

## **Energy Booster**

**Flare**

**July 2005**

### **High**

Check into Vancouver's Miraj Hammam Spa and try the exotic Hammam & Gommage treatment. It begins with a 20-minute stay in the hammam, a high-intensity steam chamber, followed by a vigorous exfoliation with black Moroccan soap while you lay on a Jerusalem-gold marble table. We suggest following up with a 30-minute massage. After that, retreat to the Sultana Lounge to sip tea and savour sweet cake. \$125