





*Saha, an exceptional,  
holistic wellbeing programme*

Conceived as a journey in its own, SAHA is a wellness programme specially designed by The Oberoi, Marrakech.

Literal translation of the word «Health» in Arabic, and colloquially used in North Africa to wish that «everything you do, brings you good health», SAHA is a call for a harmonization of body and mind for a better lifestyle.

SAHA is introduced into every experience our guests live, a balanced and savoury meal, a good night's rest, a walk in our gardens or a personalized wellness break, designed for the mind, body and soul.

Thus, well-being becomes a way of life, integrating a multitude of activities and experiences, coaching sessions with specialists, treatments and personalized rituals.

# *The four cornerstones of Saha*

*The unity between body and spirit*



## *Soul & Spirit*

To discover inner peace, be it through our yoga and meditation, drawing up botanical wisdom with our paesagist, catching up on a good book in our library, discovering a host of mindfulness activities or experiencing a good night's rest with our sleep therapy programme.

## *Active Body*

Keep fit during your stay though daily dynamic fitness activities with our dedicated fitness trainer. Practice a game of tennis on our clay court or experience the best of golf at your choice of three worldclass golf courses, all located within five-minute of our resort.

## *Holistic Treatments*

Rejuvenation and relaxation through treatments and rituals in our Spa that offers traditional Moroccan Hammam rituals and personalized treatments in partnership with ALQVIMIA.

## *A Better Plate*

Our culinary team and our wellbeing consultant nutritionist have worked together to create exquisite dishes that are balanced, nutritious and naturally delicious using the freshest seasonal local products as well as herbs, olive oil and vegetables from our very own potager.



## *Personalised stays*

*for the regeneration of the body and mind*

To take full advantage of the SAHA experience, tailor-made packages are offered, for couples, and customized according to the needs of the guests, in search of a healthier vacation experience, fitness, weight management or improving the quality of sleep.



*A magical Moroccan setting and an atmosphere of serenity create the perfect environment to achieve your wellbeing potential and experience the joy of slow living.*







## Embrace a Better Life Style

SAHA packages from 3 to 7 nights specially designed as a global wellness stay for our guests who wish to improve their well-being and be accompanied towards a better lifestyle and or for those who simply want to disconnect and relax while learning new, healthier lifestyle habits.

These programs will enable our guests to achieve global wellness through personalised experiences in an ideal environment.



### 3 NIGHTS *From MAD 29 700*

Stay in the Deluxe Villa with private pool | Essential Hammam 60 minutes | Oberoi signature treatment 75 minutes  
ALQVIMIA body treatment 60 minutes | Active Body session 60 minutes | Soul & Spirit session 40 minutes  
Sleep therapy

### 5 NIGHTS

- ◆ Stay in the Deluxe Villa with private pool
- ◆ Essential Hammam 60 minutes
- ◆ Oberoi Signature Treatment 75 minutes
- ◆ ALQVIMIA face treatment 60 minutes
- ◆ Chinese Meridian Acupressure Massage 60 minutes
- ◆ Active Body session 60 minutes
- ◆ Soul & Spirit session 40 minutes
- ◆ Horse Whispering
- ◆ Participation in charity programs
- ◆ Coaching session in nutrition and well-being with Magalie Paillard
- ◆ Follow-up session 40 minutes with Magalie Paillard
- ◆ Sleep therapy

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*Starting from MAD 56 250*

### 7 NIGHTS

- ◆ Stay in the Deluxe Villa with private pool
- ◆ Essential Hammam 60 minutes
- ◆ Oberoi Signature Treatment 75 minutes
- ◆ ALQVIMIA face treatment 60 minutes
- ◆ Chinese Meridian Acupressure Massage 60 minutes
- ◆ ALQVIMIA experience 90 minutes
- ◆ Active Body session 60 minutes
- ◆ Soul & Spirit session 60 minutes
- ◆ Horse Whispering
- ◆ Participation in charity programs
- ◆ Coaching session in nutrition and well-being with Magalie Paillard
- ◆ Follow-up session 40 minutes with Magalie Paillard
- ◆ Sleep therapy

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*Starting from MAD 74 650*



## Embrace a Better Shape

As a weight management program and through coaching and guidance from our team and our wellbeing and nutrition consultant, these SAHA packages help our guests to achieve an ideal weight, adapted to their physical constitution and their profile in a healthy, progressive and balanced manner.

