

## BERBER BATHS

### AN OASIS OF TRANQUILITY

#### Traditional Tunisian spa springs to life in the Sahara

Set amidst the shifting sands of the Sahara the brand-new 'Berber Baths' at Tamerza Palace and Spa offers refuge from the Tunisian desert sun.

The serene spa, set over 1,000 square metres, boasts spectacular views of the ruins of Tamerza old town and its mountainous surroundings. 'Berber Baths' offers an array of time-honoured rituals designed to revive tired bodies after a day's adventure in the Sahara.

Home to more than 16 treatment spaces, guests can choose from a range of massages, facials and beauty treatments, before unwinding in the pool and Jacuzzis which are filled with the therapeutic waters of Tamerza Oasis.

The traditional hammam at the TamerzaPalace and spa offers four rituals, all designed to cleanse and purify through heat, steam and exfoliation.

#### The land of the lotus eaters

The spellbinding Mediterranean island of Djerba is considered Tunisia's Thalassotherapy capital, with 12 seawater treatment centres based on the island.

The Hasdrubal Thalassa & Spa offers a sensory experience for its guests with a range of treatments designed to invigorate the body's five senses. At the Miramar DjerbaPalace spa-guests can choose from a range of rejuvenating Thalassotherapy treatments.

For specialist treatments the five-star Yadis Hotel is a perfect choice, aside from the classic menu of massages, facials and seaweed wraps, spa-guests can choose from detox or weight-loss programmes that run over several days.

#### Spa-breaks that won't break the bank

Only a two-and-a-half hour flight from the UK yet outside of the increasingly-expensive 'Euro-zone', Tunisia is the perfect alternative to a European spa-break and with approximately 40 Thalassotherapy centres, only France can boast more.

Tunisia has an abundance of private luxury spas, however there is no shortage of public hammams. A half-day at a local hammam costs just five Tunisian Dinars just (£2.50) and a half-day package with an exfoliation treatment or massage is around ten Tunisian Dinars (approximately £5).

For sun, sea, spas and the Sahara, southern Tunisia is the ideal destination for a well-being break. For more information or for further details on transport, attractions and accommodation in Tunisia go to [www.cometotunisia.co.uk](http://www.cometotunisia.co.uk)

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## ABOUT THE TUNISIAN NATIONAL TOURIST OFFICE

Tunisia; the jewel of the Mediterranean, offers over 700 miles of sandy beaches; boasts almost 40 luxurious Thalassotherapy centres as well as an excellent hotel infrastructure. Experience the oases, discover the Sahara, enjoy the golf, live the history. Only two and a half hours from the United Kingdom, Tunisia is closer than you think. For more information visit [www.cometotunisia.co.uk](http://www.cometotunisia.co.uk)

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