and vitality of the body.

AESTHETICS DEPARTMENT

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 quality and 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.

BODY MESSAGES AND TREATMENTS

CHENOT GENERAL DRAINAGE MASSAGE 50 MINUTES - 1,500 MAD

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.

CHENOT CONNECTIVE TISSUE MASSAGE 50 MINUTES - 1,500 MAD

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.

CHENOT ENERGETIC MASSAGE **50 MINUTES - 1,500 MAD**

This treatment aims to relieve and clear the energy flow in the meridians. With the help of suction cups, it 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.

CHENOT HEAD & SHOULDERS MASSAGE **50 MINUTES - 1,500 MAD**

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.

CHENOT RELAXING MASSAGE
50 MINUTES - 1,500 MAD
80 MINUTES - 2,000 MAD

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.

CHENOT PRENATAL MASSAGE
50 MINUTES - 1,500 MAD

This massage therapy is specially designed for the sensitive prenatal and 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.

CHENOT ABDOMINAL TREATMENT 50 MINUTES - 1,500 MAD

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.

CHENOT FEET & HANDS REFLEX TREATMENT 50 MINUTES - 1,500 MAD

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.

CHENOT REGENERATING TREATMENT 50 MINUTES - 1,500 MAD

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.

CHENOT CELLULITE TREATMENT 50 MINUTES - 1,500 MAD

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.

CHENOT LYMPHATIC MANUAL MASSAGE

50 MINUTES - 1,500 MAD

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 oedema and water retention.

FACIAL TREATMENTS

CHENOT PURIFYING DETOX FACIAL TREATMENT 55 MINUTES - 1,900 MAD

This is a detoxifying and exfoliating treatment that promotes cell renewal and restructure of 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.

CHENOT ILLUMINATING & NOURISHING FACIAL TREATMENT 55 MINUTES - 1,900 MAD

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.

**CHENOT ANTI-AGEING
REGENERATING FACIAL TREATMENT
55 MINUTES - 1,900 MAD**

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

Benefits

Energises, volumises, tones and firms the skin.

**CHENOT FACIAL DRAINAGE
TREATMENT
55 MINUTES - 1,800 MAD**

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

Benefits

Decongests the skin, reduces swelling and contours the face.

**CHENOT FACE & HEAD
TREATMENT
55 MINUTES - 1,800 MAD**

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 wrinkles and restoring the skin's elasticity.

Benefits

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

**CHENOT EYE TREATMENT
25 MINUTES - 1,000 MAD**

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.





SPORT AND FITNESS DEPARTMENT

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 nearby 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 & 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.

Price for individual lesson

30 minutes	500 MAD
60 minutes	800 MAD

PILATES

60 MINUTES - 800 MAD

Pilates is a system of exercises designed to improve physical strength, flexibility and posture, while enhancing mental awareness. The method combines mat-based work with specialised equipment to build muscular endurance, support balance and alignment, and help restore natural movement patterns and physical function.

REFORMER PILATES

60 MINUTES - 900 MAD

This is a dynamic, full-body workout performed on a specialised machine that uses springs, pulleys, and a sliding carriage for resistance. It provides faster strength gains, deeper core activation, and better flexibility than traditional mat Pilates by adjusting tension to modify intensity.

YOGA
60 MINUTES - 800 MAD*

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.

* Please book 24 hours in advance

BOXING
60 MINUTES - 800 MAD

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.

AQUA GYM
60 MINUTES - 800 MAD

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.

STRETCHING
60 MINUTES - 800 MAD

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.

TRX

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

30 minutes	500 MAD
60 minutes	800 MAD



CHENOT SPA GUIDE

OPENING HOURS

Fitness Center from 7am to 8:30pm

Chenot Spa 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 certificates 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 (Moroccan 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.





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