# The Spa Royal Mansour Marrakech

THE TEMPLE OF BETTER-BEING



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# Enter the temple of well-being

The Spa Royal Mansour is simultaneously a journey and a destination. A culture of wellbeing and a vision of self-care built on elegance and expertise. A private and moving experience, beyond time, out of this world. A personal adventure towards resurrection, shaped by magic and poetry.

An architectural marvel woven with a lace–like musharabieh and soaked in sunlight, creating an atmosphere where dreams become a reality.

An oasis of  $2500m^2$  surrounded by lush gardens where the seductive perfumes of date palms, orange blossom, and myrtle blend with the aromas of marjoram and peppermint.

A temple of beauty devoted to wellbeing and sensoriality, where the Moroccan heritage and tradition meet modern therapies and latest technologies from around the world.

Guided by the Mediterranean heritage and influenced by cultural diversity, the Spa Royal Mansour is a unique place, animated by a passion for wellbeing and a deep understanding of modern needs. Our Spa therapists and experts' objective is to help our guests achieve serenity on a physical, mental, and spiritual level through bespoke treatments and natural products reputed for their quality and performance. The brand partners chosen by the Spa are recognised for their pioneering expertise.

## **Our Brand Partners**

#### MAROCMAROC

marocMaroc is the first Moroccan luxury beauty brand. Its exceptional treatments are created from high-quality natural ingredients offering a combination of pleasure, wellness, and efficiency – developed through the union of the hammam's traditions and modern procedures.

#### SISLEY

Pioneer of Phyto-cosmetics, Sisley explores the power of plants and exploits their unique active ingredients. The elements are translated into exclusive formulas that answer any skin concern. Innovation and tailored procedures are the pillars of Sisley's expertise.

#### INTRACEUTICALS

Intraceuticals' scientific approach is focused on cell renewal and skin regeneration. The archetype of Intraceuticals' innovation is Oxygen Fusion®, a treatment using the dual action of oxygen and hyaluronic acid that, combined, improve the production of nourishing serums thanks to scientifically selected radiance boosting effective ingredients.

#### SUBTLE ENERGIES

An Australian brand providing treatments with an Aromatherapy focus founded on authentic Ayurveda principles. Based on over 25 years of clinical research, delivering wellness solutions and holistic skin science free from parabens, silicons and artificial fragrances. Subtle Energies employs a variety of therapeutic techniques and uses Marma therapy points to offer sensorial and holistic experiences focusing on physical, mental, and emotional wellbeing.

#### DR BURGENER

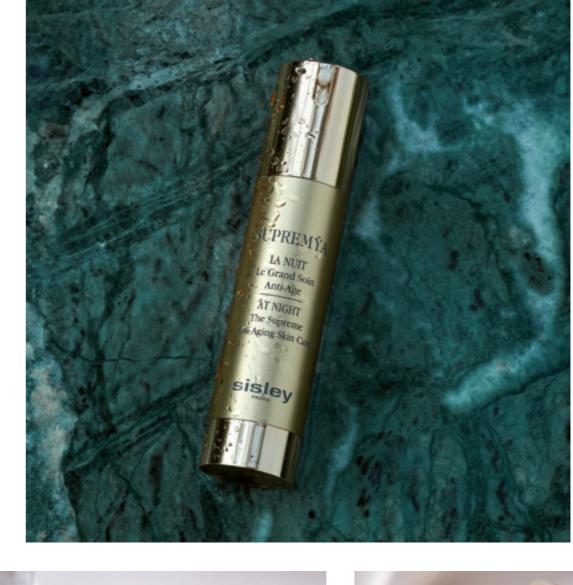
Created by Dr Pauline Burgener, Doctor in Biology, the brand Dr Burgener Switzerland is the pioneer in the ultimate customised skin care products and treatments, combining the latest technologies in anti-aging and the power of nature for immediate results. The brand uses a bespoke approach to answer the specific skin needs of each guest through a purely scientific method, and with the full support of her experts based in her clinic in Switzerland.

#### LEONOR GREYL

For over 50 years, Leonor Greyl has reinvented and innovated hair care thanks to its comprehensive approach. Every formula uses 100% natural active ingredients that are both gentle and effective. Leonor Greyl's treatments are always preceded by an assessment to make sure to tailor the ritual to the specific needs of one's hair type and scalp.

#### PEDI: MANI: CURE STUDIO BY BASTIEN GONZALEZ

Bastien Gonzalez is well-known for his glamorous and unique approach to foot care. At Spa Royal Mansour, his internationally regarded innovative and regenerative treatments join forces with an exclusive advanced assessment carried out by BGA InSoles<sup>®</sup> which includes the creation of tailor-made insoles.







# Essence of Morocco



The Hammam is the crown jewel of Moroccan wellbeing tradition. A millenary heritage that celebrates the art of bathing, self-care, and purification. In a restful cocoon made of cream marble, the body and the mind are enveloped by the regenerative power of ancestral hair care rituals, modelling ceremonies and body wrap treatments, to create the ultimate relaxation interlude. Our hammam - a compound of three rooms, with different temperature and purposes - offers a unique journey designed to release toxins, stress, and anxiety.

#### THE ROYAL MANSOUR SIGNATURE HAMMAM

The Royal Mansour Signature Hammam is an authentic experience of Morocco's traditional ritual, combined with a modern approach to care striving for perfection. Discover iconic Moroccan regions' unique natural resources through our three personalised body wrap treatments, a first step to your wellness journey.

#### STEP INTO THE ATLAS

Dynamic. An energising body wrap treatment performed using ghassoul, natural clay from the Atlas Mountains, lavender and tulsi - also known as sacred basil.

#### STEP INTO TALIOUINE

Indulgent. A radiant body wrap treatment with saffron, the red gold peculiar of Taliouine region in the south of Morocco, orange blossom and argan.

#### STEP INTO KALAAT M'GOUNA

Relaxing. A revitalising body wrap treatment with argan powder and rose water from the Kalaat M'Gouna, the rose valley east of Ouarzazate.



# BY MAROCMAROC

### HAMMAM "ÉVASION"

Purifying. The hammam experience involves a delicate scrub performed with a kessa glove and the luscious exfoliator "Miel d'Ambre", finished by a calming Moroccan orange blossom soaping treatment "Infusion d'Orange".

#### HAMMAM "TEMPS POUR SOI"

Relaxing. The benefits of the «Évasion» hammam experience with the addition of a soothing «Amande au Lait» shampoo and a 20-minute long moisturising performed with the «Roses de Sucre» cream for women and «Onguent d'Argan» balm for men.

