



Hamмам

The hammam began in Central Asia and served both a cleansing and social purpose. The aim of the ritual is to remove mucus and bacteria in the respiratory system, stimulate blood circulation and, in doing so, relax the muscles.

A visit to the hammam is a treat for all the senses and focuses on the healing powers of heat, the pure pleasure of water, plus purification and relaxation. Alpha Wellness Sensations is your perfect partner in choosing the right hammam. Relaxation rules in this incredible masterpiece!

Hammam vindt zijn oorsprong in Centraal-Azië en had naast een reinigende ook een sociale functie. Het doel van deze rituelen is het verwijderen van slijmen en bacteriën in de luchtwegen, het stimuleren van de bloeddoorstroming om zo de spieren te ontspannen.

Een hammambehandeling speelt echt in op alle zintuigen en staat in het teken van helende warmte, puur waterplezier, reiniging en ontspanning. Alpha Wellness Sensations is dé partner bij de keuze van de juiste hammam. Onthaasting troef in zo'n huzarenstuk!

Pratique venant d'Asie centrale, le hammam assurait une fonction sociale et de purification. Ces rituels ont pour but d'éliminer le mucus et les bactéries des voies respiratoires, stimuler la circulation sanguine et détendre les muscles.

Un soin au hammam stimule vraiment tous les sens et se caractérise par les éléments suivants : chaleur curative, plaisir de l'eau pure, purification et relaxation. Alpha Wellness Sensations est le partenaire par excellence pour choisir un bon hammam. La détente, un atout dans une telle combinaison !



Alladin's Dream

Enjoy the creative curves of this special hamman. The very first hamman v
These ergonomically seats invites you to lie down rather than to sit down.
water extraction system integrated within the benches ensures no water
which keeps maintenance to a minimum. Steam permeates your skin through



Pure body, pure spirit

Hammam comes from the Arabic word 'hamma', which means hot water source. Especially in the Balkans, Spain, Turkey and Morocco, a regular hammam visit has over many years become a ritual where it comes down to achieving a pure spirit in a clean body. The hammams also had a significant social function. This is still the case today and in the west we share in the benefits, since westerners are big on hammams too. Surely there's nothing cosier than having a nice afternoon catching up with friends in the sauna, hammam and bubbling spa? Bathing rituals make friends! But for the origins of the pre-hammam tradition, you have to go a lot further back in time ... Long ago in the east, they had cabins with a large fire in the centre. In such cabins, people took a sweat bath to purify and nurture body and mind.



