

## Turkish Bath Experience

Operational Hours:	09.00 hrs or 13:00 hrs.
Duration:	Session approx. 3 hours. Transfers from/to ship and soap bath included.
Minimum:	10 participants.
Maximum:	160 participants daily
Operated:	All year round.

Formerly, all the towns and villages in Turkey had a bathhouse where the local people gathered every week to relax and exchange gossip. The baths were segregated and were open at a set time for men and women – nowadays however the more commercialized baths are mixed.

No port visit to Turkey is complete without experiencing a Turkish bath. Not only will you feel completely clean and relaxed afterwards, but it's also an excellent way of prolonging your tan.

On entering you will usually leave your valuables and clothing in a locker, the key of which you keep with you for the duration of your stay. You will be issued with the "pestemal", a thin wraparound sarong (over your swimwear if you wish) a pair of plastic slippers or wooden clogs to wear on your feet and later a drying towel. You can then go into the main marble-lined bath chamber to relax in the steamy atmosphere. Around the chamber you will find marble wash basins with hot and cold taps running into them with which you can mix the temperature required and drowse yourselves with the metal dish provided.

At the heart of the "Hamam" (Turkish bath) is the "Gobek Tasi" (Naval stone) a raised marble platform positioned directly over the wood or coal fire furnaces that heat the premises. Here you will receive your first massage – a brisk rub down with a loofah mitt to remove and dead skin. The second masseur will then cover you from head to toe with soap bubbles out of soap filled pillowcase and then massage each of your body, untying all those knots, an experience not to be missed!

Finally take a shower, after which you are wrapped in thick towels and can relax further, perhaps having a drink.









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