#### HAMMAM "LUMIÈRE SUR LE CORPS"

Regenerating. The ultimate hammam experience: the traditional ritual followed by a ceremonial massage using marocMaroc must-try products. The peak of a fully relaxing experience for the body and the mind.

#### l'Or dans l'Eau

morodila

Huile de bain Bath oil



Miel d'Ambre Pare détoxiliance exteliante corp Detoxifying and exfoliating body ban

#### CEREMONIAL MASSAGE BY MAROCMAROC

Generous. Inspired by Moroccan beauty rituals, this sophisticated massage allows the body to shed all its tensions. An aromatic journey carried out using the smooth and nourishing "Onguent d'Argan".

#### RELAXING MASSAGE BY SISLEY

Intuitive. The original Californian massage, relaxing and regenerating, elevated by Sisley's nurturing products. Throughout the treatment, the tensions are released thanks to a bespoke massage tailored to the client's needs - for a truly multisensorial experience.

#### BLISSFUL MARMA MASSAGE BY SUBTLE ENERGIES

Soothing. Blissful Marma massage combines sweeping, smooth, and firm movements with different techniques focused on multiple vital energy centres to balance emotions, eliminate stress, and reduce anxiety. The 90-minute treatment also includes an aromatherapeutic Marma face massage.

#### HOT STONES MASSAGE

Relaxing. A technique inherited from ancestral Hawaiian traditions, this massage uses Basalte's hot stones from rare volcanic rocks, and delicate aromatic oils. Through hot stones strategically placed on the sensitive spots and masterfully kneaded over the skin, this massage results in the immediate relaxation of the body and the mind.

#### TRADITIONAL THAI MASSAGE

Stimulating. «Nuad Bo Rarn» is the traditional Thai massage, performed for thousands of years fully clothed on a futon. Stretching, pressure, and vibration techniques are combined to gently stimulate the energy points to awaken one's vitality and gain harmony.

#### DEEP TISSUE MASSAGE

Powerful. The Deep Tissue massage is a high-intensity treatment. Targeted manual pressures are performed to soften the tissues and muscles, alleviate tensions, and treat chronic pain.

#### MUM TO BE MASSAGE

Revitalising. A gentle and relaxing massage for mums to be, from the second trimester onwards, performed with natural products to release tension and discomfort.

#### BACK MASSAGE

Loosening. A personalised massage created to eradicate the tension concentrated in the upper body and the back, for renewed flexibility, comfort, and tranquillity.

# Massages

The good a

All our therapeutic massages are performed by qualified experts and physiotherapists.

#### THERAPEUTIC MASSAGE

Complete. The therapeutic massage is a tailored treatment offering relief and healing. Its purpose is to alleviate the tension in the body, reduce chronic pain, and increase flexibility.

#### FOOT REFLEXOLOGY

Exquisite. An oriental healing practised for 5000 years. Foot reflexology is a foot massage that promotes relaxation and vitality in the whole body. By stimulating key points through acupressure, the therapist reduces tension and helps blood circulation. A moment of sheer bliss.

#### LYMPHATIC DRAINAGE

Detoxifying. The lymphatic drainage is a manual draining massage, rhythmic and gentle, that revives blood circulation, purges toxins, and brings lightness to the body. A precious technique that works wonders against cellulite and water retention.

#### WATSU®

Introspective. The Watsu® treatment is carried in the pool's hot basin. This technique combines the benefits of the water and of Shiatsu to reach the ultimate relaxation, allowing the guest to release physical and psychological tension. The specialist guides the floating body while practising a delicate massage mixed with acupuncture. This unique practice allows the guest to fall into a state of complete relaxation, provoking an intense sensory experience and a feeling of serenity and renewed harmony.

# Therapeutic Massages



# Holistic Treatments

All our holistic treatments are performed by qualified experts.

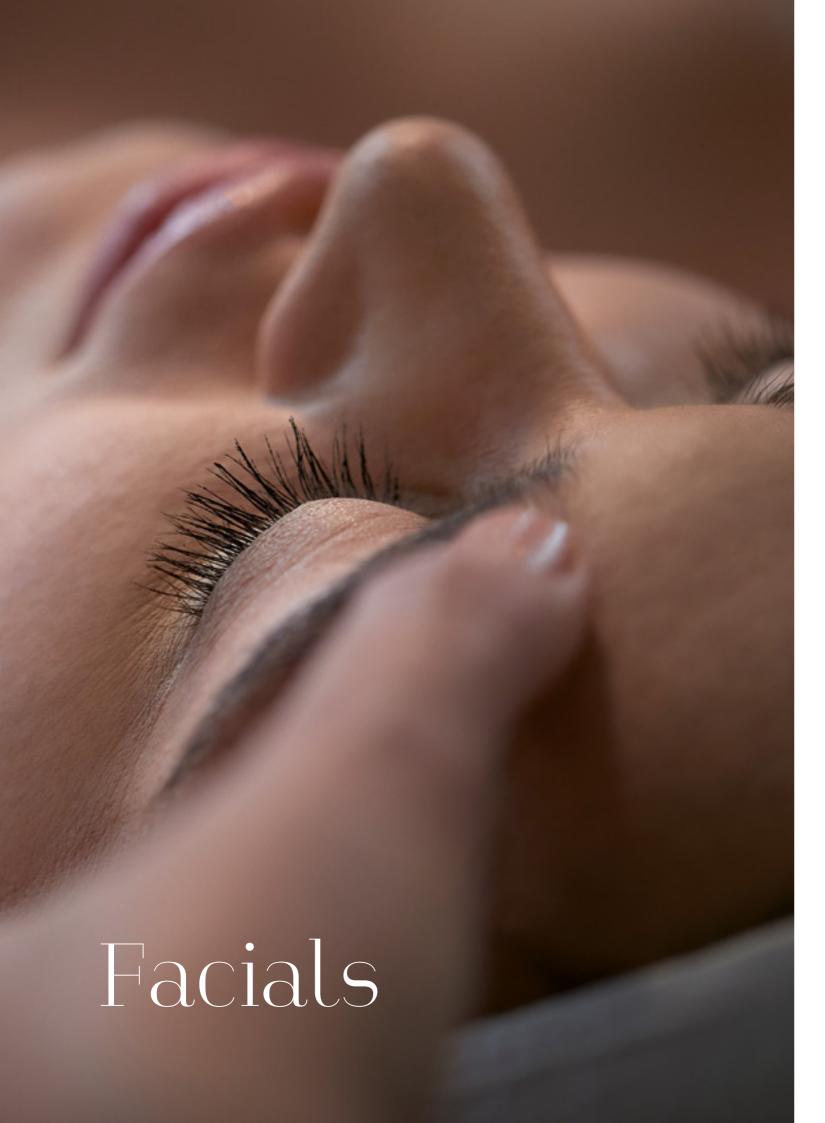
#### CHI NEI TSANG

Detoxifying. Chi Nei Tsang is an ancestral technique used in Chinese medicine. This practice's goal is to release negative energy clustered in the abdomen. This type of therapy works on the internal organs on both a physical and spiritual level, to eliminate toxins, negative emotions, and excessive heat.

