

ÄMAN
SPA



WELLNESS AT AMANJENA

As the first luxury resort of its caliber in Marrakech, Amanjena paved the way 22 years ago for many other hotel chains to follow. Its history has set the tone for the standard of service, which is a reflection of the AMAN brand. The property is elegantly situated around the beauty of large reflection bassin on one side and along a tiled avenue of fountains and pool on the other. All the beautiful traditional Moroccan elements are found at Amanjena; from the arches to hidden courtyards, the mosaic tiles, a true beauty in design.

The property of Amanjena is surrounded by all of the rich nature resources that the people of Morocco have use in their beauty and wellness rituals for centuries. From the fresh Argan Oil that grows on the Argan trees, to the prickly Pear that blooms seasonally on the cactus plant, to the Ghassoul Clay that is nature mineral clay found in the Atlas Mountains, to the black soap; which is made from olives; all of which are a part of every local Moroccan's life and a part of their daily ritual.

At Amanjena spa, we use locally sourced products in our authentic rituals and many people come from around the world to relax and experience our rejuvenating treatments.



RELEASE & REBALANCE & RESTORE

Restoring energy flow face and body treatments are a wonderful way to rejuvenate and indulge to achieve a sense of contentment, self-awareness & well-being, both physically and mentally. The combination of the dry massage, targeting the body's acupuncture points along with the lymphatic drainage technique aids to create a harmonized and immunized body.

Designed to transform you and promote change, our 3-day spa journey offers a perfect reawakening of the physical body, guided through sensory details such as touch and feel, to be able to eliminate stress and release tension that enables you to build confidence and calm. Targeted to rediscover yourself, this journey aims to release, rebalance and restore your energy.

Drawing on the four elements of earth, wind, fire and water, the following wellness focused benefits ensure that you leave feeling restored and rejuvenated.

Our three-day wellness journey includes a daily 120 minutes treatment

RELEASE

To relax tight muscles, open joints and correct posture

Dry massage mixed with Thai massage stretching techniques & head massage

REBALANCE

Body detox by removing water and toxins

Body wrap and lymphatic drainage massage for body and face

RESTORE

A gentle body brush, back massage, and uplifting facial



SPA SERVICES

We offer spa experiences as well as many specialized packages to choose from. In addition, our spa team would be delighted to design a tailor-made program to fit your needs and desires.

Our treatment specialist or spa manager will be pleased to discuss your treatment plan and to pre-book your program, package treatments or Wellness sessions.

HALF DAY RETREAT

- Smoking ceremony
- 60 minutes Grounding polish and wrap
- 60 minutes Grounding body massage
- 60 minutes Grounding facial treatment
- Wellness lunch at the Olive Grove

FULL DAY RETREAT

- 60 minutes Choice of yoga or fitness session
- Smoking ceremony
- 60 minutes Grounding polish and wrap
- 60 minutes Grounding body massage
- 60 minutes Grounding facial treatment
- Wellness lunch at Olive Grove

DAY WELLNESS EXPERIENCE

- 60 minutes Fitness session to choose from circle/strength training or yoga
- 60 minutes Pre-treatment steam or Jacuzzi
- 60 minutes Traditional Moroccan hammam
- 60 minutes Holistic or Deep tissue massage
- 30 minutes Argan Hair treatment & head massage
- 60 minutes Foot Recovery Treatment
- Wellness lunch at Olive Grove



SIGNATURE RITUAL & TREATMENTS

The Aman Spas around the world offer therapies and treatments inspired by their destinations and local healing philosophies. Each Aman Spa also offers the Aman Signature Treatment Menu. Carefully curated to Ground, Purify and Nourish using the finest organic and natural ingredients, the three parts of the Signature Menu are personalized to the individual to target specific concerns and conditions. These treatments offer tangible benefits and long-lasting results. They employ the use of ground crystal powders, healing tree oils, homeopathic facial mists, wild- harvested Amazon butters and other exceptional natural ingredients, including pearls and plant stem cells.

