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Wellness at Amanjena

As the first luxury resort of its kind in Marrakech, Amanjena has paved the way for more than two decades, setting the standard for private, personalised service.

Surrounded by rich natural resources that the people of Morocco have used in their wellness rituals for centuries, Amanjena's Spa is fortunate to be able to draw on diverse native ingredients such as Argan Oil from local Argan trees, seasonally blooming prickly pear from the cactus plant, Ghassoul natural mineral clay found in the Atlas Mountains and black soap made from Moroccan olives.

This wealth of wellness riches ensures locally sourced products are used across Amanjena's authentic rituals and people travel from around the world to experience our rejuvenating treatments.



Aman Signature Treatments

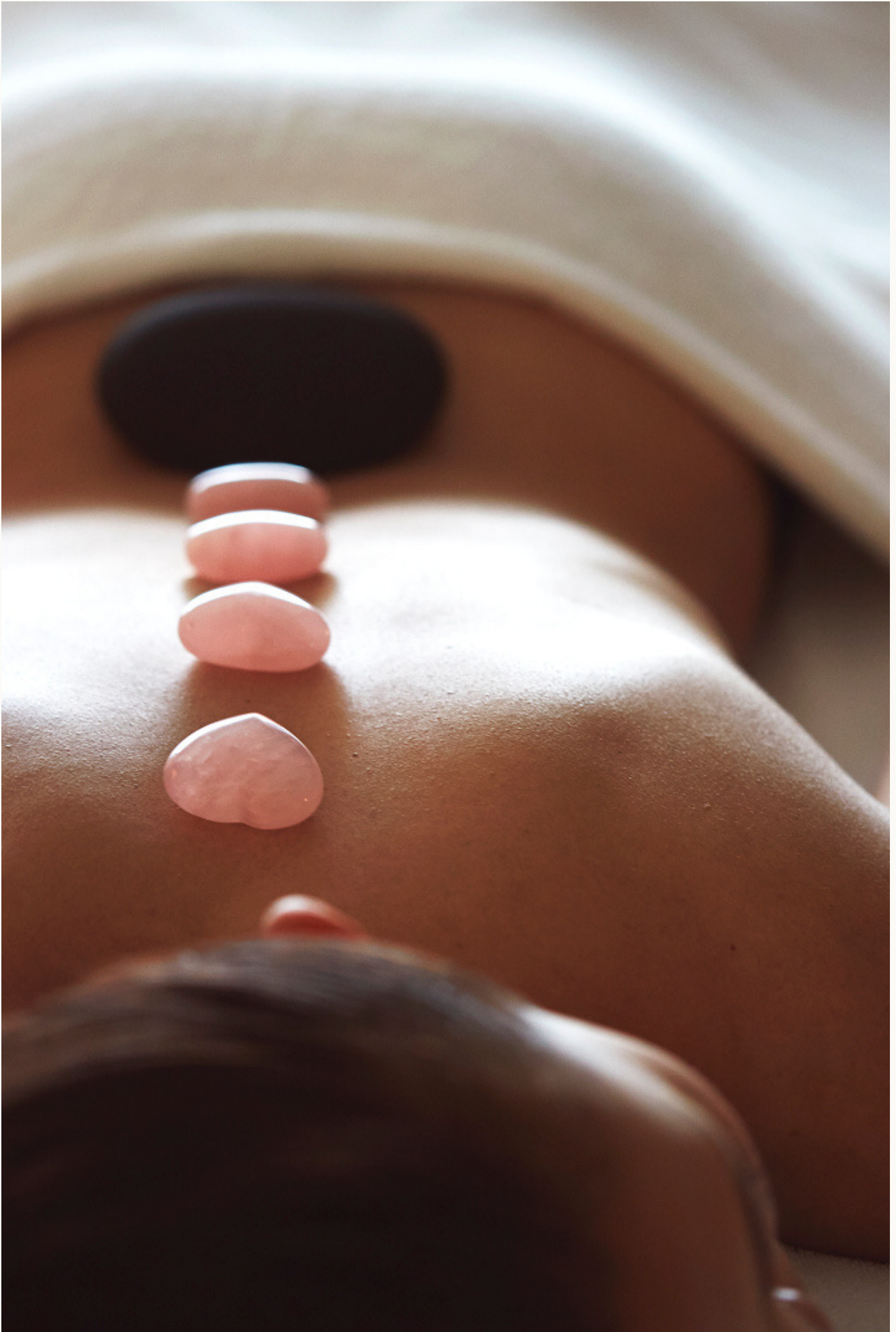


Aman's line of all-natural skincare products draws on the wisdom of ancient wellness traditions while harnessing the power of nature. Rare and precious ingredients include pearls, healing tree oils, amethyst, jade, frankincense and palo santo, as well as oxygen-rich spring water and wild-harvested Amazon butters.

The range - made up of smoked body balms, fragrant dew mists, spoiling body oils, invigorating polishes and anti-ageing serums - is made from organic ingredients sourced from around the world for their purity and potency, and their close connection to Aman destinations.

Each product works holistically to nurture and enhance overall wellbeing, soaking deep into the skin to nourish and rejuvenate, meeting emotional as well as physical needs.

Grouped into three healing pathways - Grounding, Purifying and Nourishing - the products contain ingredients that work in sequence with the human body to promote change and restore balance. Bringing the physical and emotional into harmony, they aim to holistically fine-tune the body and mind, with tangible, long-lasting results.



Grounding

Drawing on the peace of the mountains and deserts, the Grounding Rituals focus on ingredients with the ability to restore and rebuild: amber oil, rose-quartz crystals, sandalwood, Peruvian black and purple mud, wild-harvested butter and delicate tuberose. The treatments are designed to act as a balm for the pace of modern life, creating a feeling of sanctuary, reassurance and reconnection. Techniques include Tibetan Ku Nye massage, meridian and acupressure work, cupping and kneading.

