



ESPACE VITALITÉ  
**CHENOT**  
SELMAN • MARRAKECH

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Learning to listen to your biological rhythm  
is the first step to a universal harmony

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## Welcome

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Espace Vitalité Chenot is a health and wellness spa where guests can experience Chenot Method™ health and vitality programmes, beauty treatments, as well as fitness and wellness facilities to help them relax, restore and rejuvenate during their stay.

We live in an environment that is continuously changing. Pollution, consumption of processed foods, lack of physical activity, stress, along with unhealthy habits and lifestyle can contribute to the accumulation of toxins within the body that, with time, can gradually reduce organ functionality and increase damage.

Visit Espace Vitalité Chenot and restore energy, vitality and beauty.

In a tranquil setting we apply our state-of-the-art treatments and wellbeing programmes based on the renowned Chenot Method™, promoting optimal health whilst rebalancing body and mind.



## The Chenot Method™

The Chenot Method™ combines the principles of traditional Chinese healing with the latest scientific advances in regenerative, anti-ageing and preventative medicine, including state-of-the-art diagnostic technologies. All treatments of the Chenot Method™ use the Chenot professional and cosmetic products.

With over forty-five years of research and experience, Chenot has developed and refined a unique method of treatments and diet that, in synergy, stimulate the body and mind to eliminate toxins, increase vitality and energy, assimilate nutrients, and reset the physiological equilibrium. The protocols of these treatments are collectively known as the Chenot Method™.

The Chenot Method™ combines the principles of Chinese medicine with the latest scientific advances in medical and state-of-the-art diagnostic technology and treatments. It integrates and transmits energetic, physical, and emotional signals to the body which, in return, responds by regaining energy, functional capacity, inner harmony, and preserves health over a long period of time.

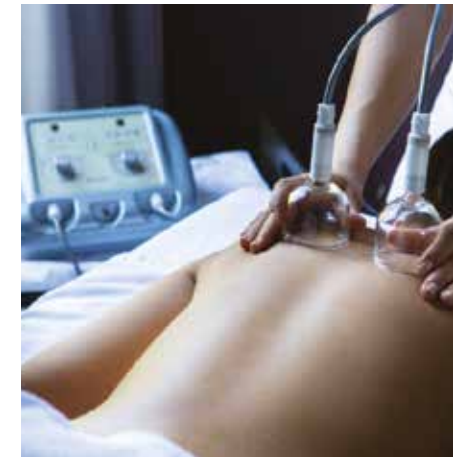
The Chenot Method™ is powerful, effective, and personalised to the needs of each individual, enabling the body and mind to reach their optimal level. As a result, guests leave the Chenot Centres feeling genuinely healthy, rejuvenated, and mentally alert.



### HYDRO BIONTOLOGY DEPARTMENT



### AESTHETIC DEPARTMENT



### WELLNESS DEPARTMENT





## HYDROTHERAPY DEPARTMENT

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Personalised by Chenot, this particular hydrotherapy is a signature feature of the Method. The variations in water temperature and pressure achieved by most advanced bathtubs combined with the Chenot essential oils added help improve the circulation of body fluids, eliminate toxins and fat deposits from skin tissues, reduce psychophysical stress and muscular tension. Therapeutic value is enhanced by the application of body wraps of organic clay enriched with microalgae and pure essential oils according to your Individual's need, in order to assure body detoxification and relaxation. The final hydro-energetic treatment, consisting of a jet of water directed over predetermined energetic points, will complete the therapy.

## HYDRO-AROMATHERAPY

This is a particular type of hydro-massage in which a special mixture of essential oils is added to the bathwater. The variations in the water temperature and pressure are essential, and combined with the thermodynamic effect of plant extracts, cause the dilation and constriction of the capillaries. This action stimulates the natural physiological functions to remove toxins and fat deposits from the skin tissue.

It also combats the effects of skin ageing by favoring spontaneous cell regeneration, improves skin appearance and its overall peripheral blood and lymphatic circulation. The hydro-aromatherapy is a genuine rehabilitative treatment that tones and strengthens the skin, balances the body fluids and energy, and relaxes both body and mind.

## PHY TO-MUD THERAPY

This involves the application of a body wrap consisting of a mixture of white or green clay enriched with microalgae and pure essential oils, and is the second step of the hydro-energetic treatment. The combined effect of essential oils and minerals further drain, detoxify and revitalise the body depending on the application time, and is helpful to eliminate physical, muscular as well as emotional stress tension.

