



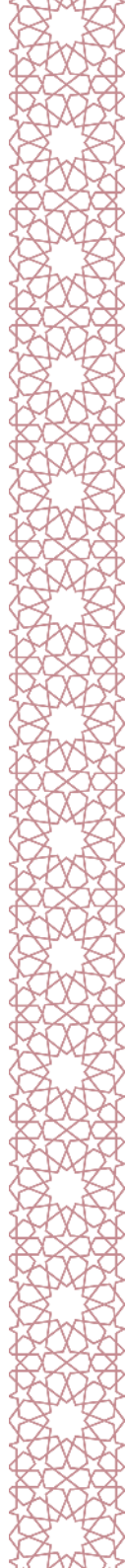
## SPA MENU

Asounfou is the Berber word meaning 'Relaxation'

For total relaxation please arrive at the spa before your appointment. Enjoy the use of the indoor pool, relax on one of the loungers and enjoy tea from the tea station. Your spa therapist will collect you for your treatment.

Please note that treatment times always include a consultation.

For any advice and to make a booking, please call 688 for the Asounfou Spa Reception, or call 611 for the main Reception who will be more than happy to assist.





## HEALTH & SAFETY MEASURES

Our spa offering will be a little limited compared to normal with fewer treatment slots available to ensure we can thoroughly sanitise after each treatment.

For the safety of both our spa therapists and guests, our spa therapist will be wearing a face mask during your spa treatment. Whilst this may well hide their smile, they will most certainly still have smiling eyes!

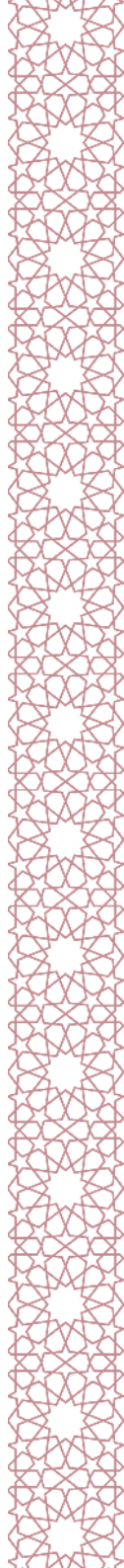
## HAMMAM

### *The art of wellness in the Moroccan culture*

The birth of the Hammam can be traced back to the famous Greek and Roman baths. This practice began in 600 AD under the influence of Mohammed the prophet, who believed the properties of Hammam heat were both healing and rejuvenating. Because of Mohammed's convictions, the practice of the Hammam became associated with religious purification.

The culture around the Hammam remains popular and relevant to this day, even for those living in cities who use it as a space to relax and de-stress.

All the products used in our Hammam treatments are sourced locally and can be purchased after your treatment.





## OUR SIGNATURE HAMMAM TREATMENTS

### **Traditional Moroccan Hammam** 30 mins - 600 dh

Deep cleanse, purify and soften the skin with this treatment based on the weekly Moroccan cleansing ritual. Black soap is applied to cleanse the skin followed by an exfoliation of the whole body with a mitt. The end result is smooth and awakened skin, leaving your body energised.

### **Traditional Moroccan Hammam and Hair** 45 mins - 760 dh

Extend the 30 minute Hammam. Whilst the mask is applied to the body your hair will be shampooed and conditioned with some relaxing movements. The end result is smooth and awakened skin, leaving your body energised.

### **Traditional Hammam and Crystal Face Massage** 60 mins - 980 dh

Extend the 45 minute Hammam with a special facial treatment using a scrub and a cool crystal massage.

### **Moroccan Tradition** 120 mins - 1790 dh

To achieve the best results and maximum relaxation follow your Hammam with a full body 60 minute Moroccan massage.

*(Treatment times include a consultation)*

# MASSAGE

*A large variety to meet the specific needs of everyone*

The massage is an intuitive healing art which has been a part of daily life for thousands of years. The origins are often traced back some 4,000 years to a Chinese medical text, the Cong Pu of the Tao Tse, which detailed some of the first recorded massage techniques.

In Western culture, more recent references date back to Hippocrates, around 400BC, who wrote about the medical value of promoting even blood flow around the body.

The Middle Ages were a dark time generally, and massage practices fell out of use at a time when religious practices forbade the touching of others.

Although Swede Pehr Henrik Ling is often credited with being the founder of the modern massage, he specialised more in the field of physical education, and his 'Swedish Movement System' has been conflicted with Dutch practitioner Johan Georg Mezger who actually classified the techniques.

Regardless of the origins, there are now around 70 distinct massage techniques practised around the world, from stone to Californian to pregnancy to reflexology and Reiki (to name just a few)!



## MASSAGES

### Moroccan Massages

These massages incorporate traditional Moroccan techniques and use local Argan oil, leaving you feeling deeply relaxed and recharged.

Back, neck and shoulder	30 mins - 600 dh
Full body	60 mins - 1150 dh
Full body, face and scalp	90 mins - 1450 dh
Pregnancy massage	60 mins - 1100 dh

### Ultimate Aromatherapy Experience

With expert advice from your therapist, you will choose a signature oil blend that is best adapted to your emotional and physical needs. This treatment releases tension held in every part of the body: stresses and strains are dissolved away.

