

Discover the rejuvenating power of the hammam

this traditional therapy, dating back centuries with its roots in North Africa, infuses the body with heat. We go further than simply applying the mud, our therapist massages it into the body following a salt exfoliation, as the combination of the heat unlocking tight muscles and mineral properties penetrate the dermal layer to bring the body and mind back into balance.

This 90minute treatment is ideally suited to the change of season to help re-align and re-balance