AMAN SKIN CARE PRODUCT

Harnessing the power of the Earth, Aman's new line of all-natural skincare products has been conceived in line with nature and based on the knowledge and wisdom of ancient healing traditions. Comprising smoked body balms and butters, fragrant dew mists, liquid body oils, invigorating scrubs, anti-ageing serums, rainforest muds and more, the range is completely chemical free and made with organic ingredients sourced from around the world for their purity and potency. Rare and precious ingredients used include pearls, colloidal metals, amethyst, jade, frankincense and palo santo. The creams, muds and mists contain alkalising, oxygen-rich vortexed spring water. Aman's new products are grouped into three different formations - Grounding, Purifying and Nourishing. These formations have been created to meet specific physical and emotional need states. They reflect the landscapes at Aman's destinations - deserts, rainforests and oceans that span continents and cultures. Working holistically to nurture the skin and enhance overall wellbeing, the products in each formation penetrate deeply to nourish and rejuvenate. Aman products also work on a deeper level and are highly vibrational from an energy perspective. Many of Aman's resorts are located near sacred sites that align with energetic ley lines. The Aman products and treatments are designed to work with the Earth and the energy of the landscape - in essence, to use the medicines and healing ingredients of the planet's apothecary.



Smoking Ceremony

For millennia, the smoke of different woods and resins has been used therapeutically. Cultures around the world from the Ancient Egyptians to the Native Americans have conducted smoking ceremonies for spiritual purification and to promote healing. Each of Aman's Signature treatments begins with a traditional smoking ceremony, a gentle ritual that calms and centers a guest in preparation for the treatment to come. Different smoke is used for Aman's Grounding, Purifying and Nourishing treatments, as traditionally the smoke of different woods and resins has particular properties and healing powers.

Black Amber

The smoke of Black Amber is used for all Grounding treatments, as this derivative of the life preserving - resin is considered to restore energy and shield against infection.

Palo Santo

Purifying treatments begin with the burning of Palo Santo, often called 'holy wood' and known to reduce inflammation, boost moods and ease stress and physical discomfort.

Frankincense

Historically worth more than its weight in gold and used for all Nourishing treatments. Frankincense smoke is said to offer protection, enhance spiritual awareness and lift one's emotions.

Foot Ritual

Another prelude to each signature treatment is a soothing foot ritual that involves a mineral rich foot soak. A literal cleansing to compliment the spiritual cleansing of the smoking ceremony, the foot ritual is deeply relaxing but is also richly symbolic. It is an act of service and care at its most humble and invites the surrender of personal will in trust and safety to fully benefit from the treatment to follow.

Ā M Ā N

GROUNDING

Spiritual Energy: Peace

Landscape: Mountains and Deserts

Key ingredients: Amber oil, rose quartz crystals, sandalwood, jasmine, rare black Peruvian and purple muds, wild harvested butters, tuberose, Argan stem cells, amethyst and silver. These ingredients have been chosen for their powerful grounding characteristics.

Grounding Healing Techniques: Black amber smoking ceremony, Tibetan Ku Nye massage, meridian, acupressure work and kneading.

Positive Effects: The Grounding Formation works as a balm for the restlessness caused by the frenetic pace of modern life. It imparts a feeling of safety, offering reassurance and reconnection. Studies have shown that amber oil relaxes alpha, beta and theta brainwaves through its psychoactive effects, helping to soothe a busy mind and ease anxiety and stress. Sandalwood warms and calms the nervous system - its earthy aroma evoke tranquility and induces a meditative frame of mind.

If you're feeling:

- * Lower back Pain
- * Stressed
- * Exhaustion
- * Insomnia
- * Insecurity
- * Anxious
- * Unable to switch off
- * Jet lag

If you want to feel:

- * Reconnected
- * Grounded
- * Peaceful
- * Deeply Rested and Rejuvenated
- * Physical Relief or Release
- * A solid entering of the etheric body
- * Courageous
- * The space to gain perspective



Grounding Massage Ritual

90 minutes

This Ku Nye full-body treatment honors ancient Tibetan healing traditions through grounding the body and mind. Traditional techniques are used to stimulate the muscular system, while a subtler massage energizes the meridian system. The massage incorporates cupping along meridian lines, acupressure, kneading, deep-tissue techniques, warmed rose quartz crystals and hot Himalayan salt poultices. The body massage is followed by an invigorating Tibetan head massage that induces an even deeper level of relaxation both physically and mentally. In this space, an abiding sense of peace pervades the body.

Benefits:

- Moisturizes dry skin, eases fatigue and promotes recovery
- Reduces chronic pain
- Breaks up scar tissue
- Increases tissue permeability
- Stretches tissue and reduces muscular tension
- Improves athletic recovery and performance
- Reduces anxiety and balances the energy body.