Back, neck and shoulder	30 mins - 600 dh
Full body	60 mins - 1100 dh

### ADD-ON BODY TREATMENTS

Add any of the following 15 minute treatments  
for an additional 390 dh each

Salt body scrub :	Leaves skin feeling soft and smooth. Perfect preparation before a massage.
LaStone Cocoon :	Warm basalt and cool marble stones are tucked around the body to reduce stress and to balance body and mind. The perfect addition to a facial.

*(Treatment times include a consultation)*

## INTENSIVE MOROCCAN MASSAGES

Our intensive massage treatments are aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue, to release chronic muscle tension or "knots" (also known as "adhesions").

Throughout the treatment "trigger" pressure points are worked on in conjunction with deeper moves, all of which are designed to release the pressure within the muscles.

Intensive massage treatments often involve the use of forearms and elbows throughout the routine.

Our therapists are trained in these specialised techniques and use specific Aromatherapy Associates products, designed to work in conjunction with the movements.

Back, neck and shoulder	30 mins - 1000 dh
Full body	60 mins - 1600 dh
Full body, face and scalp	90 mins - 1900 dh

<b>Signature</b>	120 mins - 2350 dh
------------------	--------------------

Combine a 60 minute full body massage with an Aromatherapy Associates 60 minute facial.

*(Treatment times include a consultation)*

The Eve Branson Foundation (EBF) was spearheaded by Richard's mum and has been helping those in the Berber communities surrounding Kasbah Tamadot since 2005. The aim is to offer long-term support by setting up sustainable initiatives such as artisanal training programmes in wood-work, embroidery, weaving and a dedicated craft shop, all managed by Amazigh (Berber) people. Working hand in hand with EBF for a mission we deeply care for, we will be donating 15% of the proceeds from these spa treatments:

**Signature Rose Radiance Facial** 75 mins - 1595 dh

This signature facial combines the regenerative properties of Aromatherapy Associates pure ingredients, like the Moroccan damask rose, with a LaStone FaceSculpt massage. This instantly firms and lifts the facial tissue, renews facial contours and helps to reverse the signs of ageing.

**The Trekker** 75 mins - 1250 dh

Only for the brave! An invigorating twist on the traditional Hammam using hot and cool water, followed by a lower leg and foot massage using hot basalt and cool marble stones to create a "Geo thermal" effect. This will help to reduce inflammation, scar tissue and flush out any toxins in the body.

**Eve's Rose Delight** 120 mins - 2100 dh

Enveloped in Rose that is sourced locally in Morocco, your whole body will be indulged with a full body wrap, followed by a hand and foot massage, and ends with a full «Essence of Morocco» facial. This treatment is 2 hours of pure delight, and uses the local Les Sens de Marrakech range.



## FACIALS

### les Sens de Marrakech

A local brand established in 2003  
using organic and 100% local Moroccan ingredients

#### Essence of Morocco

30 mins - 600 dh

60 mins - 1100 dh

Using the local Les Sens de Marrakech skin care range your therapist will choose the correct products to suit your skin's needs; infused with fresh aromatic fragrances your skin will feel healthy and radiant.



Aromatherapy Associates has been specialising in enhancing the natural healing power of the finest natural ingredients, purest extracts and essential oils to include in their products and treatments.

#### AA Bespoke facial

30 mins - 750 dh

60 mins - 1200 dh

75 mins - 1400 dh

90 mins\* - 1550 dh

(\*includes a Moroccan back, neck and shoulder massage)

A bespoke facial, designed to suit your individual skin needs, using Aromatherapy Associates products and massage techniques to restore and recondition the skin.

*(Treatment times include a consultation)*



## ASOUNFOU PACKAGES

### Mountain Man

60 mins - 1100 dh

Enjoy a 30 minute Aromatherapy Associates facial for men followed by a 30 minute LaStone back, neck and shoulder massage.

### Signature

120 mins - 2150 dh

This treatment is two hours of total bliss! Includes a 60 minute Moroccan massage and Aromatherapy Associates facial.

## ASOUNFOU ESSENTIALS

### Express Manicure

30 mins - 500 dh

### Express Pedicure

30 mins - 600 dh

Your nails will be filed, cuticles tidied, skin rehydrated and finished with a touch of colour.

### Luxury Manicure

60 mins - 800 dh

### Luxury Pedicure

60 mins - 900 dh

A complete tidy including filing, cuticle work, exfoliation and a moisturising mask, followed by a relaxing arm and hand, or, leg and foot LaStone massage. A touch of colour to finish.

*(Treatment times include a consultation)*

## GENERAL INFORMATION

- Treatments are not included in the room rates and are priced in Moroccan dirhams (dh)
- A 100% cancellation charge will apply for appointments cancelled on the same day
- Please ensure you arrive 10 minutes before your treatment time as during busy periods we will not be able to extend the session
- Treatment times include a consultation
- Treatments are subject to availability and prices are subject to change without notice
- Please keep your mobile phone on silent when in the spa to allow you and other guests to totally relax



ASOUNFOU 