## HYDRO-JET TREATMENT

In this final treatment, a pressure-jet adds a cold and hot mechanical stimulus to the thermal action to improve the toning and firming effect of the skin, increase the metabolic rate, and further improve the peripheral circulation, restoring the energy and vitality of the body.





## AESTHETIC DEPARTMENT

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These exclusive treatments have been designed using the principles of the Chenot method™, by applying specially formulated essential oils and mineral blends to cleanse the body and face from impurities, to increase energy levels and to promote an extraordinary sense of wellbeing. The aim of these treatments is to create a balanced body and mind, using non-invasive methods where youthfulness is created in perfect harmony.

# Aesthetic Biontology Body Treatments

## CHENOT DETOX TREATMENT

55 minutes

In this fundamental first-step treatment, with the aid of specific techniques and highly detoxifying products, deep toxins are drained towards collection points in the excretory system. The combined action of manual techniques and a specific suction cup-device accelerates the body fluids in a wave-like movement, thereby facilitating the elimination of toxins, consequently stimulating cellular regeneration.

**BENEFITS** Draining, detoxifying, stimulating, rejuvenating, energising.

## CHENOT ENERGETIC MASSAGE

55 minutes

This treatment aims to relieve and clear the energy flow in the meridians with the help of suction cups, re-equilibrates the energetic circulation in the lymphatic system, and improves blood circulation promoting extraordinary sense of wellbeing.

**BENEFITS** Draining, detoxifying, stimulating, regenerating.

## CHENOT FOOT AND HAND MASSAGE

55 minutes

This energising therapy allows your body to rebalance itself through a deep massage and stimulation of pressure points of the hands and feet. It also helps to reduce stiffness and maintain the flexibility of the foot and hand joints.

**BENEFITS** Stress and pain relief, improves blood circulation to the hands and feet.



## CHENOT CONNECTIVE TISSUE MASSAGE

55 or 90 minutes

A deep massage of muscular tissue designed to release deep, chronic tensions that are often due to muscle inflammation. This helps to relax muscles, decrease tension and adhesions, as well as promote oxygenation.

**BENEFITS** Improves the body posture by restoring the length and alignment of the muscles and tissues.

## CHENOT LYMPHATIC MASSAGE

55 minutes

Lymphatic drainage is a delicate, soft, and harmonious treatment that is performed in a rhythmic way. It is exceptionally relaxing, it improves the circulation of fluids in the body, promotes the elimination of stagnant lymph tissues and strengthens the immune system.

**BENEFITS** Feeling of lightness, reduced leg inflammation and water retention.

## CHENOT RELAXING MASSAGE

55 minutes

This unique body massage promotes physical and mental relaxation for a profound feeling of wellbeing according to the energetic concept found in the Chenot Method®. This helps relax muscles and frees the mind, helping to recover after extensive physical or mental exertion.

**BENEFITS** Relaxation, stress relief.



# Aesthetic Biontology Body Treatments

## CHENOT PRENATAL MASSAGE

55 minutes

This relaxing massage is specifically designed for pregnant women. It reduces muscular pain in the lower back, relaxes the legs and feet, and also improves blood and lymphatic circulation.

**BENEFITS** Eases muscular discomforts in areas such as the lower back and neck, calf cramps, and also helps with tension and tightening of the body.

## CHENOT SCALP TREATMENT

55 minutes

This treatment involves manual stimulation of the scalp through the use of a vibrating device, and the application of essential oils which are useful in improving blood and energetic circulation along with promoting greater tissue oxygenation. The aim is to release compression and tension in the cranial, neck and shoulder areas, alleviating stress and pain.

**BENEFITS** Stress Relief, relaxation, helps those suffering from migraines.

## CHENOT HEAD AND SHOULDER MASSAGE

55 minutes

Ideal to lessen tension caused by life's daily stress. The treatment allows you to regain clarity and destress whilst assisting in boosting concentration. This slow yet deep concentrated massage focuses on the pressure points and provides an immediate feeling of lightness alongside a renewed vitality.

**BENEFITS** Relaxation, rejuvenation, clarity, concentration improvement.



## CHENOT CELLULITE TREATMENT

55 minutes

This treatment involves drainage and a deep massage of the targeted areas with the aid of Cellu-tec, allowing better absorption of the essential oils that are used to accelerate the removal of the deposited cellulite.

**BENEFITS** Increases blood circulation, eliminates toxins and metabolic wastes that cause cellulite.

## CHENOT ABDOMINAL TREATMENT

55 minutes

This treatment is a gentle but deep manual massage of the abdomen area that moves toxins out of the body and improves bowel function. Combined with the electrical stimulation of energy points, the treatment reduces abdomen swelling, and helps to mobilise fat.

