



timijja

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TIMIJJA BY TIGMIZA

At Tigmiza, it's a tradition; every space evokes a universe, tells a story...

The Spa, a true bubble of softness with its walls draped in Water Mint color, has chosen to tell its own by celebrating the «Timijja» a discreet yet characterful plant...

This variety of wild mint, with a delicate scent, round, soft, and woolly leaves, lines the watercourses of the magical Atlas valley.

To fully enjoy the experience within this intimate space and discover the richness of Moroccan heritage, we have crafted a menu of authentic and precious treatments, celebrating Moroccan Mint as well as other noble products such as; the Roses of Dades, Saffron from Taliouine, Atlas Honey, Argan, Prickly Pear, or Orange Blossom...

All are derived from the Moroccan terroir, possess countless virtues, and are steeped in ancestral traditions. A stop at the Timijja Spa promises a fabulous sensory journey, a discovery of eternal beauty recipes in a traditional Moroccan house.

PRACTICAL GUIDE

Booking

«Timijja Spa» is open daily from 9:30 AM to 8:00 PM.

To better organize your treatments, please make an appointment directly with the Spa upon your arrival. Walk-in appointments cannot be guaranteed.

Cancellation

Free cancellation is valid up to 24 hours before the treatment.

Thereafter, 50% of the total amount of the service will be charged.

Advice

To fully enjoy the experience, we invite you to arrive at the Spa reception dressed in your bathrobe, 15 minutes before your treatment starts.

Please leave all valuables in the safe in your room.

Children

For safety reasons, only children over 8 years old are admitted to the spa, provided they are accompanied by their parents.

For more information, please contact the Spa reception by dialing 251.

Wishing you an excellent experience at the «Timijja Spa»

BODY CARE

HAMMAMS



Purity

30 min - 450 Dhs

After relaxing in the hammam, enjoy a flavored sugar skin scrub for gentle exfoliation, followed by a ghassoul wrap with eucalyptus and a purifying facial mask.



Beldi

50 min - 800 Dhs

The traditional Moroccan hammam experience with a black soap bath scented with olive oil and eucalyptus, followed by a «Kessa» glove scrub and a ghassoul body wrap with herbs. The treatment ends with a shampoo followed by a hair mask application.



Timijja Signature

60 min - 950 Dhs

A tailor-made treatment designed to offer a unique experience through a sensory journey. The treatment begins with a steam bath, coated with rich and moisturizing black soap with eucalyptus, followed by an exfoliation with a “Kessa” glove, then a shampoo and hair mask to enhance your hair.

The treatment continues with a body wrap in ghassoul with 7 plants combined with the application of a white clay face mask. To finish, a light body scrub with salts and essential oils, followed by an argan oil body treatment.

SAUNA

20 min - 150 Dhs

A short dry heat bath that stimulates the immune system, improves blood circulation, and helps to eliminate toxins from the body.

MASSAGES



Relaxing *50 min - 750 Dhs*

A soothing massage with warm argan oil, flavored with the scent of your choice, for a pure moment of relaxation in a bubble of pleasure.



Deep Tissue *50 min - 850 Dhs*

A deep massage with varying intensities, unraveling the most entrenched muscle contractions and reconnecting with well-being.



Hot Stones *75 min - 1100 Dhs*

Carefully placed on specific energy points, the volcanic stones, known for their soothing properties, radiate their heat and release the body from all accumulated tensions, providing a true sense of letting go.



Candle Fullness *50 min - 900 Dhs*

As it melts, the candle produces a warm and delicately scented massage oil, leaving a satin effect on your skin.

Enriched with shea butter, this treatment softens and nourishes the skin and brings a deep feeling of relaxation and well-being of both body and mind. A real treasure of voluptuousness.



Future Mom *45 min - 850 Dhs*

A gentle massage dedicated to pregnant women, ideal for relieving the sensation of heavy legs, delicately releasing lower back tensions, and improving skin elasticity.

A moment of lightness and serenity.

Massage recommended from 3 months of pregnancy.



Back Bliss *30 min - 450 Dhs*

Combining targeted pressure points, broad and fluid movements, and muscle kneading, this trio of massage techniques is perfect for relieving back muscles of accumulated tension, providing both an immediate sense of relaxation and harmony between body and mind.



Angel Face *30 min - 450 Dhs*

The smoothing strokes and acupressure applied to the face, neck, and scalp activate blood circulation and relax nerve endings. This massage is ideal for a rested and rejuvenated face.



Leg Delight *30 min - 450 Dhs*

A relaxing leg massage with essential oils, followed by a foot massage using reflexology techniques. Legs regain lightness and tone.

