

Wellness and Self-Care



ROYAL MANSOUR
S P A



The Royal Mansour, a gem

hidden within the red clay fortifications in which the imperial villa is carved. Picturesque alleyways, fragrant jasmin and imposing palm trees guide the eye to a clear blue sky, punctuated by the peaks of the majestic Atlas Mountains

Day after day, for 10 years now, the Royal Mansour Marrakech has been shaping a new luxury wellness tourism through the confluence of Moroccan heritage, ancestral techniques and cutting-edge technology along with a kind and coherent approach, in-line with today's needs.

As a natural extension of this philosophy, the Royal Mansour Marrakech unveils today their new comprehensive care concept through its bespoke Wellness programmes.

A two-pronged approach, both pre-emptive and therapeutic, to tackle personal growth and physical wellbeing.

A new answer to modern wellness needs in the form of a unique and curated personal assessment, elevated by Royal Mansour's high standards.



As commented by Jean-Claude Messant,
Managing Director at Royal Mansour Marrakech:

“The Royal Mansour is fundamentally the history of a legacy, a savoir-faire, a dialogue with a clientele always seeking special and exceptional experiences. Royal Mansour’s new wellness approach is the result of a holistic vision of health and well-being. We wanted to create a setting that inspires serenity and invites the guests to disconnect, in addition to experiences that allow our clients to regenerate and leave with renewed energy.”

THE SPA ROYAL MANSOUR

The Art of Caring

“More than a concept, a state of mind. At the Royal Mansour we consider wellness in its entirety – taking care of our guests’ wellbeing in its physical, mental and spiritual form, never forgetting one’s individuality. Our goal today is to translate this culture to all the hotel’s services: from the Spa and fitness offerings to the gastronomy and the intimacy of our Riads. We choose the brands we partner with for their pioneering excellence. Our vision includes a bespoke approach and our services are always personalised.”

Malika Rojhani, Director of the Spa Royal Mansour





A new wellness dimension

A multi-award-winning Spa that has set the example of excellence around the world, the Spa Royal Mansour is a haven of regeneration for the hotel's guests and an object of desire and curiosity for the non-staying guests welcomed to visit the Spa via a separate entrance.

The Spa, a 2500m² haven of magnificent architecture, would leave anyone astounded. The walls, made of traditional musharabieh, are as intricate and poetic as lace. Through them, the light is fragmented and the aromas from the garden, of date palms, white flowers and orange trees are magnified.

True to the Arab-Andalusian tradition, the atrium is a poetic rhyme that opens and closes in harmony with the alcoves.

A few steps away from the vibrating heart of the Spa, a glimpse of the glass roof that covers the 22-metres long pool, like an elaborate treasure chest. Next, the Hammam – the cornerstone of the building. Combining the traditional Moroccan ritual to modern mastery, the Spa offers hot steam, ceremonial massages, body wrap treatments with ghassoul, the ancestral hair ritual called «takhlit» and different treatments carried out with natural ingredients. The hammam is a marble sanctuary and one of the Spa's signature treatments.

Far from the hustle and bustle, Le Salon boasts nest-like cabins dedicated to all hair treatments: hairdressing, botanical hair colour, Leonor Greyl's treatments – all executed by masterful experts. An attentive barber service is also included in Le Salon's offer.

Around the atrium, ten booths made of luxurious marble and rare wood pave the way to the first floor. Inside these booths is where the regeneration commences; the mind, the body and the soul can rejuvenate

The therapists at the Royal Mansour are experts recognised and celebrated for their holistic knowledge and caring approach: their hands hold both a promise and an answer to the guests' needs.

With our mind and body finally at ease, an architectural maze leads us to the space dedicated to holistic activities (Meditation, Pilates, Yoga), where guests can unwind to the soothing sounds of Tibetan bowls.

Then, tucked away between two booths, the Studio Pedi Mani Cure by Bastien Gonzalez. Famous for his glamorous approach to foot care, Bastien Gonzalez's treatment is unique in its field. Hands and feet are pampered through innovative and regenerative treatments which are as effective as they are painless. To stay true to the culture of comprehensive care dear to the Royal Mansour, the Studio also offers a podiatry service and the creation of tailored insoles thanks to an exclusive and sophisticated concept: BGA InSoles®.