#### TIBETAN SINGING BOWLS THERAPY

Harmonising. This sound therapy uses vibrations to tune the organism on the right frequencies. Thanks to the very particular Tibetan bowls' sound, the body and the mind find themselves in a meditative state, freeing negative tension and finding a new balance.





# Purity & Radiance

#### PURITY FACIAL "TERRE DU DÉSERT" BY MAROCMAROC

Detoxifying. A soothing treatment focused on rebalancing the epiderm. After the use of hot stones, a sumptuously delicate scrub is applied to prepare the skin before the ultra-purifying ghassoul mask "Terre du Désert". The final touch is the "Richesse d'Arganier" face cream for a gentle yet nourishing hydration.

#### RADIANCE FACIAL "RICHESSE D'ARGANIER" BY MAROCMAROC

Comforting. Thanks to argan oil and smooth honey, this radiance ritual uses the power of alternate temperature (hot and cold) to rebuild the skin's acid mantle. A delicate and cosy treatment for the skin in need for comfort and nutrition.

# Hydration & Comfort

#### PHYTO-AROMATIC EXPERT FACIAL BY SISLEY

Brightening. A complete and bespoke treatment to bring light and brightness to dull complexions. The first step is a deep cleansing of the face, neck, and chest, followed by a delicate exfoliation, the application of the mask "Éclat Sisley", all performed in parallel with an exquisite foot massage. The treatment ends with a hydrating facial massage, for an ecstatic result.

#### PHYTO-AROMATIC FACIAL FOR MEN BY SISLEY

Complete. A facial tailored to your needs. This ritual by Sisley is carried out with essential oils and natural plant extracts applied through specific massage techniques by expert therapists.

#### YOUTHFUL EYES TREATMENT BY SISLEY

Calming. The ultimate treatment for a youthful gaze. A 360° approach against dark circles and under-eye bags for a bigger and brighter look. Sisley's Phyto-cosmetic expertise is included in this treatment that smoothens the skin around the eyes to create a youthful and brighter look.



# Regeneration & Anti-ageing

# CACTÉA TREATMENTS

#### CACTÉA SIGNATURE FACIAL BY MAROCMAROC

A unique ritual to plunge body and mind into deep relaxation. The facial features are rested, the radiance of the complexion is revealed.

## CACTÉA ENERGISING FACIAL BY MAROCMAROC

Soothing. The energizing treatment's ritual gently activates lymphatic circulation, detoxifies, and rehydrates the epidermis. The skin regains freshness and great radiance of the complexion.

#### CACTÉA REVITALISING FACIAL BY MAROCMAROC

Revitalising. A skincare treatment to restore the skin's radiance and reduce the appearance of wrinkles. Facial gymnastics to sculpt the face contours, for plumper skin and to smooth out skin tissues.

# BY MAROCMAROC



#### GREEN CAVIAR FACIAL BY DR BURGENER

Restorative. Recognised for its anti-ageing power, this treatment uses ultrasounds on a cellular level to stimulate the regeneration of the skin. Through the effectiveness of green caviar, an algae sourced from the Pacific, and minerals containing gold elements, the skin is repaired, with greater elasticity and tone.

#### SWISS ANTI-AGING JEWEL FACIAL BY DR BURGENER

Rich. This treatment starts with an exfoliation carried out with a Bamboo peeling, followed by a firming massage and the application of the Nutriderm serum. Royal jelly from the Swiss Alps is applied as a nourishing mask with vitamins and minerals for the ultimate anti-ageing treatment.

## COLLAGEN FIRMING FACIAL BY DR BURGENER

Stimulating. Plumping the skin from the inside out, Ultrasound Technology naturally stimulates collagen and elastin production. Thanks to the collagen mask, the skin tone is evened and the skin texture firmer and smoother.

### MILLION DOLLAR LOOK FACIAL FOR MEN BY DR BURGENER

Shaping. Using the latest technologies, this treatment suits particularly skin in need of a regenerative boost. A bamboo-based peeling is performed followed by ultrasounds that seep into the skin tissues to infuse a high dose of "Green Caviar" and minerals containing gold elements, promoting cell regeneration, and conferring a firmer consistency to the skin.

# *Facials*

#### REJUVENATING ANTI-AGEING FACIAL

Relaxing. This regenerating treatment uses a hydrating serum rich in vitamins and antioxidants effective for tightening the skin and fighting against premature signs of ageing.

#### LUXURIOUS BRIGHTENING FACIAL

Brightening. Against dull complexion, this treatment works to fight pigmentation and dark circles. Thanks to Intraceuticals expertise, plant extracts and Vitamin C, this ritual leaves the skin brightened and radiant.

#### CLARITY BLEMISH FACIAL

Balancing and refreshing. For a healthy and radiant complexion, this treatment eliminates all blemishes and gently works on sebum control. The results are fewer irritations, more hydration and a stronger skin barrier thanks to vitamins and antioxidants rich formulas.

#### ATOXELENE

For even more visible results, all treatments can be combined with Atoxelene serum that reduces the appearance of wrinkles and fine lines while tightening and firming the facial contour.

"The 90-minute oxygen facials are supplemented with the application of a Booster targeting one's needs or with a relaxing neck and shoulders massage. Eyes and lips are taken care of with a hydrating mask."

#### BOOSTERS

**COLLAGEN** : collagen peptides are recognised for their action, anti-ageing power and effect on the skin renewal process.

**VITAMIN C+3**: a mix of 3 types of Vitamin C that work on softening and strengthening the skin for healthier and brighter results.

**VITAMIN A :** promotes skin elasticity while brightening and polishing the epidermis. **ANTIOXIDANT :** thanks to a mix of natural fruit extracts from the tropical Australian forest, this booster revitalises and balances dull complexions.







# Body Treatments

# Hydration & Balance

#### INTENSE HYDRATION TREATMENT BY SISLEY

Revitalising. The treatment is performed with essential oils, bringing a new softness to the body, balancing and boosting its energy.

# Slimming & Firming

#### SLIMMING AND FIRMING TREATMENT BY SISLEY

This treatment combines Sisley's slimming expertise and sophisticated technologies well-known for body shaping, offering a smoothing and firming ritual carried out by expert hands, modelling the body to the best version of itself.

