

Turkish Delight
Western Living
October 2000

Spa

Until the mid-20th century, most Middle Eastern homes had a *hammam*--better known as a Turkish bath. Though it sounds rather exotic, it's really just a version of the sauna: a very warm, wood-heated room--except in this case, the wood warms up a cement floor instead of the air. Bathers lather up with soap, scrub with a loofah and then sprinkle themselves with water. The water then evaporates on the floor, producing a cleansing steam and leaving the skin detoxified and silky smooth. Though fewer Middle Easterners are doing it, the idea is catching on in other parts of the world, including Canada where the first Turkish bath will open in Vancouver this month. It's all thanks to former travel agent Surinder Bains Kassour who has created a luxurious spa, as true to the ancient idea of the *hammam* as possible, with a few allowances for modern technology. Clients will enjoy baths on marble slabs, relaxing oil massages and Arab mint tea and sweets.

Where To Find It: Miraj, 1495 West 6th Ave., Vancouver.

Who Needs To Know: Fans of *1001 Nights* and spa goers looking for something a little different.