

A Taste of the Middle East in Vancouver

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When the doors to Miraj Hammam Spa opened in Vancouver, it was quickly discovered by visitors worldwide. Today, Miraj boasts a clientele from around the world, including the Middle East, Europe and the Americas, who come to indulge in the spa's Hammam (or Turkish-style steam bath). Surinder Bains, founder and owner of Miraj, believes in keeping things simple and letting the hammam speak for itself. Clients are treated on an individual, private basis, though appointments are available in groups of two or more as well. Upon entering Miraj, guests are greeted by a Gommage attendant who presents a sarong to wear throughout the visit and serves as an escort to the shower. After the shower, it's on to the hammam for fifteen minutes in the intense chamber--the heat releases the body's toxins--and then to the low-mist chamber for Gommage, or exfoliation. Black Moroccan soap infused with eucalyptus oil is used for the treatment; the soap only works with the steam in the lowmist chamber. A full body massage follows. For more information visit www.mirajhammam.com.