



WELLNESS: REJUVENATE THE NATURAL WAY

Wellness in Morocco is a journey through time where ancient traditions are practiced in modern facilities to provide pleasure and serenity and truly recharge your batteries. Refined warm settings offer a luxurious peaceful atmosphere-above all, the Moroccan Wellness centres provide harmony for body and mind.



REASONS TO GO

- At Europe's doorstep, Morocco is the year-round destination for wellness tourism.
- This **comprehensive** offer guarantees all the treatments a demanding clientele expects at luxurious establishments with features that actually make it a **unique wellness destination**: both **modern** and inspired by **ancient Moroccan traditions**.
- The same natural products and the same practices are still being used today: black soap scrub, clay and henna treatments and massages with rose essential oil and argan oil.



THE HAMMAM-A MOROCCAN TRADITION

- A veritable institution that is part of the Moroccan ways and customs, the hammam is a chance to discover the Sharifian culture found throughout the kingdom.
- The hammam is a 50°C steam bath with temperatures that increase from room to room. The humid heat that envelops the body stimulates circulation and sweating. A hammam treatment is often finished with a natural **black soap** scrub.

- The quintessential eco-conscious soap, black soap is a plant-based paste made from an olive paste that prepares the skin for exfoliation and scrubbing with a kiss (a cloth scrubbing mitt).



ARGAN OIL-NATURE'S TREASURE

- The full traditional treatment combines scrubbing with a **rhassoul** (ghassoul) wrap, a natural clay from the Atlas Mountains known for its moisturising properties, and ends with a relaxing **argan oil** massage.
- **Argan oil** comes from argan trees, a common species only found in Morocco, and it helps prevent drying, fights ageing of the skin and gives skin back its glow by restoring moisture.
- The largest concentration of argan trees are found in the Souss plain where they are spread across nearly 800,000 hectares. In 1998, UNESCO declared the area between Agadir and Essaouira a World Biosphere Reserve.



THE WELLNESS IN MOROCCO PACKAGE

- **Thalassotherapy**: At an exclusive seaside facility, thalassotherapy is a combination of preventative and curative seawater treatments done under medical surveillance (seawater, marine muds, algae, sands, etc.).
- **Six thalassotherapy institutes in Morocco**: three in Agadir, one in Tetouan, one in Essaouira and one in Casablanca.
- **The Spa**: this type of treatment is not only done with water, it is also done with plants, oils and natural essential oils. There are about 50 Spa centres: over 30 in Marrakech, seven in Agadir, three in Tangier, five in Fez, three in Casablanca, three in Essaouira, three in Rabat, two in Saida and one in Mazagan.
- **Hydrotherapy** in Moulay Yacoub (near Fez) to enjoy the benefits of naturally sulphated waters.
- **Balneotherapy** is found in Agadir, Marrakech and Casablanca
- **Sand Therapy**: in Tinfou and Nabch (near Zagora), Ghar Eddiba and the Merzouga region.