Philosophy of care and targeted expertise

To protect and maintain the Moroccan heritage is one of the Spa's core pillars. At the Spa Royal Mansour, the treatments take inspiration from the fundamental elements of Moroccan culture in a fusion of ancestral therapies and innovative techniques of targeted care.

OUR BRANDS

The Royal Mansour is delighted to announce three partnerships with brands carefully selected for their expertise, ethical philosophy and the quality of their products and treatments.

Intraceuticals, Subtle Energies and Dr Burgener join the Spa's historical partners: marocMaroc, Sisley, Leonor Greyl and Bastien Gonzalez.

INTRACEUTICALS

Intraceuticals' scientific approach is focused on cell renewal and skin regeneration. The archetype of Intraceuticals' innovation is the Oxygen Fusion®, a treatment that uses the dual action of oxygen and hyaluronic acid combined to boost the production of nourishing serums.

SUBTLE ENERGIES

Following the principles of Ayurveda, the treatments by Subtle Energies are formulated from high-quality oils mixed following a traditional recipe, creating organic products free of parabens and silicones. Subtle Energies employs the power of aromatherapy and uses Marma's therapy points - vital energy areas of the body that are pivotal to work on stress release - to offer sensorial experiences that work on physical, mental, and emotional wellbeing.

DR BURGNER

Created by the molecular biologist Doctor Pauline Burgener, the brand Dr Burgener is a pioneer in a new wave of cosmetic treatments where personalisation and high technology meet. The brand uses a bespoke approach with the purpose to answer both the essential and the specific skin needs through a purely scientific method.





MAROCMAROC

marocMaroc is the first Moroccan luxury beauty brand. Its exceptional treatments are created from high-quality natural ingredients that combine pleasure, wellness, and efficiency – developed through the union of hammam’s traditions and modern procedures.

SISLEY

Pioneer in Phyto-cosmetics, Sisley explores the power of plants and exploits their unique active ingredients. The elements are translated into exclusive formulas that answer any skin concerns. Innovation and bespoke procedures are the pillars of Sisley’s expertise.

LEONOR GREYL

For more than 50 years, Leonor Greyl has reinvented and innovated hair care thanks to a comprehensive approach. Every formula uses 100% natural active ingredients that are both gentle and effective. Leonor Greyl’s treatments are always preceded by an assessment to make sure the ritual is tailored as per the specific needs of one’s hair type and scalp.

PEDI:MANI:CURE STUDIO

BY BASTIEN GONZALEZ

Bastien Gonzalez is well-known for his glamorous and unique approach to foot care. His internationally regarded innovative and regenerative treatments join forces with an exclusive advanced assessment carried out by BGA InSoles® which includes the creation of customized insoles.

THE WATSU : THE BODY LONGING FOR WEIGHTLESSNESS

The Watsu treatment takes place in one of the pool’s hot basins. This technique combines the benefits of water and Shiatsu to reach the ultimate relaxation, allowing the guests to release physical and psychological tensions. The specialist guides the floating body while practising a delicate massage subtly integrating acupuncture. This unique practice allows a complete relaxation, for an intense feeling of serenity and renewed harmony.



Wellness philosophy

BY THE SPA ROYAL MANSOUR

THE ART OF SELF-CARE
RELEARN TO RESPECT YOUR BODY
GAIN NEW ENERGY

LIFESTYLE, DIET, AND GENETICS:
HOW CAN WE STRIVE FOR
A HEALTHIER LIFE?

