



Thalassa

SEA & SPA

SPA & BEAUTY

TREATMENT MENU

ESSAOUIRA

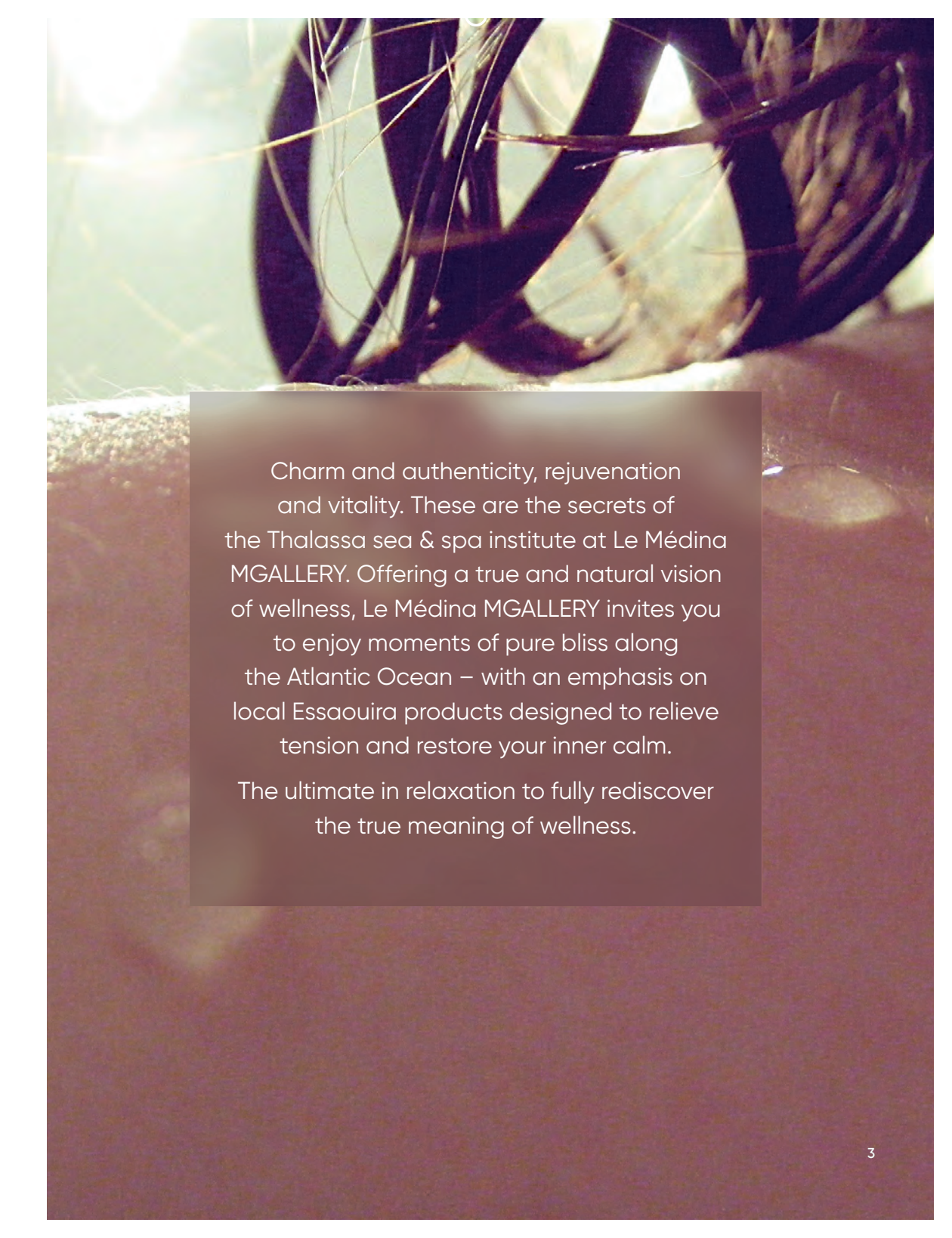
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SEAWATER SPA: +212 52 44 79000



Charm and authenticity, rejuvenation and vitality. These are the secrets of the Thalassa sea & spa institute at Le Médina MGALLERY. Offering a true and natural vision of wellness, Le Médina MGALLERY invites you to enjoy moments of pure bliss along the Atlantic Ocean – with an emphasis on local Essaouira products designed to relieve tension and restore your inner calm.

The ultimate in relaxation to fully rediscover the true meaning of wellness.

Spa facial treatments

By Thalassa sea & skin



Exclusive treatments developed solely for Thalassa sea & spa, combining highly effective techniques with cosmetics rich in active marine ingredients. The known benefits of seaweed and marine trace elements revitalize, firm and moisturize your skin.

