

Our boutique spa is on the first floor at maison mk to be close to our bedroom guests. Small, homely, very professional, and in the spirit of maison mk, it appeals to all the senses. We offer a fusion of old/new, east/west treatments, and combine traditional Moroccan with other African, French and U.S. influences to create what we feel is the perfect set of treatments for you during your stay with us in Marrakech. Nothing is hurried, so relax, lie back and be pampered. We have just two dedicated spa rooms, small but perfectly formed! Wednesday is the day off for the hammamiste but you can play in the hammam yourselves on this day!

- ◆ a dark brown treatment room where the walls are made of charcoal polished tadelakt (the special hand-made moroccan plaster) to create the home of our mk signature massage ( which takes place in total darkness to ensure total absorption and relaxation). All other massages take place in calming lowlight or candlelight.
- ◆ a beautiful dark brown tadelakt private hammam (warm wet-room) where you can enjoy the most luxurious form of an ancient ceremony of purification & well-being practiced in Morocco for 1000's of years. Our hammam is hot and ready to use all the time, so you can spontaneously request a hammam treatment. When the spa treatment hours are finished (6.30pm) , our room guests are still welcome to come and play in the hammam, or just use it as a nice hot room to relax in in the evening.
- ◆ our reception area with its little library, wardrobe, professional hairdryer and mirror are all in reception. and this where you are looked after before and after your treatments.
- ◆ a shower and changing room with robes, slippers, disposable slippers, towels,.

You will find our cooling plunge pool on the patio for an early morning dip, a pre or post spa treatment plunge, a general bob about in the summer months with duckie, or just dangle your tired feet in the while sipping a tea or cocktail late afternoon.

We blend techniques from around the world to promote both your physical and spiritual harmony. You can guide your therapist during your treatment about how you like your massage pressure. If you would like a tailored massage programme just for you, see the mk cocktail package for more details. Ask for a firm touch when needed, it is very popular with our guests as it is so unusual to find in Marrakech! Our new oriental treatments are also proving very popular!

Our hammamiste works closely with the therapist for the EAST WEST package. She speaks mainly French (with enough English words to instruct you) in a lovely caring motherly fashion!

## ◆ how to book

Priority is of course given to our in house guests and they are able to book through reception or by email to fit in with their itinerary at any time prior to, or during their stay. However, the bookings are opened up to non -residents 30 days in advance so that they also get a good chance to plan their own stay in Marrakech. The booking page is: <http://www.maisonmk.com/spa>

## ◆ the full pamper, food-ing and spa-ing combined

A wonderful treat for a special occasion is to cleverly combine our spa packages and food services to give you a complete pampering at maison mk ( food best after, not before the spa!).

For an early evening pamper, book the **East West** package in the spa at 4.30pm (1440dirhams for two people), and follow on with the 7.30pm sitting at our the evening dining experience known as **gastro mk** (a 5 course tasting menu, 1300dirhams for two people, <https://www.maisonmk.com/gastro> )

## ◆ your arrival

Please arrive up to 5 minutes before your treatment, (dressed in the bathrobe and slippers from your bedroom if you are a maison mk room guest), so that there is time for our therapist to explain your treatment.

## ◆ medical conditions

If you haven't already informed us then this is the time to let us know any contra-indications (pregnancy, illness, injuries, low blood pressure, etc) before you begin any treatment. After your treatments, we prefer you to keep the oils on your body for 2 hours for full effect but you can shower off if you prefer.

## ◆ clothes, or no clothes ?

Our therapists are comfortable whether you choose to wear swimwear, underwear, our disposable slippers (which you will find in the shower/changing room), and shower caps... or nothing. So, the answer is to wear whichever make you feel comfortable. Do tell us if you have any areas you do not wish to be treated (e.g. post injury or operated areas), our treatments are done in a western fashion using 'modesty' towels.

