

Simply Soothing
Prestige
June 2003

Step off busy South Granville into another world at Miraj.

This Middle Eastern Hammam Spa, the first of its kind in North America, is an exotic oasis, with wrought-iron window grilles, carved Persian archways and mosaic-tiled fountains.

Hammams, known for centuries as the silent doctors, are traditional cleansing treatments dating back to the Roman Empire. Hammam in Arabic translates as "spreader of warmth" and Miraj delivers on every level.

You start in the stunning hammam, where low mist and high intensity steam chambers cleanse the body and stimulate the senses. The sounds of trickling water and Arabic music soothe as you lie on cool slabs of Jerusalem gold marble, enveloped in searing lavender and eucalyptus-scented mist.

Next comes *Gommage*, an exfoliation with slippery black Moroccan soap that is slathered all over the body then vigorously loofahed off.

After a refreshing rinse you are ready for *Orientale* - a 15-minute fully body massage. Add a *Nettoyage de Peau* facial for ultimate relaxation.

You will be glowing from head to toe as you float down the passageway to your last stop - the plush Sultana Lounge where plump velvet pillows, silk cushions, spiced Arabic tea and sweet cakes await. 1495 West 6th Avenue. www.mirajhammam.com