SOURCE D'ÉCLAT ET DE JEUNESSE ⌚ 50 min = MAD 630
Feel revived with smooth skin and a radiant complexion.

SOURCE D'HYDRATATION CALMANTE ⌚ 50 min = MAD 630
Feel fulfilled with revitalized, protected skin.

SOURCE DE PURETÉ ⌚ 50 min = MAD 630
For healthy skin with a smoothed texture.

SOUFFLE D'ÉTERNITÉ ⌚ 25 min = MAD 400
Powerful plumping and anti-oxidizing treatment.

SOUFFLE DE FRAÎCHEUR ⌚ 25 min = MAD 400
Instant radiance in our expert hands.

By Marokissime



From treatments that combine the benefits of Moroccan oils and plants to the sensuousness of products with creamy, sumptuous textures.

RÉVÉLATION ⌚ 50 min = MAD 630

A treatment that combines the benefits of argan oil, prickly pear oil and saffron for a smoothing effect in order to minimize skin aging.

ZÉNÉBEAU ⌚ 50 min = MAD 630

A purifying and hydrating treatment for men.

Spa body treatments

By Marokissime



RENAISSANCE RITUAL ⌚ 90 min = MAD 1,200

A body scrub using cane sugar, spices and honey, followed by a massage with a scented candle, leaving your skin silky soft.

Spa body treatments

By Thalassa sea & skin



SEA SALT SCRUBS ⌚ 20 min = MAD 300

Gentle, energizing or revitalizing vichy shower (20 min).
Whichever you choose, your skin will be as soft as silk.

HYDRATATION VELOURS ⌚ 50 min = MAD 750

With a massage and a warm mask, the body is pampered and wrapped in a gentle cocoon.

SOOTHING BACK TREATMENT ⌚ 50 min = MAD 750

Body scrub, massage and warm mask – bliss for stiff backs.

IDÉAL SILHOUETTE ⌚ 50 min = MAD 750

The key for a figure with more definition.

By les Senteurs Orientales



MOROCCAN BEAUTY RITUAL ⌚ 50 min = MAD 750

A traditional Moroccan hammam and black soap body scrub, followed by a rhassoul clay cocoon and massage with argan oil.

RELAXING RITUAL WITH OILS AND SCENTS ⌚ 90 min = MAD 1,200

Moments of relaxation and supreme gentleness for the body and the mind. A facial scrub with flower-petal oil, relaxing argan oil massage and honey facial treatment.

TRADITIONAL BACK TREATMENT ⌚ 45 min = MAD 400

Purifying treatments: scrub, steam, purification, argan oil massage, rhassoul clay mask and hydrating balm.

TRADITIONAL MOROCCAN BODY SCRUB ⌚ 25 min = MAD 300

Application of black soap and traditional purifying paste, followed by a full body scrub with a Kassa mitt.

RHASSOUL CLAY COCOON ⌚ 25 min = MAD 350

Hydrating clay body mask.





Slimming treatments

By LPG®



LPG®, the latest technology in beauty.
The patented LPG® technologies are the fruits of ongoing research to naturally improve beauty while respecting the skin's ecology and the body's physiology.

LIPOMODELAGE® ⌚ 45 min = MAD 400

Personalized session

3 sessions = MAD 1,050

Additional fee for tights = MAD 350

MANUAL ROLLING MASSAGE ⌚ 25 min = MAD 400

The ultimate slimming massage to sculpt the body.

ESSENTIEL SILHOUETTE BY THALASSA SEA & SKIN ⌚ 50 min = MAD 750

To combat orange peel and slim the figure: a toning anti-cellulite massage and targeted heated mask followed by a cool, draining green clay wrap.

COCOA-SCENTED SLIMMING TREATMENT ⌚ 90 min = MAD 1,200

To visibly reduce orange-peel and reveal smoother skin. After a citrus-scented scrub, you are wrapped in a slimming cocoon of cocoa and coffee. A toning massage completes the session.

3 sessions = MAD 3,300

Massages

Seawater massages



PURIFYING SEAWATER BATH ⌚ 20 min = MAD 350
High-precision underwater massage. Your body will thank you!

VICHY SHOWER MASSAGE ⌚ 20 min = MAD 450
Feather-like motions, the gentle heat of warm seawater... and you!

VICHY SHOWER FOUR-HAND MASSAGE ⌚ 20 min = MAD 750

Energy massages



REFLEXOLOGY FOOT MASSAGE ⌚ 25 min = MAD 400
REFLEXOLOGY MASSAGE FOR THE FEET

The feet, with their numerous nerve endings, are a reflection of the body.
By taking care of them, you improve the wellness of your entire body.