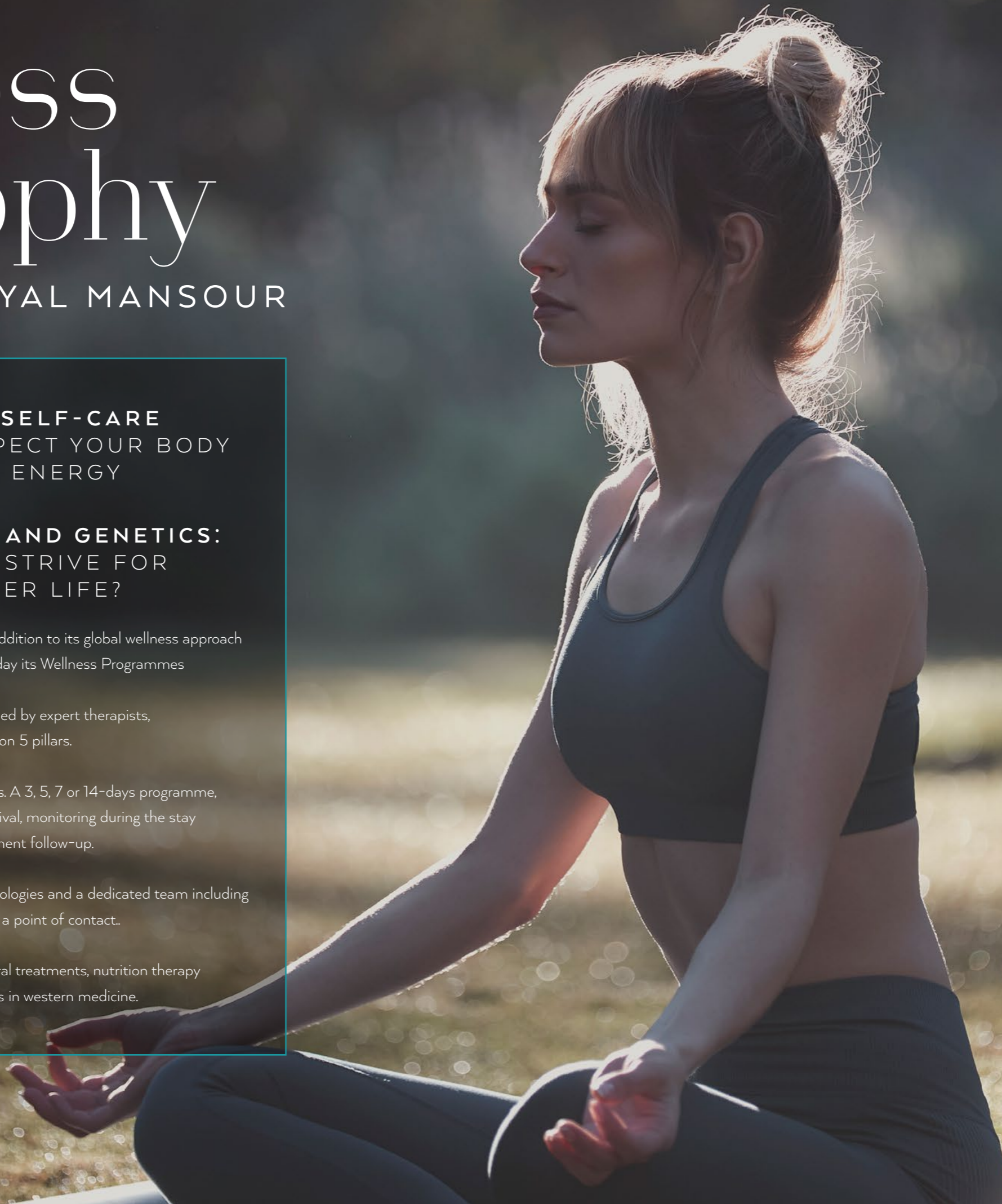
In response to current needs and as an addition to its global wellness approach the Royal Mansour launches today its Wellness Programmes

4 complete options designed by expert therapists,
each focusing on 5 pillars.

An offer tailored on the guests' needs. A 3, 5, 7 or 14-days programme,
including an assessment upon arrival, monitoring during the stay
and a post-treatment follow-up.

Cutting-edge treatments, advanced technologies and a dedicated team including
a Wellness Advisor as a point of contact.

The hotel's expertise merges natural treatments, nutrition therapy
and the latest discoveries in western medicine.



The 5 pillars of the Wellness Programmes

NATURAL HEALTH

A PIONEERING APPROACH
THAT MERGES ANCESTRAL THERAPIES
AND NATURAL MEDICINE



The Wellness Programmes offer an experience tailored to each guest's need from beginning to end. It starts with a health check, consultations with health specialists, goal setting, monitoring, and a final assessment. All the therapists at Spa Royal Mansour are fully qualified and trained to deal with any kind of concerns under the Wellness Advisor's supervision.

The wellness concept is fully personalised and adaptable, always taking the specific needs of the guests into consideration.

It is also possible to book additional consultations not included in the programmes.



