



Hotel
HOCHSCHOBER

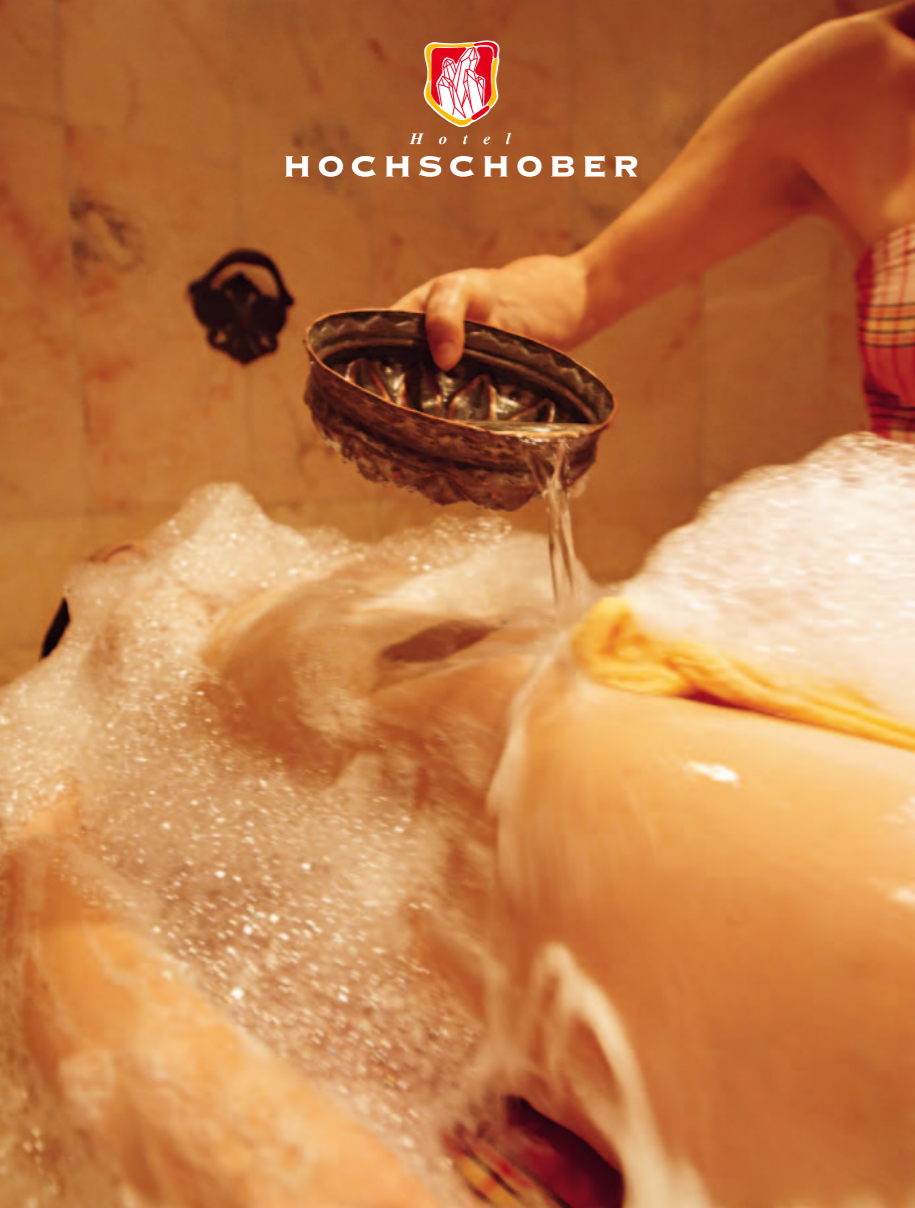
The RITUAL wash

For a fresh and clean feel

You can book appointments for authentic hamam baths at the health reception. We recommend you arrive at the hamam about 20 minutes before your appointment. To get in the mood and to warm up lie on the "tummy stone". The tellak will collect you from here.



