



**THE RITZ-CARLTON**

RABAT, DAR ES SALAM

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*Let us make the world  
revolve around you.*

# ESCAPE

Escape to a sanctuary of tranquility in Rabat, where lush gardens and serene views create the perfect retreat. Our spa offers a harmonious blend of Moroccan tradition and modern luxury, designed to rejuvenate body, mind, and soul. Immerse yourself in a soothing ambiance with private treatment rooms, signature therapies, and tranquil spaces that allow for complete relaxation. Embark on a personalized journey of well-being, where every detail is curated to deliver an unparalleled wellness experience.





THE RITZ-CARLTON SPA

# HAMMAM RITUALS

HAMMAM

## SIGNATURE HAMMAM

### 120' MINUTES

Refined gestures combined with beloved marocMaroc treatments ensure an unparalleled sense of well-being. This complete Hammam ritual is followed by a ceremonial massage in the cabin. The body is pampered, the skin radiates, and the spirit feels liberated. Embark on a luminous journey that leaves you glowing inside and out.

#### | RITUALS

- Massage techniques derived directly from authentic Teksal movements practiced in Moroccan hammams.
- The perfect exfoliation with the kessa glove and Miel d'Ambre purifies and softens the skin for a velvety and delicate sensation.
- One hour of sophisticated massage that allows the body to shed all its tensions using a smooth and dedicated balm "Onguent d'argan".

## INDULGENT HAMMAM

### 90' MINUTES

A sublime blend of traditional gestures performed in a unique sequence. The Indulgent Hammam enhances the Escape Hammam with an added hydration moment using the exquisite Roses de Sucre cream in the treatment room. Discover a sanctuary where your mind, body, and soul find perfect harmony.

#### | RITUALS

- Massage techniques derived directly from authentic Teksal movements practiced in Moroccan hammams.
- Gentle and vigorous movements for intense relaxation.
- The perfect exfoliation with the kessa glove and Miel d'Ambre purifies and softens the skin for a velvety and delicate sensation.
- Deep hydration with "Rose de sucre" cream for nourished and soft skin.

## ESCAPE HAMMAM

### 60' MINUTES

Indulge in an ultra-purifying exfoliation with the Kessa glove and the delightful Amber Honey exfoliating paste the follow with a soothing wash using Orange Blossom Infusion shower milk. Experience a journey through the traditional Moroccan rituals and let your senses drift into a world of serene bliss.

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# BODY RITUALS

## CEREMONIAL MASSAGE

75' MINUTES

An aromatic massage that releases tension throughout the body with the nourishing Argan Ointment balm, rich in argan oil. This ritual is enhanced with a back exfoliation using Amber Honey. Discover the ultimate relaxation as your body and spirit are harmonized.

### | RITUALS

- Massage techniques derived directly from authentic Teksal movements practiced in Moroccan hammams.
- Gentle movements to deeply unwind the body, leaving you refreshed and relaxed.

## TEKMIDA

60' MINUTES

Tekmida Ritual is a profound treatment, with gestures inspired by the authentic Moroccan Tekmida, using warm towels to release tension and rebalance energy flow. The treatment begins with an exfoliation of the face and body using Grains de Lumière and Miel d'Ambre, followed by intense nourishment with the melting Argan Ointment balm. Surrender to the revitalizing embrace of this traditional care.

### | RITUALS

- With muscle pain and tension eliminated, the complexion glows and the body is left supple, ready for any travel adventure.
- The Tekmida ritual involves face and body exfoliation using Miel d'Ambre and Grains de Lumière, followed by intense nutrition using "Onguent d'Argan" balm.
  - The manual techniques used after the products applied are inspired by the real Moroccan Tekmida gestures, which are performed with hot towels in order to release tension and rebalance energy circulation.

## « SENSORY AWAKENING » CANDLE MASSAGE

60' MINUTES

A treatment that sublimates the body and relaxes the mind in the soothing warmth of the « Paillettes d'Ambre » candle. Through smoothing and circular motions, the body and mind unwind, and the skin welcomes the moisturizing benefits of this exquisitely scented wax. Let the calming glow of the candle elevate your senses to a state of pure tranquility.

### | RITUALS

- The sensory Awakening massage draws on all the Moroccan wisdom of our ancestors to enhance the body and relax the spirit in the soothing heat of the « Paillettes d'Ambre » candle.





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# MASSAGE

## MYSTICAL TOUCH MASSAGE

60' MINUTES OR 90' MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure with a blend of essential oils to melt away tension.

## REFLEXOLOGY

60' MINUTES

Foot massage is an essential element of Chinese tradition therapy. It focuses on the reflex zones of the feet, and this blissful treatment continues to the Meridian line's points from the feet, all the way to the legs. Trigger zones are to stimulate and awaken the organ system of the body, whereas holistic rejuvenating techniques help to restore balance and harmony to your body.