Grounding Massage

90 minutes

Informed by Tibetan healing traditions, this Ku Nye full-body massage grounds both body and mind. Traditional techniques stimulate the muscular system, while a subtler massage energises meridian pathways. The massage incorporates cupping along meridian lines, acupressure, kneading, deep-tissue techniques and hot Himalayan salt poultices. The experience finishes with an invigorating Tibetan head massage that induces a deep level of relaxation.

Grounding Facial

90 minutes

This therapeutic facial incorporates Tibetan massage techniques to encourage a gentle release of tension from the face. Rose-quartz crystals promote healing, frankincense aids rejuvenation, hyaluronic acid boosts hydration and liquorice extract evens skin tone. Lymphatic and muscular massage techniques ease all-natural products into the skin and stimulate circulation. Acupressure with heated Himalayan salt poultices and meridian stimulation with warm rose-quartz crystals restores a glowing radiance. Finally, a Peruvian black mud and amethyst crystal mask, followed by a Tibetan head massage, completes the treatment.

Grounding Body Polish & Wrap Ritual

90 minutes

A key ingredient in this ritual is amethyst powder, known for its sleep-inducing energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening overall tone and improving texture. While the cocooning wrap initiates a period of stillness and the added benefit of a silky-smooth smoked body butter leaving the skin radiant.

Grounding Journey

180 minutes

Each Grounding treatment is powerful in isolation, but their effects are magnified when experienced together. This journey is the ultimate Grounding experience, incorporating elements of all three of the treatments above. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each one ensures guests feel connected, centred and ready to reach a place of perfect contentment – grounded in every sense of the word.

Purifying

Designed for those seeking lightness, breathing space and a fresh start... This healing pathway detoxifies, cleanses and strengthens the skin while also clarifying the mind. The products are created to deeply cleanse and tone complexions, including congested, dull, stressed and blemished skin. Active ingredients include antioxidant-rich lilac stem cells, moisture-giving hyaluronic acid and elasticity-improving Kalpariane™ seaweed extract.

