

Scrub, tub and rub



Hamмам treatment 'peps up' dry winter skin

by Jenny McCuen

photos by James D. Fidler

Bundling up against the cold and wind of winter does little to prevent dry, cracked, itchy skin. To replenish moisture, many women rely on hydrating body treatments such as Hammam.

Hamam – which means “spreader of warmth” – blends orange blossom, jasmine, bergamot, amber and clove in detoxifying washes and scrubs. It can be traced back about a thousand years to the Roman *thermae* bath procedures. Today, Hammam bathing is practiced from Andalusia, Spain, to Turkey, Tunisia and Morocco.

At Sahar’s Salon and Day Spa’s Jordan Creek location in West Des Moines, the treatment begins on a table where a Moroccan mint tea salt purifier is applied to the skin.

“It detoxifies the skin and gets it ready for the scrub,” says Jessica Dreckman, a licensed massage therapist at Sahar’s.

“The next step is the lemon coffee blossom scrub, which is filled with



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Clockwise from above left: Dreckman rinses off the Rasul clay; Dreckman mixes the Rasul clay, which draws impurities out of the skin; client Sheena Davis relaxes.

caffeine and is going to revitalize your skin."

Next, women take a 20-minute soak in a tub.

"And after that, they rub your body down with the Rasul clay, which draws out the impurities and gets the skin ready for the mist, which is just a quick steam mist over your body," Dreckman says.

The two-hour treatment ends with a massage, first with cardamom amber oil and then with a cream.

"Hamмам hydrates, exfoliates, detoxifies and peeps up the skin," Dreckman says. "Every product does a little bit different thing that's great for your skin, so there are a lot of different benefits from it."

Dreckman describes Hamмам as an incredibly relaxing – especially the soak in the tub.

"You do smell like the coffee for the whole day," Dreckman says. "If somebody doesn't like coffee, it's probably not the best treatment for her." *