### COMPLETE BODY AND FACE TREATMENT ву LPG

A 360° slimming treatment. LPG's Endermology technique is a double weapon against excess fat and uneven skin texture. The draining effect helps eliminate the persistent fat while also working on firming the skin. The mechanical stimulation of cells, called kneadingrolling, achieves amazing slimming and anti-ageing results, visible from day one. An expert solution to model, shape and smooth the body.

# Exfoliation & Body Wrap Treatments

#### RASAYANA DETOX BODY BUFF

#### BY SUBTLE ENERGIES

Detoxifying. A complete and regenerative scrub, available in a range of intensities from gentle to medium, executed using nut shells to eliminate dead cells and cellulite while applying tulsi scented hot packs, wild turmeric and limbu. After the detoxification process, the treatment is concluded by a personalised complete body hydration.

# HIMALAYAN ENERGISING BODY POLISH

Regenerating. This intense scrub made of Himalayan salt crystals and rich in minerals, eliminates toxins and stimulates blood flow. The skin is visibly brighter and smoother, thanks to rare oils and ayurvedic aromatherapy's powerful actives. The hot patches complete the treatment by nourishing, hydrating, and balancing the skin.

#### RASAYANA DETOX BODY WRAP TREATMENT

#### BY SUBTLE ENERGIES

Firming. The main objectives of this dynamic body treatment are to revitalise and purify the skin. After an exfoliator rich in spices like cinnamon powder and nut shells, the therapist wraps the body in a rich clay infused with wild ginger, spirulina, and green tea to achieve the ultimate detox. The ritual ends with a delicate yet nourishing hydration.

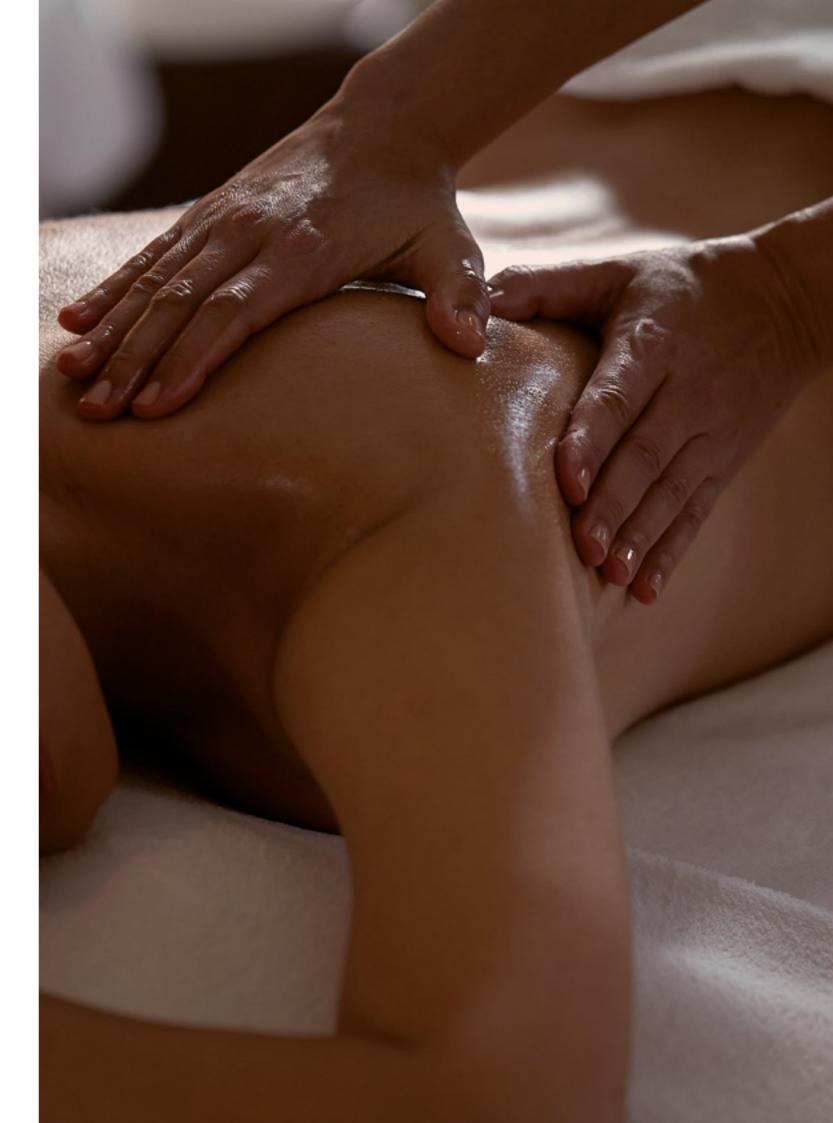
#### EXFOLIATING TREATMENTS

#### BY MAROCMAROC OR SISLEY

Purifying. marocMaroc and Sisley offer a series of specialised exfoliating treatments for a smooth and purified skin.

#### "ROSES DE SUCRE" HYDRATING BODY WRAP TREATMENT by Marocmaroc

Hydrating. A body wrap treatment performed with the decadent cream "Roses de Sucre" for a nourished skin perfected by the unforgettable aroma of wild rose. All senses are involved in this delightful treatment that leaves the skin smooth and radiant.



#### SENSORY AWAKENING CANDLE MASSAGE BY MAROCMAROC

The sensory Awakening massage draws on all the Moroccan wisdom of our ancestors to enhance the body and relax the spirit in the soothing heat of the Paillettes d'Ambre candle.

#### PURE SKIN SALTS DETOX TREATMENT BY DR BURGENER

Detoxifying. A supreme treatment to eliminate toxins and stress. The salts used in the scrub - from the Swiss glacier Anzeindaz - have the power to purify the body, removing impurities and water retention. The body wrap treatment is followed by a massage performed using a draining oil full of active ingredients, leaving the guests feeling lighter.

#### CHARDONNAY ANTIOXIDANT TREATMENT BY DR BURGENER

Anti-ageing. A concoction developed from grape seed extracts of Chardonnay, this ritual includes a scrub, a body wrap treatment, and a Champagne massage. Thanks to the ingredients rich in polyphenols and the therapists' expert hands, the skin will gain instant radiance and youth.

#### DETOX AND ADRENAL BOOST JOURNEY TREATMENT BY SUBTLE ENERGIES

Purifying. A complete purification process that uses powerful active ingredients such as Tulsi, wild turmeric and Indian lime that work together to detoxify and stimulate the cells and the lymphatic system. The ritual begins with a scrub, followed by a body wrap treatment. It is then finalised by a signature massage to achieve relaxation while practising Marma therapy and a lymphatic drainage.

