



THE SPA
— AT —
MANDARIN ORIENTAL
—
MARRAKECH

WELCOME TO THE SPA AT MANDARIN ORIENTAL, MARRAKECH

Nestled within lush gardens, our spa is a serene sanctuary where Morocco's rich traditions blend seamlessly with our Oriental roots. Inspired by the historic beauty of Andalusian architecture and designed by the acclaimed Gilles & Boissier, the space exudes timeless elegance and tranquility, offering a haven for body, mind and soul.

Every moment here is an invitation to rejuvenate and reconnect, with bespoke rituals and holistic wellness experiences thoughtfully crafted to nurture your well-being and awaken your five senses.



ESSENCE OF MARRAKECH

MOROCCAN ROSE

3H

Treat your senses with a sensorial and poetic journey through the land of Morocco.
A restorative authentic experience, combining the best natural ingredients.

This journey includes :

- ◆ Welcoming foot ritual
- ◆ Relaxing bath infused with aromatic roses
- ◆ Full body rose wrap
- ◆ Head to toe massage using argan oil.

CARACAL

3H

Using a holistic approach to unveiling your natural beauty this luxurious Moroccan experience will treat you from head to toe.

This journey includes :

- ◆ Indulgent beldi hammam
- ◆ Aromatherapy facial
- ◆ Full body massage using orange blossom, lavender or jasmin essential oils.



HAMMAM

ESCAPE

marocMaroc
1H

Experience the essence of Moroccan wellness signed marocMaroc with a cleansing and rejuvenating ritual that purifies the body, soothes the senses and leaves you feeling renewed.

This journey includes :

- ◆ Ultra-purifying exfoliation with the Moroccan «Kessa» glove
- ◆ Detoxifying body scrub
- ◆ Soothing soaping with orange blossom infused shower milk.

TANGERINE DELIGHTS

marocMaroc
2H

Using marocMaroc tangerine infused products, this hammam treatment has been created to sublimate the body, face and hair while taking you on a unique sensory journey.

This journey includes :

- ◆ “ Escape ” hammam
- ◆ Ceremonial marocMaroc full body massage

TRADITIONAL HAMMAM

marocMaroc
1H30

The skin is cleansed using Moroccan black soap then exfoliated using a kessa glove. A unique body wrap is then applied to the skin made from the Atlas Mountains’ clay, aromatic medicinal plants, and rose water. To complete the journey, nourishing argan oil is generously applied on the body.



SIGNATURE THERAPIES

TIME RITUALS™

2H - 3H

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilise their individual talents to create and customise treatments to your unique individual needs.

