

Le SPA

BY PULLMAN

"AT PULLMAN SPA, WE UNDERSTAND THAT EVERYBODY IS DIFFERENT EVERY DAY AND OUR BODIES CHANGE THROUGHOUT THE MOMENTS OF EACH DAY. OUR WELLNESS EXPERIENCES ARE DESIGNED TO MATCH THESE MOMENTS, ENSURING ENERGY IS RESTORED, RELAXATION ACHIEVED AND BLISSFULNESS BESTOWED."

PULLMAN HOTELS & RESORTS HAVE SO MUCH TO OFFER FOR STAYING ON TOP OF THE GAME, MORNING, NOON AND NIGHT. BECAUSE THERE'S MORE TO LIFE THAN WORK.

Le



SPA

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CARE OF THE DAWN...

TO WAKE UP GENTLY

DETOX

Anti-stress exfoliation

30min - 350 mad

This treatment instantly magnifies the appearance of the skin, a greedy care that gently exfoliates and eliminates impurities while stimulating microcirculation

ENERGY

Golf Massage

60 min - 750 mad

A relaxing massage that is suitable for anyone seeking relaxation and relief from aches and pains due to physical activity.

BALANCE

High Protection Eye Care

45 min - 450 mad

Specifically designed for the eye contour area, the High Protection Eye Care immediately fades the signs of fatigue and aging to restore a radiant look.

AGE DEFENCE

Detox Energie Intensive
Treatment

75min - 900 mad

A treatment by Sothys to give the skin a new lease on life and help it defend itself in all circumstances against the harmful effects of environmental stress that can accelerate skin aging.

CARE OF THE DAY...

TO REGENERATE

DETOX

Basic treatment 60 min - 750 mad

Care by Sothys adapted to the needs of the skin according to its typology, it contributes to keep a beautiful skin.

ENERGY

Double delight 45 min - 450 mad
60 min - 750 mad

An exfoliation followed by a body wrap for intense hydration.

Slimming Massage 60 min - 750 mad

A massage that removes cellulite, facilitates the elimination of toxins and restores suppleness and elasticity to the skin and muscles.

BALANCE

Relaxing or Toning Massage 30 min - 450 mad
60 min - 750 mad

A massage to relax the body and rebalance the energies. More or less deep according to the tensions and the desires.

AGE DEFENCE

Intensive youth treatment 75 min - 900 mad

Targeted treatment against the signs of aging, wrinkles and skin slackening.

EVENING CARE...

TO RELAX

DETOX

Resurfacing Peeling Treatment 60 min - 750 mad

Medical inspiration and aesthetic expertise for a renewed, smooth skin and a radiant complexion.

ENERGY

Organic face sculpting 90 min - 900 mad

This Hendiya® Signature treatment naturally redefines the features and resculpts the contours of the face and neck.

BALANCE

Body and arch massage 60 min - 750 mad

This massage cradles your body and feet with relaxing and soothing movements.

Body and scalp massage 60 min - 750 mad

Your body is rocked by relaxing and soothing movements, followed by a scalp massage that makes tensions vanish.

AGE DEFENCE

Intensive moisturizing treatment 75min - 900 mad

Intensive moisturizing treatment by Sothys to flood the skin with wellbeing and give it a feeling of absolute hydration.

SENSORY CARE...

TO RELAX

Traditional scrub 30 min - 350 mad

A black soap scrub that removes dead skin.

Sun of El Jadida 60 min - 750 mad

The Kessa glove combined with the softening exfoliating paste for an ultra-purifying scrub. Then comes the orange blossom soaping. A journey to the heart of traditional Moroccan gestures.

Royal Fig 90 min - 900 mad

The Hendiya® Hammam ritual is a holistic treatment for the body, face, hair and spirit, centered around the benefits of prickly pear seeds.

Light with Moroccan flavors 120 min - 1200 mad

This complete Hammam ritual will be followed by a traditional massage.

Romantic wellness getaway 90 min - 2100 mad

Enjoy a wellness getaway and live a sensory experience for two in the duo suite. The program includes an exfoliation, a moment of relaxation in the jacuzzi, followed by a relaxing massage, steam room, sauna and jet pool.

EXPRESS CARE...

FOR A MOMENT OF WELL-BEING

FACE

Face or scalp modelling 15 min - 200 mad

Conclude this day with relaxing maneuvers that will smooth your features and regenerate your skin with all the attention it deserves.