#### RECOVERING TRAVELLER TREATMENT BY SUBTLE ENERGIES

Restorative. The perfect solution to improve your energy levels after a long trip. This treatment uses three different techniques: Marma therapy, lymphatic drainage, and Kansu bowl massage to balance body temperature and, according to the guest's needs, reinvigorate the body or help with relaxation while eliminating water retention and boost the immune system after a tiring flight.

# Spa Journeys

# pa Suites World

# Personal Luxury & Exceptional Moments

A celebration of luxury, refinement and intimacy, the Spa Royal Mansour reveals 3 Spa Suites available for private experiences. Soaked in sunlight and carved in pure marble, every suite offers a hammam, a treatment room, a small pool and a terrace overlooking the garden. One suite is destined for an individual moment of self-care while the other two are designed for couples or groups of friends. All created to enjoy the exceptional bespoke moments of relaxation offered by the Spa.

Book your time slot and enjoy the exceptional experience created by our experts and tailored to your needs.

#### BEAUTY SPA SUITE FOR ONE

#### 2 hours 15 minutes

- A Detox Rasayana body wrap treatment by Subtle Energies
- A body massage of your choice

#### 3 hours 15 minutes

- An exfoliating treatment by marocMaroc
- A hydrating "Roses de Sucre" body wrap treatment by marocMaroc

#### WATER SPA SUITE FOR ONE OR TWO

#### 5 hours

Book your time slot and kindly arrive at the Spa reception 45 minutes prior to your appointment to organise your tailored experience in the VIP Suite. After your treatment, a light snack will be served.

> A complete programme of your choice including tailored body and hair treatments after a private consultation with our Spa experts.

#### WELLNESS SPA SUITE FOR ONE OR TWO

#### Full Day

An incredible journey, a special holistic experience for two in the heart of one of the Spa Royal Mansour's suites.

- A traditional hair wrap Takhlita
- A Hammam "Évasion" experience
- A lunch for two
- A relaxing and restorative post-treatment moment

To end the day in the best way, the Spa Royal Mansour will offer you a shampoo and blow-dry for her and a haircut or a beard treatment for him.

- · A body massage of your choice
- · A facial of your choice by Sisley or marocMaroc

- · A facial by Dr Burgener for her and for him
- A choice between the Deep Tissue massage or the Relaxing massage by Sisley

# Hands & Feet

## PEDI: MANI: CURE STUDIO BY BASTIEN GONZALEZ

#### BASTIEN'S PEDICURE EXECUTED BY OUR PODIATRIST

Experience the true relaxing pedicure. A meticulous ritual carried out by expert hands to eliminate calluses and damaged nails, ending with an exquisite massage and a natural finish.

### ROYAL PEDICURE EXECUTED BY OUR PODIATRIST

A moment of total relaxation and hydration: the best mix for a pedicure. This treatment includes the well-known Bastien's Pedicure, the Foot Refoundation and the Paraffin Touch.

#### BASTIEN'S FOOT BEAUTY TREATMENT

A meticulous ritual that treats nails and cuticles first before hydrating the dry skin with the Black Diamond mineral scrub. To finish, nothing better than a wonderful relaxing massage.

#### BASTIEN'S MANICURE

The perfect manicure. A gentle treatment that gives back their natural brilliance to the nails while also working on the cuticles. The ritual ends with a relaxing hand massage.

#### BASTIEN'S DUAL TREATMENT

A mani-pedi performed in unison by two expert therapists for a complete beauty treatment that concludes with a perfectly synchronised relaxing massage.

#### FOOT REFOUNDATION

A purifying foot scrub using the "Black Diamond Scrub", followed by a deeply hydrating and relaxing massage starting from the toes to reach the legs. The perfect way to recharge after a long journey.

# Beauty Touches

#### PARAFFIN TOUCH

The ideal complement to Bastien's manicure and pedicure. The warmth helps with the absorption of the paraffin mask and the hydrating active ingredients, allowing a deeper muscular relaxation.

#### COLOR TOUCH

After a precise shaping of your nails, choose your favourite colour between our vast nail polish collection. The perfect final touch to any manicure.

#### FRENCH TOUCH

The famous French manicure, natural and chic. After the shaping of your nails, a precise white line is applied on top of the nail, followed by a delicate coat of a natural pastel pink.





Live the BGA InSoles® experience. The custom-made insoles exclusive concept offers a postural assessment and an advanced podiatric diagnostic. The ultimate solution to relieve foot pain, avoid the formation of calluses and prevent discomfort.

#### **BGA INSOLES® CONSULTATION**

Your private consultation is carried out by our podiatrist that will analyse your posture through the way your weight is distributed on your feet. A personalised prescription will help you select the model and the material that better answers to your needs to make sure your BGA InSoles® are perfectly adapted to your feet and shoes.

The custom-made insoles by BGA InSoles® are created by hand by our podiatrist to offer a unique level of personalisation and assure the highest level of pain relief through a perfect fit for any shoe type.

The ELEGANT InSoles® are thermoformed and custom-made to offer maximum comfort in your everyday life. These insoles are shock-absorbing and prevent pain and blisters.

#### SPORT INSOLES®

Three different types of BGA SPORT InSoles® are available. Every model is custom-made taking into consideration the guest's personal needs, posture improvement and their fitness performance to prevent injuries.

#### STILETTO INSOLES®

The STILETTO InSoles® have been created to improve your experience when wearing high heels. A real ally to avoid pain, blisters, and all other inconveniences, including heavy legs.

#### BGA INSOLES®

#### ELEGANT INSOLES®

# Hair Care

# THE HAIRDRESSING SALON AT THE SPA ROYAL MANSOUR

# Hair Care

SHAMPOO & MASK SPECIALISED SHAMPOO SIGNATURE CUT LIGHT CUT NATURAL COLOUR HIGH-DEFINITION COLOUR FLASH HIGHLIGHTS BLOW-DRY STYLING UP-DO CURLING IRON FINISH





# Hair Treatments

### ROYAL MANSOUR SIGNATURE TREATMENT BY LEONOR GREYL

Enhancing. This radiant hair treatment merges the ultra-hydrating and balancing virtues of the "Crème aux Fleurs" and the Liposilt Black with argan oil, calming citrus essential oil and prickly pear oil.

## INITIATION TREATMENT BY LEONOR GREYL

Glistening. An energising treatment performed with the "Crème aux Fleurs" lotion together with an oil bath using the Leonor Greyl oil. The hair length and ends are pampered with the "Crème Régénératrice". Even the most damaged hair will find new strength, shine, and volume.

