



RIAD

SOLANGE

TREATMENTS & YOGA  
THE ART OF WELL-BEING

---

List of treatments and yoga classes



THESE TREATMENTS AND PRACTICES  
ARE AVAILABLE THROUGHOUT THE  
YEAR AT THE RIAD.



# 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-400 DH

1H30-500 DH

## TONING BODY MASSAGE

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

1H-450 DH

1H30-550 DHS

## FOOT MASSAGE

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

30 min-300 DH

## BACK MASSAGE

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

30 min-300 DH

## FACE MASSAGE

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

30 min-300 DH

## FACE CARE

*Exfoliation, blackhead removal, mask application and massage.*

1H-400 DH

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





# BEAUTY RITUALS

TAKING CARE OF YOURSELF

<b>MANUCURE</b> <i>Complete hand care with nail enhancement for a neat, natural finish.</i>	<b>200 DH</b>
<b>PEDICURE</b> <i>Foot care including bathing, filing, gentle buffing and nail enhancement.</i>	<b>250 DH</b>
<b>MANICURE + SEMI-PERMANENT BREAK</b> <i>Manicure with an application of semi-permanent varnish for impeccable hold.</i>	<b>300 DH</b>
<b>PEDICURE + SEMI-PERMANENT BREAK</b> <i>Pedicure with an application of semi-permanent varnish for impeccable hold.</i>	<b>350 DH</b>
<b>BIKINI WAXING</b> <i>Full bikini wax.</i>	<b>200 DH</b>
<b>COMPLETE DEPILATION</b> <i>Full body hair removal (legs, underarms, bikini line).</i>	<b>300 DH</b>
<b>PRE-PARTY MAKE-UP</b> <i>Tailor-made make-up to enhance your face before a night out.</i>	<b>150 DH</b>
<b>BRUSHING</b> <i>Professional blow-dry with styling and styling to your liking.</i>	<b>150 DH</b>

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



# YOGA

## VINYASA, YIN YOGA, NIDRA

Lucy is a British-Chinese yoga teacher who received her 200h Yoga Alliance certification in Rishikesh, India. Her classes integrate pranayama exercise, intention-setting, meditation and lovingly curated music. She weaves flowing sequences of dynamic or slow vinyasa, restorative yin and nidra tailored to student energy & intentions.

**Please consult us to check the availability of Lucy.**

### YOGA - YOGA COURSE

Yoga (1h) - on request.

*Vinyassa, Yin yoga, Nidra Yoga depending on the participants.*

**350 DH (Individual)**

**300 DH / pers (2 pers)**

**250 DH / pers (3 pers)**

**200 DH / pers (4 pers)**

### YOGA - MAGIC COURSE

*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.*



# HOLISTICS TREATMENTS

EMOTIONAL & ENERGETIC BALANCE

Olfa, Master Coach in Neuroscience, Reiki Master and Sound Therapist, helps you release tension, calm your mind and restore balance and energy.

Each session is a unique experience that promotes reconnection with yourself and a deep sense of well-being.

**Please consult us to check the availability of Olfa.**

## EMOTIONAL FREEDOM TECHNIQUE

**1H30-660 DH**

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

## SOUND HEALING

**1H-770 DH**

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

## ENERGETIC HEALING

**1H-990 DH**

*An energy treatment session to treat energy blockages and rebalance energies. Relaxation guaranteed.*

## HOLISTIC CARE 1:1

**2H-1100 DH**

*A tailor-made session to address your current issues.  
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\_*



WE REGULARLY WELCOME WELLNESS  
EXPERTS WHO COME TO SHARE THEIR  
EXPERTISE AND UNIQUE PRACTICES.

THESE TEMPORARY EXPERIENCES  
OFFERED BY OUR GUEST  
PRACTITIONERS ENRICH YOUR STAY  
AND PROVIDE AN OPPORTUNITY TO  
DISCOVER A VARIETY OF APPROACHES  
TO WELLNESS.





# AYURVEDIC TREATMENTS

CHAKRA, CIRCULATION, WELL-BEING

**Yamin Chokron**, Ayurvedic practitioner, invites you to harmonize your chakras and align your body and mind through this 2500 year old Indian Technique. Using organic sesame oil, his personalized massages improve circulation, reduce fatigue and sleep disturbances, and provide deep physical and mental well-being. Each session is tailored to offer a unique revitalizing and energizing experience.

**Please consult us to check the availability of Yamin.**

## **AYURVEDIC MASSAGE**

**1H-700 DH**

*A unique combination of flowing strokes, precise pressures, energy point work and stretching techniques, inspired.*

*This regenerating care releases accumulated tensions, improves sleep quality, enhances posture and brings harmony to both body and mind.*

## **INDIAN FOOT REFLEXOLOGY**

**30 min-500 DH**

*Realized with a bowl (Kansu) composed of 4 metals and applied to the arch of the feet with specific movements with sesame oil. It will strengthen the failing organs by stimulating the points present on all the arch of the feet.*

*This anti-fatigue and anti-stress care, is very efficient to have back a good sleep and soothe the body and the mind in a lasting way*

## **AYURVEDIC MASSAGE ON A SPECIFIC ZONE**

**30 min-500 DH**

*Back/Legs/Head*

*The treatments take place in your room /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. **Please consult us to check the availability of Salma.**

## COACHING & YOGA WORKSHOP

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

**700 DH (Individual)**

**400 DH/pers  
(groups from 2 max 4)**

## YOGA

*Hatha, Vinyassa, Yin yoga depending on the participants.*

**350 DH/pers**

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