

# How to use the Hamam (Turkish Steam Bath)

The Hamam is a room for relaxation, cleansing and detoxification. While many people enjoy just sitting in the Hamam, traditional practice is to participate in a process of cleansing and relaxation. The following is a guide to enjoying a traditional Turkish Bath ...

## 1. Heat the body

A sweat can be raised by sitting in the Hamam for approximately 10 minutes or, to raise your body temperature faster, lay on the heated centre stone in the Hamam.

Note: Pre-heating in the hot spring pools or sauna is also a possibility.



## 2. Cleanse with vigorous scrubbing

Once heated, use a mitt (kese\*) to scrub your body, exfoliating a layer of skin and removing any retained dirt.

## 3. Massage & manipulation of the muscles

A massage of the back, neck, arms and scalp can be a great part to the Hamam experience.

- It is best to bring along a friend to help each other with the scrub and massage.

## 4. Soap lather

Using the Hamam soap\* create suds and lather the body. While lathering the body the massage can continue.

## 5. Rinsing

Use the the rinsing bowl (Tas\*) to scoop water from the marble bowls and wash away soap suds.



- Remember to drink plenty of water to stay hydrated.
- Ask at reception about Hamam Turkish Bathing classes with our trained spa therapists.

\*All the products you need to partake in the Hamam, including the traditional bathing wrap/sarong (peshemal), are available from the Bath House reception.