

what to expect...

the hamam at ten is located within Ten Spa. At reception you will be given a locker, Italian spa slippers, a plush Turkish robe and a pestemal to wear during your hamam experience.

Prior to entering the hamam, a warm shower in our luxurious change rooms is recommended. You will then proceed to the tea room adjacent to the hamam where you will be offered Turkish tea and a small sweet to sustain you through your treatment.

Upon entering the hamam your first stop is the aromatic salting area, where you will self apply warm aromatic salt while seated on a heated bench. This area is somewhat warmer than the next resting station; its purpose is to get you perspiring and to start your cleanse.

After 10 to 15 minutes, the hamam attendant will rinse you off and guide you to the large communal heated marble platform where the ritual continues. Take your time, break for more tea or water and relax for the next 30 to 60 minutes. If you have booked Intro to Hamam, Hamam 101+ or Hamam Fully Loaded this stage includes a foot and scalp massage by the hamam attendant. There is also a seating area equipped with a number of wash basins from which you can fill your tas and pour hot, warm, cool or cold water (to your liking) over yourself.

If you have booked Hamam 101+ or Hamam Fully Loaded, at the appropriate time an attendant will escort you to your private treatment bed for the traditional soap scrub. All soap scrub treatments include gommage with kese followed by a head-to-toe olive oil soap scrub down.

Whether you continue with a stretching and/or rose oil massage or not, you will not believe how clean and rejuvenated you feel. As you relax post-treatment and enjoy your ayran beverage, you will already be thinking of your next visit.

ten

certificates make
the perfect gift.

the hamam at ten

The Hamam at Ten is a modern reinterpretation of the Turkish Roman hot air bathing ritual. It is a co-ed facility that can be booked individually or enjoyed as a private party room requiring six to twelve people.

Ten certificates are available for purchase seven days a week, 24 hours a day from the front desk of The Fort Garry Hotel, on-line with our door-to-door delivery service, or on-site.

spa hours + contact numbers

Weekdays	10 am to 8 pm	Reservations	204.946.6520
Saturday	9 am to 7 pm	Same day bookings	204.946.6518
Sunday	9 am to 6 pm	Group bookings*	204.946.6529

*six or more people

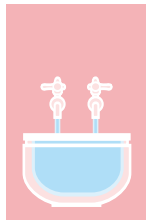


ten spa at the fort garry hotel, toll free 1.866.585.0772
10th floor, 222 broadway, winnipeg, R3C 0R3 www.tenspa.ca

the hamam at ten

hamam menu

Prices and treatments are subject to change. * A 15% gratuity will be added to all hamam treatments. Please feel free to make any adjustment to this amount based on your experience.



All hamam treatments are relaxing and detoxifying. They stimulate circulation, cleanse and activate skin metabolism. You will love your healthy, glowing skin.

Self Administered Hamam When you need relaxing downtime without the touch of others. Communal hamam experience with self administered aromatic salt scrub, and soft steam on heated marble slab. \$65

Intro to Hamam This is the treatment for the faint of skin. Communal hamam experience with self administered aromatic salt scrub, soft steam on heated marble slab, with foot and scalp massage. Up to one hour with relaxation \$85 *

Hamam 101+ Communal hamam experience with self administered aromatic salt scrub, soft steam on heated marble slab with foot and scalp massage, gommage followed by Olive Oil Soap scrub down and hair wash. Up to two hours with relaxation \$145

Hamam Fully Loaded Communal hamam experience with self administered aromatic salt scrub, soft steam on heated marble slab with foot massage, gommage followed by Olive Oil Soap scrub down and hair wash, flexibility-enhancing stretching massage. Over two hours with relaxation \$175

All hamam experiences can be enhanced after your treatment by adding a Rose Oil body massage and/or toning facial.

Rose Oil Massage with any hamam treatment . . . 50 minutes . . \$95
 Essential Oil Toning Facial 30 minutes . . \$65

Warm Mud Party For bookings of six to twelve people. All guests receive an exclusive hamam experience with self administered aromatic salt scrub, followed by self application of five specially selected body and face muds and clays, soft steam on heated marble slab, warm, cool and cold water rinse.

At least one hour \$85 (per person)
 With foot wash and foot massage \$100 (per person)

Retreat for Two Hamam 101+ for two. Each guest receives a Rose Oil Massage and Essential Oil Toning Facial. 3.5 hours with relaxation \$529

ten spa bookings call 204.946.6520

glossary...

pestemal This is the large fringed cotton that you will be provided with when you book your hamam appointment. Women will wrap it around their torso, from below the armpits to about mid-thigh. Men will wrap it at the waist to mid-thigh. The pestemal is the dress code for the use of the hamam. You will also be provided with a robe to be worn over the pestemal while you wait for and relax after your treatment.

nalin Traditionally, wooden clogs (some very ornate and decorated with mother of pearl) were worn to keep feet clear of water while enjoying the hamam. At Ten we provide you with equally effective (and far more comfortable) Italian Sensi slippers.

tas The bowl used to pour water over your body. Warm, cool and cold water may be used as part of your treatment. You will use your bowl frequently during your treatment: first to rinse off after your initial aromatic salt rub, and ongoing as your body heats up and detoxifies.

kese The rough cloth mitts that will be used to both scour your pores and deliver a bracing opening massage before your soap scrub.

gommage Full body exfoliation with kese.

sabun The soap, made of pure olive oil that, in addition to its curative properties, delivers an abundant lather that will be rinsed off throughout your treatment with warm and cool water. The final cold-water rinse following your soap scrub is optional but recommended.

ayran A salty yogurt drink to be consumed after your treatment.