Purifying Massage

90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic-drainage techniques, it manipulates lymph nodes and vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

Purifying Facial

90 minutes

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

Purifying Body Polish & Wrap Ritual

90 minutes

This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz, known as a master healer for its ability to attune energy levels. Seaweed-packed fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine-flora mud wrap includes deep cleansing kaolin, mineral-rich sea lavender and seaweed for boosting collagen levels. The treatment ends with a Palo Santo Salve, applied over the whole body.

Purifying Journey

180 minutes

This in-depth journey embraces purification on every level, from cleansing the skin and detoxifying the body, to clearing negative energy and focusing the mind. Incorporating elements of all three of the above treatments, this journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace.

Nourishing

Our Nourishing pathway is all about rejuvenation and renewal. Treatments repair and regenerate, revitalising inside and out to encourage a reconnection between body and mind. The result is a feeling of joy. Active ingredients include anti-aging argan stem cells and plumping hyaluronic acid. Other ingredients, including jasmine, sandalwood, vitamin B12 and jade crystals, are known for their powerful regenerative properties.

Nourishing Massage

90 minutes

This nurturing treatment is ideal for emotionally or physically exhausted souls. The use of marma-point therapy releases energy and brings the body back into balance. Rhythmic massage techniques also ease muscular tension and the use of sound healing stimulates the kundalini – dormant energy stored at the base of the spine.

Nourishing Facial

90 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, cactus oil, jasmine and silk. Together they work to soothe and brighten dull or irritated skin. This facial invites relaxation by stimulating the flow of prana – universal life-force energy – that enters the body via breath. Skin is left radiant through the application of the Light Technique – a method inspired by the teachings of the Shaman healers in South America, surrounding the deeply rejuvenating and healing energy of light stored in the third eye – which focusses on the forehead, nose and throat.

Nourishing Body Polish & Wrap Ritual

90 minutes

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone and rejuvenate – in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich clay, toning rose hydrolat and anti-inflammatory argan oil. The treatment ends with a Sacred Heart Balm, applied to the whole body.

Nourishing Journey

180 minutes

This journey aims to combine elements of these Nourishing treatments in an immersive experience. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Body and mind are restored and a deep sense of renewal endures.



The Soul of Morocco

Under a vaulted ceiling at Amanjena, two hammams pay tribute to the 7th-century Arabs who brought the tradition to Morocco. Tucked into a peaceful corner of the Spa, the heated spaces are used to cleanse and purify body and soul.

Traditional Moroccan hammam treatments begin with the application of a unique black eucalyptus *sabon beldi* soap by a skilled therapist, followed by an exfoliation with *kiis* scrub mitts to remove excess skin and leave a radiant glow. Next, rhassoul clay from the Atlas Mountains is applied as a full-body mask to nourish and hydrate the skin. The ritual finishes with a refreshing cold eucalyptus shower to improve blood circulation.

Hamмам Treatments

The Qasr

90 minutes

The ultimate Moroccan hammam experience begins with black olive soap and kiis gloves on a heated marble slab. This is then followed with the application of rhassoul clay on the body to remineralise your skin. Treatment finished with a hydrating mask for the face and an argan-oil hair treatment to leave your entire body feeling soft and refreshed.

The Beldi

60 minutes

This treatment begins with traditional Moroccan *gommage* exfoliation to buff excess skin cells in the hammam. Local Rhassoul clay from the Atlas Mountains is then applied as a full body mask; which nourishes and hydrates the skin.

The Gommage

30 minutes

A traditional Moroccan ritual takes place in a heated hammam where a skilled therapist applies a unique black olive-oil *sabon beldi* soap amid the steam, followed by a deep exfoliation using *kiis* gloves to leave skin glowing. The treatment finished with a refreshing cold eucalyptus shower.

