

# TATLER®

IN ASSOCIATION WITH CLEVELAND COLLECTION

*WHERE TO GO  
TO LOSE WEIGHT,  
LOOK BETTER  
AND FEEL SEXIER*



SPA  
GUIDE  
2012

*(swimming hats not included)*

# Marrakesh

**Where to stay** The heavenly bright, white spa at **Royal Mansour** ([royalmansour.com](http://royalmansour.com)) at Rue Abou Abbas El Sebti boasts incredible hammams and treatments ranging from cellulite-busting to specialised hair analysis (see page 27). Meanwhile, the spa at **La Mamounia** ([lamamounia.com](http://lamamounia.com)) at Avenue Bab Jdid is dark, cocooning and sexy, rather like being in a nightclub, but utterly quiet and indulgent. Even if you are not staying at **Es Saadi Palace** ([essaadi.com](http://essaadi.com)) at Avenue El Quadissia, pop in for its Dior Institut anti-ageing treatments – the massages and facials are outstanding.

**Best alternative therapists** French osteopath **Arnaud Etienne** (00 212 6 10 07 93 59) is known as a miracle worker, with several high-profile celebrities as patients. He leaves you feeling utterly reinvigorated.

**Best therapists** If you prefer home visits, then call **Renaissens Esthétique** ([renaissensethetique.com](http://renaissensethetique.com)) for very good therapists and all manner of treatments.

**Best juice bar** You can't beat the cheerful orange-juice stalls in the middle of **Djemaa el Fna** square – around 20p for one of the best drinks in the world.

**Best healthy eats** When your stomach just can't take another tagine, aim for **Kaowa** at 34 Rue Yves Saint Laurent (00 212 5 24 00 72), a café bursting with bountiful salads, wraps, soups and juices – smoothies topped with rose water are delectable. Or venture out of the medina to the peace of **Jnane Tamsna** ([jnanetamsna.com](http://jnanetamsna.com)), which uses fresh, organic ingredients, many from its gorgeous gardens. Ask for a romantic dinner on the roof terrace. Bliss.

**Best retreat** Held in a private house in the Palmeraie, **Harem** ([harem-escape.com](http://harem-escape.com)) is a women-only retreat bursting with brilliant massages, facials, hammams, yoga and meditation, alongside super-healthy nosh, and wine-tasting sessions. There's a maximum of 14 guests and with 80 per cent of profits donated to a local charity, you'll leave feeling as virtuous as you do refreshed.

**Best escape** Only an hour's taxi trip away are the majestic Atlas Mountains, where you can ride, trek, ski or venture to the edges of the Sahara. **Kasbah du Toubkal** ([kasbahdutoubkal.com](http://kasbahdutoubkal.com)) is a lovely place to stay, reached by donkeys and run by Berbers.

**Best yoga teacher Aisha Barzaghi** ([yoga-marrakech.com](http://yoga-marrakech.com)) has worked at Kasbah Tamadot and now teaches excellent private classes at home, in a riad or your hotel. She also runs retreats for meditation and pranayama yoga.

**Book it** Africa Travel (020 7843 3585) offers four nights at the Royal Mansour from £2,435, including flights, transfers and breakfast.