ORIENTAL HARMONY

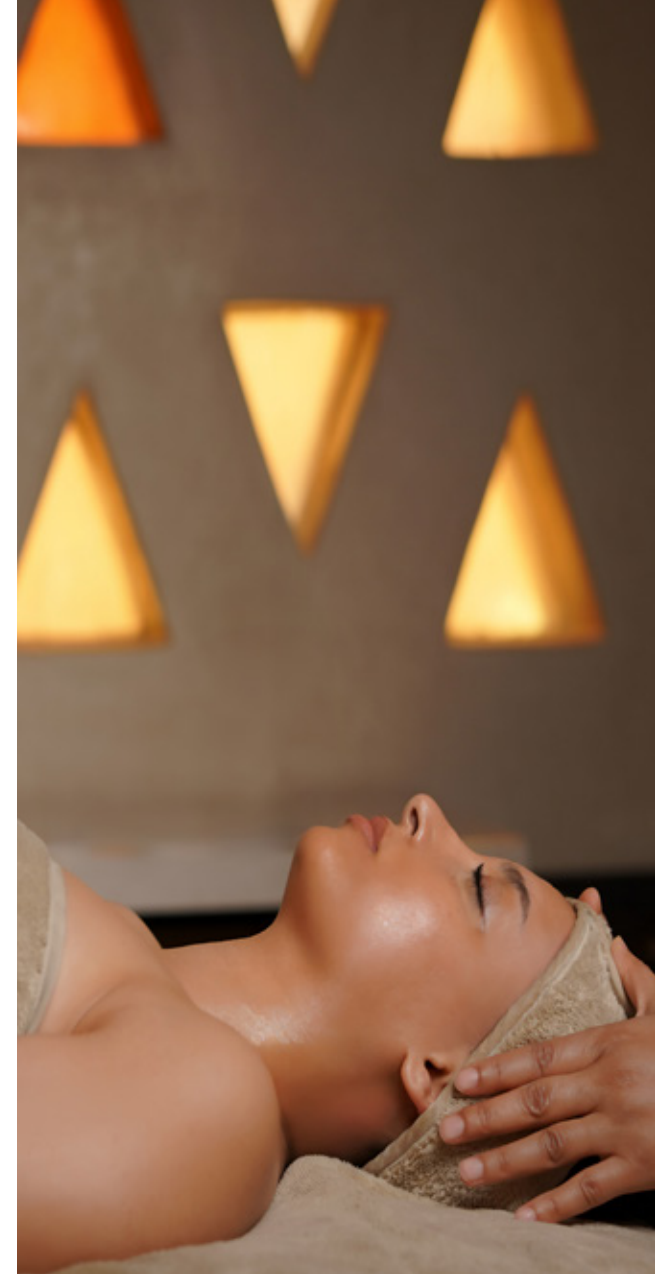
2H

Two therapists work together in time and movement; first providing a warm scrub that soothes the skin and later a harmonious massage that balances the body. Ideal for those suffering from Jet Lag.

DIGITAL WELLNESS ESCAPE

1H30

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stresses and strains resulting from the frequent use of digital devices.



SIGNATURE THERAPIES

INTELLIGENT MOVEMENT

1H30

The Intelligent Movement Treatment has been designed to help our guests move more and better with a massage gun aids. It includes : trigger point release work, deep muscle manipulation, stretching and elongation of the muscles, all designed to soften, release tension and aid in increased mobility in the body.

INNER STRENGTH

2H

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.





MASSAGES

ORIENTAL ESSENCE

1H - 1H30

Using custom-blended Oriental oils and movements inspired by traditional Oriental therapies, this tension-busting massage treats the whole body. Focuses on the traditional stress-holding areas of the back, neck and shoulders.

THERAPEUTIC ARGAN

1H - 1H30

This truly effective therapeutic massage helps dissolve aches and strains. The oil is applied to the body using the therapist's elbows and forearms in this stimulating and deeply energising massage, using argan oil known as the "Tree of Life". Berber women have used Argan oil for centuries to protect and nourish their skin, hair and nails.

MASSAGES

HOT STONE THERAPY

1H - 1H30

Inspired by traditional Native American Indian practices, this relaxing massage uses heated stones to generate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.

AROMA THERAPY

1H - 1H30

A deeply therapeutic holistic treatment which combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind.





MASSAGES

CALM MIND

1H

Re-harmonise your natural energy flow with our signature back and head massage, designed to completely relax both body and mind.

THAÏ

1H30

Conducted on a futon and performed in comfortable clothing, this massage combines rhythmic acupressure, gentle rocking and assisted stretching to deeply relax the body and mind. It enhances flexibility, relieves tension and restores balance to the body's energy flow.

MUM-TO-BE

1H

This full-body massage, expertly adapted for expectant mothers, focuses on safe and comfortable areas to melt away tension and stress, promoting a sense of calm and well-being using the soothing touch of Moroccan argan oil. *Available for expectant mothers from 14 weeks onwards.