## DEEP TISSUE MASSAGE

60' MINUTES OR 90' MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern, common discomforts and sports-related tensions are relieved.

## THAI MASSAGE

60' MINUTES

By applying traditional deep stretching and rocking movements, this treatment erases tension and releases muscular aches, leaving you feeling completely restored and energized.



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# FACE RITUALS

## SIGNATURE TREATMENT (CACTEA)

75' MINUTES

This better-age ceremony begins with a deep facial cleanse. It's a moment of pure bliss from head to toe, including a foot bath, and a body and scalp massage to enhance your face ritual. This signature treatment promises a unique and delightful experience. Immerse yourself in unparalleled luxury and complete rejuvenation.

### | RITUALS

- Complete treatment for face and body
- The products used are rich with prickly pear for a lifted and radiant skin.

## REVITALIZING TREATMENT (CACTEA)

60' MINUTES

Through cleansing and relaxing gestures, this revitalizing and anti-aging ritual is a wonderful way to ensure lymphatic drainage. Watch as your features relax, and your contours become toned and firm. Through an exclusive treatment that acts as a natural lift for your skin feel rejuvenated as your skin regains its youthful glow.

### | RITUALS

- Facial exercises to sculpt facial contours, enhance skin plumpness, and smooth the skin's texture.
- Cactéa products rich with prickly pear.

## FIRMNESS TREATMENT

75' MINUTES

The Firmness Treatment helps to erase signs of fatigue and eliminates imperfections. The 20 maneuvers of the marocMaroc massage, performed with precision, smooth the features and brighten the complexion for a face that radiates with light.

### | RITUALS

- Face massage techniques inspired by Moroccan rituals.
- Soft, soothing gestures create a deeply relaxing experience, leaving you refreshed and your skin radiant by the end of the treatment.
- Aromatic formulations that gently soften your skin.





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# ENHANCEMENTS & UPGRADES

## ENHANCEMENTS

Enhancements are available as incorporated additions to your treatment without adding additional time. Enhancements must be booked and received with a treatment.

### SMOOTH & NOURISHED BODY BUTTER

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting hydration.

## HAIR AND SCALP NOURISHMENT

Using the strengthening properties of argan oil, your hair is wrapped with a hot towel for a pure moment of relaxation and your hair is left deeply nourished and scalp hydrated.

### FOOT OR HANDS REVITALISING RITUAL

This exfoliating and nourishing treatment will leave your feet or hands soft, and body prepared for your relaxing moment.

## UPGRADES

### 15' MINUTES

Self-use of thermal facilities including hot jacuzzi, steam room, sauna, hydrotherapy showers.

### THE RITZ-CARLTON SPA SUITE

### 90' MINUTES

Book our Ritz-Carlton Spa Suite in which to enjoy your spa treatment, and delight in an additional 30-minute post-treatment relaxation time to enjoy the private jacuzzi and healthy delights.

# GUIDELINES

## RESERVATIONS

To schedule your preferred time and treatment, please contact the Spa Reception for availability. Your credit card information and contact details are required in order to secure your reservation. In-house guests may press the Spa button on the guest room telephone.

## HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your treatment when making your spa reservation. Heat and water facilities are not recommended for pregnant women. Guests who appear to be under the influence of alcohol will be declined access to treatments and the spa facilities.

## CANCELLATION POLICY

For cancellations or changes in appointments, a minimum 24 hours advance notice is required in order to avoid being charged in full.

## ATTIRE

Disposable underwear is available upon request. Swimwear is required if you wish to use the water facilities.

## AGE REQUIREMENT

All Spa guests having treatments, or using the thermal areas (sauna, jacuzzi, steam rooms, showers) must be at least 16 years of age.

## ARRIVAL TIME

We encourage you to arrive 15 minutes prior to your scheduled appointment. Please understand that late arrivals will not receive an extension of scheduled treatments.

## SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. Use of mobile phones and cameras is not permitted within the spa. Externally purchased food and beverages cannot be brought in and consumed in the spa.

## SPA RETAIL

We retail a complete range of skincare and body products for you to recreate the spa routine at home.

## GIFT CERTIFICATES

Gift certificates are available for purchase. Please contact the Spa Reception for details.

## REFUND POLICY

Products sold are not refundable or exchangeable.

## LOSS OR DAMAGE

We will not be held liable for any loss or damages to personal belongings during your visit.

## ACCIDENTS OR INJURIES

We will not be held liable for any accidents or injuries sustained during your visit.

## PRICES

All prices are in Moroccan dirham with all taxes included.

## OPENING HOURS

Spa treatments and wet facilities: From 9am to 9pm.





**THE RITZ - CARLTON SPA**

RABAT, DAR ES SALAM

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