

**ISTANBUL TECHNICAL UNIVERSITY ★ GRADUATE SCHOOL OF ARTS AND
SOCIAL SCIENCES**

**WELLBEING AND ITS SPATIAL EXPERIENCE: DEVELOPMENT OF SPA
DESIGN AND CONTEMPORARY SPA SPACES**



M.A. THESIS

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Department of Interior Design

International Master of Interior Architectural Design M.A. Programme

JUNE 2018

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**İYİ OLMA HÂLİ VE MEKÂNLARININ DENEYİMİ:
SPA TASARIM GELİŞİMİ VE MODERN SPA MEKÂNLARI**

YÜKSEK LİSANS TEZİ

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To my mother and father,



FOREWORD

First of all, I would like to thank my esteemed supervisor Assoc. Prof. Dr. Emine Görgül for her wisdom, support and guidance.

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TABLE OF CONTENTS

	<u>Page</u>
FOREWORD	ix
TABLE OF CONTENTS.....	xi
ABBREVIATIONS	xiii
LIST OF TABLES	xv
LIST OF FIGURES	xvii
SUMMARY	xxi
ÖZET.....	xxiii
1. INTRODUCTION.....	1
1.1 Purpose of Thesis	1
1.2 Literature Review	2
1.3 Hypothesis	4
1.4 Limits and Constraints of the Study	5
2. THE NOTION OF WELLNESS AND THE ROLE OF SPA IN HUMAN LIFE THROUGHOUT THE HISTORY.....	7
2.1 Need of Bathing and Emergence of Spa Culture and Its Typologies.....	10
2.2 Bathing Rituals in Different Cultures.....	16
2.2.1 Indus Valley (Mohenjo-Daro).....	17
2.2.2 Ancient Greek	18
2.2.3 Romans.....	20
2.2.4 Asia	22
2.2.5 Ottoman Empire	24
2.3 Essential Thresholds in Wellness and Spa Rituals in the World.....	28
3. PLANNING OF A SPA	35
3.1 Spa Types	36
3.1.1 Day spas	36
3.1.2 Club spas	37
3.1.3 Resort/ hotel spas	37
3.1.4 Destination spas	38
3.1.5 Medical spas.....	40
3.1.6 Thermal/ mineral spring spas	41
3.2 Defining The Spa Concept	43
3.3 Spa Design Principals.....	44
3.4 SPA Components	49
3.4.1 Saunas and other hot therapies	49
3.4.2 Cold therapies.....	59
3.4.3 Hamam (Turkish bath)	61
3.4.4 Dry therapies	68
3.4.5 Other service areas	71
3.5 The Planning Of The Layout.....	72
3.5.1 Obligations	72
3.5.2 General schematic design.....	74
3.5.3 Guests' spa flow	74

3.6 Section Results	76
4. ELEMENTS OF SPA THAT AFFECT SPA GUESTS' PERCEPTION & SPATIAL EXPERIENCE	79
4.1 Design Criteria Effecting on Spa Experience.....	79
4.1.1 Spatial configuration	80
4.1.2 Atmospheric configuration.....	80
4.1.2.1 Material selection	81
4.1.2.2 Lighting design.....	81
4.1.2.3 Soundscape.....	81
4.1.2.4 Fragrance	82
4.1.3 Infrastructural configuration	82
4.2 Case Studies.....	83
4.2.1 Canyon Ranch, Kaplankaya	83
4.2.2 Villa Magna Hotel, Madrid	90
4.2.3 Joali Resort, Muravandhoo Maldives.....	96
4.2.4 Fairmont Quasar, Istanbul	101
4.3 Section Results	106
5. CONCLUDING REMARKS AND DISCUSSIONS	107
REFERENCES	111
APPENDICES	119
APPENDIX A	121
CURRICULUM VITAE	123

ABBREVIATIONS

AKA	: Also Known As
GSS	: Global Spa Summit
GW	: Global Wellness Institution
HVAC	: Heating Ventilating Air Conditioning
LEV	: Low Electrical Voltage
SPA	: Salus/ Sanus/ Sanitas Per Aquam
WHO	: World Health Organization



LIST OF TABLES

	<u>Page</u>
Table 1.1 : Resources for the literature review.	3
Table 1.1 (continued): Resources for the literature review.....	4
Table 3.1: Resume of facilities list (Scott and Harrison, 2006).	37
Table 3.2: Resume list of facilities list in resort hotel spa (Scott and Harrison, 2006).	38
Table 3.3: Potential members of spa project team.	44
Table 3.4: Resume list of climatic conditions of spa components (Kahraman, 2018).	76
Table A.1: Comparative Matrix for Case Studies (Kahraman, 2018).....	121



LIST OF FIGURES

	<u>Page</u>
Figure 2.1 : Re-drawn by N.Kahraman from GWI's the evolution of wellness timeline image, 2017 (Url-1).	8
Figure 2.2 : Plaza Hotel Balmumcu (Promet Special Archive, 2014).	9
Figure 2.3 : Plaza Hotel Balmumcu (Promet Special Archive, 2014).	9
Figure 2.4 : Hindu rituals at the Ganges (Url-4).	11
Figure 2.5 : Different forms of bathing (Claridge, 1843) (Url-5).	13
Figure 2.6 : Chadworth Villas in Roman Period, 2AD (Url-6).	14
Figure 2.7 : The Baths of Caracalla (Url-7).	14
Figure 2.8 : Thetis bathing on the beach (Url-8).	14
Figure 2.9 : Villa Savoye plan perspective (Url-9).	15
Figure 2.10 : Villa Savoye bathroom (Url-10).	15
Figure 2.11 : Private room, Therme de Vals, 2017 (Url-11).	16
Figure 2.12 : Exterior Pool, Therme de Vals, 2017 (Url-12).	16
Figure 2.13 : Great Bath, Mohenjo-Daro, 2017 (Url-13).	17
Figure 2.14 : Great Bath, Mohenjo-Daro, 2017 (Url-14).	17
Figure 2.15 : Drain system of Mohenjo-Daro, 2017 (Url-15).	18
Figure 2.16 : Public basin for men in Greek balneum (Bathhouse) (Url-16).	18
Figure 2.17 : Roman baths in Bath, England (Url-17).	20
Figure 2.18 : The Bath of Caracalla, 219 A.D. (Url-18).	21
Figure 2.19 : Spatial articulation of the old baths in Pompeii, 2 nd century B.C. (Url-20).	21
Figure 2.20 : Ginzan Onsen Fujiya Yamagata, Kengo Kuma, 2006 (Url-22).	22
Figure 2.21 : A worker in rice fields (Url-23).	23
Figure 2.22 : Naked individuals in Japanese onsen (Url-24).	24
Figure 2.23 : The act of collective bathing in Sukayu onsen (Url-25).	24
Figure 2.24 : Restored Ağa Hamamı, first hamam constructed by Mehmed II the Conquerer, 1454 (Url-26).	25
Figure 2.25 : Co-ed hamam with the big hot stone in the center, Canyon Ranch Kaplankaya, Promet Special Archive, 2016.	26
Figure 2.26 : Süleymaniye Külliyesi, 1550 (Url-27).	27
Figure 2.27 : Süleymaniye Hamamı, 1557 (Url-28).	27
Figure 2.28 : Çemberlitaş Hamamı layout, 1584 (Url-29).	27
Figure 2.29 : Çemberlitaş Hamamı, 2017 (Url-30).	27
Figure 2.30 : Kılıç Ali Paşa Külliyesi, 1580 (Url-31).	28
Figure 2.31 : Kılıç Ali Paşa Hamamı restored caldarium, 2017 (Url-32).	28
Figure 2.32 : The first bathtub, 1700 B.C. (Url-33).	29
Figure 2.33 : The sewer system, Knossos (Url-34).	29
Figure 2.34 : Sauna section, Muuratsalo Experimental House by Alvar Aalto (Url-36).	30
Figure 2.35 : The bath of Finns, 1807 (Url-37).	30
Figure 2.36 : Red Door Spa, 1910 (Url-38).	31
Figure 2.37 : Rancho La Puerta (Url-40).	32

Figure 2.38 : Canyon Ranch Tucson outside training (Url-42).	32
Figure 2.39 : Canyon Ranch Tucson Aquavana Spa (Url-44).	32
Figure 2.40 : Americans meet whirlpool in home, 1970 (Url-46).	33
Figure 3.1 : Kadıköy Ayaküstü Masaj (Kahraman, 2018).	36
Figure 3.2 : Fairmont Quasar Istanbul, Promet Special Archive, 2016.	37
Figure 3.3 : Canyon Ranch Kaplankaya, Promet Special Archive, 2016.	39
Figure 3.4 : Importance performance of wellness hotels (Url-48).	39
Figure 3.5 : Demarcation of wellness tourism (Url-49).	40
Figure 3.6 : Rixos Bademlik themal hamam, Promet Special Archive, 2013.	41
Figure 3.7 : Top 10 countries for thermal springs (Url-50).	42
Figure 3.8 : Hell's Gate Geothermal Park and mud bath spa, New Zealand, 2017 (Url-51).	43
Figure 3.9 : Spa components (Kahraman, 2018).	49
Figure 3.10 : Hot therapy cabins (Kahraman, 2018).	50
Figure 3.11 : Four categories of diverse sauna functions (Kahraman, 2018).	50
Figure 3.12 : Flame Towers Baku Finnish Sauna, Promet Special Archive, 2013..	51
Figure 3.13 : Flame Towers Baku Finnish Sauna, Promet Special Archive, 2013..	51
Figure 3.14 : A schematic section of a sauna unit, depicting the flow of hot air (Url- 52).	51
Figure 3.15 : Axonometric section of a sauna cabin, depicting the layering (Url-53).	52
Figure 3.16 : Canyon Ranch Kaplankaya, Promet Special Archive, 2016.	53
Figure 3.17 : Sensimar Russian Sauna, Promet Special Archive, 2014.	54
Figure 3.18 : Herbal sauna, Promet Special Archive, 2014.	55
Figure 3.19 : Infrared home sauna, Promet Special Archive, 2013.	55
Figure 3.20 : Steam room in Canyon Ranch Kaplankaya, Promet Special Archive, 2016.	56
Figure 3.21 : Prefabricated laconium from Sommerhuber GmbH (Url-54).	58
Figure 3.22 : Prefabricated mud bath from Sommerhuber GmbH (Url-55).	58
Figure 3.23 : Vichy shower in Raffles Hotel at Zorlu Center, Promet Special Archive, 2014.	59
Figure 3.24 : Experience shower in Fairmont Quasar Istanbul, Promet Special Archive, 2016.	60
Figure 3.25 : Igloo in Canyon Ranch Kaplankaya, Promet Special Archive, 2016..	61
Figure 3.26 : Rixos Bademlik spa plan, Promet Special Archive, 2013.	62
Figure 3.27 : Sensimar Nar Spa colorized plan, Promet Special Archive, 2008.	63
Figure 3.28 : Vanovski Home Spa plan perspective, Promet Special Archive, 2014.	64
Figure 3.29 : Vanovski Home Spa interior perspective, Promet Special Archive, 2014.	64
Figure 3.30 : The ancient principle of floor heating system in Roman baths deriving until today (Url-56).	65
Figure 3.31 : Nikki Beach Bodrum hammam & scrub rooms plan, Promet Special Archive, 2014.	65
Figure 3.32 : Flame Towers Baku adjustable scrub table, Promet Special Archive, 2013.	66
Figure 3.33 : Hamam w extra steam at Canyon Ranch Kaplankaya, Promet Special Archive, 2016.	67
Figure 3.34 : Villa at Kaplankaya, Promet Special Archive, 2018.	68
Figure 3.35 : Dry therapy components (Kahraman, 2018).	68