VITALITY MASSAGE ⌚ 25 min = MAD 400 - 50 min = MAD 750
Deep dynamic massage of the back of the body for wellness and a sensation of lightness.

Serenity massages



AYURVEDIC / INDIAN MASSAGE ⌚ 50 min = MAD 750

Intense revitalization for a regenerative journey to the heart of Indian tradition.

ORIENTAL HOT OIL MASSAGE ⌚ 75 min = MAD 1,000

Renowned for its many benefits, Moroccan women have been practicing this massage for generations. Application of lavender and hot-oil infused pads on the joints, a relaxing and toning massage, and ending with a facial and scalp massage.

Ideal for reducing muscle tension and calming the body and mind.

ZEN MASSAGE ⌚ 25 min = MAD 400 - 50 min = MAD 750

Expert hands glide slowly and gently over the body for a sensation of intense letting go.

FACIAL MASSAGE ⌚ 15 min = MAD 200

Healthy glow, radiance and relaxation. Precise and professional movements to drain and stimulate the oval of the face.

SCALP MASSAGE ⌚ 15 min = MAD 200

An unforgettable, relaxing experience under our therapists' expert hands for moments of immediate wellness – guaranteed!

Rituals



ORIENTAL RITUAL ⌚ 3,5h = MAD 2,000

Moroccan beauty ritual: hammam, oriental hot oil massage, followed by a traditional facial treatment and a manicure and pedicure.

SOFTNESS AND RADIANCE OF THE MAGHREB ⌚ 2h = MAD 1,350

Traditional wellness and beauty. Moroccan ritual: hammam, body scrub, rhassoul clay cocoon and massage, facial customized to your skin's needs, manicure or pedicure.

For couples



MEMORABLE MOMENTS FOR TWO ⌚ 3h = MAD 4,100

Peel, body mask, facial treatment, Thuja branch massage, sensory bath.

ORIENTAL WELLNESS FOR TWO ⌚ 2,5h = MAD 2,800

Black soap body scrub, hot oil massage and rose-infused sensory bath.







Balancing treatments



REGENERATING MESSAGE BY THALASSA SEA & SPA ⌚ 50 min = MAD 1,000

A series of movements inspired by fasciatherapy, producing a deep sense of relaxation and energy for an intense sensation of wholeness

AUTHENTIC SOUIRI RITUAL ⌚ 50 min = MAD 1,000

Traditional ritual combining hammam and light strokes using black soap. Facial mask. A journey for the senses through aromatic herbs and other natural products for radiance and softness.

LA VIE EN ROSE ⌚ 90 min = MAD 1,300

A treatment created especially for women in search of extra pampering. This treatment encompasses a discovery treatment, a facial massage, a scalp massage, a body peel, as well as a rose-infused sensory bath.

THUJA BRANCH MASSAGE ⌚ 50 min = MAD 1,000

A massage using Thuja branches, alternating wide, fluid strokes and gliding pressure to stimulate circulation, improve flexibility and tone the body.

