

Before You Know It...You're Mellow
Seattle Metropolitan
June, 2006

Body Heat

Hammams are hot--literally. The new MIRAJ HAMMAM (604-733-5151;mirajhammam.com) in Vancouver, BC, is a traditional but upscale Turkish bath. That's where you'll get a steam, a black-olive Moroccan soap exfoliation, and an oil massage before you head to the silk-drapery-filled Sultana relaxation lounge. Finish off the day with spiced mint tea and honey-almond sweet cake.