



Turkish Hammams

Traditional Turkish baths cleanse both body and soul — and make you feel like a Sultan (or princess), too...

蕩漾在雲端

濕潤溫暖的蒸汽，舒筋活絡的擦洗，芬芳的肥皂水和絲般柔滑的按摩。啊！這世界上還有甚麼事情能比土耳其浴更讓人體驗到「愉悅」一詞的含義嗎？

Chinese Text by *Tian Tian* English Text by *Janice and George Mucalov*

來到土耳其橫跨歐亞大陸的首都——伊斯坦布爾，一趟傳統道地的土耳其浴之旅是少不了的。在眾多的浴室中，最華麗的一座莫過於Aya Sofya Hurrem蘇丹浴室。這座皇家氣派的浴室，是在1556年為Suleiman大帝美麗的妻子Roxelana建造的。在耗費了數百萬美金，裝飾一新之後，於2008年再度開放。它的外觀和內部裝潢依

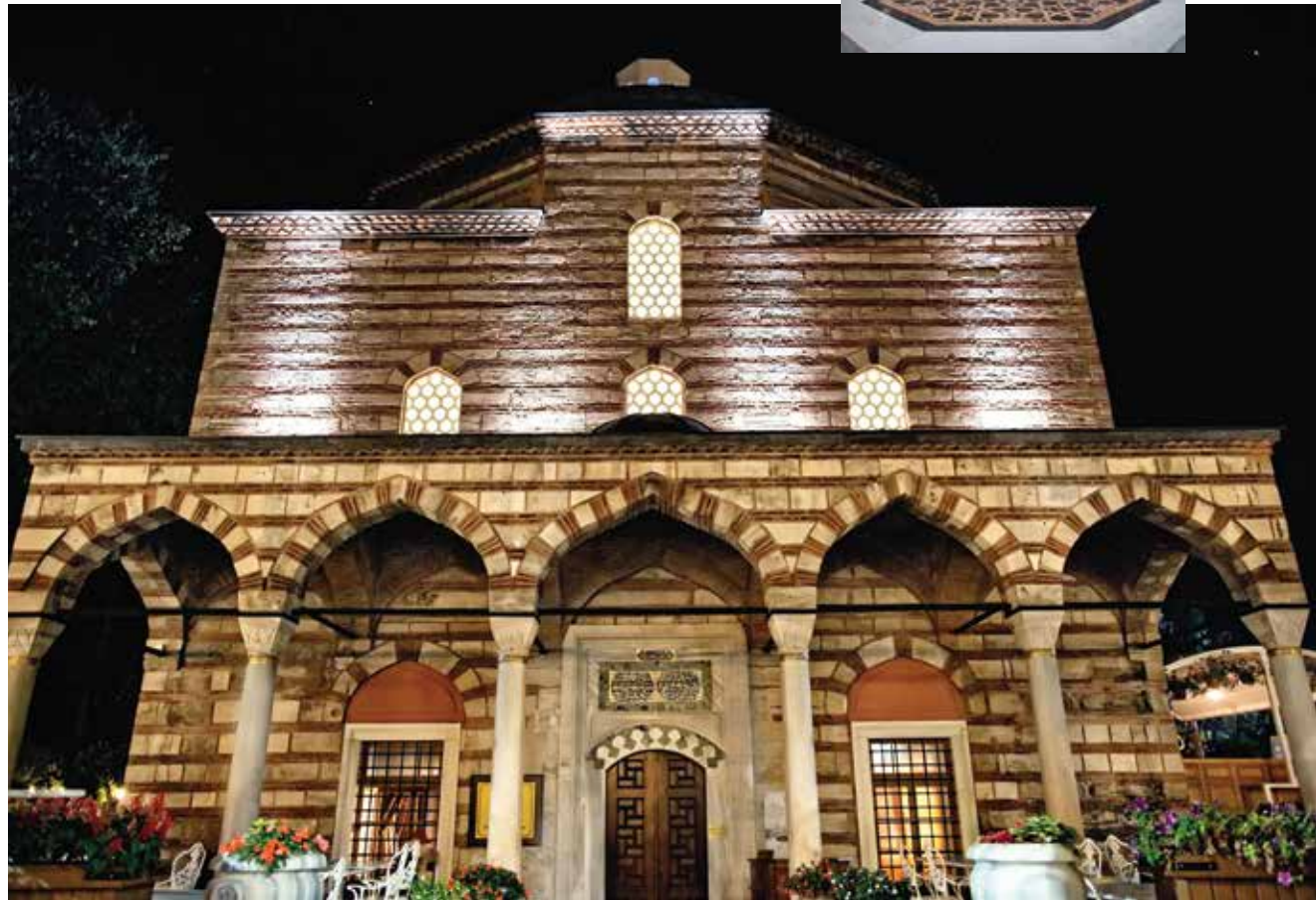
然保留了古老土耳其帝國的風貌。只是在白色大理為主基調的浴室內，男女浴客被分在了兩個區域。而在過去，這裏是按照時段男女分浴的。

