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 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.