Royal Journeys

The Sultan / Sultanah

150 minutes

- The Qasr Hammam
- 60-min Therapeutic Massage
- Nourishing Gold Algae Face Mask

The Emir / Emirah

120 minutes

- The Beldi Hammam
- 60-min Therapeutic Massage

The Zuinn

120 minutes

- The Gommage Hammam
- 90-min Grounding Massage Ritual

Massage Therapies

Therapeutic Massage

60 / 90 minutes

This massage focuses on the deeper tissue structures of the muscles and connective tissue, using similar movements and techniques to a Swedish massage, but with more pressure. The therapist will work to release tension through direct pressure within the deeper layers of the muscles and fascia. Essential oils mixed with nourishing Argan oil help rebalance the body and promote deep relaxation.

Traditional Thai Massage

90 minutes

This version of the traditional dry Thai massage was developed specifically for the Thai royal family and focuses on restoring the flow of energy in the body. The pressure-point techniques stimulate blood flow and release toxins along the 10 Sen energy lines of the body. The Thai believe that if there is a disruption in the flow of energy along these lines, illness occurs.

Thai Oil Massage

90 minutes

East and West unite in this treatment merging modern techniques with ancient pressure-point teachings. This soothing Thai-style massage uses your choice of essential oils and slow-flowing strokes with deep pressure to unlock a world of serenity.

Prenatal Massage

60 minutes

Believed to alleviate symptoms of anxiety, relieve muscle aches and joint pains, and improve skin conditions, this gentle massage is designed to pamper expectant mothers who are in their second to third trimester of the pregnancy.

Argan-Oil Hair Treatment and Head Massage

45 minutes

This relaxing massage uses a blend of Argan oil and essential oils of rosemary and geranium, focusing on specific pressure points to relieve stress and provide a feeling of calm and relaxation. Argan oil is rich in vitamin A and E, which improves the condition of the hair and scalp and offers additional therapeutic benefits.

Foot Massage

45 minutes

After a day of sightseeing and visiting the souks, this deeply relaxing treatment will leave you feeling lighter, refreshed and ready for another day of exploration.

Body Treatments



Body Scrub

45 minutes

Select one of the body scrubs to pair with any treatment – such as massage or wrap – to enhance the benefits of your skin:

- Lavender salt scrub
- Lavender Argan polish

Body Mask

45 minutes

A selection of the following body masks are available to provide additional benefits to your skin. Recommended as an add-on to a massage or scrub:

- The spices: Ginger, black pepper, cardamon, lavender
- The herbs: Turmeric, rosemary, cloves, cinnamon, eucalyptus
- The soothing: Rose geranium, coconut, saffron water

Personalised Body Treatments

90 / 120 minutes

A curated experience whereby the therapist will personalise your treatment based on your needs and preference.



Beauty Services

Aman Advanced Facial

60 / 90 minutes

A wholly rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin, the exclusive Aman Advanced Facial combines effective formulas made in Japan, with exfoliation and manual lifting techniques to stimulate facial muscles, welcoming tighter, brighter skin.

The treatment begins with ultrasonic scrubbing to cleanse pores, supported by the use of microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness. The use of red and blue light therapy follows – a natural way to provide multiple benefits to the skin – before the treatment concludes with the application of the Aman Nourishing Gold Algae Face Mask to achieve an exceptional glow.

The facial can be extended to 90-minutes in length, incorporating a longer scalp massage for relaxation, alongside a facial massage and a hydra-active Mineral Mask to boost hydration.

Mini Signature Facial

30 minutes

An express facial to cleanse, exfoliate, massage and moisturise your skin.

Cryo Eye Treatment

30 minutes

The delicate eye area requires special sensitive care. This treatment encompasses cryo eye massage and 111SKIN's advanced products with a hydrogel formula to hydrate the under-eye area. Radiance-boosting ingredients help ensure a glowing, refreshed complexion.

Enhancements

Designed as an addition to your spa experience, you may choose any of the following options to enhance your treatment:

Nourishing Gold Algae Face Mask

Designed to infuse the skin with hydrating ingredients, the Aman 111Skin hydrogel face mask can be easily integrated into any face or body treatments to instantly reveal a glowing, smooth and refreshed complexion.

