



ABRACADABRA SPA

Moroccan culture has always placed great importance on caring for the body and mind. Nestled in a secret cocoon in the heart of the Marrakech countryside, our spa invites you to a sacred moment of well-being and comfort.

Your SPA experience is an essential moment that is too often overlooked. From a selection of hammam rituals to a relaxing time around the fireplace, in the thermal bath, or on the terrace overlooking the countryside and the Atlas Mountains, indulge in treatments for the body, face, feet, hands, and mind, and our kitchen for the five senses. Let yourself be carried away by this time, free of hustle and bustle, rich in serenity and well-being. Take time for silence, time for the art of rest, time to move toward the most important encounter of your life: the encounter with yourself.



"Cross the alcove of the hammam, enter into yourself"

HAMMAM

Exfoliate, wash, and moisturize your body in the secrecy of the traditional hammam, letting the water and olive paste soap take care of you.

Hammam, scrub, and traditional Ghassoul body wrap (50 minutes) €60 / €90 for 2 people

A true "cleansing earth," Ghassoul is a volcanic clay harvested in the Middle Atlas region of Morocco. Used for its exceptional ability to absorb impurities without irritating the skin. An essential element of hammam rituals, Ghassoul cleanses through a physical process by absorbing impurities and oils. It cares for the skin and hair without irritating the sebaceous glands. Hydration with Argan oil.

Hammam, scrub, and pure Atlas clay body wrap, punctuated by a relaxing head and foot massage (75 minutes) €85 / €145 for 2 people

After preparing your body with water and black soap, you will be delicately enveloped in a body mask of natural white (or green, depending on your skin type) clay and essential oils. While the body wrap is absorbed, you will receive a 15-minute pressure massage of your head and feet. The clay remineralizes, anti-inflammatory, strengthens the body's natural defenses, and regenerates cells. Hydration with argan oil.

Hammam, scrub, and body wrap with honey and aromatic herbs from the Ourika Valley punctuated by a relaxing foot and head massage (75 minutes) €85 / €145 for 2 people

After preparing your body with water and black soap, you will be delicately enveloped in a body mask of honey and essential oils blended with rice powder. While the wrap is absorbed, you will receive a 15-minute pressure massage of your head and feet. Moisturizing, healing, and antibacterial, honey is a complete treatment that regenerates the skin, deeply nourishes, and repairs the body's envelope. Purifying, firming, antiseptic, and soothing, this treatment revitalizes, cleanses, and beautifies the skin while detoxifying and relaxing body and mind. Hydration with Argan Oil.



"Your face is what the world sees of you"

SKIN CARE

All our skin cares are based on natural aromatherapy products, formulated with pure essential oils and argan oil.

Argan Radiance (50 minutes) €50

Through kneading and prolonged palpation, the dermis is infused with argan oil. This treatment provides hydration and radiance to the face.

Fresh Face (65 minutes) €70

For all skin types

Acts against skin oxidants. This treatment includes a nourishing, regenerating, and purifying clay mask, as well as a massage with ginger and tea tree essential oils, known for their hydrating, sebum-reducing, and radiance-boosting properties. Exfoliation with exfoliating milk. Gel-like mask to relax and soothe the skin and for deep hydration. Massage with Argan Oil and natural essential oil. Application of the "precious serum".

Beautiful Face (65 minutes) €70

A treatment suitable for sensitive and dry skin.

The radiance mask is rich in plants with cleansing and nourishing properties, giving the skin radiance. It is also composed of pure date extract, with nourishing, relaxing, and sedative properties. Exfoliation with exfoliating milk. Application of the radiance mask with twenty plants. Massage with argan oil and rose essential oil.

Eternal Youth (65 minutes) €70

A treatment suitable for dull, wrinkled, or sun-exposed skin.

It deeply cleanses and purifies the skin while fighting oxidation. The wonderful prickly pear seed oil provides the skin with vitamins, trace elements, free radical scavengers, and antioxidants. The precious serum and masks help fight wrinkles while hydrating and nourishing the skin. Contains xylitol and hyaluronic acid serums.



"When the body is in peace, the mind sees the invisible."

MASSAGES

Each massage is a unique and intimate experience. Feel free to discuss sensitive areas of the body with the SPA therapists. All our massages conclude with the application of hot stones for ultimate relaxation.

Simply Back

(30') 40€

Facial contours and head stimulation

(30') 40€

Foot Reflexology

(30') 40€

Relaxing with essentials oils

(50') 60€ / (75') 85€

Tonic with rosemary essentials oils

(50') 60€ / (75') 85€

Athletic and muscular with tea-tree essentials oils

(50') 60€ / (75') 85€

Lymphatic Drainage with grapefruit essentials oils

(55 minutes) €75

Through palpation and rolling, and an infusion of grapefruit essential oils, reduce water retention, relax, and regenerate tissue damaged by time and environmental or dietary pollution.



SIGNATURE TREATMENTS

ABRACADABRA

A little more magic...

"Caprice des pieds"

(45') €45 / €80 for 2 people

Feet bath with Atlas River salts flavoured with plant oils, exfoliation and pressure on energy points, and a relaxing massage. Hydration of the feet with argan oil and essential oils of medicinal herbs.