Grounding Face Ritual

90 minutes

This therapeutic facial incorporates Tibetan massage techniques to encourage a subtle release of tension from the face. Rose Quartz crystals promote healing, frankincense aids rejuvenation, hyaluronic acid boosts hydration, and liquorice extract evens skin tone. Lymphatic and muscular massage techniques aid product absorption and stimulate circulation to rejuvenate and raise the vibrational energy of the skin, while acupressure with heated Himalayan Salt poultices and meridian stimulation with warm rose quartz crystals restore a glowing radiance to the skin. A Peruvian black mud and amethyst crystal mask along with a Tibetan head massage completes the treatment. Amethyst has a gentle sedative energy that promotes peacefulness, happiness and contentment. It is said to bring emotional stability and inner strength and can also help to increase spirituality and enhance intuition.

Benefits:

- Brightens and moisturizes mature, dry or dull skin
- Improves uneven skin tone and color
- Firms, intensely hydrates, Promotes cell renewal
- Imparts radiance to the skin
- Encourages emotional stability and inner strength
- Brings peace of mind, Relieves stress

Ā M Ā N

Grounding Polish & Wrap Ritual

90 minutes

This ritual helps the guest feel connected to the Earth and a renewed sense of self. The key ingredient is amethyst powder, known for its gently sedative energy that promotes peacefulness, happiness and emotional stability. It is also said to restore the nervous system and boost cell growth. The full-body Amethyst polish also includes marapuama, maca powder, Vitamin E oil and essential oils such as sandalwood, vanilla, amber and vetivert. The polish employs rhythmic techniques that simultaneously relax and energize. On a physical level, the skin is exfoliated, with tone brightened and texture improved. The scrub also stimulates the lymphatic system, aiding the rapid elimination of toxins from the cells and increasing circulation. The lymphatic system is said to be closely linked with the energy body, and on this subtler level negative energy is cleared – leaving you looking and feeling radiant. After the cleansing polish, the Amethyst Wrap initiates a period of stillness and calm, cocooning the body in warmth and allowing the nurturing ingredients to “soak” deep into the skin. Amethyst powder and rose hydrolat are key ingredients. Once the wrap is concluded, a shower or bath will prepare you for the treatment’s final touch: the application of Aman’s silky-smooth Smoked Body Butter, which impresses the benefits of the ritual into your skin.

Benefits:

- Restores the nervous system, Reduces stress
- Stimulates circulation, Regenerates skin cells
- Boosts the lymphatic system, Boosts the immune system
- Deeply relaxing Helps combat jet lag and improves sleep patterns

Grounding Journey

180 minutes

As powerful as each Grounding treatment is in isolation, their effects are multiplied exponentially when experienced together. This journey is the ultimate Grounding experience, incorporating all three of the treatments above. It begins with the Scrub & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each build on the treatment that came before, ensuring the guest feels connected and centered both internally and externally to reach a place of perfect contentment – grounded in every sense of the word.

Ā M Ā N

PURIFYING

Spiritual Energy: Vitality

Landscape: Coast and Water

Key Ingredients: Palo Santo (known as “holy wood”), sandalwood, juniper berry, rose geranium, raw- honey, pearl, fluorite, quartz, kalpariane and argan stem cells. These ingredients have been chosen for their purifying, anti-ageing and nurturing characteristics.

Purifying Healing Techniques: Smoking ceremony with Palo Santo wood, manual lymphatic drainage, nerve point therapy and nerve stimulation.

Positive Effects: The Purifying Formation is a powerful spiritual cleanser that lends protection, clears stagnant prana/chi, stabilizes the heart and mind, and eases restless agitation. It helps the guest let go of unhelpful energies and emotions, providing lightness of step and breathing space for the mind, body and soul.

If you're feeling or Experiencing

- * Heaviness in the body
- * Bloating / Swelling
- * Thyroid problems
- * Fatigue
- * Emotionally stuck or stagnant
- * Headaches / Migraines
- * Low energy

If you want to feel

- * Cleansed
- * Detoxified
- * Peaceful
- * Purified
- * Lighter
- * Energized
- * Boosted



Purifying Massage Ritual

90 minutes

Ideal for anyone needing a purifying release, this relaxing and purifying therapeutic treatment incorporates manual lymphatic drainage techniques and nerve point therapy on the back to stimulate vital organs and balance the nervous system. The lymphatic massage is designed to manipulate lymph nodes and lymphatic vessels, with the goal of increasing their activity and promoting the flow of lymph, which carries waste products away from the tissues. Compared to traditional massages, the pressure applied with manual lymphatic drainage is much lower in intensity but powerful in its effects. Ingredients used in this massage include arnica, palo santo and seaweed oils, which stimulate circulation and encourage the release of negative energy and toxins.