Figure 3.36 : Maxx Royal Kemer massage room, Promet Special Archive, 2014. ..	69
Figure 3.37 : Fairmont Quasar Istanbul relaxation room, Promet Special Archive, 2016.	70
Figure 3.38 : Nikki Beach gym, Promet Special Archive, 2014.	71
Figure 3.39 : Fairmont Quasar Istanbul circulation hall, Promet Special Archive, 2016.	72
Figure 3.40 : Turkish Sauna standard, TS 10464 (Url-57).	73
Figure 3.41 : Typical adjacency diagram for a spa layout (Kahraman, 2018).	74
Figure 3.42 : Spa user flow of a luxurious hotel in Çeşme, Promet Special Archive, 2017.	75
Figure 4.1 : Canyon Ranch Kaplankaya, site view, 2017 (Url-58).	83
Figure 4.2 : Canyon Ranch Kaplankaya, layout of wet spa (Kahraman, 2018).	85
Figure 4.3 : Canyon Ranch Kaplankaya, user flow and segregation of sexes and clean-dirty Foot (Kahraman, 2018).	86
Figure 4.4 : Canyon Ranch Kaplankaya, spatial capacities of wet spa (Kahraman, 2018).	87
Figure 4.5 : Canyon Ranch Kaplankaya, material palate of spa (Kahraman, 2018).	88
Figure 4.6 : Canyon Ranch Kaplankaya, lighting sections of steam room, sauna and hamam (Kahraman, 2018).	89
Figure 4.7 : Villa Magna Hotel (Kahraman, 2018).	90
Figure 4.8 : Villa Magna Hotel, spa layout, 2018.	91
Figure 4.9 : Villa Magna Hotel, user flow and segregation of sexes and clean-dirty foot (Kahraman, 2018).	92
Figure 4.10 : Villa Magna Hotel, spatial capacities of wet spa (Kahraman, 2018). ..	93
Figure 4.11 : Villa Magna Hotel, material palate of spa (Kahraman, 2018).	94
Figure 4.12 : Villa Magna Hotel, lighting sections of steam room, sauna and hamam (Kahraman, 2018).	95
Figure 4.13 : Aerial view of Joali Resort Maldives, 2017 (Url-59).	96
Figure 4.14 : Joali Resort Maldives, layout of wet spa (Kahraman, 2018).	97
Figure 4.15 : Joali Resort Maldives, user flow and segregation of sexes and clean-dirty foot (Kahraman, 2018).	98
Figure 4.16 : Joali Resort Maldives, spatial capacities of wet Spa (Kahraman, 2018).	99
Figure 4.17 : Joali Resort Maldives, material palate of spa (Kahraman, 2018).	99
Figure 4.18 : Joali Resort Maldives, lighting sections of steam room, sauna and hamam (Kahraman, 2018).	100
Figure 4.19 : Fairmont Quasar Istanbul, Promet Special Archive, 2018.	102
Figure 4.20 : Fairmont Quasar Istanbul, layout of wet spa in changing rooms (Kahraman, 2018).	103
Figure 4.21 : Fairmont Quasar Istanbul, spatial capacities of wet spa (Kahraman, 2018).	104
Figure 4.22 : Fairmont Quasar Istanbul, material palate of spa (Kahraman, 2018).	104
Figure 4.23 : Fairmont Quasar Istanbul, lighting sections of steam room, sauna and hamam (Kahraman, 2018).	105



WELLBEING AND ITS SPATIAL EXPERIENCE: DEVELOPMENT OF SPA DESIGN AND CONTEMPORARY SPA SPACES

SUMMARY

Wellbeing as a notion gains importance day by day hand in hand with the status of healthiness. World Health Organization (WHO) defines health as “state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” on the one hand; on the other hand, Global Wellness Institution (GWI, 2017) stresses wellness as intellectual, religious and medical movements and modern concept with ancient roots beginning with the *Ayurveda* treatments followed by Traditional Chinese Medicine, Ancient Greek doctrines, Roman Medicine and movements in United States and Europe in 19th century.

Today, wellbeing and being healthy are the ultimate goals that are difficult to endure due to increasing stress level in modern world, working environment with high-intensity and expectations from civilized human. As a result of these, people need to have treatments and experiences to relax and stay strong. In this content, spa spaces compel attention. As the word spa literally refers to the abbreviation of *sanus (salus/sanitas) per aquam* that means health coming from water in Latin. The relation between human beings and water starts in the mother womb and continues in many forms. People are always attracted to water and this interest originates from different aspects like need for bathing, religious and spiritual rituals and the belief to curative powers of water. Bathing can take place where water exist as bathtub, shower or even river, sea, ocean, lake. While human baths throughout the history, the forms of bathing shaped according to different reigns, beliefs and politics. Thus, personal and public bathing spaces emerged in relation to these routines and rethorics . In this thesis study, well-being and its spatial experience and spa design development and contemporary spa spaces, further to that, the emerging role of Turkish Hamam spatiality and its atmospherical penetration in contemporary spa design is also examined and discussed.

Thesis consist of five main chapters:

In first chapter; the purpose of thesis, literature review and hypothesis are stressed. To comprehend the definition of spa, the construction of spa spaces and the history behind these spaces and experiences literature study is done. In addition to that, a future projection is stressed throughout the evolution of spa in the context of hypothesis.

In second chapter; the roots of bathing need, spa culture and their spatial typologies and the emergence of them are examined. In order to fully understand, spa rituals throughout the history beginning with Indus Valley, following to that Ancient Greek, Romans, Asia and Ottoman Empire Eras are discussed; further to that, the essential thresholds are examined in a timeline.

In third chapter; planning a spa is analyzed deeply. In this content; spa types, determination of spa concept, spa design principals and obligations, spa components and spatial requirements, layout needs and user flows are revealed.

In fourth chapter; under the indications and inputs of previous chapters, the spatial aspects and criteria that affect spa experience are specified. In this content, since in modern world, the boundaries between spa types are getting ambiguous and the spas are evolved into “days spas” where users can reach any time they want and “destination spas” where users need to plan a journey to use in practical use; one destination spa in Turkey (Canyon Ranch Kaplankaya) and one resort hotel spa outside of Turkey (Joali Maldives), one city hotel spa outside of Turkey (Villa Magna Madrid) and one city hotel in Turkey (Fairmont Quasar Istanbul) are dismantled in relation to defined criteria set. In considerations of these evaluations, the increasing demand to Turkish Hamam is observed and stressed.

In fifth chapter, concluding remarks and future projections are discussed. In this part; in addition to the evaluations and sectional results, it is stressed that the significance of Turkish hamam is getting more and more important gradually with its flexible and convertible spatial aspects and utilization of spatial characteristics of Turkish Hamam emerges as an increasing demand in the design of contemporary spa ambient, while this find out is stressed and the reasons are briefly discussed on the final chapter.

İYİ OLMA HÂLİ VE MEKÂNLARININ DENEYİMİ: SPA TASARIM GELİŞİMİ VE MODERN SPA MEKÂNLARI

ÖZET

İçinde yaşadığımız modern dünyada, sağlıklı olmakla birlikte, iyi olma hâli de giderek önem kazanan bir kavram olarak karşımıza çıkar. Dünya Sağlık Örgütü (DSÖ/ WHO) sağlık kavramını “yalnızca herhangi bir hastalık ve güçsüzlük halinin olmaması değil; bütünüyle bedensel, psikolojik, ruhsal ve sosyal bakımdan iyi olma durumu” olarak tanımlamaktadır. “İyi olma hali, sıhhat” olarak Türkçeleştirilebilecek *wellness* ise Global Wellness Institution (GWI) tarafından antik çağlarda Ayurveda ile başlayan, geleneksel Çin tıbbı, Antik Yunan öğretileri ve Roma dönemi ile devam eden, 19. yy Amerika ve Avrupa akımları ile modern hâline kavuşmuş entelektüel, dinsel ve tıbbi akımlar olarak tanımlanmıştır. Bu bağlamda *wellness* kökleri antik çağlara uzanan, modern bir konsept olarak değerlendirilmektedir.

Günümüzde, sağlıklı ve iyi olma hâli; Dünya’da artan stres oranı, yoğun çalışma saatleri, modern çağ insanlarından beklentinin giderek artması gibi sebeplerle gitgide zorlaşmaktadır. Bu sebeple insanlar kendilerine iyi gelebilecek bakım ve deneyimlere ihtiyaç duymaktadırlar. Bu deneyimler önceden şımartıcı aktiviteler olarak tanımlanırken, günümüzde iyileştirici aktiviteler olarak görülmektedirler Bu noktada spa mekânları devreye girmektedir. Spa, Latince “sudan gelen sağlık” anlamına gelen kelime öbeğinin baş harflerinin kullanımıyla türetilmiş bir kelimedir. İnsan sürekli su ile bir şekilde ilişki içinde olan bir canlıdır; anne karnında başlayan bu ilişki, su birikintileri, nehirler, denizler, okyanuslarda süregelmiştir. Suyula olan ilişkinin kökeninde, yıkanma ihtiyacı, dini ve ruhani ritüeller, suyun tedavi edici özelliğine olan inanç yatmaktadır. Bu bağlamda, insanlık kendi yıkanma mekânlarını oluşturmuş; mimari ve mühendislikteki ilerlemelere paralel olarak bu mekânları da geliştirmiştir. İnsanın yıkanmayla olan ilişkisi bir şekilde devam ederken, tarih boyunca hüküm süren farklı uygarlıklar ve hakim politik görüşlere göre bu ilişki (dönemsel olarak cinsiyete göre kullanımların ayrışması ya da bir aradalığı, yıkanmanın yasaklandığı ya da teşvik edildiği dönemler) şekillenmiş; bunun sonucunda ise, bireysel ve toplu yıkanma mekânları ortaya çıkmıştır. Günümüzdeki spa mekânları, bu sürecin bir uzantısıdır. Bu çalışma kapsamında spa mekânlarının tasarım gelişimi ile modern spa mekânları ve Türk hamamının modern spa tasarımında artan rolü irdelenmektedir.