DUO MESSAGES



Side-by-Side *60 min – 1600 Dhs for two*

«Relaxing» or «Tonic» massage

A moment of pure relaxation with your partner in a soothing atmosphere.

A wellness break to share, to awaken your senses and create a precious moment together.



Family Time *30 min - 900 Dhs for two*

A relaxing massage to experience with your child, the opportunity to share a special moment together while enjoying a wellness break.

FACIAL TREATMENTS



Sublime Radiance

30min - 500 Dhs

A gentle, revitalizing, and brightening treatment, perfect for awakening the radiance of your face and the tone of your skin. The radiance mask included is rich in plants with cleansing and nourishing properties, providing hydration and a natural glow to the skin for a «healthy glow» effect.



Fundamental

50 min - 800 Dhs

A treatment that adapts to your skin type. After a deep cleansing to remove impurities, a gentle scrub is applied to exfoliate dead skin cells and promote cell renewal. The treatment continues with the application of a honey and essential oils mask to deeply nourish the skin and restore its vitality.



Youth Revelation

50 min - 900 Dhs

An anti-aging, moisturizing, and rejuvenating treatment that begins with a light cleansing to prepare the skin for the benefits of the spirulina mask. This is followed by a massage with a precious serum made from argan oil enriched with prickly pear seeds.

This protocol offers the facial skin a complete and effective treatment, restoring flexibility and vitality, thus fighting against skin aging.

RITUALS & EXPERIENCES

To further explore ancestral Moroccan beauty rituals, the experience is extended by combining treatments.



Tigmiza Signature

160 min - 2500Dhs

«Timijja Signature» Hammam 60min
«Relaxing» or «Tonic» Massage 50 min
«Youth Revelation» Facial Treatment 50 min



Evasion

150 min- 1900 Dhs

«Hot Stones» Massage 75 min
«Fundamental» Facial Treatment 45 min
Beauty treatment for hands or feet 30min



Intense Relaxation

75 min - 1100 Dhs

«Purity» Hammam 30 min
«Relaxing» or «Tonic» Massage 45 min



Romance

95 min - 3 200 Dhs for two

To lose track of time and enjoy a pure moment of relaxation together.
«Duo Beldi Hammam» 45 min
«Duo Candle Fullness Massage» 50 min



Mommy Moment

90 min - 1100 Dhs

«Leg Delight» Massage 30 min
«Angel Face» Massage 30 min
Beauty treatment for hands or feet



AROUND THE WEDDING

For special occasions, Tigmiza offers soon-to-be-wed couples and their close ones the use of part of the Spa. A private space is dedicated to the bride's preparations, in comfort, calm, and intimacy. Because it's a big day, a ceremonial is dedicated to it. Ideal for serenely starting a life together in an atmosphere imbued with traditions.



Ritual « Lalla wa Sidi »

Half-day – 6900 Dhs for two

«Duo Timijja Signature» hammam ceremony
«Duo Candle Fullness» or «Hot Stones» massage
«Duo Fundamental» Facial Treatment
Duo manicure and pedicure



Ritual Lalla « Laarossa »

Half-day - 2900 Dhs

«Beldi» Hammam 45 min
«Relaxing» Massage 45min
«Fundamental» Facial Treatment 45min
Manicure
Pedicure



Ritual Sidi « Moulay Sultan »

125min -1900 Dhs

«Beldi» Hammam 45min
«Relaxing or Tonic» Massage 50 min
«Sublime Radiance» Facial Treatment 50min

BEAUTY TREATMENTS

HANDS & FEET



Beauty treatment for hands or feet

30 min - 250 Dhs

Light cleaning, filing, massage, and nail polish application



Hand Treatments

Complete relaxing hand care: scrub, nourishing mask, and massage, combined with a manicure and nail polish application, to bring flexibility and softness to the skin.

Regular polish *45 min - 400 Dhs*

Semi-permanent polish *50 min - 500 Dhs*



Foot Treatments

Complete relaxing foot care: scrub, nourishing mask, and massage, combined with a pedicure and nail polish application, to bring comfort and flexibility to the feet.

Regular polish *60 min - 450 Dhs*

Semi-permanent polish *65 min - 550 Dhs*



Little Fairy

Regular polish *30 min 250 Dhs*

A beauty moment for little girls and young ladies: filing, mask, and nail polish application

HAIR REMOVAL

The hair removal is done with hot wax

Full Legs	300 Dhs
Half Legs	200 Dhs
Half Arms	200 Dhs
Bikini Line	200 Dhs
Full Bikini	400 Dhs
Underarms	150 Dhs
Eyebrows / Upper Lip / Chin	150 Dhs

HAIRSTYLING

A hairstyling area is dedicated for your hair care

Hairstyling upon request

Make-up upon request



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