



TREATMENTS & YOGA
THE ART OF WELL-BEING

List of treatments and yoga classes

A close-up, low-key photograph of a person receiving a massage. A pair of hands is shown from the side, applying pressure to the person's back. The person's back is visible, and they are wearing a light-colored, draped cloth. The lighting is dramatic, with strong highlights and shadows, creating a warm, intimate atmosphere.

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

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

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.

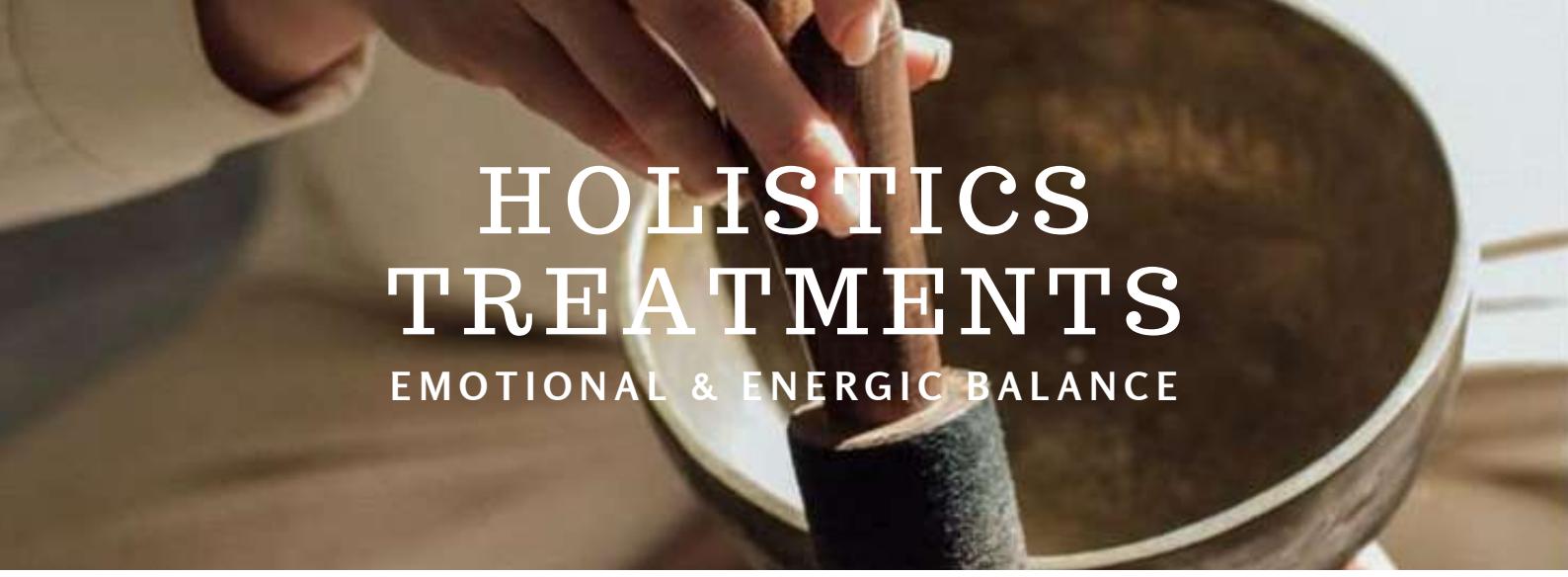
350 DH (Individual)
300 DH / pers (2 pers)
250 DH / pers (3 pers)
200 DH / pers (4 pers)

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 & ENERGIC 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*

A close-up, low-angle shot of a person's back and shoulder area. A hand, belonging to a practitioner, is visible, applying pressure to the skin. The lighting is warm and focused on the skin, creating a sense of relaxation and well-being.

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.



AYRUVEDIC 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, enhance posture and bring 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 soliciting 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>