



CreativeEscapes^o

MARRAKECH, MOROCCO



“Best hands-on holidays”

THE 
INDEPENDENT
ON SUNDAY



Stressed out and in need of a break, but fancy a good mix of relaxation and creativity? Our indulgent five-day hammam hermitage caters for mind, body & soul.

Our experts will guide you through an array of opulent treatments, from the traditional hammam-style spa to the cutting-edge anti-aging galvanic facial. You'll choose from our extensive collection of nourishing therapeutics; rhassoul clay body wraps, argan, rosewater and vetiver hair tonics, rejevunessence facials and aromatherapy massage. State-of-the-art healing in tranquil surroundings.

Come each afternoon, we'll dip our toes into a range of creative fields; art, cooking and photography. Our tutors will guide you step-by-step, unleashing the artist in you. We'll also throw in a sensational guided tour into Marrakech, to discover hidden souks, buzzing kasbahs and relaxing rooftop bars.

Marrakech. A treat for all the senses.



Voted 'Best hotel for exotic seclusion' in 2009 by Harpers Bazaar, Tigmi is a 19th century, boutique lodge, 12 km from Marrakech and with stunning views of the Anti-Atlas mountains.

If you're looking to chill out away from it all, Tigmi is just the place for you. In its May 2009 article on the Top 12 Ethical Hideaways, Harper's Bazaar calls Tigmi "luxe for less" and names it "best for exotic seclusion." Converted from a house built in 1840, the 22-room Tigmi is located 15 minutes outside Marrakech, nestled in a hill with views of the snow-capped Atlas mountains and an ancient kasbah. Bazaar describes Tigmi as a "blissed-out haven that mixes style with substance and features a new spa and hammam, both of which use natural ingredients sourced nearby." Delicious food is served banquet style. "It's a place to forget the outside world.". And the perfect base for our creative holistic retreat.

Participants stay in shared, lavish rooms that are a modern interpretation of Moroccan heritage - clean architectural lines, soft lighting and boutique furnishings that reflect strong aesthetic traditions. Single rooms are available for an additional supplement.

Our chef prepares a gourmet mix of delicious, organic ingredients, plus we venture out to dine by the lake and the buzzing epicentre of modern Morocco, Marrakech.

Days 1-5
Pampering
indulgence

Day One - Arrival and initial treatments

As the vibrant streets of Marrakech slip further from view, you will arrive in the most serene Moroccan landscape. Surrounded by the beguiling Atlas mountains is the splendid Tigmi resort, your base for five days of rejuvenation and pampering. What better time to arrive than with the delights of an authentic Moroccan feast to await you. Once lunch is served, you're ready to dive right into a cleansing traditional Moroccan Hammam, followed by your choice of aromatherapy massage, galvanic anti-ageing facial or Indian head massage. In between, chill by the pool and feel the heady scent of jasmine filling the air. Refreshed, its time for a little socialising with a delicate aperitif followed by a great alfresco dinner.

Day Two - Re-energise yourself

What better way to start your new energised body with a bit of morning Yoga and meditation, followed by a delicious breakfast. A great way to make sure you feel less guilty about the rituals you are going to experience after breakfast; 2 hours of complete indulgence. With a swim and a light lunch, you're now ready to nourish your creative side with an inspiring session learning the basics of photography. With the day almost over its time for dinner and a seat at our outdoor cinema under the stars.