BODY CARE

ROSY SENSATION

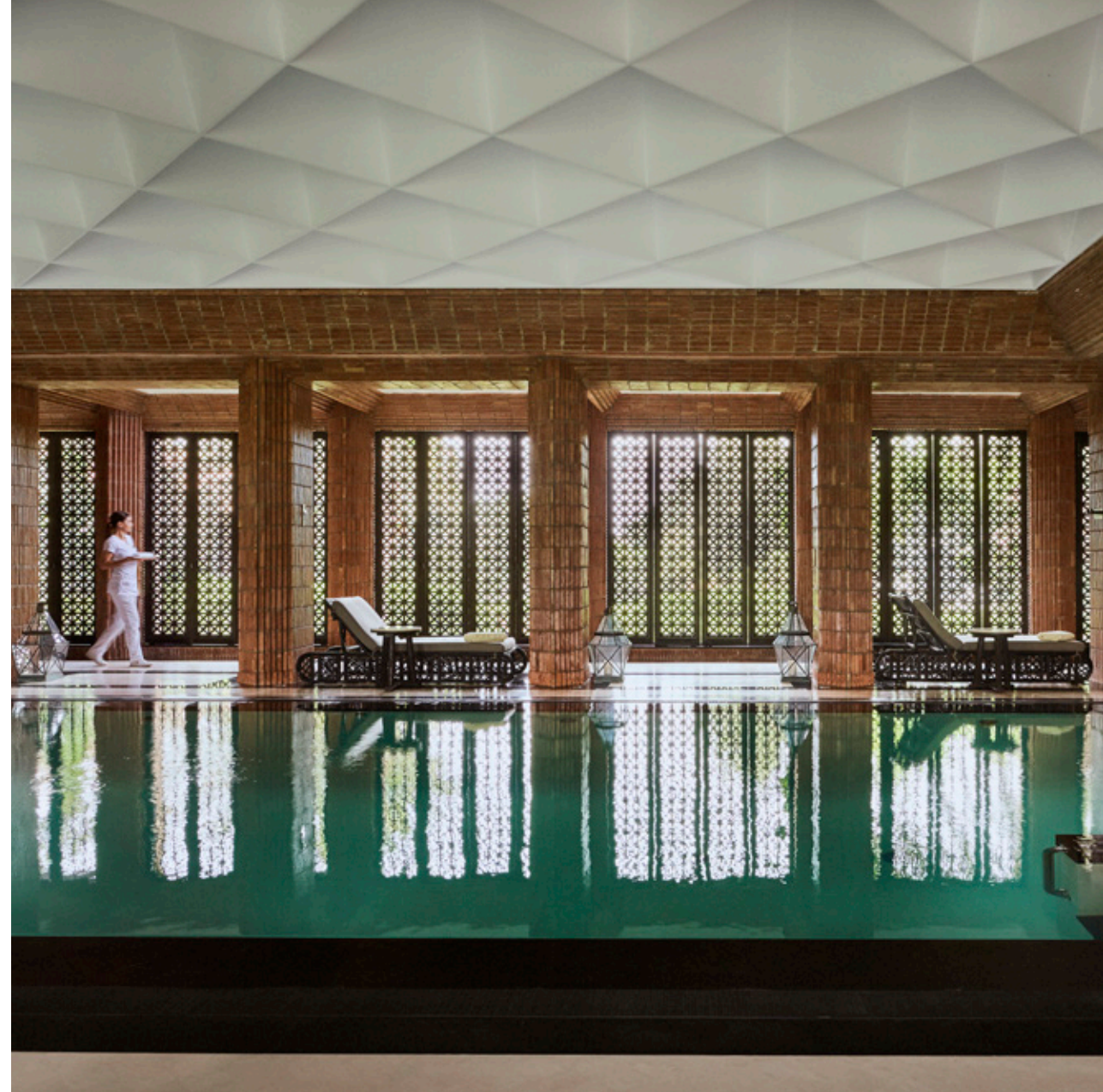
1H

Commencing with a deep exfoliation of the body and face designed to purify followed by an envelopment of cream using Moroccan roses and sugar to moisturise the skin and allow skin renewal.

« MIEL D'AMBRE » EXFOLIATION

30 minutes

An exfoliation inspired by black soap. The body and face skin is deeply cleansed from toxins with the benefits of natural exfoliating grains, argan powder, orange peel and brown sugar.





BODY CARE

SLIMMING TREATMENT

Biologique Recherche
2H

This customised full body treatment drains and eliminates toxins and excess water, tones and hydrates your skin, with the added benefits of aromatherapy.

BODY LIFT

Biologique Recherche
1H30

Created specifically to exfoliate, tone and shape, Body Lift includes a deep exfoliation and a Bio-Reflex massage. The results are immediate: your skin feels like satin, and the contours of your body and décolleté are re-shaped.

HOLISTIC SKIN CARE

AROMATHERAPY FACIAL

marocMaroc
1H

Beginning with a facial assessment to determine your skin type, our therapist will select products from our marocMaroc facial range to create a facial experience tailor-made to your skin's needs .

SIGNATURE STURMGLOW

Dr. Barbara Sturm
1H

This revitalising facial will cleanse, nourish and awaken the skin, and help restore the complexion's natural glow. Light-reflecting pigments in GLOW DROPS leave the skin with a visible, youthful radiance and evens out the appearance of any irregularities on the complexion.

RECONDITION

Biologique Recherche
1H

A nourishing and protective treatment to make up for lipid deficiencies in your skin. Its high concentration of active ingredients and precious oils returns volume, suppleness and comfort to your skin.