As a fitness and vitality program, these stimulating packages will help our guests to increase their physical and mental stamina and performance. Not only our hosts will have the tools they need to ensure that they are working to the best of their abilities, but they will also gain the significant benefits of physical activity on mental well-being.



### 5 NIGHTS

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- ◆ Stay in the Deluxe Villa with private pool
- ◆ Essential Hammam 60 minutes
- ◆ Deep tissue massage 60 minutes
- ◆ Oberoi signature treatment 75 minutes
- ◆ Active Body session 60 minutes
- ◆ Soul & Spirit session 60 minutes
- ◆ Nutrition & Wellbeing coaching session 60 minutes with Magalie Paillard
- ◆ Follow-up session 40 minutes with Magalie Paillard
- ◆ Sleep therapy

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*Starting from MAD 49 900*

### 7 NIGHTS

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- ◆ Stay in the Deluxe Villa with private pool
- ◆ Essential Hammam 60 minutes
- ◆ Deep Tissue Massage 60 minutes
- ◆ Oberoi Signature Treatment 75 minutes
- ◆ Wellness foot reflexology
- ◆ Active Body session 60 minutes
- ◆ Soul & Spirit session 60 minutes
- ◆ Nutrition & Wellbeing coaching session 60 minutes with Magalie Paillard
- ◆ Follow-up session 40 minutes with Magalie Paillard
- ◆ Sleep Therapy

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*Starting from MAD 66 150*

## Embrace a Better Sleep

These gentle 3 to 5 night programs help our guests to improve the quality of their sleep. Relaxation and quality of sleep are essential aspects of a sustainable state of well-being. A lack of restorative rest, both mental and physical, has direct repercussions on well-being and quality of life.



### 3 NIGHTS

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- ◆ Stay in the Deluxe Villa with private pool
- ◆ Essential Hammam 60 minutes
- ◆ Oberoi signature treatment 75 minutes
- ◆ Chinese Meridian Acupressure Massage 60 minutes
- ◆ Active Body session 60 minutes
- ◆ Soul & Spirit session 45 minutes
- ◆ Participation in charity programs
- ◆ Coaching session in nutrition and well-being with Magalie Paillard
- ◆ Sleep therapy

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*Starting from MAD 34 800*

### 5 NIGHTS

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- ◆ Stay in the Deluxe Villa with private pool
- ◆ Essential Hammam 60 minutes
- ◆ Oberoi signature treatment 75 minutes
- ◆ Volcanic Hot Stones massage 90 minutes
- ◆ Active Body session 60 minutes
- ◆ Soul & Spirit session 45 minutes
- ◆ Horse whispering
- ◆ Participation in charity programs
- ◆ Coaching session in nutrition and well-being with Magalie Paillard
- ◆ Follow-up session 40 minutes with Magalie Paillard
- ◆ Sleep therapy

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*Starting from MAD 60 450*

*Packages are valid in full or half board.*

*Packages can be customized according to the needs and wishes of our guests.*





## *These packages include:*

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- ◆ Pre-arrival contact with our Spa Manager to discuss and design your wellness experience
- ◆ Arrival and turndown amenities from “A Better Plate” programme
- ◆ Arrival and pre-departure Wellbeing and nutrition coaching sessions with Magalie Paillard and Fitness coach. (Varies according to the selected package)
- ◆ Specially designed menus by our culinary team
- ◆ Personalised schedule of activities and therapies
- ◆ Polarity and Biological tests
- ◆ Sleep therapy setup
- ◆ Special reading material on wellness and mindfulness in your accommodation
- ◆ Post departure contact with our team for progress on lifestyle, recipes etc.



*These packages are designed for two guests*



## *A propos de Magalie Paillard.*

Nutritional therapist, naturopath and accredited well-being coach, with over 15 years of experience across several countries and with several acclaimed hotels across the world. Magalie Paillard is working closely with our culinary team to develop 'A Better Plate' program and to offer balanced, nutritious and healthier dishes.

Magalie provides our wellness packages, guests Wellbeing and Nutrition coaching sessions and is working with our Executive Chef to imagine and create recipes based on the best of ingredients and traditions Morocco has to offer.

*[www.magaliepaillard.com](http://www.magaliepaillard.com)*





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