

# Hamam

The Hamam (the Arabic for "to warm") also known as Turkish Bath, is a very ancient ritual that has its origins in the Arabian traditions.

Inside the Hamam, the temperature ranges between 45°C and 48°C (113 F and 118.4 F) with humidity between 95% and 98%. The recommended exposure time is 20 minutes maximum during which it is possible to use the water jets and the inner tanks of reaction in order to put the body in a condition of cutaneous gymnastics, very useful for the health.

Hamam benefits are many. The hydration of the skin becomes more durable if a Turkish Bath a day for at least fifteen days in row is done; also the peeling skins, typical of dry ones, decreases.

What is more, the Hamam relaxes the striated muscles, gives an analgesic effect and is useful for the respiratory system. The Hamam damp environment may give the impression of sweating but it happens only minimally thanks to the high presence of moisture percentage.

Therefore, the Hamam becomes a wonderful ritual of beauty and wellness for our mental and physical health linking the body to the soul.

**Notos Cleansing 90'**

€ 120

Useful to purify the skin through a gommage/scrub face-body treatment inside the Hammam.

*Hammam with exfoliating body treatment, Notos body massage 45', herbal tea*

**Notos Oriental 2h 30'**

€ 125

Useful to restore the balance of chakras through the aromatherapy and the active flavouring ingredients of medicinal plants.

*Emotional Path "Basic Emotion", Ayurvedic Pintasweda massage 45', relaxing herbal tea*

**Notos Relax 90'**

€ 130

Useful for a physical and mental relaxation with aromatic balm at sweet orange.

*Hammam, Notos body massage 45', face relaxing massage 15', herbal tea*

**Reinvigorating Notos Remise en forme 90'**

€ 160

Useful to regenerate the skin through an exfoliating treatment, followed by a personalized massage with bergamot oil, in order to restore the muscles.

*Hammam, body exfoliation in cabin, Notos body massage 45', herbal tea*

**Anti-cellulite 90'**

€ 150

Useful to prepare the skin to the lymphatic liquid drainage through a total body scrub done after the steam bath in Hammam and ended with an anti-cellulite massage at essential oils of birch from drainage and anti-inflammatory effect.

*Hammam, body exfoliation in cabin, anti-cellulite massage 45', herbal tea*

**Nourishing Notos 2h 30'**

€ 125

Useful to detoxify the skin through the Emotional Path water and steam baths, followed by a soft chocolate massage to nourish and moisturize the skin itself.

*Emotional Path "Basic Emotion", body treatment with relaxing massage 45', herbal tea*