ADVANCED SKIN CARE

CUSTOM MADE

Biologique Recherche
1H30

After a thorough skin analysis, an appropriate tailored treatment will be recommended choosing the best combination of highly concentrated natural, biological active ingredients and fragrance-free products that your skin most needs.

TRIPLE LIFT

Biologique Recherche
2H

An exfoliating, repairing and toning treatment designed for mature skin instants. It leaves the skin on your face, neck and chest refined, plumped and lifted.

REMODELLING FACE

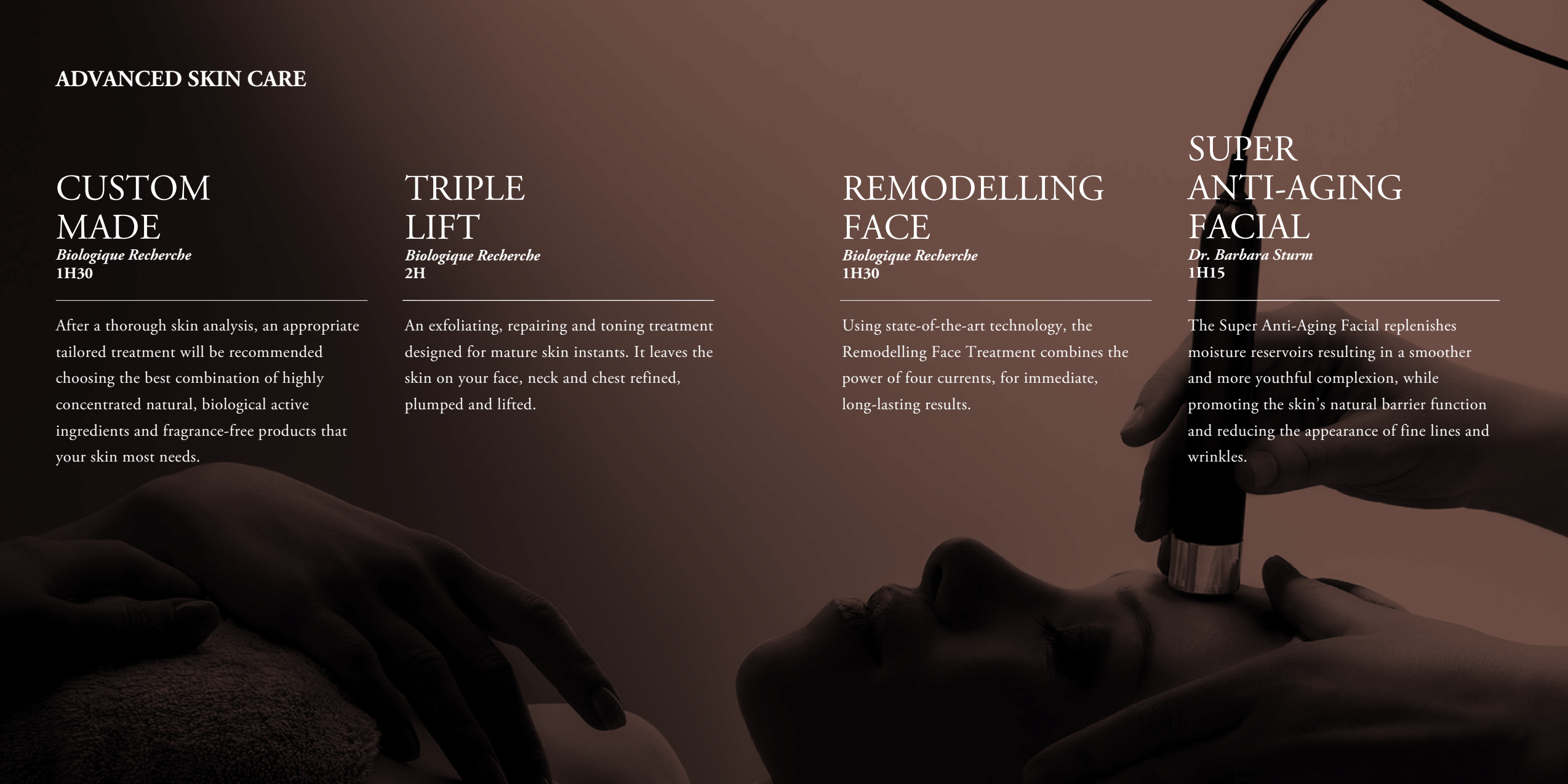
Biologique Recherche
1H30

Using state-of-the-art technology, the Remodelling Face Treatment combines the power of four currents, for immediate, long-lasting results.

