



RIAD

S O L A N G E

TREATMENTS & YOGA
THE ART OF WELL-BEING

List of treatments and yoga classes



MASSAGES

RELAXATION, ESCAPE, LETTING GO

With over 15 years' experience, Khadija is a professional masseuse with a passion for listening. She masters a wide range of treatments: massages, facials, hand beauty, waxing, make-up and hair styling for a moment of well-being tailored to your needs, in a gentle and caring way.

RELAXING BODY MASSAGE

A gentle treatment to release tension, soothe the body and mind, and savour the present moment.

1H-300 DH

1H30-400 DH

TONING BODY MASSAGE

A dynamic massage to stimulate circulation, awaken the body's energy and restore a feeling of vitality.

1H-350 DH

1H30-450 DHS

FOOT MASSAGE

A moment of pure relaxation to release tension and rebalance the whole body, starting with the feet.

30 min-200 DH

BACK MASSAGE

Ideal for relieving accumulated tension and releasing knots. A deeply soothing eyelash treatment.

30 min-200 DH

FACE MASSAGE

A gentle, enveloping treatment to smooth the features, stimulate the skin and give it a natural glow.

30 min-200 DH

FACE CARE

Exfoliation, blackhead removal, mask application and massage.

1H-300 DH

Treatment takes place in the patient's room, by prior arrangement with the team.



BEAUTY RITUALS

TAKING CARE OF YOURSELF

MANUCURE <i>Complete hand care with nail enhancement for a neat, natural finish.</i>	200 DH
PEDICURE <i>Foot care including bathing, filing, gentle buffing and nail enhancement.</i>	200 DH
MANICURE + SEMI-PERMANENT BREAK <i>Manicure with an application of semi-permanent varnish for impeccable hold.</i>	300 DH
PEDICURE + SEMI-PERMANENT BREAK <i>Pedicure with an application of semi-permanent varnish for impeccable hold.</i>	300 DH
BIKINI WAXING <i>Full bikini wax.</i>	200 DH
COMPLETE DEPILATION <i>Full body hair removal (legs, underarms, bikini line).</i>	300 DH
PRE-PARTY MAKE-UP <i>Tailor-made make-up to enhance your face before a night out.</i>	100 DH
BRUSHING <i>Professional blow-dry with styling and styling to your liking.</i>	100 DH

Treatments take place in the room, on the terrace or in the lounge, depending on the ritual chosen/reservation with the team.



YOGA

HATHA, VINYASA, YIN YOGA, NIDRA

Laura is a 450-hour qualified yoga teacher and Yoga Balance certified. She teaches Vinyasa, hatha, yin yoga and Nidra meditation at the Riad 3 times a week. Laura sees each session as an invitation to explore her body, breath and mind in order to cultivate harmony and well-being.

YOGA - CLASSIC COURSE

250 DH/pers

Yoga (1h)- every Tuesday, Thursday and Saturday from 6.30 pm to 7.30 pm.
Hatha, Vinyassa, Yin yoga depending on the participants.

YOGA - MAGIC COURSE

250 DH/pers

Méditation Nidra (1h) - on request.
Method of relaxation acting on the whole body to help you sleep well.

Yoga takes place on the panoramic terrace/booking with the team.



COACHING & YOGA

BREATHE, ACT, ALIGN

Salma grew up in Casablanca and moved to Paris at the age of 18 to study mathematics applied to finance. After a career as an insurance actuary, Salma trained in yoga in Bali and in coaching at HEC Paris. Today, she accompanies people in their professional and personal transformations through coaching and yoga. See the well-being diary for her dates of attendance.

COACHING & YOGA WORKSHOP

Yoga, coaching, debriefing, closing session (2h30).
Gain energy, clarity and power.

500 DH (Individual)

400 DH/pers
(groups from 2 max 4)

YOGA

Hatha, Vinyassa, Yin yoga depending on the participants.

250 DH/pers

Yoga takes place on the panoramic terrace and coaching in your room /booking with the team/Salma website: <https://sel-coaching.fr>



SOINS HOLISTIQUES

RESPIRER, AGIR S'ALIGNER

French-Moroccan-Tunisian, **Olfa** is a passionate person with a rich and varied background, having started out in the international travel industry. Today Olfa is a neuroscience master coach, Reiki Master and sonotherapist. She combines her many talents to offer transformational coaching sessions, spiritual retreats and women's circles.

See her well-being diary for dates when she will be in Marrakech.

EMOTIONAL FREEDOM TECHNIQUE

660 DH

A tailor-made EFT/neuropuncture session following a discussion to identify the emotions to be released. Tapping technique to create new neural pathways (1h00-1h30).

SOUND HEALING

770 DH

*A tailor-made session of sound bathing with Tibetan bowls (1h00).
Energy harmonisation, physical fatigue recovery.*

ENERGETIC HEALING

990 DH

An energy treatment session to treat energy blockages and rebalance energies. Relaxation guaranteed (1h00).

HOLISTIC CARE 1:1

1100 DH

*A tailor-made session to address your current issues (1h30-2h00).
Tools: coaching, applied neuroscience, RFT, art therapy, energy release rituals.*

*The treatments take place in your room /booking with the team.
Olfa's Instagram page: [@alma_experience_](#)*