HEALTHY AND DELICIOUS MENUS

Nutrition is one of the Wellness Programmes' pillars. The menus are devised following the nutritional principles that include an energising, healthy, and healing diet, always developed with the guest's goals in mind.

"We start every programme with a consultation with the nutritionist that allows us to establish a diagnosis keeping the guests' objectives in mind but also their emotional state and metabolism. The Oligo-check helps us define the levels of minerals, vitamins and micronutrients, the oxidative stress levels, and heavy metals in the body. The diagnosis is then sent to the kitchen specifying the daily nutritional intake and the preferred ingredients. Juices, shots, smoothies, teas, and infusions are served all day long, depending on the programme. What we offer is a true micro-nutritional recovery plan aiming to reshape the basics of a conscious diet that should be followed after the programme."

Dr Siham Bennis, Nutritionist

Created under the watchful eyes of Royal Mansour's two multi-Michelin-starred Chefs, Massimiliano Alajmo and Yannick Alléno, the Wellness Programmes menus are as delicious as they are healthy. The hotel's four restaurants' specialties - Mediterraneo-Asian fusion, Moroccan, French, and Italian - are tailored and adapted to any of the guests' needs.

True to Royal Mansour Marrakech's commitment and savoir-faire, every dish in these menus is the result of a dialogue between the kitchen and the Spa. A personalised diet always including gourmet delicacies following the nutritional path established by the nutritionist during the first consultation. The goals, the taste and the preferences of the guest are taken into account in every dish.

"The Royal Mansour offers a sophisticated cuisine, elevated by fresh, seasonal and mostly organic ingredients, grown on the domain or sourced from local producers, carefully selected for their ethical and ecological practices. Le Jardin provides some herbs (rosemary, lavender, sage, Artemisia, and mint) and fruits (olives, oranges, and lemons). For the Wellness Programmes, we recreate our signature dishes, adapting them to the guests' needs but always championing flavours."

Jérôme Videau, Executive Chef



THERAPEUTIC TREATMENTS: RECOVER THE BODY AND THE MIND

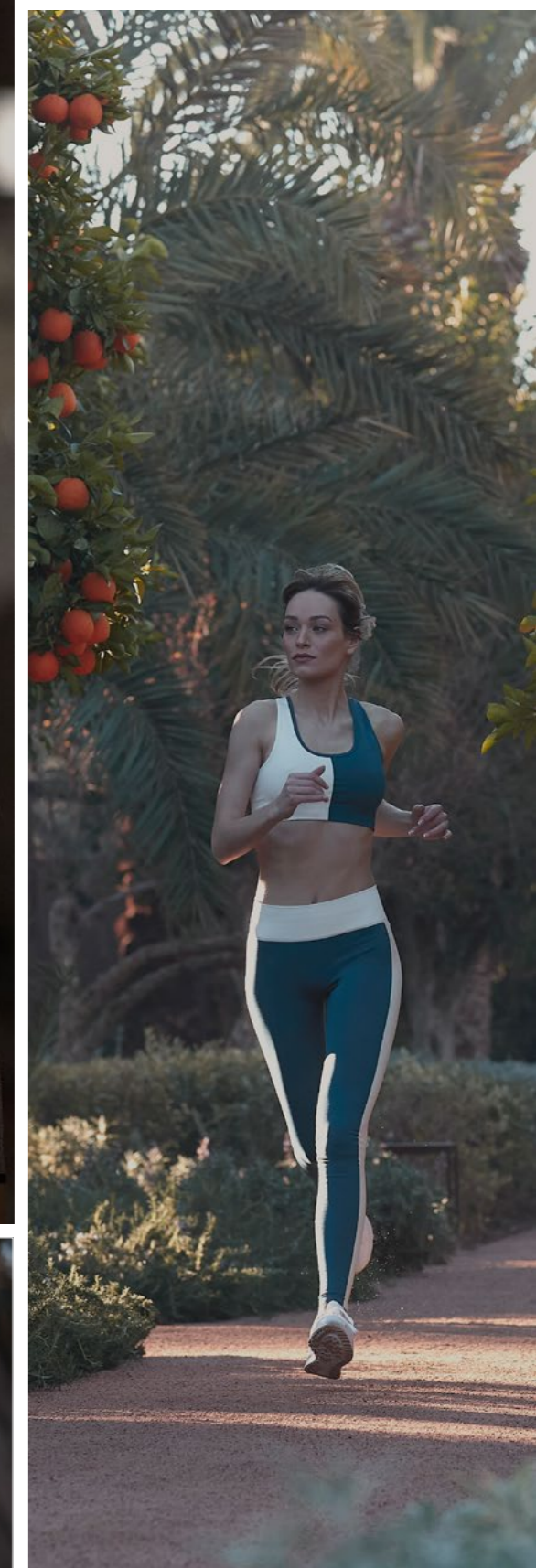
The holistic, therapeutic, and aesthetic treatments carried out during the Wellness Programmes at the Royal Mansour Marrakech represent rare and precious moments of care. These rituals are the ultimate escape for those searching to reboot their body, mind and soul. These are challenging journeys, chosen depending on the programme and the personal needs, that celebrate the connection with the senses, the expertise, the warmth and the union of tradition and innovation.

