



Perfume and Pastry - A Girls Day Out



[Your Itinerary, maps and weather](#)



Table of contents

Perfumes and Pastries - A Girls Day Out	3
Girls Just Want To Have Fun!	5
First Stop - Cairo's Leading Perfumery	5
Ancient Egyptian Beauty Secrets	5
Wigs Were Also Popular in Ancient Egypt	6
Making Perfumes Was an Ancient Tradition	6
You Can Sample The Unique Scents	6
Second Stop - Khan El Khalili Bazaar	7
Shop Till You Drop	7
About Lunch	7
Lunch at El-Fishawy Café	8
The Most Amazing Experience in Old Cairo	8
And Where The Senses Come Alive	8
Contact Details	9
Inclusions and Exclusions	10



Perfumes and Pastries - A Girls Day Out

The Ancient Egyptians Invented Makeup, Wigs and Perfume

As far back as 5000 years ago the ancient Egyptians invented eye makeup and cosmetics, as well as wigs and perfume. Whilst perfume was associated with worship, Egyptians embraced beauty routines as part of their grooming and displays of wealth. This experience is as much about the culture, inventiveness and originality of the Egyptians as is visiting the pyramids. Considered the most advanced ancient civilisation you will enjoy all that this day has to offer.

Egyptian Priests Were the First Perfumers

Five thousand years have transpired since the ancient Egyptians first produced perfume. Hieroglyphics found in Egyptian tombs dating from 3000BC verify that Egyptian priests were the earliest perfumers.

And in ancient Egyptian mythology, Nefertem was the goddess of each morning's creation and the goddess of perfumes and aromatics. Perfumes were associated with 'mystical' functions and served as a gift from and to the Gods. Natural ingredients such as myrrh, frankincense, and cinnamon, were used to create unique fragrances. Perfumes became an important part of Egyptian life and were used by men and women.

Higher Concentrations of Perfume Oil and Alcohol Free

Today, the uniqueness of Egyptian perfumes is because the majority are alcohol free and also because they have higher concentrations of the perfume oils. This increases the duration of the perfume on the skin. And according to the teaching of Muhammad's, cleanliness is half of faith.

Hence Muslims have high standards for personal cleanliness and perfumes are an important part of this. The vibrancy of Egyptian perfumes has an international reputation.

The First Stop – Cairo's Leading Perfumery

We traverse the frenzied traffic of Cairo for the 30-minute drive to Cairo's largest aromatherapy and perfumery establishment. This perfumery cultivates its own flowers and other natural ingredients and it is these upon which their perfumes are made.

And the range of scents draws upon ancient ingredients which maintain the uniqueness of their perfumes. A link to the past. And perfumes and scents for both men and women.

The Second Stop – Khan El Khalili and El Fishawi Cafe

Khan El Khalili Bazaar is a great place to experience Egyptian culture. Originally built on the site of an old mausoleum, local and foreign merchants have been trading at Khan el-Khalili since the 14th century.



The bazaar was named after its founder who was a mamluk prince. Located in the heart of Islamic Cairo, this colorful bazaar is filled with over 1500 shops, stalls, restaurants, and cafes selling everything from spices to souvenirs. And after spending time roaming the narrow alleyways and haggling with the store holders, our destination is the El Fishawi Café, the oldest coffee shop in the bazaar.

Coffee Drinking Customs In Egypt

While drinking tea is still a major past time for Egyptians, coffee is also more than just a beverage in Egypt. It's a reason to meet up with friends and to build relationships. Egyptians believe that it's impolite to drink coffee alone and prefer to engage friends and family over a coffee.

El-Fishawy Café is a destination of both Egyptian and Arab leaders, politicians, and intellectuals. The café has hosted many renowned figures like Napoléon Bonaparte, the famous German military commander Romel, Jean-Paul Sartre, Simone de Beauvoir in addition to many Arab princes. The Café has also hosted President Gamal Abdel Nasir, and many other famous Egyptians. And its here where we will take coffee/tea and pastries and enjoy the amazing and alluring ambience of the café.

You will enjoy this day enormously and your guide will be with you every moment of the day,



Girls Just Want To Have Fun!

Today is a day out exclusively for the girls. A day to enjoy an all girls adventure.

The first stop is at one of Cairo's leading perfumery of exquisite scents and aphrodisiacs.

The second half of the day we take you to [Khan El Khahlili](#) bazaar that has operated for over 400 years.

We will enjoy lunch at the famous El-Fishawy Café and an afternoon shopping.



First Stop - Cairo's Leading Perfumery

We traverse the frenzied traffic of Cairo for the 30-minute drive to Cairo's largest perfumery establishment. This perfumery cultivates its own flowers and other natural ingredients and it is these upon which their perfumes are made.

The range of scents draws upon ancient ingredients which maintain the uniqueness of their perfumes. A link to an ancient past. And as in ancient times, there are perfumes and scents for both men and women.