Health

Physical therapy expertise



MASSO-KINÉSITHÉRAPIE 50 min = MAD 750

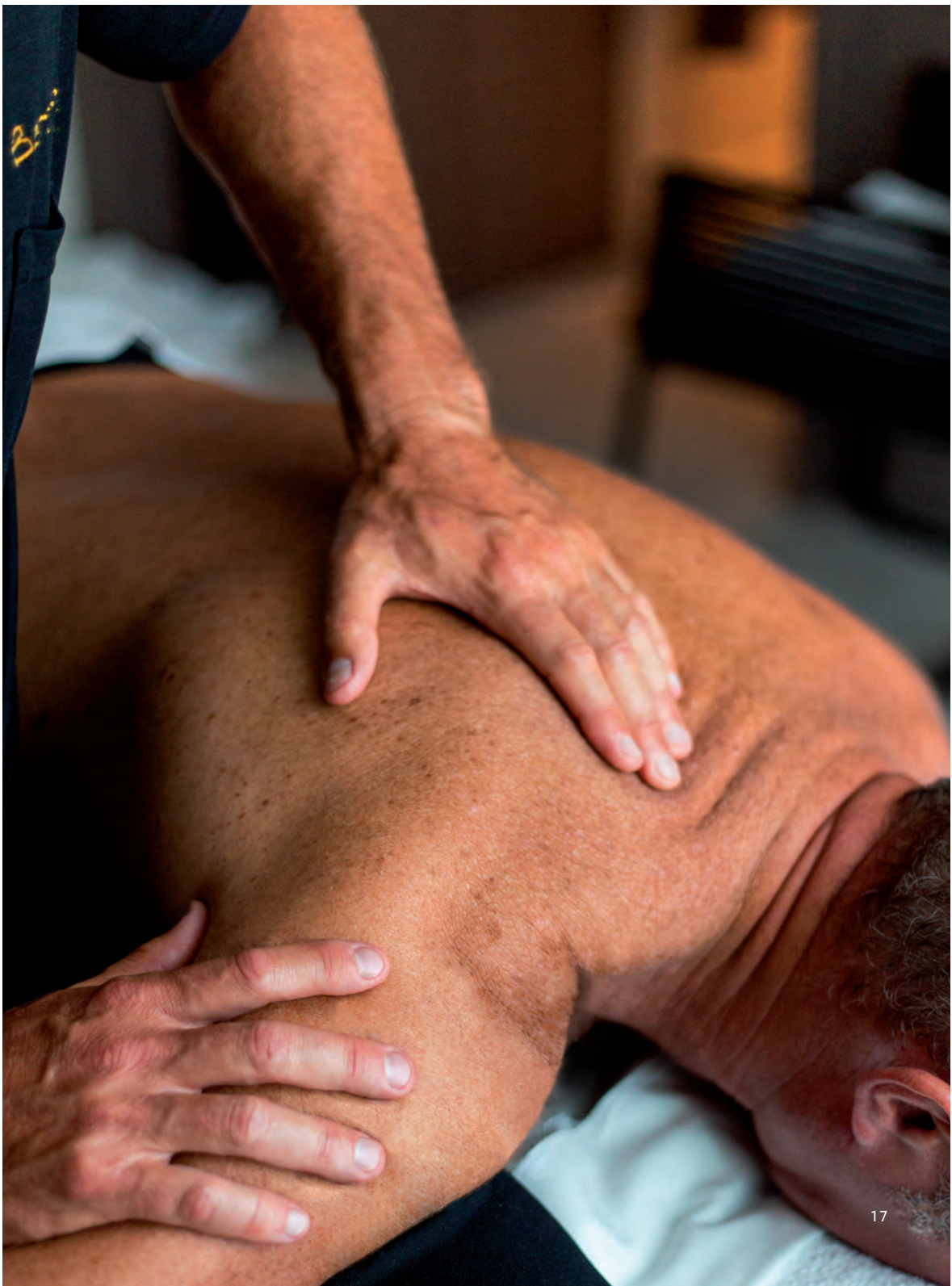
A personalized session combining relaxation and technicality for long-lasting relief: tension-releasing, soothing, fitness, circulatory, intestinal, pregnancy, lymphatic drainage and more.

PHYSICAL THERAPY IN A HEATED SEAWATER POOL 50 min = MAD 750

Postural re-education, abdominal exercises, pregnancy fitness, physical therapy and more.

LYMPHATIC DRAINAGE MASSAGE 50 min = MAD 750

A gentle, rhythmic manual massage of the entire body. To eliminate toxins and stimulate the lymphatic system.



Fitness

Fitness activities



INDIVIDUAL PERSONAL TRAINING  30 min = MAD 250
60 min = MAD 450

Be your very best, reconnect with exercise, improve your performance. Your fitness trainer personalizes each session according to your needs and fitness levels. You set the pace.

ACTIVITIES IN THE POOL  45 min = MAD 250

Underwater jets, aqua fitness, aqua Pilates, aqua stretching and more.

ACTIVITIES IN THE FITNESS AREA  30 min = MAD 250
60 min = MAD 450

Pilates, yoga, abs and glutes, circuit training, stretching and more.





Seawater spa essentials



Heated to between 34 and 36°C (93 and 97°F), seawater promotes the process of osmosis, enabling the absorption of minerals and trace elements to regenerate the body. The effects are scientifically proven and long lasting.

Marine essentials



JET SHOWER ⌚ 10 min = MAD 250

For a tidal wave of seawater benefits.

HYDROMASSAGE SEAWATER BATH ⌚ 16 min = MAD 250

Relaxing waves of wellness.

RELAXING VICHY SHOWER ⌚ 20 min = MAD 250

Wonderfully soothing sea spray.

REMINERALIZING SEAWEED WRAP ⌚ 20 min = MAD 350

A cocktail of vitamins and trace elements.

TIRED LEGS WRAP ⌚ 20 min = MAD 350

Stimulate blood flow. A refreshing mask is applied on the legs.

Wellness essentials



HYDRORELAX MASSAGE ⌚ 12 min = MAD 250

Relaxing waterbed massage.

PRESSOTHERAPY ⌚ 20 min = MAD 350

Anti-gravity boots for tired legs.