## REHYDRATING TREATMENT "OASIS DE DOUCEUR"

BY LEONOR GREYL

Regenerating. A magic treatment, regenerating and rehydrating for dry and damaged hair. The ritual starts with a scalp massage with natural essential oils, followed by an oil bath using Huile Leonor Greyl while the "Crème aux Fleurs and the Masque Quintessence" are applied to the hair length for deep hydration and a glossy result.

## THOUSAND AND ONE NIGHTS TREATMENT BY LEONOR GREYL

Visionary. The bespoke ritual by Leonor Greyl is the ultimate gift for tired hair. First, a wheat germ oil treatment is used on the hair, then the guest is invited to enjoy a relaxing moment under the ozone steam hair helmet while the scalp is massaged with magnolia oil. Before the styling, the therapist applies the "Complexe Énergisant" (energising complex) and suction pads on the scalp to stimulate hair growth and microcirculation. A real resurrecting programme for your hair!



# The Barber

TRADITIONAL BARBER TREATMENT ROYAL MANSOUR SIGNATURE BARBER TREATMENT SPECIALISED SHAMPOO BEARD COLOUR SIGNATURE CUT BEARD TRIM "MENZ" NATURAL COLOUR HIGH-DEFINITION COLOUR STYLING

# Glow-Up

GLOWY MAKEUP

DAY MAKEUP

EVENING MAKEUP

**WEDDING MAKEUP** QUOTATION AVAILABLE UPON REQUEST



# Fitness Centre

# Coaching & Wellness

#### PRIVATE FITNESS CLASSES

Our specialised instructors offer bespoke programmes to better your physical condition, your wellness, or your endurance. The programmes include: TRX, Circuit Training, Kinesis, Arke Core Centric Training, Boot Camp, Abs, running outdoor and swimming.

#### ASSISTED STRETCHING

At the end of your fitness session, let our professional wellness and fitness instructor complete your session with a personalised stretching that will help you improve your flexibility and relieve after-training cramps and muscular pain.

#### BOXING

Our boxing classes are based on three objectives: the technique to improve agility and coordination, the physical effort to work on strength, speed and cardio to develop endurance and resistance. This is the perfect class for the guests looking to better their technique while burning as many calories as possible.



#### AQUAFIT

Aquafitness might look gentle, yet it is just as effective as any other fitness class. It includes interval training, cardio, and muscles development exercises. Every movement is amplified by the water pressure, while the joints are protected from the effort. Aquafitness can be considered as a type of active hydrotherapy improving blood circulation and skin texture.

#### PILATES

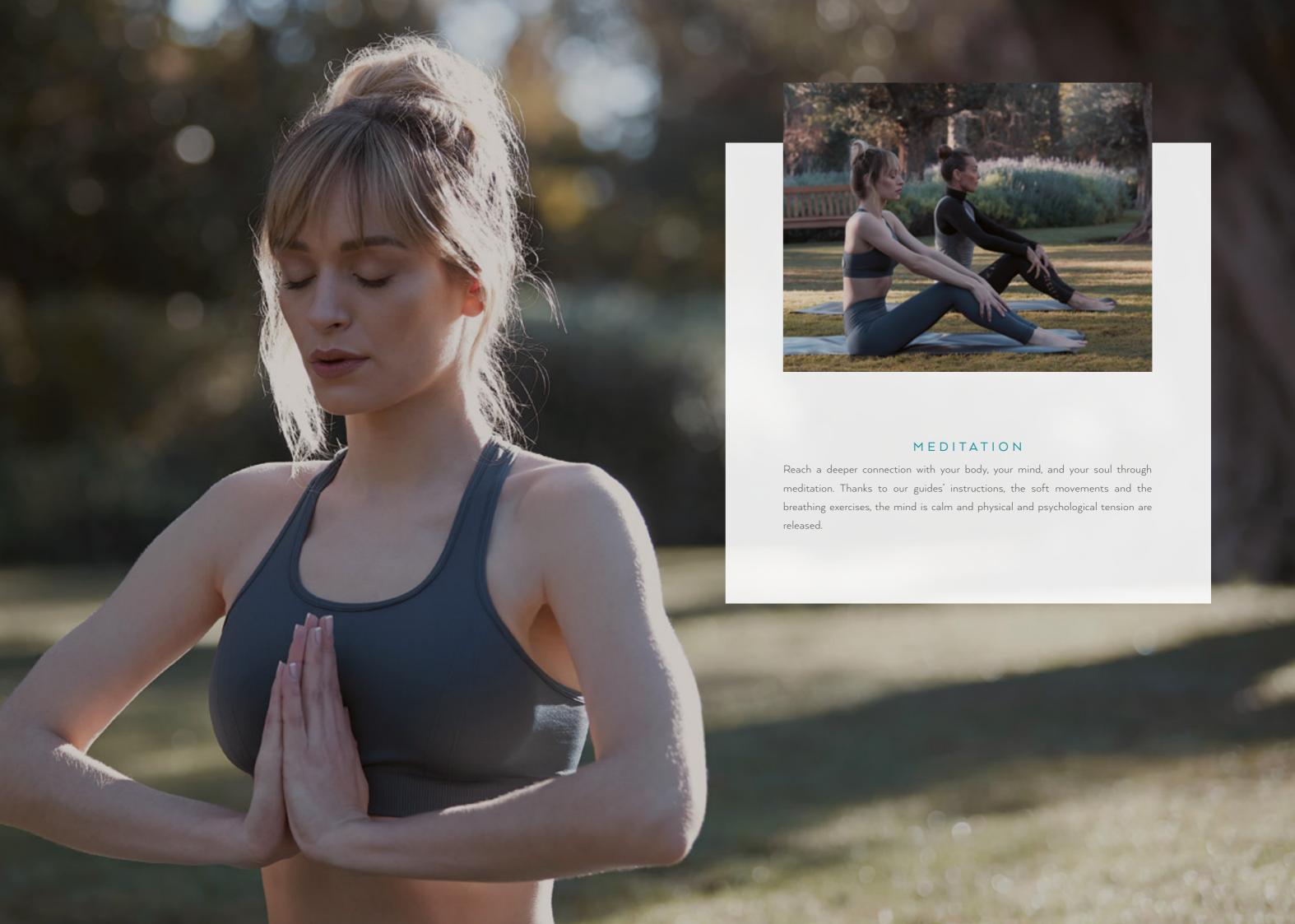
An ideal practice to fight pain and postural problems, Pilates is a gentle practice combining physical exercise and breathing to bring harmony to the body and the mind. It can be practiced on a mat, on the floor, with a ball or even on a chair.