SUPER ANTI-AGING FACIAL

Dr. Barbara Sturm
1H15

The Super Anti-Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion, while promoting the skin's natural barrier function and reducing the appearance of fine lines and wrinkles.



WELLNESS PROGRAMMES

DETOX

2H30

Improve overall health, balance emotions, strengthen the immune system & clarify the skin appearance.

- Private eucalyptus-scented hammam
- Detox body scrub
- Hair treatment by marocMaroc
- Ceremonial marocMaroc full body massage
- Tisane time with Moroccan herbal tea

ENERGY

2H30

Boost vitality, uplift the spirit and invigorate both body and mind for a renewed sense of energy and focus.

- Private consultation with coach
- Personal fitness training
- Intelligent movement therapy
- Tisane time with Moroccan herbal tea

SLEEP

2H30

Promote relaxation and improve sleep quality.

- Relaxing bathing in private treatment room
- Aroma body massage
- Scalp therapy
- Foot reflexology
- Tisane time with Moroccan herbal tea



FINISHING TOUCHES

MANDARIN ORIENTAL MANICURE

1H15

A complete manicure during which hands are cleansed, exfoliated, treated and nourished. Including nail polish application.

MANDARIN ORIENTAL PEDICURE

1H15

A complete pedicure during which feet are cleansed, exfoliated, treated and nourished. Including nail polish application.

SHELLAC MANICURE OR PEDICURE

1H30

This flawless treatment involves zero dry time, no nail damage, resilient mirror finish, strong protected nails and flawless colour for 14 days.

WAXING

Waxing treatments are available upon request.



FITNESS AND WELLNESS

PERSONAL TRAINING

1H

Experience a holistic approach to fitness and wellness with our professional fitness instructor who will work with you, one-on-one, to design a programme that will fit your needs.

- One-on-one personal training
- Boxing
- Functional training
- Golf training
- Wellness consultation

YOGA CLASS

1H

Awaken your inner senses with this ancient Indian practice of mind, body and spirit. Our specialist yoga instructor will customise your sessions through a sequence of poses helping to cleanse, purify and energize.

- Vinyasa
- Hatha
- Yin
- Nidra
- Pranayama
- Fit Yoga



FITNESS AND WELLNESS

GROUP TRAINING (minimum 2 people / maximum 6 people)

BOXING

45 minutes

This class is all about amateur boxing to learn basic techniques in a fun way way as it contains fun games. Boxing is a good way to relieve stress and improve your fitness.

CIRCUIT TRAINING

45 minutes

Circuit training is an effective way to increase both cardiovascular and muscular endurance. This training is a combination of several exercises (stations) that are performed with short rest periods in-between for either a set number of repetitions (rounds) or a prescribed amount of time.

BALANCE

45 minutes

Ideal for anyone and everyone, the yoga-based class will improve your mind, your body and your life. During BALANCE class, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm, centered and happy.

HIIT

30 minutes

Hiit is a 30-minute high-intensity interval workout that improves cardiovascular fitness, increases speed and maximizes calory burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get fast results. This training works with powerful music and an inspirational coach who will be down on the floor with you, motivating you to go harder and to get fit, fast.

FITNESS AND WELLNESS

GROUP TRAINING (minimum 2 people / maximum 6 people)

BOOTCAMP (OUTDOOR)

45 minutes

Boot camp workouts can vary, depending on the focus/ function. They generally include an intense mix of aerobic, strength training and speed elements within each session. One boot camp workout might stress body weight exercises (calisthenics) while another stresses military-style drills. Fitness boot camps often appeal to people looking for a more intense workout.

SPECIAL ABS

45 minutes

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.

MOBILITY STRETCH

45 minutes

This class is all about dedicating time to care for your body and soft tissue to promote better movement and improved functional range of motion. Consider this as guided self-care. Expect this class to “hurt so good” while you roll, floss, release and stretch your way to true functional improvement. To move freely and easily.



TERMS & CONDITIONS

OPENING HOURS

FITNESS CENTRE

Monday – Sunday 7:00am – 9:00am

SPA TREATMENT AND BEAUTY SALON

Monday – Sunday 9:00 am – 9:00 pm

ADVANCED BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

CANCELLATION POLICY

Please allow 24 hours notice of cancellation to avoid charges. Cancellations within 24 hours will incur 50% charge. Cancellation within 12 hours or a no show will incur a 100% charge. A credit card number is required at the time of booking.