在一個私人更衣室內脫掉衣服，入鄉隨俗地圍上一塊土耳其人稱作pestemal的浴巾。這種特色浴巾一般由天然的絲綿織成，顏色豔麗，有條紋或是方格圖案。之後，你會被帶到一間「hot



左圖：在傳統的土耳其浴中，這樣品質上佳的擦洗工具和去角質手套是不可缺少的。右圖：AyaSofya浴室內白色大理石打造的「hot room」，盡顯皇家氣派。下圖：在經過一番精心翻修之後，AyaSofya浴室於2011年重新開放，它是伊斯坦布爾最奢華的公共浴室之一。

Opposite left: A traditional Turkish hammam experience always includes a good scrub with an exfoliating mitt. **Right:** Feel like royalty inside the all-white marble “hot room” of the AyaSofya hammam. **Below:** Reopened in 2011 after an extensive renovation, the AyaSofya is one of Istanbul’s most luxurious hammams.



Steam, scrub, soap suds and a silky massage. Ahhhh... Few bathing rituals in the world generate the decadent pleasure (and squeaky clean feeling) of a Turkish hammam experience.

In Istanbul, visiting a traditional Turkish bath is a must. One of the most opulent is the AyaSofya Hurrem Sultan Hamam. Originally

built in 1556 for Roxelana, the bewitching wife of Suleiman the Magnificent, it reopened in 2008 after a three-year, multi-million-dollar restoration. It follows the classical Ottoman bath style, but men and women today each have their own sections in the white marble hammam.



上圖：Ciragan Palace Kempinski 是伊斯坦布爾最著名的豪華酒店之一，在這裏可以俯瞰 Bosphorus 海峽的美麗景色。右圖：該酒店內，歷史久遠的土耳其浴依然是特色服務之一，人們可以提前預訂新娘的婚禮洗浴和其它特別的洗浴儀式。

Above: One of Istanbul's most prestigious hotels, the Ciragan Palace Kempinski overlooks Istanbul's Bosphorus Canal. **Opposite right:** Still occasionally used, the historical Turkish hammam at the Ciragan Palace Kempinski can be booked privately for bridal showers and special events.

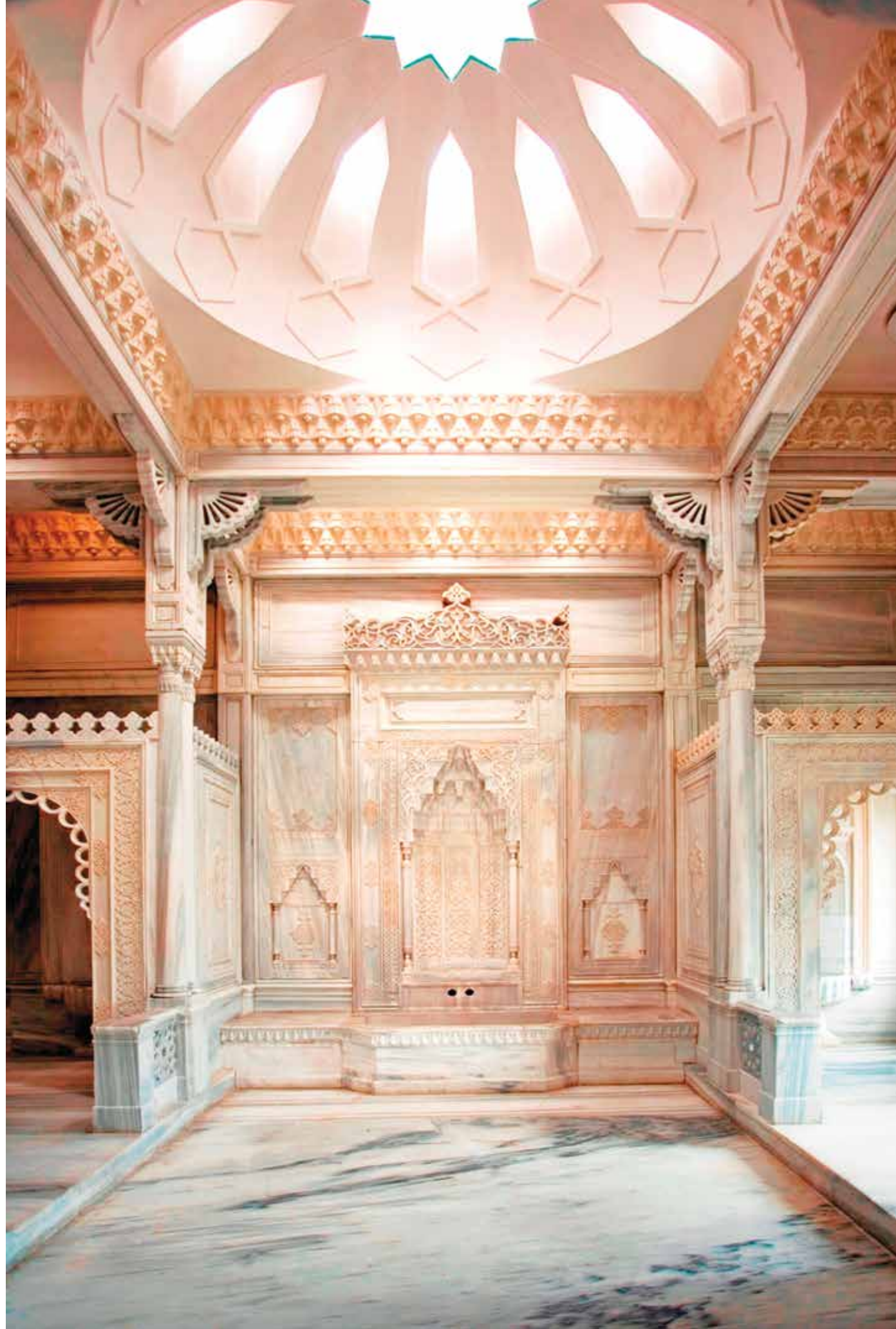
room」(溫度很高的類似桑拿浴的房間)。這裏呈八角形，同樣由華麗的大理石打造，還有高高的圓拱形天花板。此外還有華麗的大理石洗手池和金色的水龍頭。在繚繞水蒸汽的輕撫下，坐在早被蒸熱的大理石臺上，懶懶洋洋地用一隻鍍金碗將溫水澆到自己身上，此時，溫熱的感受將變得前所未有的奢華。