Benefits:

- Stimulates and balances the nervous system
- Removes toxins Aids lymphatic drainage, reducing edema and swelling
- Reduces cellulite, Regenerates tissue

Purifying Face Ritual

90 minutes

Extremely beneficial for people living in cities exposed to pollution, this deeply relaxing, tension-releasing facial combines nerve point therapy and lymphatic drainage for a detoxifying release. The lymphatic massage stimulates the glands on the chest, neck and face, resulting in glowing, toned and brighter skin. The firm pressure applied in the nerve point therapy helps to calm the nervous system by smoothing out the ophthalmic nerves, releasing facial tension and stress.

Key ingredients used in this ritual include authentic pearl to brighten, colloidal copper for cell regeneration, and powerful marine extracts with trace elements and vitamins A, B, C, D and E to strengthen collagen production and re-mineralise.

Benefits:

- Moisturizes and brightens dehydrated, dull and congested skin
- Detoxifies, Firms skin, Drains the lymph
- Releases tension, Benefits stressed, overworked, anxious and tired skin
- Deeply hydrates, Nourishes with key skin nutrients
- Reduces the effects of pollution on skin.



Purifying Polish & Wrap Ritual

90 minutes

Designed to encourage the body to enter a phase of detoxification in which deep purification can take place, this Purifying Ritual leaves the guest feeling revived, toned and in a peaceful state of lightness and ease. Quartz, known as the “master healer” for its ability to amplify and purify energy and thought, is the key ingredient in the polish. Seaweed focus oil, raw honey and a purifying blend of essential oils are also used.

This two-phase treatment moves from the energetic and invigorating quartz polish, during which circulation is stimulated and lymphatic drainage promoted, to the more meditative marine flora mud wrap. This includes kaolin for deep cleansing, sole for re-mineralising and hydrating, Argan oil for nourishment, sea lettuce for detoxifying and eliminating pollutants, omega plankton for improving skin hydration, and sea lavender and seaweed for boosting collagen and increasing the metabolic function of skin cells. After a shower or bath, the experience is rounded off with a full- body application of Aman’s Palo Santo Salve.

Benefits:

- Boosts the lymphatic system
- Boosts the immune system
- Detoxification * Reduces bloating/swelling
- Improves skin tone and texture
- Regenerates skin cells, Silky soft skin
-

Purifying Journey

180 minutes

“Purification” is a process that can apply to every aspect of a being, from sustenance to thought processes. This journey approaches purification on every level, from clearing the skin and detoxifying the body’s organs, to clearing negative energy and focusing the mind. Incorporating all three of the above treatments, this journey begins with the Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace after completion.

Ā M Ā N

NOURISHING

Spiritual Energy: Love

Landscape: Rainforest & Rice terraces

Key Ingredients: Jasmine stem cells, sandalwood, boswellic acids, vitamin B12, tuberose, fresh royal jelly, jade crystals, silk and gold. These ingredients have been chosen for their powerful regenerating abilities and are known to fuel recuperation.

Nourishing Healing Techniques: Smoking ceremony with frankincense, chakra balancing massage, mantra music, marma point therapy, the light technique.

Positive Effects: The Nourishing Formation encourages the healing of emotional and mental wounds with a nurturing embrace. Lifting and carrying the guest towards others and the self, it holds the spirit of the adventure of simply being your most real and best self.

If you're feeling or experience:

- Disconnected
- Emotionally Low
- Anxiety
- Chronic Fatigue
- Dissatisfied
- Emotional Stress

If you want to feel :

- Fulfilled
- Blissful
- Joyful
- Gentleness
- Energetically balanced
- Rejuvenated
- Meditative
- Self-Love

Ā M Ā N

Nourishing Massage Ritual

90 minutes

Daily life can leave even the most organised, successful and happy amongst us feeling depleted and lacking in energy. Ideal for physically or emotionally exhausted souls, this treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems, helping to recharge and refuel the body and mind. This deeply relaxing treatment includes chakra and sound healing – said to activate and channel the Kundalini (dormant energy stored at the base of the spine). Marma point therapy balances the energy body, releasing negativity and bringing the body back to a state of awareness and balance. On a physical level, the rhythmic massage dissipates muscular tension, leaving the guest feeling taller, lighter and completely restored.