Organic Face Yoga 30 min - 350 mad

This Hendiya® Signature treatment naturally redefines the features and resculpts the contours of the face and neck.

BODY

Foot reflexology 30 min - 450 mad

Reduce your stress and release your tension with this expert foot massage.

Nail beauty 30 min - 300 mad

Pamper your nails gently.

Varnish application 15 min - 100 mad

Find beautiful nails to embellish your hands or feet according to your desires.

Precious foot or hand care 60 min - 450 mad

Enjoy a pure moment of relaxation by pampering your hands or feet.

FOR CHILDREN

Kids massage 15 min - 150 mad
30 min - 250 mad

EXPRESS CARE...

FOR A MOMENT OF WELL-BEING

DREAMY SKIN - HAIR REMOVAL

Underarms	80 mad
Half arm	150 mad
Arm	200 mad
Half legs	200 mad
Legs	300 mad
Bikini trim	80 mad
Full body shirt	200 mad
Face by zone	80 mad
Dreamy skin	500 mad
Hair removal on legs, bikini line and underarms.	

BALANCE OF BODY AND MIND

FIT AND SPA

Access to the Fitness Club 60 min - 250mad

Morning Up & Act

Get off on the right foot with specific fitness programs.

Fitness : 60 min of Cardio coaching 250 mad

Fit & SPA : 60 min Cardio coaching + 30 min
massage tonic 550 mad

Morning Keep Awake

Mobilize your energy and boost your concentration with a tailor-made program.

Fitness : 60 min of Aerobic class 300 mad

Fit & SPA : 60 min of Aerobic class + 30 min
plantar massage 550 mad

Crazy Tea Time

Get rid of the stress of the day

Fitness : 60 min of body-combat 300 mad

Fit & SPA : 60 min of body - fight + 30 min
traditional Hammam 600 mad

Night Restore

Prepare your night by rebalancing your sleep and pleasure hormones with this adapted program.

Fitness : 60 min of Yoga class 300 mad

Fit & SPA : 60 min Yoga class + 30 min
massage + 30min Hammam 1000 mad

FIT & SPA MEMBERSHIPS

FITNESS CARD 6000 mad / year

from 8:00 am to 4:00 pm

Access to gym

1 access per month to the pool with jets

%20 discount on the SPA treatment menu

SPA CARD 7000 mad / year

from 8:00 am to 4:00 pm

Access to the SPA area: Hammam, sauna and pool with jets
1 traditional scrub per month

%20 discount on the SPA treatment menu

FIT & SPA CARD 8000 mad / 6 month

12.000 mad / year / person

20.000 mad / year / couple

Access to the gym

Access to the Hammam, sauna and pool with jets

Access to all group classes

1 traditionnal scrub per month

1 massage of 30 min per month

1 Yoga class per month

60 minutes of personalized coaching per week

%20 discount on the SPA treatment menu

%10 discount in the SPA store

%10 discount on restaurant and bar menus

Discovery pass 600 mad

Enjoy a sensory and fitness immersion to discover the Spa & Fitness. This experience gives you access to the gym, steam room, sauna and jet pool.

PRACTICAL SPA GUIDE

ARRIVAL AT PULLMAN FIT & SPA

Please arrive 15 minutes prior to your appointment time so that you can enjoy our special relaxation areas. We provide a bathrobe, towels and slippers, and a locker for your personal belongings. All treatments are available for two people.

INFORMATION

Our massages are wellness / relaxation treatments and are not provided for therapeutic or medical purposes.

RESERVATIONS

Reservations can be made directly with the SPA by Pullman. Reservations are confirmed by signing the reservation card. Treatments and treatment times are subject to change without charge, based on availability.

CANCELING POLICY

Appointments can be cancelled up to 24 hours in advance for external clients and up to 4 hours in advance for hotel residents.

FITNESS

Pullman Fit programs are subject to change depending on the season and workouts can be tailored to your individual needs. Classes are led by qualified fitness trainers.

GIFT VOUCHERS

FIT and SPA gift certificates are available and make the perfect gift. They can be used for a range of treatments, from one-hour sessions to full-day packages. For more information, the entire SPA by Pullman team is at your disposal.



Le SPA

BY PULLMAN

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