## ◆ products we use

Our massages and facials use only the best organic and oriental ingredients and are hand selected for their unique qualities, from the houses of Afrikissime, Sens de Marrakech, LB Cosmetics and Essie or CND Vinylux for our beautiful nail varnishes. We have chosen a selection of beautiful massage oils to pair with our healing therapies to create a customized experience for you.

- ◆ orange flower for pure, sweet relaxation
- ◆ verbena with a hint of ginger to refresh as well as relax
- ◆ pure argan oil to nourish and regenerate
- ◆ juniper, rosemary and grapefruit oil with anti-cellulite properties for the slimming massage only

We will offer you to smell each and advise which to use, but do also say if you have a particular preference ...the one you like best will usually be good for you too.

## ◆ gifts to purchase

You will find a selection of mk gifts to purchase in the spa and reception shelves.

We have carefully selected these items for you from the range we use in treatments, and from personal tried and tested favourites of the owners Paul & Aoibheann. If you particularly like your massage oil, we can sell little 35ml bottles of it to you, which is more than enough for you to enjoy in another body massage back home.

## ◆ spa packages ◆

◆ **PEP-UP** (60mins) 540 dhr  
great for your 1<sup>st</sup> /last day to boost you before or after travel. 30mins massage + 30mins beauty treats

◆ **SPA DISCOVERY** (90mins)  
780 dhr

very popular with men and teenagers. Includes a flash facial, back massage and grooming of hands OR feet.

◆ **EAST WEST Combination** (90mins) 780 dhr for one person, 1440 per couple  
a half Eastern (**luxury hammam**) half Western (**relaxation massage**) treatment, and our most popular package!  
A complete body cleanse, scrub, nourish and relaxing pamper.  
What we do with couples for the hammam / massage is this...one of you starts with the hammam, the other starts with the massage. After 45 minutes, you both come out & rest for 5 minutes in the seating area between the hammam and the massage room. Then, you swap over and continue your treatments. It works really well & although you are not in the same room, you are both going through the experience together.

◆ **TOP to TOE** (a 3 hour / half day spa package) 1800 dhr  
Luxury, hammam, 60min. massage, luxury manicure and pedicure  
OR , Luxury Hammam, facial, 90min full body massage

◆ **ULTIMATE PAMPER** ( 4.5 hours ) 2500 dhr  
luxury hammam, oriental facial, luxury manicure and pedicure, and full body mk signature massage

## ◆ additional packages for resident maison mk guests ◆

◆ **ROSE or ORANGE PETAL BATH & BUBBLES** 600 dhr  
a romantic candle-lit bath (natural Moroccan rose or orange flower salts, petals & bubbles), enjoyed with a bottle of sparkling wine. **For an extra 480dhr**, your partner can take a **45min** massage **whilst you bathe**.

◆ **BODY TONE** (60mins, starts 10:00hrs) 1 treatment 900 dhr, 3 day programme 2280 dhr  
Similar to the EAST WEST combination but instead of a clay mask & sugared oil, your body is wrapped in an algae mask for 10-15mins in the heat, followed by an invigorating (slimming) massage in the massage room.  
For the first day, or as a one off treatment, you will get an exfoliation followed by a shorter wrap time. For subsequent days, there is no exfoliation, so more time in the wrap so it works longer and deeper! Benefits are best if you can do it for 2 days, then break on the third day, and do it again on the fourth day. If you only have 3 days in total for the programme then we tailor the massages to your body's needs.

◆ **SPA MK COCKTAIL COURSE** 1620 dhr  
Day 1 : 45min introductory relaxing massage  
Day2: 30mins dedicated area massage – targeting where you need it most  
Day3: 90min full body massage fine tuned to your body's – your own mk cocktail !

## ◆ single massages ◆

### ◆ signature mk massage ritual ( 90mins )

960 dhr

a beautiful top to toe relaxation massage (head, body, feet) in complete darkness. So relaxing it can give the sensation of floating!