Essential slimming treatments



SLIMMING JET SHOWER ⌚ 10 min = MAD 250

Make unsightly zones more sightly.

TONING PURIFYING SEAWATER BATH ⌚ 20 min = MAD 350

High-precision underwater massage with detoxifying results.

Mini marine getaways

I love...



Over the course of a few hours, reap the benefits of seawater treatments or just take some time out for you. You are sure to find a getaway that suits you to a T!

I LOVE SERENITY ⌚ 90 min = MAD 1,100

Gentle peel with essential oils, authentic massage with argan oil and relaxing session in the jacuzzi.

I LOVE SEASIDE SERENITY ⌚ 100 min = MAD 1,200

Sea salt peel, authentic massage with argan oil and express beauty facial.



Beauty treatments

Hair removal



LIPS, EYEBROWS, CHIN, UNDERARM, SIMPLE BIKINI - MAD 100

HALF LEG, ARMS, BRAZILIAN BIKINI - MAD 150

LOWER BACK, STOMACH - MAD 200

HALF LEG AND BIKINI, FULL LEG - MAD 250

Hands, feet and nails



TRADITIONAL SOURI PEDICURE ⌚ 45 min = MAD 400

Pedicure and traditional scrub with pumice stone and black soap, rose- and lavender-infused foot bath, rhassoul clay mask, argan cream massage and nail polishing.

TRADITIONAL MANICURE ⌚ 45 min = MAD 400

Nail treatment, rose-infused hand bath, wheatgerm scrub, white rhassoul clay mask, argan cream massage and nail polishing.

HAND AND NAIL CARE TREATMENT OR PEDICURE ⌚ 30 min = MAD 250

Pretty, well-shaped and trimmed nails. Nail polishing included.

NAIL POLISHING OR FRENCH MANICURE ⌚ MAD 125

Hair styling

For more beautiful hair



WOMEN'S HAIRCUT - MAD 200

MEN'S HAIRCUT - MAD 150

CHILDREN'S HAIRCUT - MAD 120

SHAMPOO AND BLOW DRY, SHORT HAIR - MAD 170

Hair coloring, highlights or streaks - additional fee of MAD 200

SHAMPOO AND BLOW DRY, MID-LENGTH HAIR - MAD 190

Hair coloring, highlights or streaks - additional fee of MAD 250

SHAMPOO AND BLOW DRY, LONG HAIR - MAD 220

Hair coloring, highlights or streaks - additional fee of MAD 350

More information

The time to take your time. In order to enjoy your treatments in complete serenity, we recommend that you arrive 10 minutes before your session begins.

Bookings: To make an appointment, call us at 9050, push the "institute" button on your in-room telephone, or visit our welcome desk. We are available Monday to Sunday from 9am to 12:30pm and from 2:30pm to 7pm. A 50% deposit will be required to confirm your booking. Prices are indicative and are subject to change without notice.

Methods of payment accepted: Visa, Mastercard, American Express, Eurocard, Thalassa sea & spa gift card, cash.

Cancellation / late policy: If you need to cancel your reservation, we kindly ask that you do so at least 24 hours before your session. After this period, deposits cannot be refunded. Should you arrive late, we will unfortunately have to reduce the length of your treatment accordingly.

Treatment times: The duration specified is the actual duration of the treatment.

Availability of treatments: Treatments indicated at the institute's reception area are subject to availability. For optimal comfort, we advise you to reserve your treatments in advance.

Access to treatments: Sandals must be worn in all wet areas. To access the fitness area, appropriate sports clothing and shoes are required. Our rates include the loan of a robe and towels. Disposable underwear is available for use in your treatment room.

Some of our treatments and treatment programs are not suitable for pregnant women. A selection of beauty treatments is nonetheless available. For one or more days of treatments, pregnant women must provide a recent medical certificate stating that they are fit for seawater spa and hammam treatments, and sign a release form. A release form must be signed upon arrival at the institute.

Our seawater spa and beauty treatments are intended for persons aged 18 years and over. A selection of seawater spa treatments, beauty treatments, massages and physical activities is available to minors upon provision of a medical certificate and a parental release form.

These can be sent to you upon request. We ask that you kindly complete and return all documents to us before your arrival.

Access to the hammam, jacuzzi and relaxation area is strictly forbidden to minors. For seawater spa programs of less than four days, you will be required to sign a release form before starting your treatments.

In order to provide you with the very best advice, please inform us of all relevant information related to your health, such as whether you are pregnant or have any allergies or injuries.

Neither medical nor therapeutic, our massages are purely for your comfort.

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#ThalassaSeaAndSpa

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