

WELLBEING TREATMENTS BY LE SPA NAMASKAR

We offer a range of exquisitely formulated signature treatments, journeys and massages by Le Spa Namaskar.

Royal Hammam

Hammam, relaxation place and ultimate purity...

Let yourself be carried away by the heat of steam in a world of marble and soft lights. Wrapped with the steam, your body instantly relaxes, your muscles are settled, and your movements become slower and rounder. Progressive and ultimately intense heat causes the elimination of toxins. The black soap scrub and the gray clay wrap make the purest skin than ever and ready to take full advantage of the assets of the care you give it.

30 minutes MAD 600

1 hour MAD 1200

Namaskar Massage

The word massage comes from Greek “massein”, Hebrew “mashesh” and Arabic “mass”, which mean “touch”. The technique is instinctive and vigorous. The effect, itself, is very relaxing. Taut, empty... The body needs a small nudge to recover all his energy. Namaskar Massage is a personalized massage with your choice of Rose, Lavender or Orange Blossom essential oil. Allowing them to be guided by the sensitivity of its smell, you just have to choose the fragrance that mostly inspires you.

1 hour MAD 1500

1 hour 30 minutes MAD 2200

Deep Tissue Massage

Deep tissue massage is a type of therapy that focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronic aches and pains and contracted areas such as stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders. A variation in techniques, intensity and scents, this truly effective massage relaxes muscles deeply and creates a sense of wellbeing.

1 hour MAD 1600

1 hour 30 minutes MAD 2400

Four Hands Massage

A powerful treatment with four hands working in unison. An ideal choice for those who find it difficult to relax and or release tension, this approach ensures you maximise the benefits of massage for the most effective therapy.

1 hour 30 minutes MAD 3800

Relaxation of Feet

This reflexology massage works on the basis that pressure points in the foot are interconnected through the nervous system to the body's organs. By applying pressure or massage on specific parts of the foot the body begins to heal itself naturally and balance is restored.

45 minutes MAD 800

SPECIFIC TREATMENTS

Slimming Massage

Known for its slimming and firming effects, this manual rolling massage uses essential oils with lemon, cedar or grapefruit, to polish the contours of the body and eliminate toxins, leaving a refined silhouette and smooth skin.

6 sessions MAD 5700

10 sessions MAD 9600

12 sessions MAD 11.500

Back Massage

Ultra relaxing massage that brings release to the area most commonly prone to tensions.

30 minutes MAD 600

Leg Massage

Discover a new tone and lightness in your legs with this sculpting muscle massage.

30 minutes MAD 600