### ◆ relaxation body massage ( 60mins )

600 dhr

Perfect for those looking to chill out and be pampered. This luxurious massage uses a variety of massage techniques to calm and relax. Choose from argan, verbena or orange flower oils.

### ◆ revitalising body massage ( 45mins )

600 dhr

Intended to be stronger, and more stimulating, and great to wake up tired bodies. Good for blood circulation and to rejuvenate the skin cells. Choose from argan, verbena & ginger, or orange flower oils.

### ◆ slimming massage ( 30mins including a good rest period )

600 dhr

a special deep massage technique with using a grapefruit, fennel and juniper oil to enhance blood circulation and break up cellulite. The therapist works specifically on thighs, buttocks, stomach for an invigorating experience. (Works well combined with an algae hammam – see spa packages.)

### ◆ back, neck & shoulders massage ( 30mins )

360 dhr

both relaxing and energising and specific knot-working massage (do ask your therapist if you need work on specific areas). Choose from a selection oils or leave it up to your therapist.

### ◆ luxury head massage (décolleté, face and scalp) ( 30mins )

300 dhr

this gentle melting massage encourages blood flow to the facial tissues, helps tone muscles and leaves you with a silky radiant skin. The massage starts with a cleansing and is then done with a delicate orange flower oil from the shoulders up through the neck, face and hair for a truly relaxing treatment.

### ◆ half leg and foot massage ( 30mins )

300 dhr

particularly recommended for heavy feeling legs and painful feet after walking a long time in the medina or after a plane journey. It is carried out with a moisturising shea cream with mint and basil extracts which feed, refresh and bring immediate relief to these important limbs.

## ◆ beauty and grooming ◆

### ◆ luxury hammam ritual (45mins) 540 dhr

a traditional body cleanse, exfoliation and polish...but done in a luxury private hammam with pure organic luxury products. The treatment begins with an argan oil (a regenerating Moroccan tree nut oil) for hair conditioning, and a full body cleanse with black soap (made from pressed black olives and salt) and eucalyptus oil to also bring out any toxins. Body exfoliation follows by the hammamist, then a ghassoul (a soft mineral clay mask extracted from the Atlas mountains) traditionally used as a gentle cleanser to purify skin and hair, and finally a polish with sugar and oils of cedar or verbena with refreshing orange flower water or verbena. Soothing rose or orange water pads are put on your closed eyelids while you relax. An amber scented hair shampoo to finish with.

### ◆ oriental dry exfoliation & massage (50mins) 660 dhr

For those that don't like the heat or don't need to experience a hammam, or for those suffering from health problems and cant have hammam ( e.g low blood pressure, pregnancy), or simply those who don't want to get wet! This dry scrub with traditional ground sesame mixed and pure organic argan oil is carried out in the massage room by the therapist. The treatment is 30 minutes massage, followed by 20 mins scrub. Leave time to shower the sesame off afterwards!

### ◆ oriental facial (60mins) 600 dhr

using 100% natural Moroccan ingredients. The scrub is done with traditional sesame & rose water. The mask is natural fine clay (argile / natural / vert). The face modelage is with pure argan oil. We know you will love this one !

### ◆ luxury manicure (subject to availability) file & shape , scrub, massage, mask & moisturise, cuticle 300 dhr

### ◆ luxury pedicure (subject to availability) same as luxury manicure plus hard skin removal on the feet 360 dhr

### ◆ oriental luxury manicure (45mins) / pedicure (60mins) 420 dhr /480 dhr

same procedure as the luxury manicure but the scrub is with natural oils and sugar, and the mask is natural Argile and rose water. For the pedicure, the hard skin is removed with luxury traditional black soap.

### ◆ hand / feet grooming file & shape, mini massage, cuticle tidy OR nail varnish 180 / 240 dhr

### ◆ waxing

- whole leg 360 dhr • half leg 240 dhr • back or torso-male 360 dhr • underarm 180 dhr
- bikini line 180 dhr • Hollywood 240 dhr • eyebrows 120 dhr • lip or chin 85 dhr