



ASOUNFOU 

## SPA MENU

Asounfou is the Berber word meaning 'Relaxation'

For total relaxation please arrive at the spa before your appointment. Enjoy the use of the indoor pool, relax on one of the loungers and enjoy tea from the tea station. Your spa therapist will collect you for your treatment.

Please note that treatment times always include a consultation.

For any advice and to make a booking, please call 688 for the Asounfou Spa Reception, or call 611 for the main Reception who will be more than happy to assist.

## HEALTH & SAFETY MEASURES

- Our spa offering will be a little limited compared to normal with fewer treatment slots available to ensure we can thoroughly sanitise after each treatment
- The Hammam will be closed but rest assured we will still be doing everything we can to leave you feeling relaxed
- For the safety of both our spa therapists and guests, our spa therapist will be wearing a face mask during your spa treatment. Whilst this may well hide their smile, they will most certainly still have smiling eyes! We also require guests to wear a face mask during their spa treatment
- Body treatments will no longer include your arms and chest area
- We highly recommend booking spa treatments in advance

## MASSAGES

*A large variety to meet the specific needs of everyone*

Massage is an intuitive healing art which has been part of daily life for thousands of years. The origins are often traced back some 4,000 years to a Chinese medical text, the Cong Pu of the Tao Tse which detailed some of the first recorded massage techniques.

In Western culture, more recent references date back to Hippocrates around 400BC who wrote about the medical value of promoting even blood flow around the body.

The Middle Ages were a dark time generally, and massage practices fell out of use at a time when religious practices forbid touching others.

Although Swede Pehr Henrik Ling is often credited with being the founder of the modern massage, his field was more physical education, and his 'Swedish Movement System' has been conflicted with Dutch practitioner Johan Georg Mezger who actually classified the techniques.

Regardless of the origins, there are now around 70 distinct massage techniques practiced around the world, from stone to Californian to pregnancy to reflexology and Reiki (to name just a few).

On the following pages you will discover a large variety of massages and we hope you find one that suits your needs.

## MASSAGES

### Moroccan massages

These massages incorporate traditional Moroccan techniques and use local Argon oil, leaving you feeling deeply relaxed and recharged.

Back, neck and shoulder	30 mins - 550 dh
Full body	60 mins - 1045 dh
Pregnancy massage	60 mins - 1000 dh

### Ultimate Aromatherapy Experience

With expert advice from your therapist, you will choose a signature oil blend that is best adapted to your emotional and physical needs. This treatment releases tension held in every part of the body: stresses and strains are dissolved away.

Back, neck and shoulder	30 mins - 600 dh
Full body	60 mins - 1100 dh

### ADD-ON BODY TREATMENTS

Add the following 15 minute treatment  
for an additional 350 dh

**Salt body scrub**

Leaves skin feeling soft and smooth.  
Perfect preparation before a massage.

*(Treatment times include a consultation)*

## INTENSIVE MESSAGES

Our intensive massage treatments are aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue, to release chronic muscle tension or 'knots' (also known as 'adhesions').

Throughout the treatment 'trigger' pressure points are worked on in conjunction with deeper moves, all of which are designed to release the pressure within the muscles.

Intensive massage treatments often involve the use of forearms and elbows throughout the routine.

Our therapists are trained in these specialised techniques and use specific Aromatherapy Associates products, designed to work in conjunction with the movements.

**Back, neck and shoulder**  
**Full body**

30 mins - 930 dh  
60 mins - 1430 dh

*(Treatment times include a consultation)*

## ASOUNFOU ESSENTIALS

Express Manicure 30 mins – 400 dh

Express Pedicure 30 mins – 500 dh

Your nails will be filed, cuticles tidied, skin rehydrated and finished with a touch of colour.

Luxury Manicure 60 mins – 700 dh

Luxury Pedicure 60 mins – 800 dh

Luxury Manicure (OPI gel polish) 90 mins – 1000 dh

Luxury Pedicure (OPI gel polish) 90 mins – 1100 dh

A complete tidy including filing, cuticle work, exfoliation and a moisturising mask, followed by a relaxing arm and hand, or, leg and foot LaStone massage. A touch of colour to finish (polish or gel polish).

Gel polish remover 30 mins – 200 dh

*(Treatment times include a consultation)*

## GENERAL INFORMATION

- Treatments are not included in the room rates and are priced in Moroccan dirhams (dh)
- A 100% cancellation charge will apply for appointments cancelled on the same day
- Please ensure you arrive 10 minutes before your treatment time as during busy periods we will not be able to extend the session
- Treatment times include a consultation
- Treatments are subject to availability and prices are subject to change without notice
- Please keep your mobile phone on silent when in the spa to allow you and other guests to totally relax