Tez beş bölümden oluşmaktadır:

Birinci bölümde; tezin amacı, literatür taraması ve hipotez yer almaktadır. Spa nedir, spa mekânları nasıl inşa edilir, tarihten günümüze kullanıcılar spa mekânlarını nasıl deneyimler gibi çeşitli sorulara yanıt bulmak amacıyla literatür taraması (farklı kültürlerle dair değişkenlik gösteren yıkanma alışkanlıkları ve karşılaştırmaları) yapılmış ve spa mekânlarının geleceğine dair bir hipotez vurgusu yapılmıştır. Spa mekânları, çok özelleşmiş deneyimler içerdiği için herhangi bir anket yapma şansı bulunamamıştır bu sebeple tez son kullanıcı verilerini içermemektedir.

İkinci bölümde; yıkanma ihtiyacının kökeni (ruhani, teolojik ve sağlığa dair unsurlar), spa kültürü (yıkanma pozisyonları ve günümüze yansımaları), spa çeşitlerinin ve tipolojilerinin ortaya çıkışı irdelenmiştir. Bu ihtiyacı ve tarihsel gelişimi daha iyi algılayabilmek için; tarih boyunca farklı kültürlerdeki yıkanma ritüellerini, İndüs Vadisi’nden başlayarak ele alan inceleme süreci, Antik Yunan, Roma, Asya, Osmanlı İmparatorluğu sırasıyla devam etmiş; Dünya’daki mihenik taşı kabul edilebilecek gelişmeler bir zaman çizelgesi şeklinde ortaya konmuştur. Tüm bu incelemelerin sonucunda günümüzdeki modern spa mekanlarına gelinmiştir.

Üçüncü bölümde; spa planlaması kapsamlı bir şekilde ortaya konmuştur. Öncelikle doğru proje ekibinin (işveren, tasarımcı, spa işletmecisi, proje yöneticisi, spa danışmanı) bir araya getirilmesiyle başlanan proje süreci, spa tipinin (günlük spa, klüp spa, hedef spa, medikal spa, termal spa ve otel spası) belirlenmesi ile devam eder; bu aşamaların sonrasında spa konseptinin ve kullanıcıda yaratılmak istenen temanın/hissiyatın belirlenmesi, ana hatlarıyla spa tasarım prensipleri (mekânsal kurgular, arayüzler, zonlama, hacimlerin çeper karakteristikleri), spa bileşenleri ve mekânlarının (sıcak terapiler, soğuk terapiler, kuru bakımlar ve alt mekânları) tanımlanması, yerleşim çalışmaları (leke çalışmaları, komşuluk ve ardışıklık ilişkileri) ve bu yerleşim çalışmaları için uyulması gereken yükümlülükler (mimari, iç mimari standartlar ve spa standartları) ve kullanıcı akış şemaları (terapilere göre mekanların komşuluk ilişkileri, bu mekanlar arasındaki bağlantı rotaları ve servis hatları) irdelenmiştir. Tüm bunların sonunda ortaya çıkan spa mahalleri karşılaştırmalı olarak özetlenmiştir.

Dördüncü bölümde; elde edilen ve net bir şekilde tanımlanan bilgiler ışığında, spa deneyimini etkileyen tasarım kriterleri örnek projeleri yorumlayabilmek adına ortaya konmuştur. Projelerin öncelikle künye bilgileri (proje yeri, yapım tarihi, etrafında nelerin yer aldığı, kapasite bilgileri) verilmiştir, sonrasında spa tipi, spa kapasitesi ve ulaşılabilirlik bilgisi incelenmiştir. Giriş bilgileri sonrasında proje kriterleri üç ana başlıkta ele alınmıştır, bu başlıklar; mekansal (kapasiteler, ölçüler, mekansal geçişler) çözümleme, atmosfere dair (ışık, ses, koku) çözümleme ve altyapısal çözümlerdir. Günümüzde, spa tipleri arasındaki farklılıklar giderek azaldığı ve spalar uygulamada daha çok kullanıcıların her zaman ulaşabildiği “günlük spalar” ve kullanıcıların ulaşmak için plan yapması gereken “hedef spalar” olarak ayrıldığı için, hedef spa kapsamında Türkiye’den Canyon Ranch Kaplıkaya ve Türkiye dışından Joali Resort Muravandhoo Maldivler; günlük spa kapsamında şehir otel spası olarak Türkiye dışından Villa Magna Madrid ve Türkiye’den Fairmont Quasar İstanbul. Her bir proje, ortaya konan tasarım kriterlerine göre irdelenmiştir, bu esnasında plan ve kesit çizimleri üzerinden diagram çalışmaları yardımıyla proje okumaları yapılmıştır. Bu çalışmalar; ıslak spa planının okunması ve bu plan üzerinde cinsiyet ve temiz-kirli ayak ayrımlarının irdelenmesi (kullanıcı akış şemaları) ve malzeme panolarının hazırlanması, sonrasında ise her bir projenin kendi kapsamında yer alan Türk Hamamı, Sauna ve Buhar odalarının ıslak spa ile kıyaslanacak şekilde mekansal kapasitelerinin ve aydınlatma senaryolarının incelenmesi şeklindedir. Proje seçimleri yapılırken gözetilen bir diğer kriter ise, yazarın kendisinin de aktif olarak çalıştığı projeler olmasıdır.

Beşinci ve son bölümde ise genel değerlendirmeler ve örnek proje irdemelerinden elde edilen sonuç çıkarımları yer almaktadır. Bu dört proje ekseninde değerlendirme yapıldığında, modern dünyada spa tipleri arasındaki farklılıkların günden güne muğlaklaştığı, spa deneyimlerinin giderek daha da kompakt bir hale geldiği, atmosfere ilişkin unsurların (tasarım yaklaşımları ve çizgilerinin, malzeme seçimleri, malzemelerin bir araya getirilme biçimleri ve renk paletleri açısından benzeştiği),

özellikle spa danışmanının projenin taslak aşamasından son anına kadar aktif olarak görev aldığı projelerde, altyapı unsurlarının doğru bir şekilde çözümlendiği ve tüm farklı spa tipolojilerinde başı çeken ana spa mekan karakteristiğinin Türk Hamamı atmosferi olduğu gözlemlenmiştir. Türk hamamının esnek (alt mekânlarının eksik ya da tam olarak kullanılabilmesi, bu alt mekânların farklı kompozisyonlar içinde bir araya getirilebilmesi) ve dönüştürülebilirliğe elverişli (gerekirse farklı terapilerin ya da hamam bünyesinde bir araya getirilebilmesi ya da hamamın bazı durumlarda buhar odası gibi işlev görmesi) yapısıyla, kompakt bir spa arketipi olarak değerlendirilebileceği, bu sebeple öneminin günden güne arttığı ve gelecekte daha da artacağı vurgulanmıştır.





1. INTRODUCTION

The term SPA is associated with water treatment, which is also known as balneotherapy. The belief in the curative powers of mineral waters goes back to prehistoric times.

When it is etymologically examined, the word spa derives and is developed from variations of a similar root. The spa word literally refers to the abbreviation of *sanus* (*salus/ sanitas*) *per aquam*, the health coming from water in Latin, it associates with water treatment that is also known as balneotherapy (Henry and Taylor, 2005). Yet, Tubergen and van der Linden also call attention to Latin *spagere* that enfolds the meanings of to scatter or to sprinkle and being moisten (van Tubergen and van der Linden, 2002: 273-275). Besides, as Licht points out the Anglo-Sakson transition and the use of the word gradually developed at first in relation to the “old Walloon word for fountain”, which was the term *espa*. From this term came the English word *spaw*, so to the modern word *spa*, which in fact further gave its name to the town¹ near Liege, whereas like Licht states in 1326, “Collin le Loup, claimed that the chalybeate waters from the local spring cured him.” (Licht, 1963: 437).

As it is acknowledged, the belief in the curative powers of mineral waters dates back to prehistoric times, water is used as a treatment element in many forms in context of balneotherapy.

1.1 Purpose of Thesis

Today, especially people living in metropolitan realm, face huge amount of stress in their daily life. As a consequence to that, self-care and state of wellbeing are getting significant day by day. SRI (2010) stresses the concept of wellness’ characteristics as; multidimensional, holistic, continuous and variable depending on time; individual but,

¹ As van Tubergen and van der Linden further acknowledge that in 14th Century curative thermal spring was discovered in this city “SPA” (van Tubergen and van der Linden, 2002).

influenced by environment and self-responsibilities. As a result to these aspects, wellness rely on mostly individuality because wellness is a process pursued on the individual level by engaging in healthy behaviors and practices that promote personal well-being on the one hand; on the other hand, it is not possible that personal wellness is not influenced by the environment in which a person lives. The main goal of wellness is to protect, promote, and maintain health and well-being and to avoid disease, disability and death. In this content, the role of spa in human's life is defined as a medium that provides healing activities, which were in fact essentially defined as pampering activities in the recent past. Referring to this appreciation, spa spaces as collaborator to maintain these approaches play an important role for wellness.

The relationship between humans and water starts in the mother womb, remains in many forms. The interest of people for water depends on different beliefs and needs like the urge of cleansing, theological and doctrinal rituals and the faith in water's healing qualities. People may bath in different forms and spaces, which can be exemplified as bathtub, shower or even puddles of water. The act of bathing throughout the history, as well as the approaches to bathing varied according to different reigns, beliefs and politics. As a result to that, personal and public bathing spaces emerged.

In this dissertation, spa spaces and experiences in context of personal and public bathing; further to that, ambient elements that affect these experiences are examined and stressed via designer's aspect.

1.2 Literature Review

Today, it is not easy to find one compact resource that contains an extensive design insight about spa spaces from historical developments, milestones to spatial design criteria of spaces and the future expectations about spa.

Following to this this observation, the following chapters of this dissertation reflect a literature review of previous studies conducted in relation to wellness and spa notions considering mainly the spatial aspects that affect users' experience directly in spa and wellness activities. Thus, starting from the historical rituals, the design criteria of spa spaces are going to be discussed in a more detailed manner. The historical facts and developments are important for the articulation of spa spaces as well as the spatial configuration that frame the future of spa and wellness notion and how would they

transformation on the upcoming days. Yet, throughout the analysis of cases, the literature review is also connected to the findings from the cross-reading of the cases.