Benefits:

- Deeply relaxing Balances, the energy body
- Relieves exhaustion, stress and chronic fatigue
- Reduces anxiety

Nourishing Face Ritual

90 minutes

This rejuvenating and calming facial treatment heal on a physical level, with richly nourishing ingredients such as honey, rosehip, wheat germ, cactus oil, jasmine stem cells and silk, which work to soothe and brighten the skin. On a deeper level, it invites relaxation and rebalancing by focusing on facial marma points to remove any internal blockages and stimulate the flow of prana. Prana is described as the universal life force that enters the body via breath. Easy breathing is therefore a key to wellbeing. Radiance is addressed and achieved with the Light Technique, which is based on shamanistic principles stating that light is generated by three points on the face – the forehead, the septum and the throat. By encouraging this light generation through various massage techniques and gentle holds, the skin is imbued with an inner luminosity.

Benefits

- Moisturizes, brightens and soothes dry, dull and irritated skin
- Treats rosacea and dermatitis
- Works to improve the appearance of scarring and pigmentation
- Brings luminance to the face
- Soothes environmentally damaged/sensitized skin
- Deeply relaxing and restorative



Nourishing Polish & Wrap Ritual

90 minutes

For those feeling tired and depleted, this treatment encourages the body to enter a phase of deep rest in which it can be physically and emotionally nourished. Jade powder is a key ingredient in both the polish and the wrap. It is known to nourish, hydrate, tone and rejuvenate.

The Jade polish also contains healing calendula oil, restorative amethyst powder and a nourishing blend of essential oils, as well as Himalayan salts. These salts stimulate circulation and leave the skin soft and thoroughly cleansed while infusing the body with 84 essential trace elements and minerals. The Jade Mud Wrap combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. Hugging the body in a warm embrace, the wrap imparts the benefits of its ingredients while also stilling the mind. After a shower or bath, the treatment culminates in the full-body application of Aman's Sacred Heart Balm.

Benefits:

- Sense of being nurtured and held, Mental clarity and strength
- Boosted lymphatic system
- Restores the nervous system
- Improved skin tone and texture
- Nourished and moisturized skin

Nourishing Journey

180 minutes

There is infinitely more to nourishing a being than simply the food it consumes to thrive. Nourishment can come in many forms, and this journey serves to combine these in an immersive experience that touches every aspect of an individual. This journey incorporates all three of the above treatments, beginning with the Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each treatment builds on the benefits of the one before. The results are exponentially greater than the sum of their parts.

Ā M Ā N

MASSAGE THERAPIES

Holistic Massage

60/90 minutes

Experience with the application of the blend of essential oils mixed nourish argan oil, rebalance the body and promoting deep relaxation. This therapeutic treatment combines gentle and sedative massage elements to balance and re-harmonies the mind and body.

Deep Tissue Massage

60/90 minutes

This massage focuses on the deeper tissue structures of the muscles and connective tissue using the similar movements and techniques to a Swedish massage, but with more intense pressure. The therapist will work to release tension or chronic muscle tension through direct pressure within the deeper layers of the muscles and fascia.

Aman Touch

45 minutes

After any kind of stress, such as a long flight, tension can accumulate in the head, neck and shoulders. This treatment focuses on problems area using classic massage and pressure point technique, promoting relaxation and well-being. You have the option of choosing between a back or foot massage, or a combination of both.

Argan oil Hair Treatment and Head Massage

45 minutes

This relaxing massage uses a blend of Argan oil and essential oils of rosemary and geranium; while focusing on specific pressure points to relieve stress and provide a feeling of calm and relaxation. Argan oil is rich in vitamin A and E, which improves the condition of the hair and scalp and offers additional therapeutic properties.

Foot Reflexology

60 minutes

After a day of sightseeing and visiting the souks, this deeply relaxing treatment will leave you feeling lighter and refreshed and ready for another day of exploration. This foot reflexology treatment begins with a foot bathing ritual using Eucalyptus to invigorate the feet and legs and rebalance the nervous system, follow by reflexology massage to relieve sore feet and help to balance the body via stimulation of reflex areas on the feet. Most of the sensory nerves of our internal organs end in the feet. During this massage your feet will be used as a detailed map to balance the body thought massage and pressure on the meridian points that correspond to specific organs.

