

**Say Spaaah**  
**Kate MacLennan**  
**Fashion**  
**Winter 2005**

**'Tis the season for a day at the spa.**

Miraj Hammam  
1495 W. Sixth Ave., 604-733-5151, [mirajhammam.com](http://mirajhammam.com).

Inspired by bathhouses in North Africa, this is one spa experience where you won't leave with hundreds of dollars in products, madly scribbling the list of things you must do (or not do) in order to stay beautiful. Instead, step out of your clothing and into the candlelit eucalyptus steam room for the "hammam" part of your treatment, then lie back on a marble bench where you will be scrubbed head to toe with detoxifying black Moroccan soap and exfoliated with a loofah mitt. At this point, opt for a sensuous body mask--we like the papaya clay that warms up as it hits skin, nourishing and conditioning for changing seasons. Next, you're blasted with cool water before climbing into a fuzzy robe for a relaxation massage. (Anjana's soothing hands might make you see Allah.) Finally, retreat to the Sultana Lounge, which, unlike other spas, isn't just code for "waiting room." Recline under cozy blankets on massive cushions and nap, or peruse a current selection of magazines while you enjoy piping chai mint tea and nibble homemade baklava like you've never tasted. Totally ideal for your next mother-daughter bonding experience or bridal party, and for couples (on Sundays only). Your guy can go on Thursdays.