**BENEFITS** Improves bowel function and the elimination of toxins and metabolic waste.

## CHENOT REGENERATING TREATMENT

55 minutes

The body is designed to release 70% of its toxins through breathing, and effectively breathing helps the body to release its toxins. When the body is tense, it develops constraints, muscles tighten and breathing becomes shallow. Shallow breathing leads to not receiving the adequate amount of oxygen needed. This treatment is designed to optimise breathing by opening the diaphragm, and allowing it to decontract and relieve tension.

**BENEFITS** Promotes deeper and easier breathing.

# Aesthetic Biontology Facial Treatments

## CHENOT PURIFYING DETOX TREATMENT

55 minutes

This is a detoxifying and exfoliating treatment that promotes cell renewal and restructure in the epidermis. This deep-cleansing treatment removes impurities and helps to energise dull skin by removing metabolic waste that has accumulated over time in the tissues. The skin becomes healthy and radiant.

**BENEFITS** Purified, invigorated, smooth and rejuvenated skin.

## CHENOT ILLUMINATING AND NOURISHING TREATMENT

55 minutes

This treatment provides the skin with nourishment and hydration with the use of specialised products that balance the tissue with the vitamins and minerals that it needs. The energetic massage stimulates the connective tissue and improves energy flow to bring vitality and radiance to the skin.

**BENEFITS** Zero imperfections, relaxed, hydrated

## CHENOT ANTI-AGEING REGENERATING TREATMENT

55 minutes

This treatment consists of special massage techniques combined with electrical stimulation that work in synergy at the cellular level in order to stimulate the skin's natural defence and to neutralize free radicals. It improves skin elasticity and firmness and prevents sagging. This treatment is excellent for mature and dehydrated skin.

**BENEFITS** Fresher and firmer skin, full tonicity.

## CHENOT FACIAL TREATMENT FOR MEN

55 minutes

This treatment has been carefully created through experts of men's skin.

It starts with a deep cleanse and exfoliation followed by a precise massage designed to stimulate cell renewing process and to counteract aging.

**BENEFITS** Deeply relaxing and anti-aging, it revives and oxygenates the skin, achieving a healthy younger look.





## CHENOT FACIAL DRAINAGE MASSAGE

55 minutes

This treatment is designed to help promote a radiant complexion, softer facial contours, and to tone the skin. By activating the lymphatic system, the drainage massage has a decongestive effect whilst diminishing the appearance of dark circles, swelling and irritation, leaving eyelids less swollen and the entire face tightened and refreshed.

**BENEFITS** Reduces puffiness, decreases dark circles and imperfections.

## CHENOT NECK, ARM AND DECOLLETE TREATMENT

55 minutes

This treatment restores the tone and firmness of the tissues of the neck, décolleté and arms through the use of a specially formulated blend of pure and natural essential oils combined with the Chenot drainage technique and electrical stimulation.

**BENEFITS** Firming, hydrating, toning.

## CHENOT FACE AND HEAD MASSAGE

55 minutes

This treatment stimulates the energy points and zones of the head through an effective method in order to alleviate tension, relax the scalp and facial areas, drain the lymph nodes in the head, decrease wrinkles and restore the skin's elasticity.

**BENEFITS** Improves blood circulation to reduce wrinkles and restore face elasticity.

## CHENOT EYES TREATMENT

30 minutes

This exclusive treatment for the eye area uses a combination of active ingredients that are rich in minerals and vitamins. The treatment includes the application of decongestants and corrective techniques that ensure optimal hydration and multi-active protection to the delicate and sensitive skin. The result alleviates signs of fatigue, swelling, and dark circles under the eyes.

**BENEFITS** Leaves a relaxed and radiant eye area with visibly reduced fine lines.

# Advanced Aesthetic Treatments

## PHOTOMODULATION LED

35 seconds

Anti-aging, redness relief treatment : Treatment that boosts the production of collagen and blocks the negative effects of collagenases (enzymes that hinder the production of collagen).

## LAP EX LASER

30 minutes

A safe laser that offers a painless and non-invasive treatment for fat reduction and body contouring in target areas. It is suitable for every skin type and offers visible results to all body areas.

## ICOONE

30 minutes

This treatment involves kneading of the soft tissue and skin with negative action. It stimulates these areas effectively and improves cellulite appearance. ICOONE improves the circulation and oxygenation of the skin, as well as improves its tone.

## CAVITATION

30 minutes

An aesthetic treatment based on inaudible low-frequency ultrasound. Ideal for reducing the fat in various body parts such as arms, legs, abdomen, thighs, neck, buttocks, but also for fighting against the formation of fibrous cellulite which causes the dimpled appearance on cellulite affected areas of the body.