#### MAT PILATES / FIT BALL PILATES

A series of Pilates exercises to perform either on a mat, during Mat Pilates, or with a ball, during Fit Ball.

## REFORMER / CADILLAC / CHAISE

Reformer / Cadillac machine by Balanced Body® is the most well-rounded Pilates machine available. It's a muscle-development device composed of a sliding plank, springs, bars and straps used to achieve balance and strengthen the torso while correcting wrong postures.





# Hammam & Massage

## ESSENCE OF MOROCCO ROYAL MANSOUR SIGNATURE HAMMAM

	DURATION (MINUTES)	PRICE
Step into the Atlas	75	1600
Step into Taliouine	75	1600
Step into Kalaat M'Gouna	75	1600

#### HAMMAM

BY MAROCMAROC

Évasion
Temps pour Soi
Lumière sur le Corps

## THE MASSAGES

	DURATION (MINUTES)	PRICE
Ceremonial Massage by marocMaroc	75	2200
Relaxing Massage by Sisley	60 / 90	2200 / 2900
Blissful Marma Massage by Subtle Energies	60 / 90	2400 / 3200
Hot Stones Massage	60 / 90	2400 / 3200
Traditional Thai Massage	90	2900
Deep Tissue Massage	60 / 90	2200 / 2900
Mum To Be Massage	60	2200
Back Massage	30	1300

#### THERAPEUTIC MASSAGES

	DURATION (MINUTES)	PRICE
Therapeutic Massage	60 / 90	2600/3200
Foot Reflexology	45	1500
Lymphatic Drainage	60	2400
Watsu®	60	2000

#### HOLISTIC TREATMENTS

Chi Nei Tsang Tibetan Singing Bowls Therapy



DURATION (	MINUTES) PRICE
60	) 1400
90	2000
120	3200

DURATION (MINUTES)	PRICE
60	2700
45	2500

(Prices in Moroccan Dirhams)

# Facials and BodyTreatments

#### FACIALS

	DURATION (MINUTES)	PRICE
Purity Facial "Terre du Désert" by marocMaroc	60	1600
Radiance Facial "Richesse d'Arganier" by marocMaroc	60	1600
Phyto-Aromatic Expert Facial by Sisley	60 / 90	2200 / 3200
Phyto-Aromatic Facial for Men by Sisley	60 / 90	2200/3200
Youthful Eyes Treatment by Sisley	60	1800
Green Caviar Facial by Dr Burgener	90	4000
Swiss Anti-Aging Jewel Facial by Dr Burgener	75	3500
Collagen Firming Facial by Dr Burgener	75	3500
Million Dollar Look Facial for Men by Dr Burgenger	90	4000
Rejuvenating Anti-Ageing Facial by Intraceuticals	60 / 90	2800 / 4200
Luxurious Brightening Facial by Intraceuticals	60 / 90	2600 / 3900
Clarity Blemish Facial by Intraceuticals	60 / 90	2800 / 4000
Atoxelene	1350	1500
24k Gold Age-Defying Facial by Subtle Energies	60 / 90	2400 / 2900
Soothe and Enrich Advanced Antioxidant Facial by Subtle Energies	60 / 90	2400 / 2900
Cactéa Signature Facial by marocMaroc	75	2200
Cactéa Energising Facial by marocMaroc	60	2000
Cactéa Revitalising Facial by marocMaroc	60	20



## SPA JOURNEYS

Pure Skin Salts Detox Treatment by Dr Burgener Chardonnay Antioxidant Treatment by Dr Burgener Detox and Adrenal Boost Journey Treatment by Subtle Energies Recovering Traveller by Subtle Energies Sensory Awakening Candle Massage by marocMaroc

## **BODY TREATMENTS**

	DURATION (MINUTES)	PRICE
Intense Hydration Treatment by Sisley	60 / 90	1600 / 2000
Slimming and Firming Treatment by Sisley	60 / 90	1600 / 2000
LPG Complete Body and Face Treatment	75	2000
Rasayana Detox Body Buff by Subtle Energies	60	2000
Himalayan Energising Body Polish by Subtle Energies	60	2000
Rasayana Detox Body Wrap Treatment by Subtle Energies	75	2700
Exfoliating Treatments by marocMaroc or Sisley	30	1000
"Roses de Sucre" Hydrating Body Wrap Treatment by marocMaroc	30	1000

### SPA SUITES WORLD

	Beauty Spa Suite for one
	Water Spa Suite for one
	Water Spa Suite for two
	Wellness Spa Suite for one
	Wellness Spa Suite for two

# Exceptional Treatments

DURATION (MINUTES)	PRICE
120	4500
120	4500
120	4500
100	3700
60	2200

DURATION (MINUTES)	PRICE
2 heures 15 minutes	4000
3 heures 15 minutes	6000
5 heures	7000
5 heures	14000
Journée entière	9700
Journée entière	19400

(Prices in Moroccan Dirhams)

# Beauty

## HANDS & FEET

#### PEDI:MANI:CURE STUDIO

#### BY BASTIEN GONZALEZ

	DURATION (MINUTES)	PRICE
Bastien's Pedicure - Executed by our Podiatrist	60	1300
Royal Pedicure – Executed by our Podiatrist	120	2000
Bastien's Foot Beauty Treatment	60	1100
Bastien's Manicure	45	900
Bastien's Dual Treatment	75	2000
Foot Refoundation	35	800

#### **BEAUTY TOUCHES**

	DURATION (MINUTES)	PRICE
Paraffin Touch	20	200
Color Touch	15	300
French Touch	20	350

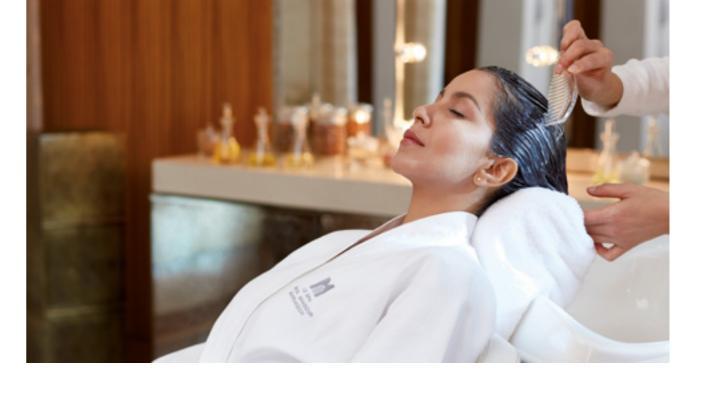
#### BGA INSOLES

	DURATION (MINUTES)	PRICE
BGA InSoles® Consultation	45	750
BGA InSoles®	45	1750

## HAIR CARE

#### HAIR DRESSING

	DURATION (MINUTES)	PRICE
Shampoo & Mask	15	200
Specialised Shampoo	15	250
Signature Cut	60	600
Light Cut	45	400
Natural Colour	90	700
High-Definition Colour	90	Upon Request
Flash Highlights	120	Upon Request
Blowdry	45 / 60	250 / 350
Styling	90	300
Up-Do	45	800
Curling Iron Finish	60	800
Special Event Styling	90	1000 / 1500



