

# Hamam

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The Hamam in its original form serves the cleansing of the body, well-being and cleanliness. This includes oriental sensuality, fragrant scents and luxurious equipment. The personal well-being is noticeably increased. Tensions are released, the blood circulation of the skin is stimulated. Regular hamam visits create a high cosmetic effect for the whole body. Through holistic treatments you will experience the visit as extremely refreshing and invigorating. The complete relaxation with peeling, soap and massage applications is a pleasant consequence of these rituals. All rituals begin with a briefing and include visits to the steam baths.

Tau Spa recommendation: All individual experiences can also be booked in pairs.



# Hamam Rundgang

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**Hamam - Independent Walkthrough** ..... 1 hour 30 minutes

Care of body, mind and soul. The Hamamritual follows a traditionally given operational sequence. In order to enjoy the oriental bathing cult, you need time, desire and curiosity for something extraordinary. We will give you an introduction to the process as well as Pestemal, peeling glove and soap, with which you can peel and wash yourself independently. This is followed by a Rasul with caring mineral mud. The healing muds in different colours and granulations are applied to the body in self-application. The combination of moist warmth and mud stimulates the metabolism and cleanses the skin deep into the pores.

Hotel guests

..... 1 person | CHF 45

..... 2 persons | CHF 70

External Day Spa guests (incl. day admission)

..... 1 person | CHF 75

..... 2 persons | CHF 140

# Hamam Rituale

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**Hamam – The Purity** ..... 65 minutes | CHF 120

This traditional cleansing ritual begins with warm water pours and a full body peeling with a peeling glove (20 min.). Your skin now feels wonderfully soft. Then you are wrapped in a fragrant cloud of foam and massaged at the same time (20 min.).

**Hamam – The Care** ..... 65 minutes | 1 person | CHF 105

..... 2 persons | CHF 190

Various mineral slurries are applied to the skin, which in combination with steam cleanse the body and care for it silky smooth (20 min.). Flowing strokes with aromatic oils allow you to immerse yourself in another world with the whole body oiling (25 min.).

**Hamam – From Head To Toe**..... 100 minutes | 1 person | CHF 155

..... 2 persons | CHF 295

Feel like you're reborn. First, your skin is cleansed and nourished with caring mineral mud (20 minutes). During the traditional head wash with subsequent foot massage (20 minutes), tensions in the whole body are released. The following massage (20 min.) - you are wrapped in fragrant foam - lets space and time flow.

**Hamam – The Indulgence**..... 2 hours 10 minutes | CHF 240

During this royal ritual you will be pampered with warm water pours and a full body peeling with a peeling glove (20 min.). The skin becomes velvety soft. Then you will be wrapped in a fragrant cloud of foam and massaged at the same time (20 minutes). The final full body massage with aromatic oil (50 min.) immerses you in another world.

All Hamam applications are inclusive day entrance.

For hotel guests, the price for Hamam Rituals and Hamam Individual Experiences is reduced by CHF 20 per person.

This reduction does not apply to the Independent Hamam Walkthrough.

# Hamam Individual Experiences

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## Cleansing

**Hamam – The Peeling Massage**..... 25 minutes | CHF 80

Warm water showers and an energizing peeling massage make your skin velvety soft and fresh.

**Hamam – Head Washing And Foot Massage** ..... 25 minutes | CHF 80

Switch off and wake up fresh with a soothing head wash, scalp massage and vitalising foam massage for the feet.

**Hamam – The Soap Foam Massage** ..... 25 minutes | CHF 80

Wrapped in fragrant foam, space and time flow. After the watering, your skin is silky cared for.

## Care

**Hamam – The Whole Body Oiling** ..... 25 minutes | CHF 80

Flowing strokes give the body pure relaxation and intensive skin care.

**Hamam – The Aroma Oil Massage**..... 50 minutes | CHF 135

Erleben Sie eine wohltuende und pflegende Ganzkörpermassage mit duftenden Aromen.

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# Hamam Etiquette

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## Hamam etiquette

- We recommend that you take 1 - 2 hours to visit the Hamam. If you would like to enjoy additional Hamam treatments, we recommend that you book them in advance (tauspa@oberwaid.ch, T +41 (0) 71 282 0540 or personally at the spa reception).
- Our Hamam is not a nude area. The wearing of the Pestemal (wrap cloth) is obligatory. The Pestemal may be removed during body cleansing and washing. During the treatments your privacy will be protected with special covering techniques.
- For hygienic reasons it is not allowed to wear swimsuits or underwear under the Pestemal.
- For hygienic reasons, please use the Kесе (peeling glove) and the soap only in the designated room.
- The Hamam is a place of seclusion, purity and relaxation. We ask you to be considerate of the other guests during conversations.