## BIPOLAR RADIO-FREQUENCY

30 minutes

Offers a firming action, and is an effective method to treat sagging skin, cellulite, localised adiposity and stretch marks. It is non-invasive, painless, fast and efficient, as well as stimulates collagen and fibroblasts. Up to two treatment areas can be combined in one session.

## FACIAL CONTOURING

30 minutes

## ARMS

30 minutes

## ABDOMEN

30 minutes

## LEGS

30 minutes

## ULTRASONIC FACIAL PEELING

30 minutes

Ultrasonic facials deeply purify your skin, leaving it smooth and glowing. Combining the action of ultrasounds and vibrations, this method removes make up residues, impurities and smog, effectively rejuvenating and cleansing your skin. This treatment promotes the cell renewal process by enhancing oxygen and circulation through the use of a specialised device that is used to lightly stroke and pat the skin to activate its enhanced regeneration process. Effective and painless, ultrasonic facials leave no undesirable signs and don't irritate the skin.

It's recommended for all skin types including very sensitive to normal, as well as dry, acne-prone and oily skin.

## CHENOT TONIC MASSAGE

55 minutes

Increase your energy and vitality with this signature treatment that tones the body, relieves mental tension, and erases fatigue.

This deeply relaxing, head-to-toe massage treats your body with powerful rhythmic sequences designed to leave you feeling rebalanced and recharged.

**BENEFITS** Stress relief, calming, energising.

# Traditional Aesthetic Treatments

## BODY DEPILATORY TREATMENTS

Our advice : Do not attend a steam bath or sauna before the hair removal procedure.

Full legs	Under arm wax
Half legs	Chin & lip
Brazilian bikini	Back
Bikini line	Chest
Arms	Stomach
Half arms	Full body

## SHAPING AND TINTING

Eyebrow shape 30 minutes	Facial contouring 30 minutes
Eyelash tint 30 minutes	Abdomen 30 minutes
Eyebrow tint 30 minutes	Arms 30 minutes
	Legs 30 minutes



## SEMI-PERMANENT NAIL POLISH APPLICATION

## SEMI-PERMANENT MANICURE

### MANICURE

French Manicure  
75 minutes

Chenot Manicure  
55 minutes

A hand and nail treatment that includes a skin refiner exfoliation and a therapeutic massage. The hands and nails are dipped into warm paraffin wax and wrapped in gloves to nourish and hydrate.

### PEDICURE

French Pedicure  
75 minutes

Chenot Pedicure  
55 minutes

A foot and nail treatment that includes a softening exfoliation and healing massage. The foot is enveloped in warm paraffin wax to deeply nourish and hydrate, leaving the feet soft and smooth.

## HAIR DRESSER SERVICES AND MAKE-UP

Upon request and availability.



## The Moroccan Ritual

45 minutes - Scrub and Rassoul wrap

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In the tranquillity and comfort of the hammam area, a warm mud from the fertile valleys of Morocco, abundant in health and beauty elements, is generously applied to the entire body, stimulating the removal of impurities and the absorption of skin enriching minerals. The double-action property of the wrap provides deep purification of the body without irritating the skin along with deep hydration, leaving a great sense of complete renewal.

## Selman's Signature Hammam

75 minutes - Scrub and Rassoul wrap

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A traditional Moroccan Hammam for body detoxification that removes toxins with a complete care from head to feet in a steam bath for a total relaxation. In order to make the experience unforgettable, followed by 30 min of hydration with oils perfumed with orange blossom, verbena or sweet almond fragrances.



## WELNESS DEPARTMENT

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The Wellness Department is dedicated to support physical activity and improve the purification, rebalancing and harmonisation process of the body. With the expert advice of a personal trainer, suitable programmes are offered to clients with the aim to achieve the optimum level of personal fitness.

## PILATES

Pilates is a system of exercises designed to improve physical strength, flexibility, and posture, and enhance mental awareness. The founder was a passionate physical trainer, Joseph Pilates. Pilates method uses equipment, such as a mat and machinery, and the goal is to build muscular endurance, improve posture and balance skills, as well as improve and restore natural body functions.

## KINESYS

This equipment, with its user-friendly design, allows over 200 exercises with unlimited movement to improve strength, flexibility, stability and posture of the body.

Training is offered under the supervision of a personal trainer.

## VACU POWER

An innovative technology designed for effective body sculpting and improvement of the silhouette. Combines the benefits of physical exercise (treadmill) and vacuum therapy. The aim is to improve and train the parts of the body that accumulate fat such as abdomen, hips and buttocks. Training is offered under the supervision of a personal trainer.

