

# NEW HAMMAM SPACE WITH SHOWER

By booking only between 4pm and 7pm (from october to march)

Our B&B Le Clos de la Vigneronne now offers you the pleasure and benefits of a hammam.

This ancient bath ritual allows for a true moment of regeneration and purification. Unlike the sauna (i.e. dry heat), the hammam envelops the practitioner with **moist heat** from steam.

Moist heat **relaxes muscles**, calms the mind and opens up breathing passages. It helps fight colds and coughs in winter, and it delivers a beautiful **emollient action on the skin** as it opens up the pores and **flushes out toxins**.

**A hammam session is always followed by a good scrub!** The secret: after a 10 to 20 minutes session, rub your body with our lush black soap, avoiding your face. Let it rest on the skin for a few minutes, then scrub it with our Kessa loofah in circular movements. Rinse with lukewarm water in the shower. Your skin comes out soft, hydrated and exfoliated.

To conclude the ritual, you should massage your entire body with the queen of all cosmetic oils: **argan oil**, the ancestral beauty secret of Middle Eastern women. It feeds, protects and regenerates the skin.

**And why not prolong this relaxing moment with a 40-minute massage back in your room?**

## HAMMAM PRICE 20 MINUTES +SHOWER

20€ for 1 person- 30€ for 2 people  
(includes bathrobes, slippers, and towels)

Black soap+Kessa loofah: +13€

Argan oil: +15€