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A hamam bath with a hamam master

During the washing process, the tellak or attendant assiduously rubs your body with a special glove known as the kese, while massaging in the soapsuds and rinsing the body with cold and warm water.

After that your skin will feel delicate and soft - you will be clean and feel refreshed from head to toe.

Pasha bath

Rose oil bodycare, especially soothing for dry and sensitive skin.

65 minutes € 72.-

Sultan's bath

Without rose oil

50 minutes € 58.-

Hamam & mud

An east-west fusion: the medicinal mud is smeared on to your body and then massaged in. It takes about 15 minutes to work. Its effect on joints and muscles evolves slowly, as tensions are released, pain and inflammation alleviated and the skin revitalised.

50 minutes € 65.-



Rinsing with hot and cold water after the bath.

Looking forward to seeing you!

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Be transported into a world of steam and fragrance.

Hamam

The oriental bath-house on the mountain

2010 | 2011

BATHING traditions

Water, steam & fragrance

Is it true? A hamam on a mountain? It was Barbara and Peter Leeb who came up with the idea. They have travelled widely in Oriental countries and were fascinated by the various bathing traditions they encountered. By places of purity, of freshness, where there's a zest for life. By warming steam and stones, where streams of cold water re-energise.

The hamams of Jordan, Syria, Iran and Turkey continue to be popular haunts. The oldest historical references to hamams in the Middle East go back to 724. These were places where travellers rested, washed the desert dust from their bodies and fortified themselves for the next stage of their journey. Hamams continue to this day to be places where long-established bathing traditions endure. You come to get clean, to take a rest, meet friends and talk business. Hamams are not places of calm and tranquillity: in the background are heard the sound of conversation, the splashing of water and the quiet hissing of steam.

This is the special sort of ambience that Barbara and Peter Leeb wanted their guests at the Hochschober to experience. So they spent time looking closely at about 50 hamams in the Middle East and in December 1998 they finally opened the first hamam in the Alps at the Hochschober.

The warm "tummy stone" in the centre of the hamam.

If you want a proper hamam allow one to two hours. For best results do not plan a visit for after you have been to the sauna, because the temperatures there are hotter and you will have become less sensitive to heat.



When you arrive

- > When you pass the "Jungbrunnen" (Fountain of Youth) and the entrance to the sauna, continue as far as the Platz der Brunnen or "fountain square".
- > Exchange your bath slippers for the clogs on the shelf. Please spray the clogs with disinfectant (from the fountain) before and after use.
- > A few metres further to the right are the rather interesting toilets.
- > The entrance to the hamam is on the left.

Getting in the mood

- > In the changing rooms (separate for men and women) remove your bath-robe and bathing costumes and wrap yourself in a hamam towel, known as a pestemal. You never expose your body in a hamam. For drying down afterwards small, white hand towels are kept in the changing rooms. Please do not take these into the hamam.



Resting & washing

- > The best way to start your visit is on the "tummy stone". Special cushions prevent discomfort as you lie on the warm stone. Please spray the stone before and after your initial rest. Remove the water with the rubber wipers, which are close at hand.
- > After that you can choose one of several "grottoes". There you will find fountains and copper cups, which you can use to rinse your body with cold and warm water. There are three aroma grottoes where selected aromas act to both revive and relax. In the large grotto you can wash yourself or you can wash each other. Opposite the entrance in the small, open grotto, there is an ornate aromatic stove.



The hamam is open every day from 7.30 to 19.00.

Hamam equipment - from rubbing glove (kese) to the special soap and hamam towel (pestemal) - can be obtained from the hotel shop.



Finishing off

- > You can then take a shower in the marble showers as you make your way back to the changing rooms.
- > After that you can round off your hamam experience in the "sultan's chamber". Mineral water and fruit teas served. Followed by dried fruit, nuts and sweets from the Middle East.

The Hochschober hamam is an authentic, Middle Eastern bath-house ... in every respect. The architecture, the delicate pinkish marble, the fountain and all the other accoutrements are all faithfully reproduced. The only concession to western ways is the marble shower, which was sensitively included in the overall plan. In the east hamams do not normally have showers.