## PERSONAL TRAINING

Private training with a final assessment and advice for proper training at home.

## POWER PLATE

Power Plate is a high-tech body-building device which allows to multiply sports exercises's efficiency. Thanks to the emission of very fast vibrations (until 50 vibrations/sec) it contracts the muscles and acts on the muscular reflexes.

## TAI-CHI

Tai-Chi is an ancestral martial art, based on Qi work (people vital energy), based on the Chinese medicine practises. It helps the body reach a state of internal peace and it also gives harmony and vital energy. It's perceived as a type of moving meditation. The ultimate goal of Tai-Chi is to bring harmony to the body and spirit through controlled breathing and specialised movements.

## BOX

English Boxing is a one-on-one martial art sport where one hits padded gloves with the trainer.

Known and practised since the XVIIIth century, an ideal practice for cardio training and for enhancing muscular resistance while increasing reflexes.

## AQUA GYM

Aqua Gym is also an excellent way to improve physical condition by using the water's natural resistance to build strength and improve muscle tone, with low impact on joints.

## STRETCHING

Stretching allows a progressive lengthening of muscles with the ability to complete new movements. It is the perfect exercise to increase flexibility.

Stretching is practised by sport professionals before and after training in order to properly care for their muscles and prevent injuries.

## YOGA

External partner available, only on request.



# Spa Etiquette

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## OPENING HOURS

Espace Vitalité Chenot is open every day from 9am to 8.30 pm. (The Hotel reserves the right to alter the time schedule according to the season without any prior notification).

## APPOINTMENTS AND ADVANCED BOOKINGS

We highly recommend to book in advance to ensure that your preferred time and treatment is available.

From the room dial : 8800

From outside dial : +212 524 45 96 87

Per email : spa @selman-marrakech.com

To confirm your appointments, we kindly ask you to provide your credit card details.

## TREATMENTS

If you require further information or advice, our team is at your full disposal. To schedule an appointment, please speak with our Spa reception specialists who will happily assist you in choosing the right options.

## DRESS CODE AND LOCKERS

A locker will be at the disposal of each guest. We will provide a robe, slipper, shower cap, as well as all the needed amenities while you are visiting the Spa facilities.

## ARRIVAL TIME

We recommend that you check into Espace Vitalité Chenot at least 20 minutes prior to your scheduled appointment. This allows us to welcome you and introduce you to the facilities, while also allowing time to briefly discuss your treatment expectations. In the event that you are running late for an appointment, a courtesy call would be greatly appreciated. When possible, we will try to ensure full treatment time for late arrivals, but to accommodate the next scheduled guest, your treatment time may be reduced.

## PAYMENT / CANCELLATION

Major credit cards are accepted.

Payments can be charged directly to your room.

A 50% cancellation charge will be incurred for any Spa programme or treatment cancelled 24 to 12 hours prior to an appointment. A 100% cancellation charge will apply for any treatment or Spa programme cancelled minimum less than 12 hours prior to the appointment.

All pre-paid programmes are non-refundable and non-transferable.

## PRICES

All prices are quoted in MAD and are subject to change at any time.

## AGE REQUIREMENTS

We are delighted to offer treatments for children under 16 years old, however an adult must accompany them.

## LOSS OR DAMAGE

We regret that we cannot be held responsible for any loss or damage of personal belongings.

## VALUABLES

No jewellery should be worn in the Spa / Gym and pools. Lockers are provided in the changing room as well as safety boxes in the hotel reception for your use. The client is responsible for his/her locker key whilst in the Spa area.

## RESTRICTION OF USE

The Spa is a retreat for your body, mind and spirit. For the consideration of others, we request that visitors keep noise to a minimum. We request that you respect other guest's privacy by speaking softly. The use of cellular phones and electronic devices, as well as alcohol and tobacco, are strictly prohibited.

## SPA BOUTIQUE

Espace Vitalité Chenot prides itself on the high level of treatment that you can get in the comfort of your own house, we offer a range of Chenot products in our Spa Boutique. Our therapists are highly trained and knowledgeable, and will happily advise you in selecting the appropriate products.

## HEALTH CONDITIONS

When making your Spa reservation, please advise us of any health conditions, allergies or injuries that could affect your handling.

## ACCIDENTS AND INJURIES

Espace Vitalité Chenot shall not be liable for accidents or injuries suffered by guests using the facilities.

## GIFT CERTIFICATE

Gifts certificates for our Spa treatments are available at the Spa Reception.



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