The healing and aesthetic treatments work simultaneously with the self-development practices to reach personal fulfilment (yoga, meditation) to encourage a stimulation of vital energies and a better balance of the body and mind.

FITNESS AND COACHING : NEW DYNAMICS

The Wellness Programmes offer a new approach to fitness. Connected to one's goals and pace, the Spa Royal Mansour offers revitalising solutions to recover the body and the mind, while optimising one's performances.

At the beginning of the stay, an impedance analysis is provided by a coach to define the subject's muscle mass, body fat, bone mass, abdominal fat, and the metabolic age to create an adapted fitness programme.



LIFESTYLE & EXPERIENCES

NEW WAYS OF EXPRESSION

Always at the forefront of new lifestyle and cultural trends, Royal Mansour Marrakech launches a series of workshops to enhance the programmes: Well-being cuisine, Art-therapy and Exceptional Experiences.

Important and intimate moments in the scenery of the Palace or Marrakech surroundings and represent a closer step to personal transformation.

THE WORKSHOPS « WELL-BEING CUISINE »: LEARN AND RELEARN

The Wellness Workshops are new, immersive and creative experiences developed by the Royal Mansour Marrakech. The purpose is to explore new ways of self-fulfilment, while stimulating a connection with the senses, the imagination and the desire to learn while relaxing.

THE KITCHEN: infiltrate a Michelin-starred kitchen to learn the Chefs' secrets to a way of cooking that is both healthy and delicious. In this workshop, guests will learn how to make the best out of seasonal vegetables, super-foods, spices, how to cook fish to perfection, the secrets behind vegan patisserie, the underrated power of cereals and the intricate techniques used by the hotel's Pastry Chef.

THE BAR : all the secrets cherished by mixologists are revealed to learn how to make smoothies, juices, infusions and Phyto-therapeutic concoctions.

THE ART-THERAPY

Art at the service of self-discovery and new passions. This workshop is an immersion in colour, light, and roots. Painting, modelling, pottery, calligraphy, and body language are amongst the stimulating practices taught by an art therapist.

THE EXCEPTIONAL EXPERIENCES

The Exceptional Experiences allow personal growth off the beaten tracks. The promise of uncommon experiences and extraordinary adventures, painted by magic and poetry to revitalise the mind.

This evolutive programme varies depending on the season: from unravelling the secrets of distillation, to harvesting rare and wild plants or exploring the incredible gifts that nature has to offer, all that perfected by a breath-taking backdrop.



The Wellness Programmes

4 COMPREHENSIVE
WELLNESS FORMULA OPTIONS
4 TARGETED ANSWERS FOR SPECIFIC CONCERNS

Included in every programme:

- Consultation with the nutritionist upon arrival
- Consultation with the Wellness Advisor upon arrival
- Body composition analysis
- Scalp analysis
- Full board and personalised menus
- Unlimited detox drinks, personalised teas, and infusions
- Unlimited access to the Spa facilities and group activities
- Final consultation with the nutritionist
- Final consultation with the Wellness Advisor and creation of a personalised programme to follow at home.





Rebalance

SEEKING HARMONY

Chronic fatigue, low spirits, weight gain, breakouts, insomnia, and hormonal imbalance can be symptoms of a global yet overlooked enemy called stress.