Nourishing Gold Algae Eye Mask

The hydrogel formula infuses the under-eye area with hydrating and radiance-boosting ingredients for a glowing and refreshed complexion. For anyone looking to boost radiance and refresh the under-eye area.

Hot-Stone Therapy

The heat enhances the benefit of massage to ease muscle tension on the neck, shoulders and back.

Argan Hot Oil for Hair

A hair treatment that stimulates blood circulation while providing hydration and preventing split ends. Reveals shiny, smooth-looking hair after washing and drying.



Spa Experiences

Amanjena's immersive spa experiences are specialised packages that blend a range of complementary treatments. Our spa team are happy to adapt them to incorporate your needs.

Half-Day Wellness

4 hours

- 60-min Hammam Treatment- The Beldi
- Light Refreshment
- 90-min Grounding Massage Ritual
- 90-min Grounding Facial Ritual
- Wellness lunch at the Olive Grove

Full-Day Wellness

6 hours

- 60-min session of Movement & Body Work
- Light Refreshment
- 45-min Argan Oil Hair Treatment
- 60-min Hammam Treatment- The Beldi
- 90-min Therapeutic Massage Ritual
- 90-min Aman Advanced Facial
- Wellness Lunch at the Olive Grove



Movement

The Fitness Centre consists of comprehensive cardiovascular equipment and weights, outdoor training and private sessions, available for all levels and abilities. Please note that unless we have a Resident Specialist with us, a minimum of 24 hours' notice is necessary for all bookings that require fitness instructors.

Boxing

A diverse and dynamic combat sport combining general condition techniques with self-defense training. All classes can be adjusted to any age group and fitness level. Work with our local boxing professional who can teach any level of training and help you challenge yourself with agility, strength and power-building exercises.

Circuit Training

A mix of bodyweight training, weights and cardio exercises, used to build lean muscle mass, as well as improve endurance and cardio resistance.

Outdoor Fitness

Your choice of an intense, cardio-focused race, interval training sprints or a longer endurance race followed by bodyweight training and conditioning, ending with gentle stretching.

Yoga

Yoga is a physical, mental and spiritual practice of different poses, combined with breathing and meditation. Your yoga instructor will customise the session according to your specific needs. Yoga sessions can include elements of Hatha, Vinyasa, Pranayama (breathing) and a short relaxation.

Private Yoga / Personal Training

60 minutes

Available for adults and children.

Tennis

Amanjena is delighted to continue its partnership with LUX Tennis Academy, providing private tennis coaching and clinics for our esteemed guests. Personalised programmes are adapted for each player, taking into consideration their age and ability.

Tennis lesson - 60 minutes

Available for adults and children.

Spa Reminders

Operating hours

Spa

Daily from 9am to 9pm (last treatment 7pm)

Fitness Centre

Daily from 7am to 9pm. Please make a reservation for gym access outside these hours.

Tennis Court

Daily from 8am to 8pm

Appointments

Advance booking is recommended to ensure a wide availability of time and services are available. Please dial extension 4 for spa or call +212 524 399 000.

Treatment Preparation

We recommend guests arrive 15 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and relax in the spa's environment.

Spa Environment

The minimum age for spa treatments or use of the gym is 16. Guests under the age of 18 are required to have parental consent prior to their booking being accepted.

Guest Attire

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for spa treatments.

Valuables

Please leave valuables in the safe in your suite.

Cancellation Policy

We understand that schedules change and we will do our best to accommodate. Once spa time is reserved, we kindly ask for a minimum of 24-hour cancellation notice. Cancellations made within 24-hour will be subject to the full charge of the booked treatment.

Special Considerations

Our holistic consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any medical or health concerns.

Pricing

All prices are subject to local tax and service charge.

Additional surcharge for the following request for in-room treatments. Treatments outside operation hours can be arranged at an additional 50% of menu price.





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