與此同時，一位服務人員會幫助你用山羊皮手套，從頭到腳的擦洗，去除身上的死皮和角質，直到你的身體如嬰兒般光滑。然後，就該進入洗浴過程中最夢幻般的部份，服務人員會讓你躺在溫暖的大理石臺上，從一個枕套一樣的口袋裏，擠出一大團如雲彩般細膩的泡沫，覆蓋在你的全身，像是蓋上了一床蓬鬆柔軟的被子，再用柔滑無比的手法為你做按摩。

在經過這樣兩小時的終極沐浴體驗之後，我們渾身輕鬆的彷彿要「乘風歸去」，身體和心靈的每一寸都好似籠罩在了最燦爛的陽光之中。此時我們理解了，為甚麼傳統的土耳其浴會被賦予了那麼多人文的意義，它似乎擁有着神奇的清潔人身體和靈魂的雙重功效。比如在過去，浴室通常會修建在清真寺附近，穆斯林信徒會在祈禱前先清洗身體。據說這種沐浴的方式不僅能通過流

In a private change room, you undress and then tie a silk-and-cotton pestemal (wrap) around your waist. You're led to the "hot room" — a large, octagonal-shaped, marble room with a high domed ceiling, marble basins and gold taps. Clouds of steam swirl about. Seated on a marble slab, you lazily pour warm water over yourself from a gold-plated bowl as you unwind and luxuriate in the heat. An attendant next scrubs you down from head to foot with an exfoliating goatskin mitt until your skin is baby smooth. Now comes the dreamy part — from what looks like a pillowcase, your attendant squeezes huge clouds of tiny soap bubbles all over you, covering you in a comforter of fluffy softness, as you lie on warm marble. Finally you're massaged with soapy foam.

After our two-hour hammam treatment, we felt as if we could float away — light in body and spirit. Indeed, historically, traditional Turkish hammams were a place to cleanse both body and soul. They were often found near mosques so the Muslim believer could





出的汗液排出體內毒素，還可以讓人的靈魂得到淨化。

拋去玄奧的精神層面價值，浴室在土耳其人們的日常生活中，也充當著不可或缺的角色。最初的土耳其浴室是由古羅馬的公共浴室演變而來。那時的伊斯坦布爾（當年稱拜占庭和君士坦丁堡）在羅馬帝國的統治下，公共浴室是人們生活中至關重要的社交場所。人們在這裏聚集，閒談八卦或是議論時事。婦女們也可以從家務中暫時解脫出來，在浴室裏偷得浮生半日閒，與閨蜜們一起享用美食和聊天。當時，甚至有從浴室裏為自己兒子挑選妻子的習俗。更甚者，在兩個世紀之前，一位丈夫如果支付不起妻子每週兩次的洗浴費用，那他的妻子可以提出離婚。

