

Sweet Surrender

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Spa

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Looking to soothe the body and soul? Then consider one of these 15 unique treatments to take out the kinks and let go.

3. Heat Up In A Hammam

I stumbled upon Miraj Hammam Spa in Vancouver and was pleasantly surprised to find an authentic hammam tucked inside. Owner Surinder Bains was inspired when living in Paris, where she frequented hammams in the city's North African community. I tried the Hammam & Gommage experience (\$99, 45 minutes), which begins with a shower, then proceeds to the Intent Steam chamber. After a good dose of humid vapor comes the gommage (body scrub), given atop a marble slab with a special Moroccan soap. Next, you're led to a treatment room for a relaxing 30-minute massage. To top it off, a delicious cup of tea is served afterward with a piece of Middle-Eastern honey cake in the small yet exotic Sultana Lounge.

Miraj Hammam Spa, Vancouver, Canada, (604) 733-5151, Mirajhammam.com