

TURKISH BATH (HAMAM)

FROM ANTALYA / KEMER / BELEK AREAS

The history of the Turkish Bath "Hamam" goes back over 1000 years and they were originally used only in Palaces and Royal Residences. It was not until the mid 19th century that they were declared open to the public.

These baths not only cleanse the outside of the body but because of the vapours created by the high temperature they also cleanse the body from the inside by breathing in the heat which in turn clears the pores of the skin.

In the middle of the room is a huge "table" made of marble called the "Göbek Tasi", under which the water is heated to a high temperature. After lying on this table for approx 10 minutes you will be given a massage with a special cloth made of goat hair which will remove the dead skin after which you will be washed with soap and water, and your skin will be left feeling like pure silk.

You will now cool down in a room and rest there for approx 10 more minutes before dressing.

Timing: 09:00 – 13:30 (half day) or 14:00 – 18:00 (half day)

Minimum Participation: 4 pax