Ancient Egyptian Beauty Secrets

Perfumes were one part of the ancient Egyptians beauty routine. Cosmetics for women and men were Egyptian inventions dating from 4000BC

They mixed soot with minerals to create a black and green eye makeup.

The ancient Egyptians believed that eye makeup could cure eye diseases, keep them from falling victim to the evil eye and as a protection from the harsh sun.





Wigs Were Also Popular in Ancient Egypt

Wigs were popular with Egyptian women and men. While the cheapest wigs were made out of vegetable fibres, the royal family had theirs made of human hair.

The **first** hair stylists were also found in ancient Egypt, with records from as far back as 5000 BC. Men were employed to cut and groom hair using sharpened flints and shells.

Wealthy Egyptians often employed their own live in hair stylists.

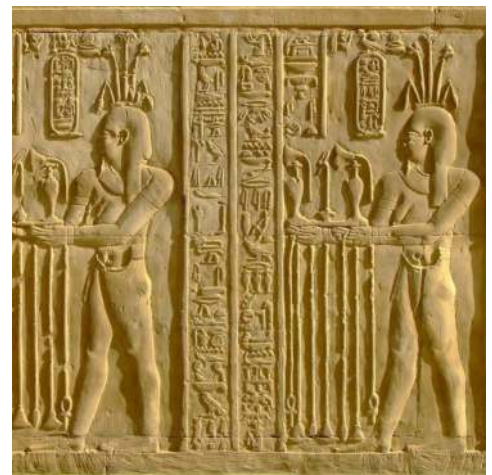


Making Perfumes Was an Ancient Tradition

Hieroglyphics within Egyptian tombs indicate that priests were the earliest perfumers as early as 3000 BC.

Perfumes were a part of religious functions within temples and were also a gift to the Gods. They were an essential part of their daily lives.

Their uniqueness is because they are alcohol free and have higher concentrations of perfume oil making them last longer on the skin.



You Can Sample The Unique Scents

An explanation of the various scents is provided by the perfumery. This presentation identifies the ingredients of the scents that you are sampling.

It is fascinating to realise that Egyptian perfumes have an ancient tradition and are a direct link to the daily lives and ancient traditions. It's a fascinating insight into the beauty regimes of the ancient Egyptians.





Second Stop - Khan El Khalili Bazaar

The [Khan El-Khalili](#) Bazaar in Cairo is a bustling, vibrant market and dates to the 14th century. Located in the heart of Islamic Cairo, this colourful bazaar is filled with shops, stalls, restaurants, and cafes selling everything from spices to jewellery to souvenirs.

Its your time to wander through the alleyways and engage with the humour of the store holders and comments like "I don't know what you are looking for, but I can sell it to you".



Shop Till You Drop

The [Ken El Khalili](#) Bazaar is where over 1500 store holders ply their trade. And whilst you can buy almost anything you want its also the humour and good will of the locals that will leave a smile on your face. Haggle well and with courtesy and you will have a great time of it.

And so visiting the bazaar brings together all the great elements of an amazing time - great people and interesting stalls that will entice you to take home those last minute gifts.



About Lunch

We enjoy taking our guess out for lunch because it's another way to experience Egyptian culture. We just want to make the following points. We only take our guests to the best restaurants.

We place good hygiene and cleanliness within those establishments as the number 1 priority. The restaurants offer both vegetarian and non-vegetarian options. If you choose to pass on lunch, we won't take it personally. But please be assured, your health and safety is our overriding priority.





Lunch at El-Fishawy Café

We will wander through the narrow alleyways and past numerous vendors for the short walk to El-Fishawy Café. And it is in this incredible café full of Egyptian charm, where we will sample the pastries and coffee as we take in the history of the oldest café in the bazaar.

You can soak up the atmosphere as did people like Napoleon and the Egyptian President Abdu Nasir. And lunch will be taken at the bazaar. It's a place where you feel you have travelled back to an era of another century.



The Most Amazing Experience in Old Cairo

The [Khan El Khalili](#) Bazaar is open 24 hours a day and has been since the 1400's. And with the hundreds of store holders within its precincts, the windings alleys reveal something around each corner. It attracts a cross section of Egyptians and is a truly incredible cultural experience. And be warned, the allure of the bazaar and the friendliness of the locals will draw you back time and time again.



And Where The Senses Come Alive

The spice market within [Khan El Khalili](#) heightens the senses as the aromas of herbs and organic food additives waft through the air. It appears that time has stood still in the bazaar and you can appreciate why the bazaar has attracted people and merchants from all over the world. And it still does!





Contact Details

Phone: +254 0758 074 570

Email: enquiry@onehorizonafrika.com

Website: onehorizonafrika.com





Inclusions and Exclusions

- Pick up from your hotel
- Air-conditioned vehicle.
- Lunch (as well as water, soda, coffee and pastries at El-Fishawy Café)
- Your own personal, English speaking tour guide.

Exclusions

- Personal expenditure of any kind
- Tips
- Alcoholic Drinks and extra meals (other than those stated in the itinerary)