



## *red flower hammam*

The seven-step Red Flower hammam treatment, with its notes of mint, cardamom, fig, tangerine, and coffee, sounds more like a delectable feast than a spa experience. Designed by Yael Alkalay (founder of spa product brand Red Flower), this 90-minute treatment is based on Alkalay's Turkish grandmother's weekly hammam day. Indeed, the smells and sensations transport you to the steamy, sprawling marble hammams of Turkey and Morocco. After a cleansing with a clay-based purifier, I was massaged and scrubbed with a blend of lemon, coffee-blossoms, and olive stones, then polished with red Moroccan clay, misted with orange, and anointed with cardamom-amber oil for the longest portion of the treatment – the 60-minute massage. "In Turkey, the hammam ritual is an elaborate preparation for hair removal," muses Alkalay; but here, that fantastic preparation is the main course. A.B.

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