To fully recover from burnout and exhaustion, the Rebalance programme offers a complete plan to reconnect with your mental, physical, and emotional well-being. The program includes:

- A dietary approach built on mindful eating, fasting, and the rebalancing of one's intestinal flora.
- A revitalising skin treatment to fight oxidative stress: the Soothe and Enrich Advanced Antioxidant Facial by Subtle Energies.
- A holistic treatment to balance emotions: the Blissful Marma massage by Subtle Energies.
- A sensory therapy to harmonise your energy: Tibetan singing bowls therapy.
- Private fitness classes and traditional Hammam rituals.

The number of treatments included varies as per the duration of the programme.

[▶ DISCOVER MORE](#)

Weight Control

ESTABLISH A DIALOGUE WITH ONE'S BODY

A fast-paced life, stress, an imbalanced diet, and a sedentary lifestyle are the main causes of unnatural weight gain potentially leading to a global deterioration of one's well-being and more severe health concerns.

The weight control programme is a comprehensive plan including dietary detox and physical activities, working on regaining self-confidence, a durable, healthy lifestyle, and replenishing one's energy levels. The programme includes:

- A balanced dietary approach that prioritises the body's essential needs over the consumption of unnecessary fats and sugars, followed by a personalised nutritional tutoring focusing on understanding and eliminating bad habits.
- A holistic treatment aimed to release tensions and toxins concentrated in the abdomen, the liver, and the intestines: the Chi Nei Tsang.
- A weight-loss treatment (lymphatic drainage, anti-cellulite massage, LPG or pressotherapy) to help release toxins.
- A slimming body wrap treatment to accompany the detoxification and increase its benefits.
- An oxygen facial by Intraceuticals to stimulate the production of nourishing serums.
- Private fitness classes and traditional Hammam rituals.

The number of treatments included varies as per the duration of the programme.

[▶ DISCOVER MORE](#)



Rejuvenation

SEEKING LONGEVITY

An unbalanced lifestyle, an inadequate diet, stress, and different natural factors such as sun or pollution can be reasons for premature skin ageing. To make peace with the passing time, the Rejuvenation programme offers a global approach to care and help understand the ageing process and boost one's resources and longevity. This integrated programme includes a personalised diet, natural therapies and innovative treatments.

The programme offers:

- A balanced diet rich in vitamins and antioxidants that boosts the cell renewal process and allows the digestive system to rest.
- A bespoke Deep Tissue massage or a relaxing massage to soften the tissues and reduce tension and oxidative stress.
- An Endermology LPG session, for both the body and the face, to revive cellular activity.
- Green Caviar facial by Dr Burgener to stimulate the regeneration of the skin and provide it with greater elasticity.
- Private fitness classes and traditional Hammam rituals.

The number of treatments included varies as per the duration of the programme.

[▶ DISCOVER MORE](#)



Immunity Boost

BOOSTING ONE'S NATURAL DEFENCES

Chronic fatigue, troubled sleep, low spirits, an unbalanced or irregular diet can contribute to the debilitation of the immune system. A weakened metabolism becomes an easy target for viruses that a performing immune system could have easily eradicated. Immunity Boost is a comprehensive programme, both preventive and healing, that helps bring one's immune system to its optimal state. The programme includes:

- A nutritional plan with menus especially created to encourage detoxification and boost the immune system.
- A holistic treatment to relieve internal organs, free the body from toxins and stimulate the organism's natural defences: the Chi Nei Tsang.
- A therapy to eradicate tension: Tibetan singing bowls therapy.
- A delicate and powerful treatment performed in the water and leads to a complete relaxation of the body and the mind: the Watsu.
- A soothing deep massage to fight anxiety: the Blissful Marma by Subtle Energies
- An oxygen facial by Intraceuticals to boost the production of nourishing serums.
- A gentle and relaxing manicure or pedicure performed by the Studio Bastien Gonzalez.
- Private fitness classes and traditional Hammam rituals.

The number of treatments included varies as per the duration of the programme.

[▶ DISCOVER MORE](#)



[▶ FIND ALL THE LATEST WELLBEING NEWS](#)



Taking your journey further, The Spa Royal Mansour also offers a wide range of wellness interludes, shaped by acclaimed wellness experts, leaders in their respective fields: Pilates, Ayurveda, Naturopathy, Qi-Gong...

Exclusive programmes, created combining various disciplines through a personalised and targeted approach – always with one's global health in mind.

► [FIND THE DATES FOR THESE PROGRAMS HERE](#)



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