Besides, in order to examine what the notion of spa refers to nowadays, it is essential to define the roots of bathing, rituals and approaches that has relation to water. In this context, the resources being unfolded are listed as below (Table 1.1).

Table 1.1 : Resources for the literature review.

Resource	Author	Context
The Evolution Of Wellness	GW (2007)	Chronology
Bathed In History	Brue (2001)	Chronology
A Brief History Of Spa Therapy	van Tubergen and van der Linden (2002)	Chronology
Baths And Bathing In Ancient Greece	Panayotatou (1919)	Ancient Era- Greek Baths
Hippocratic Writings	Lloyd, Chadwick and Mann (1983)	Ancient Era- Greek Baths
Pythagorean Women: Their History and Writings	Pomeroy (2013)	Ancient Era- Greek Baths
Bathing In Public In The Roman World	Fagan (2002)	Roman Baths
The History Of Roman Bathing Culture	Schadewalt (1989)	Roman Baths
A Guide To Japan's Finest Ryokan and Onsen	Seki and Brooke (2005)	Asian Baths
Türk Hamamı	Taşcıoğlu and Pasiner (1998)	Ottoman Baths
A Critical Look At The New Functions Of Ottoman Baths	Büyükdigan (2003)	Ottoman Baths
Türk Hamam Kültürünün Spa & Wellness Mekânlarının Tasarımına Etkileri	Başa (2009)	Ottoman Baths
A Social History Of Ottoman Istanbul	Boyar and Fleet (2010)	Ottoman Baths
Health And Wellness Tourism	Smith (1985)	Medical & Thermal Facilities
Out Of The Vapors: A Social And Architectural History Of Bathhouse Row: Hot Springs National Park, Arkansas	Paige and Soullière (1988)	Medical & Thermal Facilities

Table 1.1 (continued): Resources for the literature review.

Resource	Author	Context
The Medical History Of Waters And Spas	Porter (1990)	Medical & Thermal Facilities
Waters And Spas In The Classical World. Medical History	Jackson (1990)	Medical & Thermal Facilities
Health And Wellness Tourism: Spas And Hot Springs	Erfurt-Cooper and Cooper (2009)	Medical & Thermal Facilities
Health And Wellness Tourism: Spas And Hot Springs	Ertuğrul (2009)	Medical & Thermal Facilities
Mineral And Thermal Groundwater Resources	Albu, Banks and Nash (2012)	Medical & Thermal Facilities
SalonOvations' Day Spa Techniques	Miller (1996)	Contemporary Spa Facilities
Spa: The Official Guide To Spa Therapy At Levels 2 & 3	Scott and Harrison (2006)	Contemporary Spa Facilities
Understanding The Global Spa Industry. Spa Management	Cohen and Bodeker (2008)	Contemporary Spa Facilities
Guide to Hydrothermal Spa & Wellness Development Standards	Cavanah (2016)	Contemporary Spa Facilities

In addition to that, the information being gathered from the consensus of the long going design implementations of the design team, where the author is also the member and the practitioner at the first hand is the main resource to this dissertation.

1.3 Hypothesis

Today, in modern life where sensual and emotional desertation causes physiological compression in human's life, spa environments turn into more and more important realms due to their contribution to wellness activities.

This study aims to examine spa spaces, that initiate and maintain the state of wellness and well-being for people living in contemporary world, in terms of spatiality.

Examining the interior elements and affective capacities effecting on the spa experience in terms of spatial and tectonic aspects; these factors that shape atmospherical composition may vary according to target customer and the concept of

the spa. This research defends the fact that throughout the case analysis, it can be observed that the potential of Turkish Hamam gains importance in the contemporary design approach. It can be articulated that Turkish bath/ hamam is becoming popular and emerging as one of the main spa components in current designs being an archetype of recent spa environment due to its flexibility and convertibility.

1.4 Limits and Constraints of the Study

Spa experience and the use of spa spaces can be addressed as a very individual and exclusive journey. Regarding this exclusive situation, the study does not include any kind of survey/ questionnaire. Case studies chosen from the projects in which the author took position either as a project architect or a spa consultant.



2. THE NOTION OF WELLNESS AND THE ROLE OF SPA IN HUMAN LIFE THROUGHOUT THE HISTORY

As it is known, the notion of *wellness* and state of *wellbeing* are the key phases of healthier life existence. Referring to the Global Wellness Institute (2017) although the term wellness emerges as a modern expression, but resonating with its earlier roots from the Ancient times, the notion of wellness has re-gained importance as a modern concept, particularly after mid-20th Century. Especially like GWI stresses “when the writings and leadership of an informal network of physicians and thinkers in the United States largely shaped the way we conceptualize and talk about wellness today” (GWI, 2017).

As it is acknowledged, the history of wellness derives back to 3rd Century BC, beginning with the *ayurveda* treatments (3000-1500 BC), which has been a comprehensive method in order to build a consensus between body, brain & soul (GWI, 2017). Yet, pursuing this the Traditional Chinese Medicine [*acupuncture, herbal medicine, qi gong & tai chi*] has been flourished in the contiguous geographies; while the ancient Greek Medicine Hippocrates (500 BC) and his treatments up on body and soul unity gained importance, and initiated the modern medicine. (GWI, 2017). As Hippocrates focused on blocking illnesses and curing afterwards; Ancient Roman Medicine (50 BC) also supported this approach; fostering both the logical interventions and the spiritual healing methodologies (GWI, 2017). In this respect, various self-caring methods, such as *homeopathy, osteopathy, chiropractic* and *naturopathy* has been emerged reciprocally. As the concept of wellness emerges as an accurate notion in human health around 1650’s; the initial concept of hydrotherapy *kneipp-cure* [in content of hydrotherapy] has been firstly introduced by Sebastian Kneipp in to the western world around 1860’s. Consequently, by the early 1900’s “learning to stay well” was the popular motto of the epoch, however wellness became an objective with the birth of wellness center typology, the very first one of which was opened in 1970 in California; after 1980-2000 with a sudden increase, wellness went mainstream in western world, and lately around 2010 became a global phenomenon in

contemporary life, which in fact triggered the establishment of the Global Wellness Institution in 2014 (GWI, 2017) (Figure 2.1).

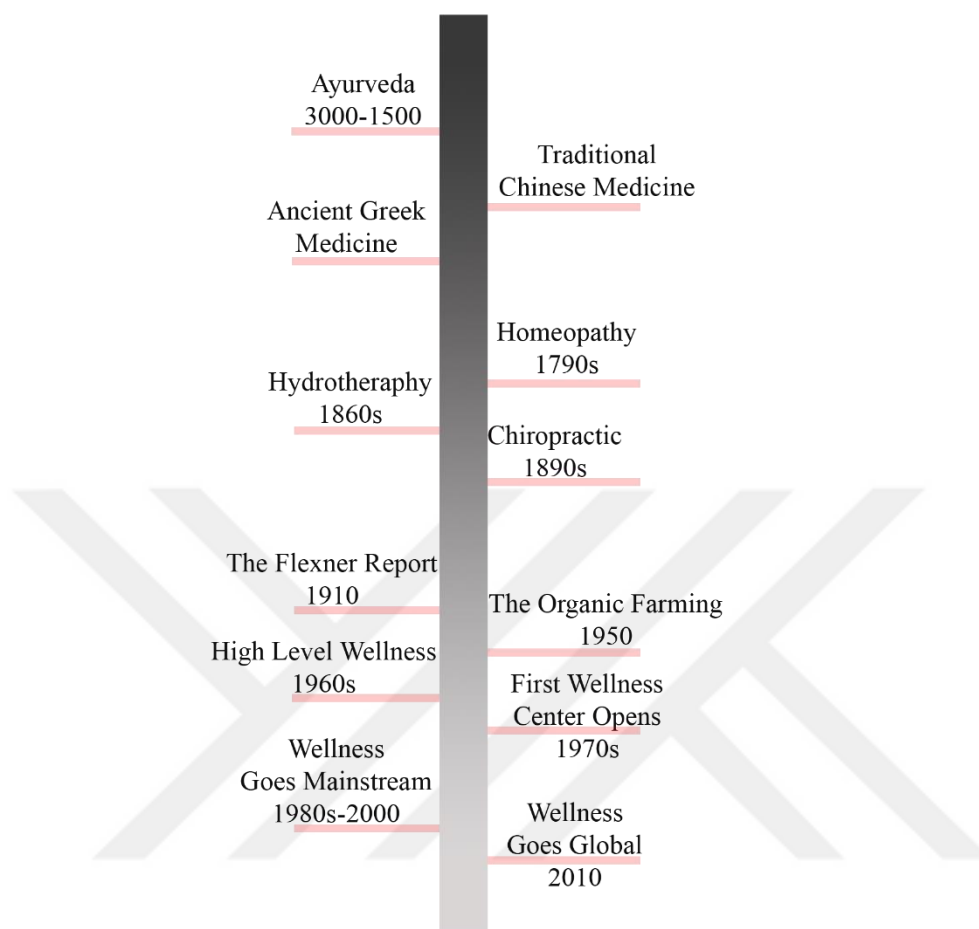


Figure 2.1 : Re-drawn by N.Kahraman from GWI's the evolution of wellness timeline image, 2017 (Url-1).

On this matter, both its emergence as a notion and by definition, the spa phenomenon appears to be closely linked with the notion of well-being and state of being healthy. It is discussed by Cohen and Bodeker that, as a business model spa concept started to enfold wellness as its essence; yet as it is proceed in time, the expansion of the spa industry may be considered as a response to people's desire for well-being (Cohen & Bodeker, 2008:5).

According to the International SPA Association (2018), spas are defined as "entities devoted to enhance [the] overall well-being through a variety of professional services that encourage the renewal of mind, body and spirit." Besides, Oxford English Dictionary also defines wellness as "the state of being in a good health" (Url-2). In addition, similar understanding also pursues in WHO- World Health Organization

Constitution², whereas health is defined by WHO (1948) as a “state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” (Url-3). While, highlighting the complex character of well-being in diverse scales and disciplines, Cohen also points out that “wellness has recently emerged as an industry sector and a multidimensional academic discipline that includes psychological, sociological, demographic and ecological dimensions” (Cohen, 2010:5). Moreover, Corbin and Pangrazzi further resorate this multidimensional entity through describing and explaining sub-dimensions of wellness are physical, social, intellectual, emotional (mental) and spiritual; other general proposed sub-dimensions are vocational and environmental (Corbin and Pangrazzi, 2001:3-4).

Today, the role of spa in human’s life is defined as a medium that provides healing activities, which were in fact essentially defined as pampering activities in the recent past. Referring to this appreciation, references to the gusto of the spa users became important and also emerged as the trending topics in designing the spa environments.

