



# Hammam Reset & Connect Ritual

(Home Shower Version)

1



## Warm Up (Steam Phase)

Turn on hot shower water, place a shower steamer, and let the bathroom fill with scented steam. Breathe deeply and allow the steam to warm and soften the skin.

2



## Warm Rinse (Softening Phase)

Rinse your bodies with warm water.

3



## Black Soap Cleanse (Softening Phase)

One partner applies black soap to the other and gently massages it in, then lightly rinses so the skin stays softened with a thin layer.

4



## Exfoliation Ritual

Use exfoliating gloves to gently scrub each other's skin in long, firm strokes, allowing dead skin to roll off.

5



## Full Rinse (Reset Phase)

Rinse thoroughly with warm water.

6



## Exit & Wrap

Step out of the shower and wrap each other in towels.

7



## Oil Ritual (Restoration Phase)

After the skin is dry, apply massage oil slowly to each other using calm, intentional movements.

8



## Rest Together

Sit or lie down together quietly and let the body settle into calm.

This is more than a ritual.  
It's a moment to reset,  
reconnect, and care for each  
other—inside and out.



RESET AND CONNECT  
HAMMAM KIT FOR COUPLES