SPA ETIQUETTE

Our spa environment is one of tranquility and relaxation. Please respect all spa guests' right to privacy and serenity and please do not use mobile phones.

SPA ARRIVAL

We recommend that you check in at Spa Reception at least 30 minutes prior to your first scheduled appointment. This allows us to have a discussion with you about your treatment expectations and also gives you ample time to visit the spa's indoor swimming pool and relaxation area. Please understand that late arrivals will not receive an extension of scheduled treatments.

AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 16.

GIFT CARDS

An ideal gift for spa enthusiasts, gift cards are available at The Spa.

SPA PACKAGES

Information on special spa packages or group programmes can be obtained by contacting the Spa Concierge at +212 5 24 29 88 94.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies, or injuries which could affect your service when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant mothers. Please allow the Spa Concierge to guide you in selecting which treatment.

CLEANLINESS

In keeping our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after service and treatment.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage or personal articles. Please keep all valuables locked in your locker during your visit. For the protection of your clothing, we ask that you wear the robe provided.

ACCIDENTS OR INJURIES

The Spa at Mandarin Oriental, Marrakech shall not be liable for any accident or injury suffered by any member or guest.

RESTRICTIONS ON THE USE OF FACILITIES

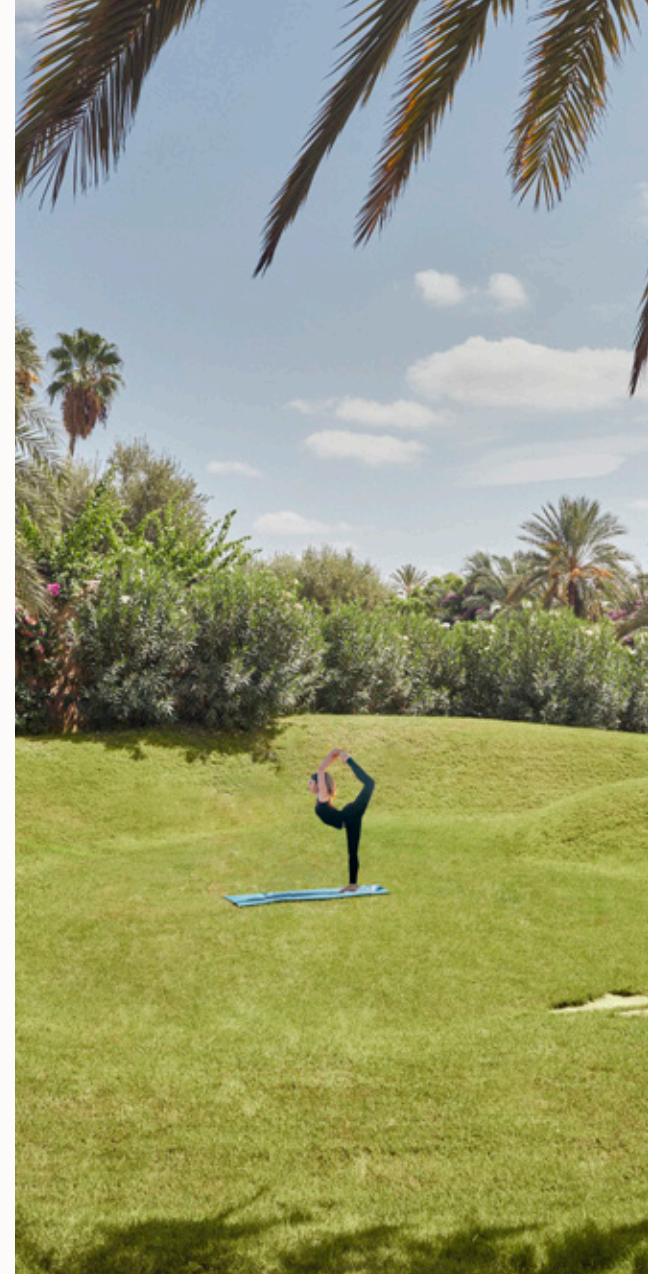
The use of alcohol and tobacco is strictly prohibited. Proper attire must be worn while exercising. Sports shoes are required in the fitness centre.

SPA BOUTIQUE

To continue your spa regimen at home, all spa products used in the treatments and services are available in our spa boutique.

REFUND POLICY

Unopened retail products can be exchanged within seven days of purchase, if presented with the original receipt. No cash or credit card refunds will be processed.





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