Pregnancy Massage

60 minutes

Our specialist massage therapist will listen to your pregnancy experience and create a bespoke targeted treatment to release any accumulated stains and re-invigorate you during this special time.

From second trimester



AMANJENA SIGNATURE JOURNEY

Traditional Moroccan Hammam

60 minutes

This traditional treatment is performed in a steam heated steam room where the application of a unique black olive oil soap, called sabon beldi is applied by a skilled therapist; followed by an intensive exfoliating process with a kiis (washcloth) that leaves the skin radiant and glowing. The traditional and local Rhassoul (a natural clay sourced from the Atlas Mountains of Morocco) is then applied as a full-body mask to nourish and hydrate the skin.

Moroccan Bloom Treatment

120 minutes

This is combination of Traditional Moroccan Hammam and Holistic massage to promote deep relaxation and provide intense skin hydration using the blend of Argan and essential oils.

Moroccan Touch

90 minutes

This relaxing treatment focuses on the upper back, neck, shoulders and scalp using local honey and sesame seeds for the exfoliation of the back and a massage with Argan oil infused with rose, geranium and rosemary essential oils, each of which carry many therapeutic properties. This treatment involves a combination of pressure points and strokes that can relieve stress and deliver a deep sense of relaxation. Argan oil, as it is naturally rich in vitamin A and E, improves the condition of the skin, hair and scalp.

Amanjena Signature Facial

60 minutes

Based on the knowledge and wisdom of ancient philosophies and natural healing traditions; Aman's unique line of chemical-free products work in a holistic way to nourish the skin and improve overall well-being through its minerals and herbal extracts. Organic essential oils rejuvenate and oxygenate the skin. In this treatment, we incorporate a fusion of natural and locally sourced Ghassoul clay and honey. This facial includes cleansing, exfoliating, moisturizing and firming facial massage technique.

Amanjena Body Scrub

60 minutes

Refresh and rejuvenate your skin with Natural lavender salt scrub bland with organic Argan oil bring your body energies flow into alignment. This treatment will begin with gentle lavender salt scrub and follow by gentle Argan oil massage work together to smooth and rejuvenate dry or tired skin.

Ā M Ā N

THAI MASSAGE SPECIALIST

Thai massage is an ancient form of massage with more than 2,000 years of history. It combines acupressure, massage, gentle stretching and body alignment. The massage increases flexibility, relieves muscle and joint tension and balances the body's energy systems.

Traditional Thai massage

60/90 minutes

This version of the traditional dry Thai massage was developed specifically for the Thai royal family and focuses on restoring the flow of energy in the body. The pressure point techniques stimulate blood flow and release toxins along the ten 'Sen' energy lines of the body. The Thai believe that if there is a disruption in the flow of energy along these lines, illness occurs.

Oriental Thai Oil massage

60/90 minutes

East and West unite in this treatment merging modern techniques with ancient pressure point teachings. This soothing Thai-style massage uses your choice of essential oils and slow flowing strokes with deep pressure to ease you into a world of serenity.



HAND AND FOOT CARE

The Aman Spa offers a full range of manicures and pedicures, that include an aromatic foot soak, followed by a gentle exfoliation and soothing massage to nourish and soften dry hands and feet. Our manicures and pedicures include nail and cuticle conditioning, nail shaping and nail polish application.

Aman Manicure	60 minutes
Aman Pedicure	60 minutes
Aman Shellac Pedicure	90 minutes
Aman Shellac Manicure	90 minutes
Change of Color	20 minutes
Shellac Remover	30 minutes

Ā M Ā N

FINISHING TOUCHES

Hairdressing, make-up, and waxing service are available upon request.

CUT & STYLE

Wash and Cut

Short Hair	30 minutes
Medium/Long Hair	45 minutes
Hair cut (men)	30 minutes
Shaving (men)	30 minutes

Blow Dry

Short Hair	30 minutes
Medium/Long Hair	45 minutes
Hairstyling	60 minutes

Waxing

Face	20 minutes
Lip/Chin/Underarm	20 minutes
Arm	30 minutes
Back/Chest	30 minutes
Eyebrow shaping	20 minutes
Half Leg	20 minutes
Full Leg	40 minutes
Bikini Line	20 minutes
Brazilian	40 minutes

Ā M Ā N

Make Up

Flash

30 minutes

Day/Evening Look

45 minutes

Wedding

70 minutes



FITNESS AND MINDFULNESS

The Fitness Centre comprehensive cardiovascular equipment and weights, in addition to outdoor training and private instruction available for all levels and abilities. All individual sessions are offered in 60- or 90-minute sessions. Please note that unless we have a Resident Specialist with us, all fitness instructors are outsourced, and we must book 24 hours in advance.

