

City on the Edge
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Life etc
Jan/Feb 2008

Steamy Pleasures

In line with the worldwide trend, most classy hotels in the city have day spas. For something different, though, try a Turkish-style pampering experience just 15 minutes by bus from the city centre. It's walking distance from Granville Island, so both are possible in a day. Miraj Hammam Spa is a traditional Turkish bathhouse. You start with a quick shower, slip into a sarong and sit in the luxuriously tiled steam room for about 20 minutes. Then you're led to another part of the steam room where your body is rubbed with black Moroccan soap than scrubbed as an exfoliation. After another quick shower, you are massaged for 15 minutes then led to a raised lounge area packed with cushions and pillows where you are encouraged to rest while you sip very sweet tea. The process leaves your skin feeling soft and your mind empty--perfect for more adventuring in the city. It costs about \$100 and you can add a longer massage or facial if you want.

www.mirajhammam.com