在如今的伊斯坦布爾，除了歷史久遠的公共浴室，在酒店和專業的Spa內也可以體驗土耳其浴的非凡魅力。我們便前往著名的Ciragan Palace Kempinski酒店內的Spa，享受了一次更私密的沐浴體驗。大理石板上放置著舒適的毛巾枕頭，周圍縈繞著節奏旋律舒緩輕鬆的土耳其音樂，力道適度的擦洗也更加舒適宜人。洗浴之後，在紅色的天鵝絨沙發上享用一杯特色的薄荷茶。那如《一千零一夜》般充滿異域風情的奢華情致，讓我們的土耳其浴室之旅，完全沉浸在一場夢幻之中。

cleanse the body before praying — not only did you sweat out toxins, you achieved spiritual purification too.

A carry-over from the Roman social bathhouse, when Istanbul (then Byzantium and Constantinople) was under Roman control, public hammams also played an important role in the social fabric of everyday life as gathering places to gossip and discuss events. Women could escape the confines of their home to mingle with other women — and even look for suitable brides for their sons. Two centuries ago, if a husband didn't pay for his wife to visit the Turkish bath twice a week, she could ask for a divorce!

These days, you might not have to leave your hotel to enjoy a hammam. We tried a private couple's treatment at the storied Ciragan Palace Kempinski's spa. Towel headrests on the marble slabs, soft Turkish music and the choice of an easy, medium or hard scrub added to the comfort of our experience. Afterwards, we relaxed on a red velvet divan sipping mint tea. Definitely an indulgent ritual fit for a Sultan and his princess...

左圖：Ciragan Palace Kempinski酒店水療中心的傳統土耳其浴室。繚繞的蒸汽，舒適的擦洗和細膩的泡沫按摩，讓沐浴的體驗異常奢華。下圖和右圖：Ayasofya內傳統土耳其浴使用的橄欖油肥皂和鍍金沐浴碗。

Opposite left: Surrender to the sybaritic sensations of a steam, scrub and soap bubble massage inside the authentic Turkish hammam room at the Ciragan Palace Kempinski's spa. **Below and right:** Olive oil soaps and gold-plated Ottoman bath bowls are used in traditional Turkish hammam treatments at the Ayasofya hammam.



~ TRAVEL TIPS ~

住宿信息

位於Bosphorus運河之畔的五星級酒店Ciragan Palace Kempinski曾有衆多名人入住，如流行天后麥當娜，著名脫口秀主持人奧普拉·溫弗瑞和時尚大師喬治·阿瑪尼。一天的遊玩之後，徜徉在奢華的戶外游泳池內，俯瞰航行在碧波之上的往來船隻，也不失為很好的放鬆方式。大部份客房設有可以遙望Bosphorus海峽美景的陽臺。如果預算允許的話，建議你不妨入住位於19世紀Ottoman宮殿內的11間豪華客房，體驗一次帝王般的享受。

浴室推薦

伊斯坦布爾最豪華的公共浴室是AyaSofya Hurrem蘇丹浴室，位於老城區著名的聖索非亞大教堂隔壁。Kilic Ali Pasa Hamami是另一處新近翻修和開放的浴室，位於Taksim廣場附近。

土耳其浴的風俗和禮節

- ~ 一些公共浴室按不同時段接待男女浴客。
- ~ 浴室內一般會提供拖鞋和浴巾，供你在洗浴期間一直使用。
- ~ 不要在浴池內潑水打鬧嬉戲。沐浴結束後，您可以在「hot room」喝杯茶放鬆一下，停留多久都可以。

Where to stay in Istanbul

Built on the banks of the Bosphorus Canal, the 5-star Ciragan Palace Kempinski has welcomed kings and queens as well as celebrities like Madonna, Oprah Winfrey and fashion designer Giorgio Armani. A gorgeous outdoor infinity pool overlooks boats plying the sparkling seaway — a treat at the end of a day of sightseeing. Most rooms have balconies with Bosphorus views. But if your wallet allows, splurge on one of the 11 suites in the 19th century Ottoman palace building. www.kempinski.com/en/istanbul/ciragan-palace

Top hammams

~ Istanbul's most luxurious public hammam is the AyaSofya Hurrem Sultan Hamam, located in the Old Quarter next door to the famed Hagia Sophia. www.ayasofyahamami.com

~ Kilic Ali Pasa Hamami is another recently restored and elegant public Turkish bath, located near Taksim Square. www.kilicalipasahamami.com

Bath culture and etiquette

~ Some hammams have separate hours for men and women.

~ You'll be given flip-flops and a waist wrap (which you may leave on when bathing).

~ Don't splash and dash. Once finished, you can stay in the hot room and relax over tea for as long as you like. Make your hammam visit a leisurely, languid one.