

Turkish Bath Treatment Instructions

£70 pp (hotel guests only)

10 am to 7 pm

A 50-minute journey of scrub & foam massage. Just lie back and let us take care of the rest.

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. Warm Up

Take a moment to enjoy the heat. Lie on the warm marble platform – **göbektaşı (bellystone)** – and let your muscles soften. At this point, our therapist will assist you with pouring hot water 5 to 10 minutes and get your skin soften and open your pores.

4. Time to Scrub

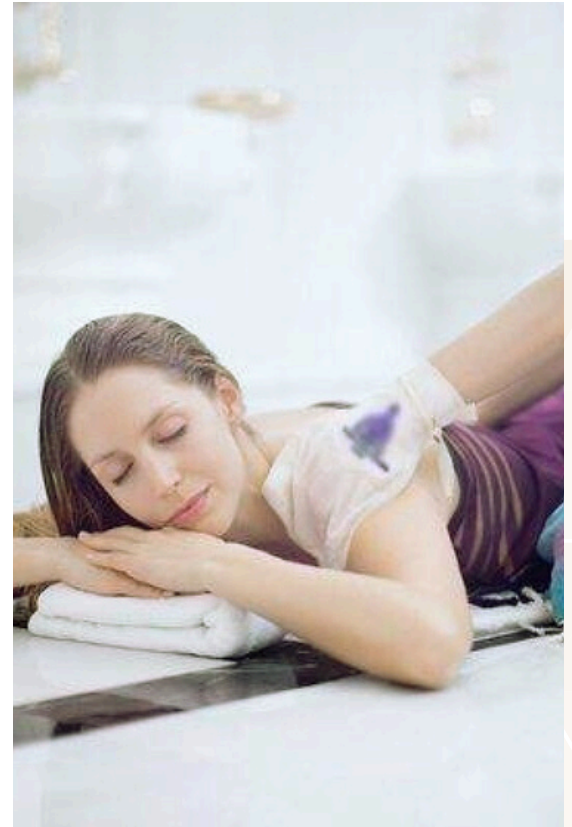
Get ready to experience the grandeur of the Ottoman sultans. Our therapist will perform a traditional exfoliating scrub using a **kese** to remove dead skin cells. This revitalizing treatment will leave you feeling cleansed and renewed.

5. Foam Massage

Following exfoliation, enjoy a calming foam massage using our special natural soap. It purifies your skin and deeply relaxes your body. To complete, our therapist will gently rinse you with warm water.

6. Rest & Recharge

Take a few moments to unwind. Have some water, take a deep breath, and enjoy this peaceful time.



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.