Western Australiaâ€™s first Hamam opens in Denmark

Luxuriate in an authentic Turkish bath

WesternAustralia’s first Hamam (Turkish bath) has just opened at Denmark’s exclusiveboutique lodge Chimes Spa Retreat.
Denmarkis located on the South Coast of Western Australia, 414km south-east of Perth,and is where towering tall trees meet the ocean. Denmark has naturalattractions galore, along with wineries, art studios, and more, making itthe perfect setting for a relaxing getaway.
Accordingto Michelle Randle of Chimes Spa Retreat, there has already been anoverwhelmingly positive response from South Coast residents to this new day spaservice, so the Hamam is sure to be popular with tourists to the region.
“The universal appeal of theauthentic luxurious treatment of the Hamam is the sense of community, socialnetworking, friendship and relaxation that it creates – and the fact you canenjoy the three baths - the cold plunge, the warm bath and the hot spa,” MrsRandle said.
Throughout history ancientcivilizations have praised the virtues of daily bathing, not only for thetherapeutic and wellness benefits associated with it, but also for its culturaland social aspects.
“After identifying the Hamam asan emerging day spa trend in the United States, we decided to take advantage ofthe fact our two Balinese therapists had experience in working in a TurkishHamam,” Mrs Randle said.
“So we built Australia's secondHamam - the other one is in Sydney, and I believe Chimes has the only twotrained Hamam therapists in Australia.”
A large communal treatment roomhas been created at Chimes Day Spa, which provides services in its own right,and also creates a place for clients between treatments. Mrs Randle said the Hamam was afantastic addition to Chimes Day Spa’s already extensive list of treatments.
Chimes Day Spa currently have an introductory offer until the endof May. Book a Hamam session ($25) and bring a friend for free. Chimes willalso tailor the Hamam treatment into three parts so clients can buy a HamamSession and just chill out without adding the scruband massage.
For bookings phone+61 (0)8 9848 2255; open 7 days8am-6.30pm. Visit www.chimes.com.au or email stay@chimes.com.au
Hamam treatment detail.
Hamamtreatment: The treatment is performed in the Hamam lying on the heated (40 degree) stonetable, in a modern steamy, humid environment. Its purpose is to cleanse, relaxand purify the body and skin. Starting off, the body's temperature is increasedwith a warm body soak using traditional copper Tas pans to detoxify the bodyand prepare the skin for exfoliation with the traditional Kessa mitt. Theexfoliation will help renew the skin and leave it feeling silky and smooth. Thebody is then rinsed again. Your therapist then uses a conditioning olive basedsoap rubbed into a Torba and when combined with air, creates a cloud of frothybubbles to wrap the body in. Once the body is lathered the therapist massagesthe soap bubbles into the skin. The massage is quite rough, especially for themen, and really cleanses the new skin layers as well as providing some degreeof stretching and kneading of those tired muscles. To complete the treatment,the client is rinsed off under the Vichy shower on the ‘thinking’ rock. Thatends the treatment but the client is encouraged to stay and enjoy the coldplunge, the warm soak or hot bath or pour water over themselves from the coldfountain (traditional).
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