In this respect like Fitzpatrick mentions, the spa users expect their facility to mirror their gusto and preferences of their lives, in this context spa interiors are advised to be designed to make the customer feel better just by being inside of it (Figure 2.2 and 2.3) (Fitzpatrick, 2008).



Figure 2.2 : Plaza Hotel Balmumcu (Promet Special Archive, 2014).



Figure 2.3 : Plaza Hotel Balmumcu (Promet Special Archive, 2014).

² “The Constitution was adopted by the International Health Conference held in New York from 19 June to 22 July 1946, signed on 22 July 1946 by the representatives of 61 States and entered into force on 7 April 1948. Later amendments are incorporated into this text.” (Url-3).

Furthermore, by placing the vitality and youth of the corpus in the expectations, as Rashid states spa cannot mean just relaxing or escaping from reality; it is desired to get out of the spa 5 years younger, so the atmosphere need to embrace that urge and the spa concept itself needs to incorporate progressive therapies and treatments with modern cosmetics and world-wide trends of searching constant youth (Rashid, 2007: 4). Likewise, again in relation to the vitality of the corpus, we also confront with the combination of indoor and outdoor spa activities, where body is tamed with more advanced outdoor activities. In this respect, like Glück also highlights that especially in rural regions, where outdoor wellness activities are slightly optional, the urge for adequate training, attracts people more than fitness studios (Glück, 2010). Castillo & Cañizares (2005) further emphasize that, while designing the concept of the spa spaces main concern should not be just functionalism but creating a special welcoming ambience/ environment that serves to the feeling of wellbeing is also important.

2.1 Need of Bathing and Emergence of Spa Culture and Its Typologies

The need for bathing -or in other words the emergence of the act of bathing- has been an inquiry of daily routines and spiritual rituals of the human existences. Without a doubt, water plays an important role in diverse rituals of all major religions. Erfurt-Cooper and Cooper highlight that role of water in the foundation of the world like indicated in holy books of both Bible and Koran, or in the myths of Sumerian, Nile and Indus Valley, as well as in the writings of Buddhism, Hindu Struas and Shintos (Erfurt-Cooper & Cooper, 2009). Like Taşçıoğlu and Pasiner reminds even in the holy narratives it has been conveyed that, Adam bathed in Jordan River for 40 days, likewise Eve in Tigris River for 37 days for being repented after they ate forbidden fruit. (Taşçıoğlu & Pasiner, 1998). Besides, Veenker also recalls the story of ancient Sumerian king Gilgamesh, who sought for immortality and bathed in the sea to find the magical plant of youth in Utnapishtim (Veenker, 1981).

As it is known, also in Christianity the water is used for the Baptist rhetoric, similar to the immersion into river Ganges, which also appears as another vital figure in Hindu rituals (Figure 2.4), likewise the River Jordan has a significant resemblance for both Muslim and Jewish rhetoric. Apart from the known monistic religions, water also plays a crucial role for ancient communities such as Sumerians and Aztecs (Angelakis, et al., 2012). So, in accordance with religious rituals, in the level of theological

knowledge, the water-body-mind relations also signify a philosophical aspect. On this matter, like Cavanah argues the importance of being clean is strengthened with the growth of Confucianism and Buddhism, rather than the recreational purpose of bathing only (Cavanah, 2016).



Figure 2.4 : Hindu rituals at the Ganges (Url-4).

As it is reminded by Seki and Brooke, in relation to Zen wisdom, since the knowledge of '*journey is the destination*', spa spaces and activities could be accepted as the *journey* itself by rising the spiritual and physical purification at the same time. (Seki and Brooke, 2005: 14). Doubtlessly, many similar narratives are encountered in diverse cultures.

Beyond the mythical narratives, the water has been always accepted as relaxing and purifying domain throughout the centuries. When the role of water examined in deeper, like Cavanah states "For thousands of years, different cultures have sought to harness the cleansing and healing power of water and heat - both considered luxuries in ancient times." (Cavanah, 2016:1). Besides, according to Smith, cleanness is accepted as an asset of civilized human being both in theological and social virtues of cultivation and refinement (Smith, 1985).

In this respect, as societies became more civilized, admiration to water advanced to be the basics of secular social institutions such as *thermae* of Romans, *onsens* of Japanese and spa & wellness places of the modern era (Erfurt-Cooper & Cooper, 2009). Thus, when we focus to the bathing activity into more detailed way, it is observed that the bathing need associates with many intermingling socio-cultural and physical needs of

both the society and the individual; not only in terms of religious rituals and their theological assents, but also in terms of personal hygiene and therapeutic reasons.

In addition to personal hygiene and cleansing purposes, the belief in the curative potentials of mineral water further dates back to prehistoric ages, whereas Greeks initiated this therapy in 1st century BC, and then afterwards basics of *balneotherapy* revealed in 5th century, when Herodotus indicated the importance of spring waters (Albu, et al., 2012).

Like Seki and Brooke further argues, the therapeutic content of water has been also an essential belief in Buddhism, whereas the act of bathing is appreciated to eradicate illnesses such as rheumatism, arteriosclerosis, gout and skin diseases. (Seki and Brooke, 2005: 14). Porter also upholds the similar manner and states that “Doctors, patients, and therapeutic systems alike were commonly ardent advocates of the healing powers of water-whether pumped, imbibed, bathed in, swum in, sat in, splashed through, or whatever.” (Porter, 1990: 1)

Thus, the healing effect of water was used in various ways and methods in the past, whereas today it is used in different forms in the scope of *hydrotherapy* and these bathing forms can be addressed as half bath in a tub (pose 1), head bath in a water bowl (pose 2), sitting in a tub (pose 3), douche bathing preferably with an overhead shower (pose 4), sweating while lying down (pose 5) and taking a bath after sweating (pose 6) (Figure 2.5).

So, *balneotherapy*³ treatment, or to put in other words the immersion or plunging of the body into the water -specifically in mineral water-, appeared to be one of the oldest treatments known in human history; yet being accepted as the establishment of spa experience and its spatiality (Scott and Harrison, 2006). As Miller mentions that the knowledge about the curative impact of water re-investigated by coincidence when a farmer -lived in Austro-Hungarian Empire-, who healed his animals in neighboring stream and his own wounded rib by the water use in baths in addition to cold and hot compresses (Miller, 1996). In similar epochs, Sebastian Kneipp⁴, who was born in

³ Scott and Harrison define *balneotherapy* as “a water therapy using sea or mineral water, or thermal spring water.” (Scott and Harrison, 2006:5).

⁴ Sebastian Kneipp grew into a leading authority about water, vegetative bathing and drinks (Miller, 1996: 9)

Germany in 1821, was also deploying water treatment for his individual health, in order to enhance his immunity strength and increase his endurance to cold water plunges. (Miller, 1996: 9).



Figure 2.5 : Different forms of bathing (Claridge, 1843) (Url-5).

In addition, like Lloyd, Chadwick and Mann state “although baths were occasionally prescribed, this was as part of a particular course of treatment, not as a routine measure of hygiene, and in general the importance of cleanliness was little appreciated.” (Lloyd, Chadwick and Mann, 1983: 36). Moreover, Scott and Harrison also emphasize that in most of the spas water is the essential component, whereas its natural qualification either being as sea or mineral water, or thermal spring water is crucial and superior to unqualified water ponds (Scott and Harrison, 2006). Furthermore, in relation to how the reasons for act of bathing differentiates, the emergence of bathing spaces, their spatial and archetypical typologies and kinds do also vary in time.

As Schadewalt acknowledges during the Roman Era, we witness three different types of bathing spaces, which are the baths in homes called *balnea*; private baths called

balnea privata and baths in public realm called *balnea publica* (Schadewalt, 1989). Yet, referring to the ancient Greek art examples, like vases or through the significant figurative paintings, Panayotatou emphasizes that “bathing places were requirements in the more refined private dwellings; and that at the public wrestling places, gymnasiums, there were public bathing establishments.” (Figure 2.6 and 2.7) (Panayotatou, 1919: 9).



Figure 2.6 : Chadworth Villas in Roman Period, 2AD (Url-6).

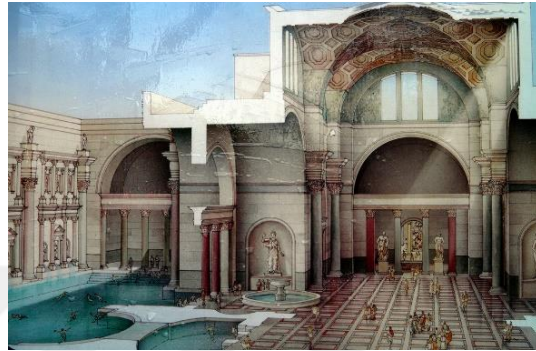


Figure 2.7 : The Baths of Caracalla (Url-7).

Beside the man-made containment of still water for the bathing use, natural water reserves were immensely appreciated for bathing purpose since the earlier times. So, according to van Tubergen and van der Linden ancient Greeks preferred to bath in fresh water from natural sources, whereas *thalassotherapy* bathing in the sea was also a popular treatment that was applied in those times (van Tubergen & van der Linden, 2002: 273). Again, constructing its argument through the Greek art history, Panayotatou also accentuates the essence of sea bathing in Greek culture, through its frequent figurative emergence in Greek visual arts (Figure 2.8) (Panayotatou, 1919).



Figure 2.8 : Thetis bathing on the beach (Url-8).

However, like Cohen and Bodeker claim the emergence of contemporary spa industry is in fact closely tied with these very basic characteristics of human desire for wellness,

either in physically or mentally (Cohen and Bodeker, 2008:5). Therefore, this complicated condition of desire for wellness, further be “viewed in the context of the evolution of [the human] consciousness”, which is now also intermingling with globalization and the many other crises that the world is bearing in recent times, apart from the long historical content of body and spiritual fulfillment (Cohen and Bodeker, 2008:5).

Moreover, today as it is underlined by Fagan the bathing habits either in the temple, or in public or in home bathing remain mostly the same and retain familiarities to documented ancient Roman practice (Fagan, 2002) and it may be categorized into; *residential* baths, *private* baths in public facilities and *public* [commercial] bath facilities.

When this variation is examined into more detail, it is observed that in today’s modern world, bathrooms -whether just a tray for bathing or a complicated shower- are the essential parts of the housing. The bathroom design varies depending on the economic range. As it can be seen in the images, Villa Savoye is an archetype for modern housing with an enhanced showering by including a lounger. (Figure 2.9 and 2.10). This lounger shape is used in lots of spas today, mostly in laconiums and relaxation halls.



