



PRESS RELEASE



LA SULTANA OUALIDIA LAUNCHES NEW NATURAL MOROCCAN DETOX RETREAT

La Sultana Oualidia, an oasis situated on the Atlantic coast of Morocco and one of the most sought after retreats in the country, has launched a new Natural Moroccan Detox Retreat, taking place in June and September 2016.

The retreat will include a mixture of Pilates and yoga, spa and wellness and gastronomy, using traditional ingredients that Moroccan women have kept in their families for centuries.

The week-long retreat will allow guest's bodies to detox while giving a boost of energy and vitality. Nutritionally balanced meals will include fresh Moroccan ingredients such as argan fruits, pomegranate, cactus fruits and dry figs and dates. Take a pick at Oualidia's seasonal seafood including spider crab, lobster and oysters, which are locally sourced from the lagoon and a La Sultana specialty.

Detox the mind with daily yoga, Pilates and meditation sessions led by an in-house wellness specialist. Guests will learn breathing and meditation techniques as well as muscular and core strength development. The classes will take place in a wealth of locations in the region including private beaches, lush gardens and the hotel's private lagoon at sunset.

For ultimate relaxation, guests will also enjoy a Royal Hammam and body scrub on arrival followed by a daily 60-minute relaxing, slimming and deep tissue massage. End the week with a body wrap using Moroccan Argan lotion helping to moisturize and detox the skin.

La Sultana Oualidia offers the perfect backdrop for the new retreat, situated by an open lagoon extending onto the Atlantic

La Sultana
HOTELS SIGNATURE

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coast and offering a slower pace and peaceful environment. La Sultana Oualidia has possibly the most beautiful infinity swimming pool on the Moroccan Mediterranean coast. Its unparalleled position overlooks the 11km long lagoon.

Each of the 12 rooms and suites make the most of the stunning views and incredible light. Each room has been individually designed with large bathrooms, private terraces with water features and a sea-water jacuzzi fed by the lagoon. The interiors have been designed using natural materials from the surrounding areas, showcasing the local craftsmanship in a contemporary and chic style, giving each room a luxurious and elegant feel. With dressed sandstone ceilings, zellige flooring and honey-coloured walls, the rooms blend modern comfort with local Moroccan undertones.

La Sultana Oualidia offers the new Natural Moroccan Detox Retreat from 9800MAD (approx. £705) per person and includes all meals, spa treatments and activities. Rooms at La Sultana Oualidia start from 26,400MAD (approx.£1,904) in a Deluxe Prestige room based on two sharing for six nights. The Natural Moroccan Detox Retreat is available throughout the months of June and September 2016.

FOR MORE INFORMATION VISIT:

www.lasultanahotels.com