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The truth about my scrubs in the shower

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As you may have noted, I am periodically accused of showering naked with various clients in order to 'scrub away their toxins'. This rather lurid image has always intrigued me as I've never showered, naked or even fully dressed, with any client in my life. A long, quiet soak in the tub is what I always recommend, and what I also treat myself to (alone, I hasten to add) whenever I need to wind down.

But recently, I spent a wonderful few days in Marrakesh, exploring traditional Arabic health and beauty treatments as the guest of a Saudi-born woman called Enam Bagedo, who plans to open a luxury spa in London early next year.

The traditional European way of exfoliating dead skin which is essentially what 'scrubbing away toxins' actually means is to get the client to lie on a massage bed. The therapist then applies an exfoliant to each part of the body in turn, taking care to protect the client's modesty with strategically placed towels. After that, the client showers off while some sort of detoxifying wrap, such as a seaweedbased product, is prepared.

In Marrakesh, however, I was shown into a softly lit room built entirely of natural stone.

Known as a hammam, it's a bit like a steam room, but without the usual aggressive heat.

After stripping off, I was invited either to sit or lie on the floor I chose at first to sit and then a woman in a swimming costume covered me in different types of mud, leaving each for a few minutes before rinsing it off with warm water. She then scrubbed me vigorously from head to toe with an abrasive glove, before one final mud treatment was applied.

After just half an hour of this, I floated out of the hammam, feeling more relaxed than I have all year.

The therapist said the Western women she'd treated were almost always tense and nervous at first, but once over their initial shyness, always relaxed totally.

I wish Enam every success with her new Arabic-inspired spa, which is to be called Bayan Loutra and located in Kensington. I can think of quite a few journalists and columnists who'd also enjoy having their toxins scrubbed away. Could take a little longer than half an hour, though

Read more: <http://www.dailymail.co.uk/debate/columnists/article-229376/The-truth-scrubs-shower.html#ixzz1ZZEw9AWL>