

Peace in the Middle East

Sarah Rowland

Vancouver 24 Hrs.

March 25, 2008

With a special focus on traditional Middle Eastern treatments, the Miraj Hammam is one of the more exotic spas in the city. But keep in mind, it's not for the shy. You're pretty much naked the whole time (as me and our very married photographer found out the hard way--awkward). However, once the photo shoot was complete, I was able to enjoy my Hammam & Gommage with Orientale massage (\$109) treatment. Loosely translated, I was rubbed down with a black Moroccan soap, steamed, sprayed and massaged--and not necessarily in that order. It was all very relaxing in a transcendental kind of way, but I think my favourite part of the experience was chilling out in the sultana lounge, where a hot cup of Moroccan chai-mint tea and a plate of sweets awaited me. That's where I said goodbye to my little friend--stress.

Miraj Hammam Spa (1495 W. 6th)