



SPA & HAMMAM

Riad d'ès Ly



HAMMAM

OUR SERVICES AND PRICES

ORIENTAL SENSATIONS (30 min) 15 euros

ORIENTAL SENSATIONS (45 min) 22 euros

Hammam + Traditional soaping and scrubbing with Black Soap

MOROCCAN BEAUTY (30 min) 15 euros

MOROCCAN BEAUTY (45 min) 22 euros

Hammam + Clay Body wrap

RITUAL OF SANDS (45 min) 23 euros

Hammam + Traditional Body scrub with Black Soap + Clay Body wrap

ROYAL EVASION (45 min) 25 euros

Hammam + Traditional Body scrub with Black Soap + Clay Body wrap + Traditional mask with Ghassoul

DES LYS RITUAL (45 min) 29 euros

Hammam + Traditional Body scrub with Black Soap + Clay Body wrap + Traditional mask with Ghassoul + modeling with Argan oil



MASSAGES

OUR SERVICES AND PRICES

RELAXING AND WELLNESS MASSAGE (1 hour) 30 euros

A relaxing moment that relieves some pain or tension that your body may feel

ORIENTAL MASSAGE (1 hour) 30 euros

Relaxes muscles and promotes mental well-being

TONIC MASSAGE (1 hour) 40 euros

Alleviate unwanted tensions and feel revitalised

MOROCCAN MASSAGE (1 hour) 35 euros

Using traditional Moroccan methods to detoxify muscles and remove cellulite

ORIENTAL BACK MASSAGE (30 min) 20 euros

Focused on unwinding and bringing harmony to your back

FOOT MASSAGE (30 min) 22 euros

Acts on the different parts of the body to rebalance the vital functions

THOUSAND SENS MASSAGE WITH 4 HANDS (1 hour) 60 euros

Symmetrical movements that offer an incomparably relaxing moment



PACKAGES

OUR SERVICES AND PRICES

ORIENTAL RITUAL

- Hammam, soap and black soap scrub (30 min) + Massage (30 min) 35 EUR/pers
Hammam, soap and black soap scrub (30 min) + Massage (1 hour) 45 EUR/pers

COCOONING

- Hammam, soaping, black soap scrub, moisturising facial (30 min)
+ Relaxing massage (1 hour)
+ Lunch or Dinner « Des Lys Menu » (starter, main course, dessert)
Package price 65 EUR/pers

QUEEN OF THE SANDS

- Hammam, soaping, black soap scrub, moisturising facial (30 min)
+ Moroccan or Oriental or Tonic massage (1 hour)
+ Lunch or Dinner « Des Lys Menu » (starter, main course, dessert)
Package price 65 EUR/pers

« ROMANTIC » DUET

- Hammam, soaping, black soap scrub, moisturising facial (30 min)
+ Moroccan or Oriental or Tonic or Relaxing massage (1 hour)
+ Lunch or Dinner « Des Lys Menu » (starter, main course, dessert)
Package price 125 EUR /2 persons

TRADITIONS ...

The Hammam is a wet steam bath

The main action of the hammam is an important vasodilatation, inducing a very effective relaxation.

- The hammam is highly recommended after muscular activity. It provides an intense relaxation that will loosen the muscles, relieve (or even avoid) muscle soreness and ligament pain. The benefits in terms of recovery make it recommendable for training high-level sportsmen and women.
- It also helps to decongest the bronchial tubes.
- Through the relaxation it provides, the hammam induces a torpor that is beneficial to sleep.

Black Soap comes from Morocco and is one of the 100% natural products used in oriental cosmetics. Used for skin care, black soap comes in the form of an oily paste. It is a grain-free, vegetable and oily scrubbing paste of different colours (black, greenish brown or blackish green). This paste is made of a mixture of olive oil and crushed olives, salt and potash, to which essential oil of eucalyptus, cinnamon or cedar is often added. Black soap is mainly used to exfoliate the skin, but gently, as there are no grains in the paste. In spa it is used as a ritual. Indeed, before applying the black soap, it is important to prepare the skin by going through the hammam. The steam will humidify the skin and allow the pores to dilate. Exfoliation will be easier and will be done in deep.

Rhassoul (ghassoul) is a natural clay rich in magnesium and lithium from the Middle Atlas Mountains in central Morocco. Mixed with water to obtain a fluid paste, rhassoul has detergent and degreasing properties due to its high ion exchange capacity, but unlike soaps, it contains no surfactants. On the other hand, its aluminium oxide and calcium oxide content is very low. This gives it a natural adsorption capacity, a sort of blotting paper effect. The isolated particles are then rinsed off. Rhassoul enables targeted cleaning by neutralising and removing substances.

Kessa Glove is the name given to a kind of rough flannel widely used in the East. Originally it was made of goat hair. Kessa gloves are used in hammams for mechanical scrubbing with black soap. People usually have this treatment done by a Kassal. The word Kassal comes from the Arabic language and literally means "relaxer" or "one who allows you to relax". Indeed, the Kassal proposes a kind of stretching, sometimes violent, for people who are not used to it, and only then does he rub the skin with the Kessa glove and the Black Soap.

Argan oil is a vegetable oil produced from the fruit of the argan tree and is rich in vitamin A, vitamin E, antioxidants and essential fatty acids. This oil has been produced for centuries by the Berber women of the Souss-Massa area of Morocco. Its properties give it many uses in food, medicine and cosmetics.