#### HAIR TREATMENTS

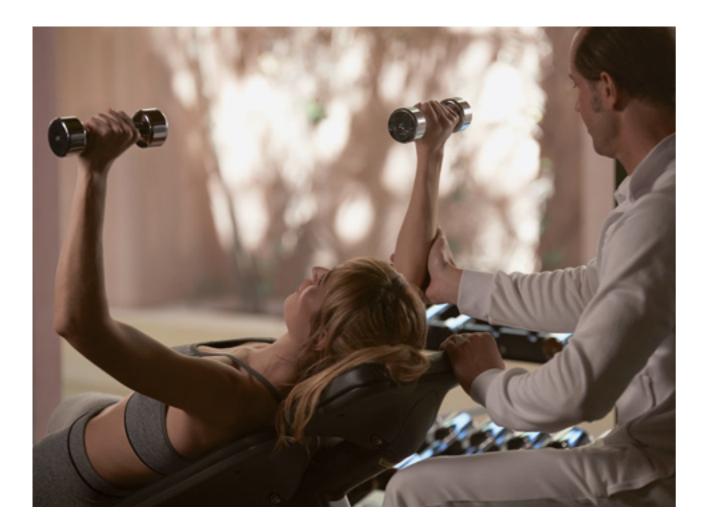
	DURATION (MINUTES)	PRICE
Royal Mansour Signature Treatment by Leonor Greyl	75 / 90	1000 / 1800
Initiation Treatment by Leonor Greyl	30	800
Rehydrating Treatment "Oasis de Douceur" by Leonor Greyl	75 / 90	1000 / 1800
Thousand and One Nights Treatment by Leonor Greyl	120	1800

## THE BARBER

	DURATION (MINUTES)	PRICE
Traditional Barber Treatment	30	400 / 450
Royal Mansour Signature Barber Treatment	60	700
Specialised Shampoo	15	200
Beard Colour	90	300
Signature Cut	60	500
Beard Trim	45	250
"Menz" Natural Colour	60	700
High-Definition Colour	90	800
Styling	30	200

### GLOW UP

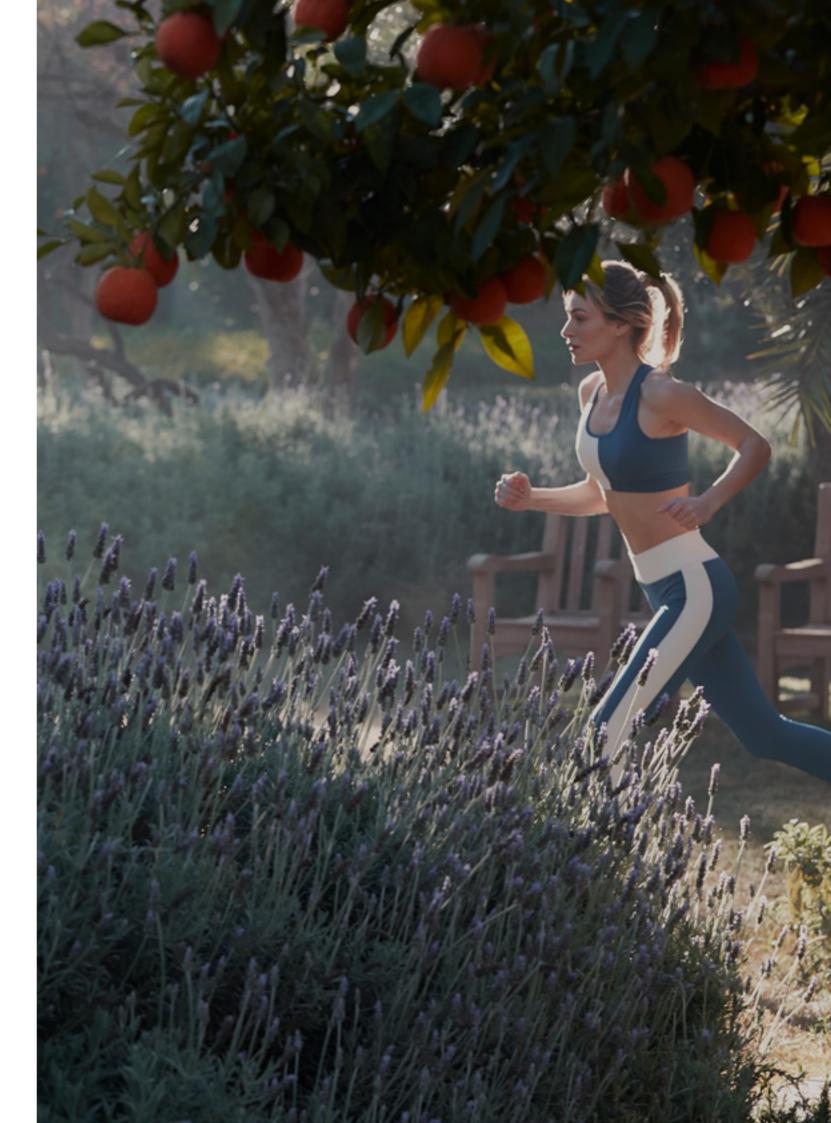
	DURATION (MINUTES)	PRICE
Glowy Makeup	30	500
Day Makeup	45	1000
Evening Makeup	60	1200
Wedding Makeup	Upon Request	Upon Request



# Fitness

## FITNESS CENTRE

	DURATION (MINUTES)	PRICE
Private Fitness Classes	60	900
Assisted Stretching	30	450
Boxing	60	800
Aquafit	60	600
Mat Pilates / Fit Ball Pilates	60	1200
Reformer / Cadillac / Chaise	60	1200



#### OPENING HOURS

The Spa Royal Mansour is open every day from 9:00 am to 9:00 pm to all hotel guests and visitors. Hairdressing Salon: every day from 10:00 am to 9:00 pm Fitness Centre: every day from 7:00 am to 9:00 pm



#### SPA ROYAL MANSOUR

ABOU ABBAS EL SEBTI ROYAL MANSOUR 40000, MOROCCO TEL. : +212 52980-8200