Figure 2.9 : Villa Savoye plan perspective (Url-9).



Figure 2.10 : Villa Savoye bathroom (Url-10).

Regardless of the scale, even if the *residential spa* spaces are decided according to the preferences of the owner, they are mostly recommended to include steam bath and

sauna or even both and preferably an addition of cooling option like showers (Cavanah, 2016: 32). Yet, Miller (1996) adds that warm bathing has a sedative effect before going to sleep and taking a short cold shower helps you waking up especially in the mornings.

On the other hand, apart from residential characteristics of bathing spaces, *private baths in public facilities* and even the *public [commercial] bath* facilities are also the essential spaces of bathing in a wider continuity. As it is discussed deeply, bathing in public may be examined in the content of cultural preferences rather than physical obligation on the other hand it could be also considered as an interaction element when shared, further to that, it may be accepted as the notion for curing than just a feel of well-being. (Figure 2.11 and 2.12) (Fagan, 2002:4).

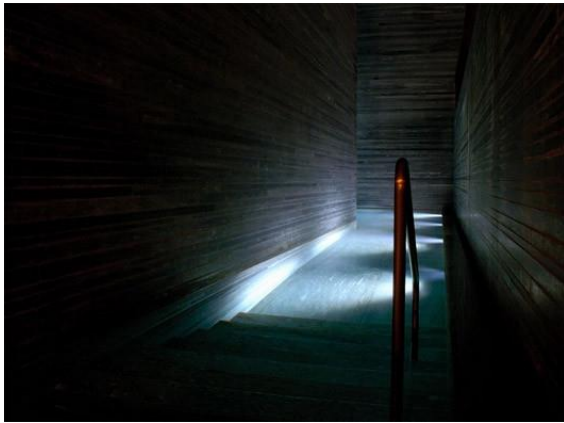


Figure 2.11 : Private room, Therme de Vals, 2017 (Url-11).



Figure 2.12 : Exterior Pool, Therme de Vals, 2017 (Url-12).

In this respect, the spatial aspects, planning and functions of public bathing places are going to be inspected broadly in the following chapter.

2.2 Bathing Rituals in Different Cultures

Earlier in the previous section, the act of bathing refers to washing or cleansing of the body for personal hygiene, religious ceremonies or therapeutic objectives. Bathing can take place, where water is contained and conveyed through bathtub, shower or even river, sea, ocean, lake etc. Yet, apart from the individual bathing activities; according to Yegül “bathing in public as a cultural expression and personal pleasure becomes meaningful through the opposing tendencies of privacy and intimacy engendered by

architecture, and by extension, through the co-existence of contradictory but interdependent worlds of reality and escape, work and play.” (Yegül, 2010: 12).

Beginning with the early ages in history, six major categories are observed in the presence and transformation of the Spa culture; the ancient examples from Bronze Age in Indus Valley; Ancient Greek; Romans; Asia; Ottoman Empire; Contemporary European.

2.2.1 Indus Valley (Mohenjo-Daro)

The Indus Valley Civilisation (*Harappan Civilisation*) was a Bronze Age civilization (3300–1300 B.C.); located mainly in the northwestern regions of South Asia, extending from Afghanistan to Pakistan and northwest India.

Referring to the Great Bath in Indus Valley, Kenoyer states that “without doubt the earliest public water tank in the ancient world, [where] the tank itself measures approximately 12 meters north-south and 7 meters wide, with a maximum depth of 2.4 meters.” (Kenoyer, 1995). Ahmed further acknowledges that “the water pool had a floor of bricks set in gypsum to make it watertight, the masonry linings of the retaining wall had been provided with a packing of bitumen to prevent lateral seepage of water.” (Ahmed, 2014: 160) (Figure 2.13 and 2.14).

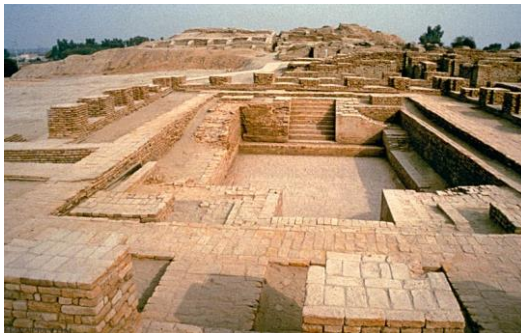


Figure 2.13 : Great Bath, Mohenjo-Daro, 2017 (Url-13).



Figure 2.14 : Great Bath, Mohenjo-Daro, 2017 (Url-14).

In Harappan belief system, bathing and separation between clean and unclean materials, specifically the separation of waste water, was very important not only in terms of hygiene but also for the religious rituals of purification and this phenomenon is still vital in Indian religion (McIntosh, 2008: 278) (Figure 2.15).



Figure 2.15 : Drain system of Mohenjo-Daro, 2017 (Url-15).

Pomeroy also states that however “luxurious baths have also been found in private dwellings in Ptolemaic Egypt. For example in Alexandria, the wealth and imagination of Ptolemaic women allowed them to invent extravagant ablutions like the fabulous asses’ milk baths Cleopatra VII.” (Pomeroy, 2013: 74), on the contrary like Stanton, et al. indicate that “none of the early cities of Mesopotamia and Egypt reveal any such extensive arrangements for bathing and washing, let alone for sewage.” (Stanton, et al. 2012: 34).

2.2.2 Ancient Greek

Bathing plays an important role in Greek History. As it is emphasized by Zumthor, since the ancient times, bathing spaces were therapeutic and sacred places, where the practitioner-the hydrotherapits, balneologist- were medicinal persons, as well as the priests at the same time. In addition to them, the philosophers and doctors -especially Hippocrates- accepted and raised awareness about the curative gains of thermal waters (Zumthor, 2008).

It is indicated by Paige and Soullière (1988), modern spa such as bathtubs and foot-spa were emerged from the bathing rituals in bath houses -*aka balneum*-, which were generally constructed in gymnasiums in the Greek Reign (Figure 2.16).

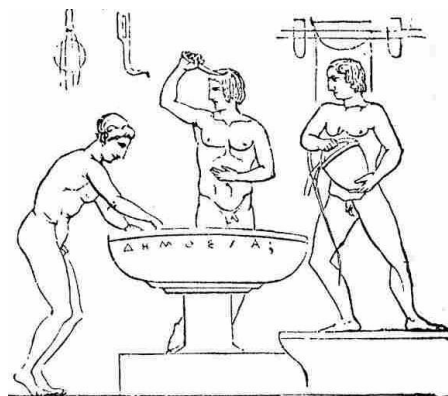


Figure 2.16 : Public basin for men in Greek balneum (Bathhouse) (Url-16).

Pomeroy (2013) also states that “before the great baths built by Roman Emperors, Greek men bathed at the gymnasium and plunge baths were luxury for women since it requires the services of slaves. Harris (1972) also highlights that “all Greek athletes oiled themselves before exercise as a hygienic measure to keep dirt out of their pores, and at the end of their exertions took a bath and scraped off the dust, sweat and oil with a bronze strigil.” (p.21).

However, as gradually “by the time of Hippocrates (460–370 BC), bathing was considered more than a simple hygienic measure; -where in turn- it was healthy and beneficial for most diseases.” (Jackson, 1990: 1). Especially, Pythagoreans cared about cleanness.

As Panayotatou also highlights this and further adds that ancient Greeks used bathing as body strengthener ritual that originated from their ancient roots as a custom (Panayotatou, 1919).

Besides, being used for cleaning and therapeutic purposes, bathing seems to be accepted as complimentary. As it could be acknowledged through Homer’s Odyssey, bathing was a manifestation of an aristocratic hospitality. Panayotatou (1919) also emphasizes that “in households, bathrooms were not only used by the residents, but they were also at the disposal of every guest on his arrival. They were especially used on return from a journey or after any sort of exertion.” (p.3). Panayotatou (1919) accentuates that the Greeks use vapor baths called as *pyrateria*, which is later adopted into *laconium* by the Romans.

Focusing on the different approaches, there are distinct considerations about bathing in Greek History. Taşcıoğlu and Pasiner highlight that some people were having bath three times a life time, yet, bathing was accepted as a luxurious event; likewise narrated by Plato, whereas Lycurgus of Sparta had bathing only after vacations however Pisagor had bath every day (Taşcıoğlu and Pasiner, 1988).

Pomeroy (2013) further underlines that during those times women were advised to avoid bathing too much, so as to block over-consumption and the arousals by bathing. In addition to that, it is spotted by Lloyd, Chadwick and Mann that “baths should be frequent but not excessively so unless there is some special reason” in Hippocrates writings. (Lloyd et al., 1983: 204).

2.2.3 Romans

It is known that bathing was a social event for the Romans. The Romans built the thermal baths by the influence of the Greeks, however they advanced them in terms of engineering skills (Paige and Soullière, 1988). Debuting the aqueducts widely, Romans had the chance to use the water for thousands of people (Tubergen and van der Linden, 2002) (Figure 2.17).



Figure 2.17 : Roman baths in Bath, England (Url-17).

It is known that the military use was the main reason to have a spa facility in the Roman Era (Jackson, 1990). In deeper perspective, Crowther (1980) reflects that by the acceptance of being nude in public among the Romans, not just between the intellectuals, the Greek athletics are started to be accepted and indiscreet for Romans. The more Greek athletics are accepted, the wider gymnasiums and the bathing facilities become.

As it is indicated previously, Romans were good at engineering and architectural detailing (Tubergen and van der Linden, 2002). In this content, according to Ring (1996) by the help of hollow walls in Roman Baths, condensation on the walls were prevented; also with this architectural trick, the heat radiated evenly in the space thus let crowds take bath at the same time. Besides, Taşcıoğlu and Pasiner (1998) also indicate that a lot of “bathing rooms” can be seen in Pompeii and Stabia Hamam similar to the Greek traditional baths and by the discoveries in centralized underfloor heating techniques, public baths -thermaes- emerged and became prevalent. It is emphasized that Roman *thermaes* had a vital effect on social life, since the crowds come together (Url-19). As the demand for *thermaes* grew higher, the master builders re-focused on this archetype, whereas that the construction of novel properties turned

into an expression of prestige and power between the emperors. Every conqueror tried to overcome the previous one by building bigger thermae (Taşcıoğlu & Pasiner, 1998) (Figure 2.18).



Figure 2.18 : The Bath of Caracalla, 219 A.D. (Url-18).

As Paige and Soullière discuss, Roman baths became the focal point for both public and group activities as well as recreational purposes, when bathing habits finally transmitted from Mediterranean basin, to mainland Europe, to Middle East and Africa by the expansion of the realm (Paige & Soullière, 1988).