Day Three - Explore another side

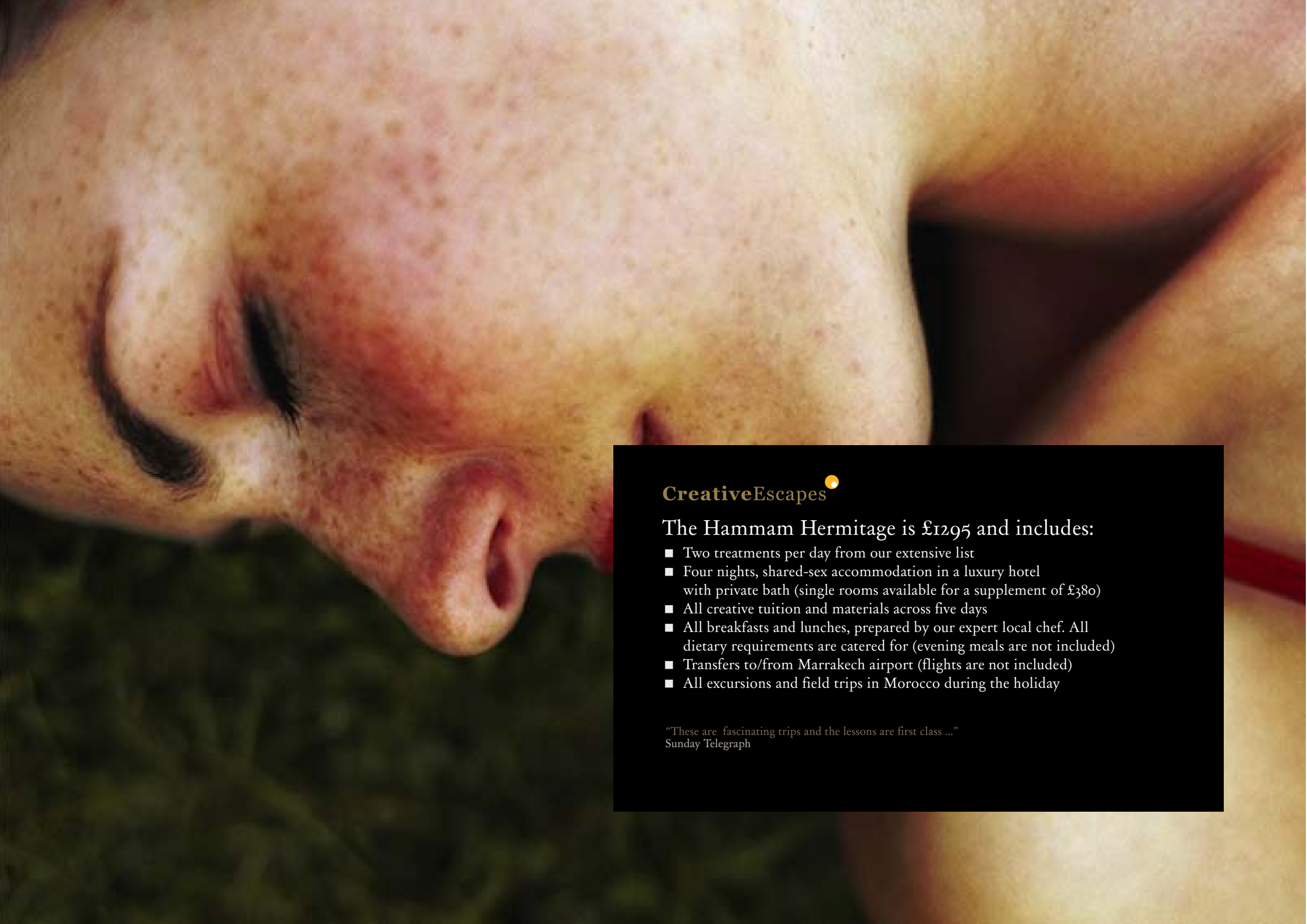
A quick session of morning pilates to ease out all those last remaining little niggles and a healthy breakfast to follow. Sink into a Rejuvenescence facial, body wrap or hair-tonic treatment this morning, plus a light swim and chance to work on your tan. After lunch we will take you on an adventure through the streets of Marrakech. You'll explore the hidden souks, majestic monuments and buzzing kasbah, before sipping rooftop cocktails, listening to the melodic prayers fill the evening sky from the mosques. We couldn't leave without visiting one of the best Moroccan restaurants for dinner before making our way back to the sanctuary of our luxe resort.

Day Four - More lovely indulgence

After a heady night in Marrakech, rebalance your body and mind with yoga and meditation. Once re-awakened, you can blow away those toxins with a massage or treatment. Lunch today is a scenic picnic by one of the most stunning lakes in Morocco. As you kick back after a sumptuous lunch, we'll awaken the artist in you with a life drawing class. there will be a life drawing class to awaken the artist in you. Then back to the resort for a cocktail and a sumptuous dinner.

Day Five - Final treatments

Pilates to stretch and ground you, a nourishing breakfast and a last pampering treatment to really spoil you before you make your way home. Today's local-style lunch will inspire you to make the most of this afternoon's cookery class, which will teach you how to make the most delectable salads and dishes to continue your healthy ways back home - and impress your friends.



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The Hammam Hermitage is £1295 and includes:

- Two treatments per day from our extensive list
- Four nights, shared-sex accommodation in a luxury hotel with private bath (single rooms available for a supplement of £380)
- All creative tuition and materials across five days
- All breakfasts and lunches, prepared by our expert local chef. All dietary requirements are catered for (evening meals are not included)
- Transfers to/from Marrakech airport (flights are not included)
- All excursions and field trips in Morocco during the holiday

"These are fascinating trips and the lessons are first class ..."
Sunday Telegraph