BOXING

A diverse and dynamic fighting sport combining general condition techniques with boxing and self-defense training. All classes can be adjusted to any age group and fitness level. Work with our local boxing professional who can meet you at any level of training and help you rise to the next; with agility, strength and power-building exercises.

CIRCUIT TRAINING

A mix of body weight training, weights and cardio training exercises are especially used to build lean muscle mass, as well as improve endurance and cardio resistance.

OUTDOOR FITNESS

Guided outdoor or jogging race outside the property for your choice of an intense, cardio-focused race, interval training sprints or a longer endurance race followed by body-weight training and conditioning and ending with some gentle stretching.

YOGA

A physical, mental and spiritual discipline originating in ancient India. Through the practice of asana (the physical poses), pranayama (breathing exercises) and meditation, vital energy flow, body flexibility and mental control increase, changing patterns of consciousness and bringing the whole being into a healthier and balance state. Yoga helps revive dormant energy, rejuvenate tissue and help form new cell, strengthening the various physiological processes that make the body healthy and active.

TENNIS

Amanjena is delighted to continue its partnership with LUX Tennis Academy, providing private tennis coaching and clinics for our esteemed guests. The personalized programmes which are adapted for each player, taking into consideration their age and ability.



AMAN SPA REMINDERS

Appointments: We strongly recommend that you book your treatment in advance to ensure that your time and service are available.

Room Nominations: In-room treatments are available at an additional 300 MAD for 60 minutes and 450 MAD for 90 minutes. Any appointment outside the spa opening hours can be arranged and will incur an extra charge of 50%. We strongly recommend that you book your treatment in advance to ensure that your time and service are available.

Special Considerations: Most treatments can be adapted to allergies, pregnancy or injury. Please contact us for any questions and let us know of any medical or health concerns.

Treatment Preparations: We recommend that you arrive at least 15 minutes before the scheduled treatment, which will give you time to complete your holistic health check. It is best to avoid eating a heavy meal.

Spa Environment: Please refrain from smoking and turn off your mobile phone or opt for a quiet setting when you are in or around the spa. The minimum age for taking spa treatments and using fitness facilities is 16 years old. Guests under 18 must have a parental agreement before accepting the reservation.

Cancellation Policy: We understand that schedules change and will do our best to meet your needs. Since your spa time is reserved specifically for you, we kindly ask you to give a cancellation notice of at least 24 hours in advance to avoid the full charge of the booked treatment.

Valuables: We advise you not to bring or carry valuables when using our spa facilities. Although we strive to take care of your property, we assume no responsibility for any loss or damage to personal items. The spa will not be responsible for any accident or injury suffered by a guest.

Age Requirement: All persons under the age of 16 who wish to receive treatment or use the facilities are considered minors and must be accompanied by a parent or legal guardian. The minimum age for taking a spa treatment or using the gym is 16 years old. Guests under 18 must have a parental agreement before the reservation is accepted.

During Your Visit: We aim to provide a peaceful setting for all guests, so ask you to keep your mobile devices quiet. Alcohol and smoking are not allowed. The Spa team reserves the right to deny access to anyone whose clothing or behavior may disturb or endanger other Spa clients.

Hammam and Steam: Please make sure you drink enough water when using the Hammam and pay attention to certain health precautions. Out of respect for all our guests, we ask you to keep your modesty covered with a towel in the Hammam and use your bathrobe in the other areas of the Aman Spa. Age restrictions for the Hammam / Steam Room and Jacuzzi apply. Individual must be at least 14 years of age.



OPENING HOURS

Spa
Gym and Tennis

9:00 am to 9:00 pm
24hours

We highly recommend that you book your treatment in advance to ensure that your preferred time and service is available. Please dial ext. 4 to make a spa reservation or call +212 661071289

To get the most out of your spa experience we welcome you to arrive 15 minutes before your treatments time to enjoy our spa facility.