Referring the plan layout of Pompeii Baths, it can be observed that Roman Baths were divided into men and women parts (Figure 2.19).

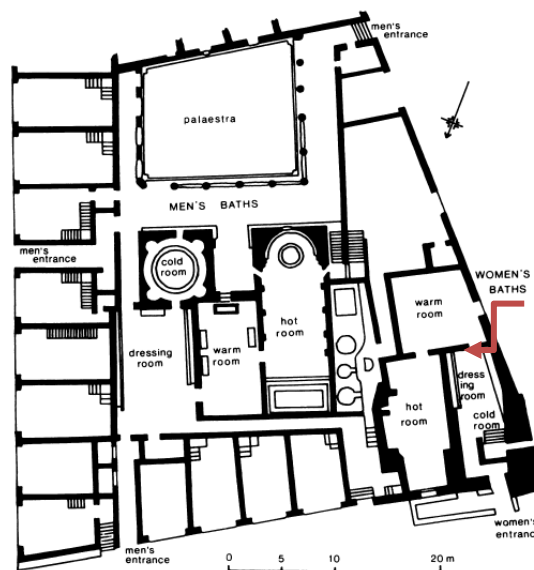


Figure 2.19 : Spatial articulation of the old baths in Pompeii, 2nd century B.C. (Url-20).

In addition to that, it is stated that the facility consists of latrines, pool and gymnasium (Url-21). Considering the spatial organization, as it is indicated by Paige and Soullière, the bathers are oriented and moved through the spaces with gradually increasing temperature; *frigidarium* (cold), *tepidarium* (warm), *caldarium* (hot) and sometimes an addition of a resting place called *laconium* (dry) at the end. (Paige and Soullière, 1988). Even though, the laconium is defined as a dry lounge, today its usage appears controversial. Cavanah advises the laconium, the relaxation area with temperature between 38-42 °C, may be reinforced with a humidifier in relation to the spa concept. (Cavanah, 2016:8).

2.2.4 Asia

In Asia, *spa* is a term which defines a lifestyle -rather than being scrubbed or got massaged- and numerous day life habits that are all related to the spa activities to make your body and soul restored (Chapman, 2006) (Figure 2.20). It is also reinforced by Smith and Puczkó that unworldly rituals such as yoga, meditation and massages are mixed in day life in Asian countries than the Western civilizations in forms of the embodiments of spiritual healing -like Reiki or Shiatsu-, the philosophies -of Feng Shui or Vasati- for harmonious life and the role of water related spaces -as in Japanese *onsen* or Korean *jimjilbang*- (Smith and Puczkó, 2008).

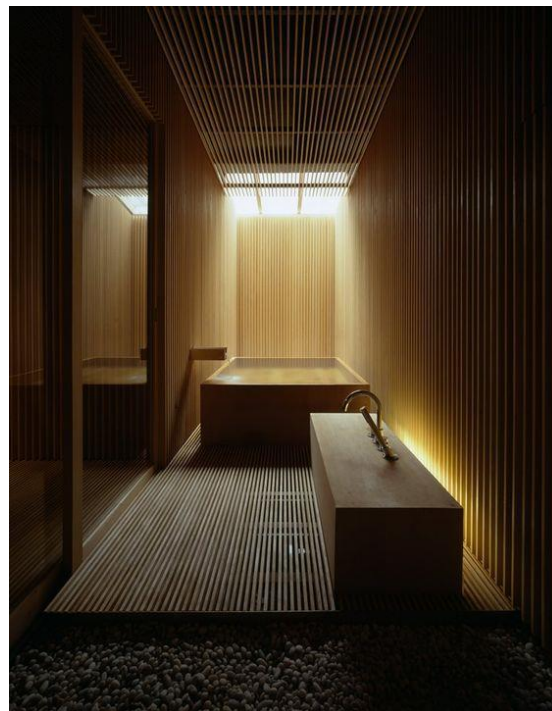


Figure 2.20 : Ginzan Onsen Fujiya Yamagata, Kengo Kuma, 2006 (Url-22).

Besides, Cochrane also argues that most of the Asian spa know-hows derive from the religious rituals from Eastern world such as the Buddhist aspects of meditation, yoga from South Asia, Ayurvedic⁵ techniques and Balinese Hindu doctrines (Cochrane, 2007: 117). In addition to that, intercultural interchanges shape the spa rituals; as it is pointed out by Jotisalikor, Thai massage immigrated via Buddhist monks from India and Brahmins in 2-3 BC, while and vegetative hot press and the herbal Thai steam are imported from folk prescriptions and archaic methods (Jotisalikor, 2012: 4).

Moreover, it is expressed by Seki and Brooke that the passionate relationship between Japanese people with water may be attributed to archaic farmers (Figure 2.21) walking into effervescent pools to clean up the dirt from the working hours, or, to the Shinto and Buddhist beliefs that honor hot soaks (Seki and Brooke, 2005: 14). Additionally, it is also believed that the documented history of the habit of using hot spring waters in China and Korea depends on the nomadic relations between the Japan (Clark, 1999; Erfurt-Cooper and Cooper, 2009: 89). On the other hand, according to Cavanah, the curative thermal waters containing sulfur were also mentioned in the old Chinese books from antiquity (Cavanah, 2016: 2).



Figure 2.21 : A worker in rice fields (Url-23).

⁵ Ayurvedic is a word emerged from a combination of *ayur*-life and *veda*-wisdom (Cochrane,2007).

It is emphasized by Fagan that Japanese people accustomed to bath as co-ed groups in hot water -*onsen*- like the Romans and being naked is an acknowledged input for bathing rituals even though it is against religious aspects since it has grown into a sensuous, rather than a sacred involvement (Fagan, 2002: 3) (Figure 2.22 and 2.23). Yet, apart from *onsens*, Cavanah also indicates that the Japanese are accustomed to steam baths in the name of *senjo* with aroma-therapeutic treatments and scrubbing (Cavanah, 2018:3).



Figure 2.22 : Naked individuals in Japanese onsen (Url-24).



Figure 2.23 : The act of collective bathing in Sukayu onsen (Url-25).

On the one hand, considering the Islamic regions of Asian continent there is a conservative use of pools and springs. As it is known, it is significant to bath or perform ablution in Islam before prays or after getting in contact with the strangers or with a corpse that is why mosques have pools or ablution settings through the Middle East (Erfurt-Cooper & Cooper, 2009).

2.2.5 Ottoman Empire

It is emphasized by Taşçıoğlu and Pasiner that Turkish people have tendency to bath (Taşçıoğlu & Pasiner, 1988). This can be observed in different sources, such as; Yüepans -a Hunnish clan-, who took bath three times a day, the Volga Bulgarians, who bathed as women and men, and the hamams in the palaces of Attila Khan (Taşçıoğlu & Pasiner, 1988). Bathing in thermal water is a habit for Ottomans as well as the hamam culture; it is discussed by Öztürk that Ottomans were not only well-known by constructing hamam structures in all neighborhoods, but also recognized for their use of hot springs (Öztürk, 2015). It is also emphasized by Tuncel and Doğaner, the use of thermal waters began with the building of a hamam on the spring territory and then it

was followed by constructing pool, bathing facility and accommodation and other facilities (Tuncel and Doğanaer, 1992: 47).

It is accentuated by Boyar and Fleet, the construction of hamam structures were similar process likewise building mosques, which was a tradition for the Ottoman sultans after conquering a town (Boyar and Fleet, 2010: 249) whereas Ağa Hamamı could be examined in this content since Mehmed II made it build after conquering the Istanbul (Figure 2.24).



Figure 2.24 : Restored Ağa Hamamı, first hamam constructed by Mehmed II the Conquerer, 1454 (Url-26).

Nevertheless, as an archetype, hamam enfolds the strongest resemblance with the ancient Roman baths. Allshop (1890) emphasizes that the Turkish Hamam was the resurrection form of the Roman bath, rather the versions in Eastern milieus with the sweating chambers; and further adds that the heat given to the users' bodies by radiation through surfaces is the best way in terms of sanitary and therapeutic purposes. Thus, like Büyükdigan also argues, besides having a unique style, Turkish baths were formed mostly with the effect of Romans lived in Western Anatolia and the impact of initial Islamic regions such as Syria, Egypt that can be traced (Büyükdigan, 2003: 617).

As it is pointed out by Cavanah that the most significant distinction of Turkish hamam from the Arabic hamam environment is the hot/ belly stone in the center of the space (Cavanah, 2016:3) (Figure 2.25).



Figure 2.25 : Co-ed hamam with the big hot stone in the center, Canyon Ranch Kaplankaya, Promet Special Archive, 2016.

The social pattern for the Ottomans were really conservative. As it is noted by Başa that hamams were not only used for cleaning and healing objectives, but also used for socializing purposes -like coming together with relatives, henna ceremonies, scrutinizing for potential brides- by the public that happens to be undoubtedly self-enclosed (Başa, 2009). This knowledge is also supported by Boyar and Fleet, the hamams were the community centers that especially for services such as babies first shower and meeting the outside with prayers, women socializing with the outsiders, amusements with the belly dancers, possibilities for matchmaking ritual in *tepidity* - tepidarium- (Boyar and Fleet, 2010: 256-257).

As it is also emphasized by Cavanah, since it was believed that sweating accepted as a cleaning method, using hamam prior to praying in mosques went mainstream rituals in Ottomans (Cavanah, 2016). Yet, Turkish Bath is an international phenomenon and the rituals of it can be seen all over the world.

As it is also supported by Paige and Soullière that, it is a common procedure -with combining the water drinking and cold turban- that is taken place amongst the hot springs in United States since it helps decreasing the blood pressure and pulse while triggering the circulatory system (Paige and Soullière, 1988).

Every külliye -Islamic-Ottoman Social Complex- has its own hamam and the Architect Sinan designed monumental hamams (Ertuğrul, 2009:8) (Figure 2.26 and 2.27).

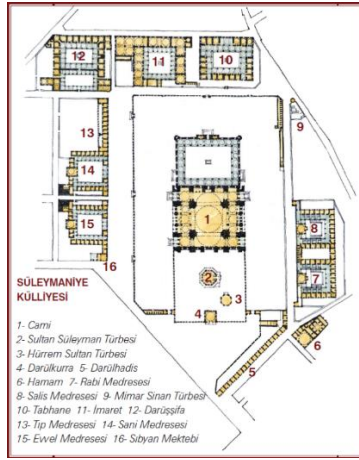


Figure 2.26 : Süleymaniye Külliyesi, 1550 (Url-27).



Figure 2.27 : Süleymaniye Hamamı, 1557 (Url-28).

