

Self-Use Turkish Bath (Hammam) Instructions

£20 pp (hotel guests only)
9 am to 9 pm

A step-by-step guide to help you enjoy the hammam like a true local.

1. What to Wear

We recommend using your own swimsuit. If you don't have one, we provide a disposable set. You'll also be given; towels, slippers, shampoo & shower gel and **kese** (exfoliating glove). Leave your slippers at the entrance of the bath and hang your towel on the hook.

2. Set the Mood

Step in. Take a deep breath. This is your time to relax. Let the magic surround you.

3. Prepare for the Scrub

Take a moment to enjoy the heat. Lie on the warm marble platform – **göbektaşı** (bellystone) – and let your muscles soften. Fill the marble **basin** (**kurna**) with hot water and pour it gently over yourself for 5 to 10 minutes.

4. Time to Scrub

Once your skin is soft and your pores are open, it's time to exfoliate. This is the most authentic part of a Turkish bath. Avoid using soap or shower gel before this step – **kese** works best on unsoaped skin. Scrub to remove dead skin and reveal a refreshed, smooth surface. If you are with someone, feel free to help each other.

5. Rinse and Refresh

Next, cleanse with shampoo and shower gel. Let the water rinse away the scrub and fully refresh your body.

6. Relax and Unwind

After your session, take some time to rest. Drink some water, breathe deeply. Let your body and mind enjoy the calm. You are now officially a hammam pro!



Turkish Bath Tip

The hammam isn't just about cleansing your body—it's about clearing your mind, too. Leave your worries at the door and let the Turkish bath do the rest.

If you'd like us to assist you with all these steps, please take a look at the back page.