

[Rubbed and Scrubbed at Body by Brooklyn: How to DIY](#)

Recently I went to [Body by Brooklyn](#) for the [Hammam treatment](#). Now, I wouldn't say I'm a spa-snob, I just find that a lot of things have to go right in order to have a good experience: a treatment specialist who has a good vibe and knows what s/he's doing, warm enough treatment rooms, a clean locker room, the right products... it's a lot to ask. I know. The Hammam treatment is a rub 'em, scrub 'em, take off every dead skin cell on your body deal, and that's even harder to master; the products have to exfoliate without rubbing you raw.



This was spa success. My massage/treatment therapist, Aimee, nailed the first part (in fact, I feel it is my karmic duty to shout about her from the mountain tops). The products in the six-step treatment took care of the last. My particular favorite was the [Lemon Coffee-Blossom Olive Stone Scrub](#) (\$62), which delivered serious exfoliation without shredding my skin to bits.

Unfortunately, you can't order Aimee online, but since the spa uses Red Flower products, you can give yourself the DIY version with the [Red Flower Hammam Travel Set](#) (\$56). It has small sizes of all six products: Moroccan Mint Tea Silt Purifier, Lemon Coffee Blossom Olive Stone Scrub, Jasmine Rose Rhassoul Clay Polish, Orange Quince Steam Room Mist, Cardamom Amber Oil, and Tangerine Fig Butter Crème (another favorite).

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