Hyjama (cup therapy)

Arab Liberation Bowls - (50') €80 on request, 24 hours

Therapeutic bowl therapy is an ancestral treatment practiced since the dawn of time. Widely used in Arab countries, particularly in Morocco, it is a traditional medicine treatment. We perform it after a 30-minute muscle massage. By treating the causes, not the symptoms, of "ailments" by placing the bowls on the areas affected by the treatment (back, legs, neck, chest, stomach, and skull), the depression of the bowls dilates the pores and draws excess blood flow, the cause of blockage in the suffering organs. The effects are total relaxation of the body and the revitalization of blood circulation and the immune system.

Hot Stone Serene Massage

(75') €90

A passive massage like a slow, deep, and long meditation throughout the body; alternating the application of hot stones combined with the stimulation of energy meridians and relaxing touch on the head and feet. The massage is enhanced by a long sensory stimulation with seed khemoussas and three-mint ousadas. The heat slowly diffuses into the adjacent muscle fibers, thus relaxing accumulated emotional stress.



Four-Hand Relaxation

(50') €120

Multiply the sensations of surrender, relaxation, and well-being through the interweaving of simultaneous touch across the entire body. Ecstatic.



"Through our feet we encounter the Earth, through our hands we discover the Universe."

LIGHT TREATMENTS

Manicure & hands care

(45') 40€

Pedicure & feet care

(45') 40€

Manicure & Pedicure & care

(1h15') 75€

Brushing

25€

SPA BATHS

Therapeutic baths are available by reservation.

From € 25 for 30 minutes.



*"Taking care of yourself
is already taking care of the world."*

RITUALS

Raha Experience *"Serene Sweetness"*

Hamam, scrub, and Ghassoul body wrap (50 minutes),
30-minute massage

1 hour 30 minutes €90 / €150 for 2 people in the same hammam

Laehna Experience *"Great Calm"*

Hamam, scrub, Ghassoul body wrap (50 minutes),
50-minute massage

1 hour 50 minutes €110 / €190 for 2 people in the same hammam

Saada Experience *"Deep Joy"*

Hamam and scrub, Ghassoul body wrap (50 minutes),
65-minute facial treatment of your choice, 50-minute massage

3 hours €175 / €320 for 2 people in the same hammam

Rohou Experience *"Pure Mind"*

A treatment that combines body and mind (mind minimum 2 people)
Postural Yoga and Meditation 45 minutes, hammam, scrub, Ghassoul
wrap 50 minutes, facial treatment of your choice 65 minutes,
massage 50 minutes

3 hours 45 minutes €440

Clay or Honey Body Wrap Option followed by a head and/or feet
massage in the Hammam (25 minutes) €20

5 Senses Lunch €55 (excluding drinks)
Or "à la carte" lunch



Every Saturday from 7:30 a.m. to 8:40 a.m.,
or upon request and reservation

Classes for a minimum of 2 people

€35 per person

SON MU DO

The Yoga and Meditation Experience of Zen Temples

By Abracadabra

The Path of Mindfulness.

SON MU DO is a holistic experience that encourages the body and mind to immerse themselves in the harmony of the present moment, to relax, refocus, and rebalance.

Used for thousands of years by Zen monks in Korea and Japan, and even longer ago in China, SON MU DO combines the fundamental techniques of pranayama (breathing as a tool for harnessing vital energy, or prana), the asana pillars (fundamental postures) of traditional yoga, and dyana (meditation).

The body and mind reconnect.

Harmony unfolds, and mental and physical calm become one.

The unique feature of SON MU DO is that no physical performance is required, making it accessible even to complete beginners. At the same time, its precision and depth help achieve relatively rapid effects on mental and physiological well-being.

Each session begins by placing the body in long stretches of yogi postures, achieving relaxation and strength for the physical body.

The concentration on the breath and the breathing exercises associated with each posture re-oxygenate the circulatory tissues as well as the vital organs.

Finally, the meditative sitting that opens and closes each session calms the mind and helps us better perceive ourselves and the world around us, better understand ourselves and others, and ultimately, better understand ourselves and the world around us. Meditation, a practice that connects body and mind, is a truly spiritual experience of well-being whose primary goal is to lead you toward the most important encounter of your life: the encounter with yourself. This is where your most beautiful story of love and happiness begins.



CHANOYU

Tea Ceremony

45', 45€ (4 persons minimum)

For hundreds of years, tea has been the subject of a cult of taste, but also an opportunity to celebrate the beauty and goodness of this precious beverage, an image of the inner beauty and goodness of the one who savour it. In Japan, Buddhist monks have turned it into a meditative, profound, touching, and moving ceremony. It is another way to meditate and practice yoga, seated, in the simple pleasure of savouring and sharing prestigious green teas accompanied by rice or wheat cakes prepared by our passionate cooks. It was the Zen Buddhist monk Eisai who, in the 12th century, brought tea seeds from China and began to transmit their beneficial properties for the body through a contemplative ceremony that benefits the mind.

SHODO

Spirit of gesture

50', 55€ (2 persons minimum)

Through the art of Japanese and Korean calligraphy, we invite you to meditate, relax, and create your 'Sho-Do' (the art of writing the void) or your 'Sumi'E' (ink gesture), a Zen figurative painting that springs directly from your meditative concentration. You will take with you, for yourself or as a gift, not only your calligraphy, but truly your emotions, your story, and your spirit, as it emerges from the gesture of the brush soaked in Chinese ink.

*The Tea ceremony, Yoga and the Spirit of the gesture are transmitted by
Federico Isshaq Dainin Joko, Zen monk and master of Tea and Shodo
in the official Japanese Soto lineage.*

