



how to create your own hammam steam room experience at home

There is nothing quite like a hammam steam room to experience this cleansing, complete body ritual. For both physical and emotional detox, Peninsula Hot Springs' two hammams are the ideal spots to enjoy this authentic, ancient Moroccan ritual.

When you can't make it to the springs, why not recreate your very own steam room experience at home using a few products from the Mira's Hand Hammam range?

For this at home self-care experience you will need:

- Mira's Hand Exfoliating glove
- Mira's Hand Rhassoul Clay
- Mira's Hand Rose water toning mist
- Mira's Hand Body Moisturiser
- Mira's Hand Argan Oil

Some immediate benefits of visiting a hammam steam room:

- Physical and emotional detox.
- Renews the body and face, removing dead skin cells, unclogging pores and eliminating toxins from the skin.
- Skin nourishing and rehydration.
- Decreases muscle tension and aids with better sleep.
- Boosts the immune system, activating the blood circulation.
- Helps tone and firm the skin while improving elasticity.

Purchase Mira's Hand products at <https://bit.ly/shopmirashand>



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Enjoy a hammam steam room experience at home:

Do not use any body lotions or oils prior to your hammam exfoliation.



1. Prepare the exfoliating glove by soaking it in warm water.



2. Make the Rhassoul Clay mixture by mixing 3 tablespoons of clay, 3 tablespoons of warm water and 3 tablespoons of Rosewater. Alternatively you can replace the rose water with Green tea or plain water.



3. Leave to infuse for 15 minutes.



4. Close your bathroom door (do not disturb sign optional). If you have heating or heat lamps in your bathroom crank them up. Let your bath run with hot water or run a hot shower and steam your bathroom for 5 minutes.



5. Take a hot shower or bath and let the steam and water soften your skin.



6. Use the exfoliating glove to slowly and gently scrub your body in a back and forth motion (never in a circular motion) for 10 – 15 minutes.

Don't be surprised if the skin comes off in rolls. Your skin will feel alive, as the circulation is invigorated, oxygenation is increased and the lymphatic circulation enhanced.



7. Rinse your glove and your skin with warm water.



8. Next, apply the Rosewater and Rhassoul clay blend quickly and consistently starting at the legs and working up to and including the face (make sure to avoid the eyes).



9. Now relax and allow the clay to penetrate, nourish and detoxify the skin for 10 minutes.



10. Rinse your skin thoroughly with warm water.



11. Take your time to cool down, get dressed and remember to drink plenty of water.

You might want to apply some Mira's Hand body moisturiser with argan and prickly pear oil and hydrate your hair and face with pure argan oil to finalise your hammam at home treatment.

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