This monumental design approach, which originates from the Roman Era, was left primarily in the early ages of Ottoman Empire before the Architect Sinan (Ertuğrul, 2009:6). It is further examined by Freely that, Süleymaniye Hamam has the single sex use -on the contrary to ordinary- in intent to serve primarily the founders that were all men due to narrowness of the site (Freely, 2011: 266).

Ergin (2011a) explains that Çemberlitaş is a typical Turkish Hamam designed by the Architect Sinan with separate parts of men and women, in total square plan (Figure 2.28 and 2.29); the users access the hamam building from changing room -soğukluk-, which has a square plan with dome.

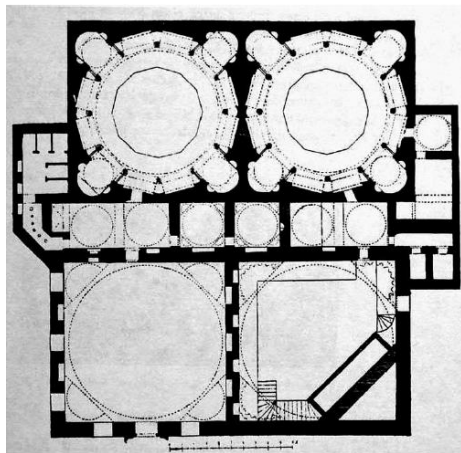


Figure 2.28 : Çemberlitaş Hamamı layout, 1584 (Url-29).

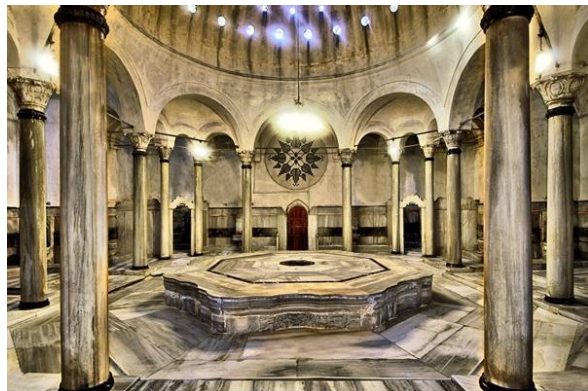


Figure 2.29 : Çemberlitaş Hamamı, 2017 (Url-30).

After undressing, users pass to the warm room *-ılıkılık-*, which is a long narrow room enclosed with small domes. In the end, the users enter the hot room *-sıcaklık-*, that has the mirrored layout of to the un-robing room to have the actual bathing ritual and small scrubbing chambers were attached to the square plan of the hot room (Ergin, 2011a:145).

Further to this examination of this layout Kanetaki adds to that examination , generally hamams are entered from the dressing rooms *-soyunmalık, camekan-* including low seating units *-sedir-* and this places usually are combined with a fountain *-şadırvan-* in the center; following to that the place is tepidity *-ılıkılık-*, where the user is getting used to warmer atmosphere; adjacent to that the place is hot room *-sıcaklık-* with a hot stone in the center and the basins on the benches surrounding the walls and personal bathing corners *-halvet-*; in addition to that, the furnace *-külhan-* was a place adjoining to hot room to heat the spaces (Kanetaki, 2004: 85) (Figure 2.30 and 2.31).

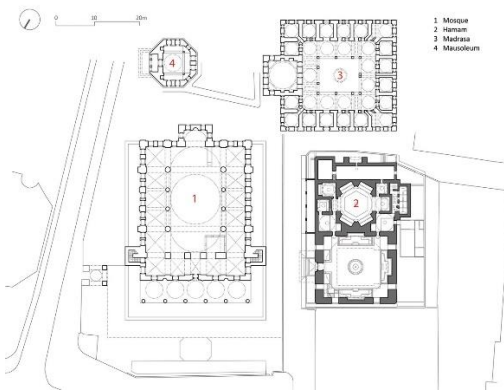


Figure 2.30 : Kılıç Ali Paşa Külliyesi, 1580 (Url-31).



Figure 2.31 : Kılıç Ali Paşa Hamamı restored caldarium, 2017 (Url-32).

Ergin also (2011b) accentuates that to have a properly working hamam business, it is needed to have a good staff including at least one furnace stoker *-külhancı-* and one scrubber *-tellak-* who is able to give bath, scrub and massage in need.

2.3 Essential Thresholds in Wellness and Spa Rituals in the World

When the essential thresholds of the wellness and spa rituals in Europe is examined, we confront with nine different intervals such as; emergence of *epidaurus* complex in 4th Century BC (1), the invent of individual bath tube around 1700 BC (2), the rise of Roman baths around 25 BC (3), the *onsens* of 8th Century (4), the birth of the Finnish Sauna in 11th Century (5), the crucial bathing ban in the mid of 14th Century (6), the

rise of Ottoman hamams in 16th Century (7), transfiguring bathing culture in-between 18-20th centuries (8), and the 20th Century spas and afterwards (9).

So, when we focus on the initial examples around 4th Century BC, to the ancient Greek city Epidaurus, Brue (2001) highlights that Epidaurus in the Peloponnese, is acknowledged as special spot due to the invention of a public space or a complex for healing purposes, which accommodates facilities such as theater, hotels and temples (Url-4). As, the therapy procedure was metaphysical rather than physical, Roselle (1985) also states that the sick people were healed by the visit of Asclepius and his holly animals in their dreams, which were analyzed psychologically afterwards.

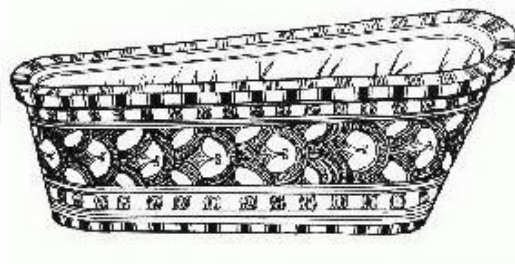


Figure 2.32 : The first bathtub, 1700 B.C. (Url-33).



Figure 2.33 : The sewer system, Knossos (Url-34).

Apart from the public bathing facilities, around 1700 BC, it is stated that the first bathtub was run by King Minos of Crete in his palace at Knossos (Figure 2.32 and 2.33) (Url-35).

By the 25 BC, we witness the rise of Roman baths. As Brue (2001) accentuates the first *thermae* with pools, steam rooms were established by Emperor Agrippa. However, like van Tubergen and van der Linden (2002) put emphasis on, apart from healing concerns, Roman baths were evolved into places to chill and being satisfied, rather than treatment for medical purposes of the earlier.

Although being distant to the European culture, around 8th Century we confront with the Japanese bathing rituals named *onsen* and their remote influence in the mainland Europe. Like Brue (2001) indicates that “Japan's first large onsen (hot spring) complex was operated near Izumo”, yet, unlike spiritual and healing capacities, these spatialities also functioned as initial lodging for the single men before the *ryokans* the traditional inns begin to populate.

Probably, the advent of Finnish Sauna in the 11th Century emerges as the most critical threshold in European bathing culture, which acts as a bridge, providing the continuity

of Roman spa culture to the contemporary times. Like Fagan (2002) highlights, Finnish people are the only spa users that actually practices the public bathing culture coming from the Romans (Figure 2.34 and 2.35).

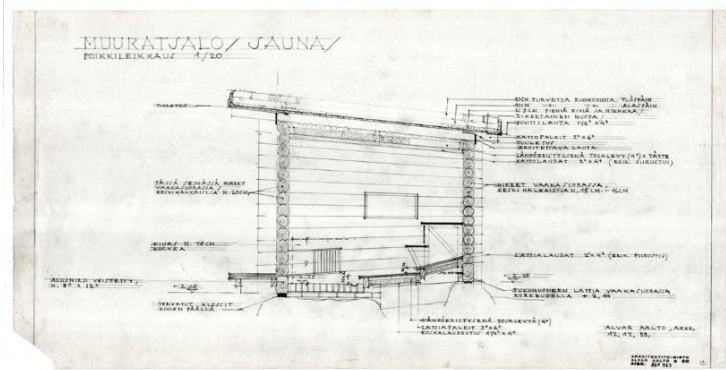


Figure 2.34 : Sauna section, Muuratsalo Experimental House by Alvar Aalto (Url-36).



Figure 2.35 : The bath of Finns, 1807 (Url-37).

Brue (2001) further adds “The ritual is strict: two to three hours of sweating, plunging into an icy lake, thwacking yourself with birch branches and drinking beer or vodka.” Nowadays, sauna design can be encountered in various forms, shapes & atmospheres and it is accepted as revered art.

Though, the advent of Finnish Sauna provides a continuity in between the ancient and the contemporary, controversially the 14th Century also emerges as an interruption, a dark age in the sanitary rituals of the European culture. As Brue (2001) indicates that “Throughout Europe, public baths are shut down to prevent the spread of bubonic plague. In 1538, the king of France demolishes bathhouses to try to eliminate syphilis. King Henry VIII of England soon copies him. Powders and perfumes become de rigueur.”

However, in the 16th Century, during the rise of Ottoman Era, the spatio-typology of Ottoman baths also emerged as an impetus to the bathing culture of the Europe. As Brue reflects:

“The Baths of Roxelana, the grandest of the Ottoman Empire, [that still exists] near the Blue Mosque in Istanbul; with its enormous domed steam rooms, private washing alcoves and a central massage platform, the hammam is a more inward-looking adaptation of the Roman bath.” (Brue, 2001).

The duration between 18th and 20th century we re-witness the rise of public bathing rituals as a social gathering program, in various cities of the Europe. Like Smith mentions around 1800's the city "Bath had grown to become, astonishingly, the seventh largest city in the kingdom." (Smith, 1985: x). In addition to that Brue also points out that "Manners and etiquette are restored to the spa routine: from 6 to 9 a.m., visitors soak in the hot springs, and then drink the waters to musical accompaniment in the pump room." (Brue, 2001). Apart from the Great Britain; Baden-Baden in Germany also became the summer capital of Europe during those times. Smith further stresses that people tend to vacate to Germany and France due to therapeutic purposes directly (Smith, 1985). Brue (2001) indicates that "Aristocratic Europeans celebrate two seasons: the social season in the city, and the spa season at whatever country resort is in vogue." Baden-Baden was also popular amongst the visitors from states. The other spa destinations in main-land Europe were Montecatini (Italy), Karlovy Vary (Bohemia), Spa (Belgium) and Evian and Vichy (France) (Brue, 2001).

In relation to Industrialization and the transformation of everyday life, 20th century addresses to more compact life experiences for the societies. Thus, different than the main-land Europe, the pragmatic life in the new world generated more practical spa treatments, whereas we witnessed the initial examples of day spas in US. *The Red Door Spa* was opened in 1910 on Fifth Avenue in New York by the ladies' cosmetic leader Elizabeth Arden (Figure 2.36).

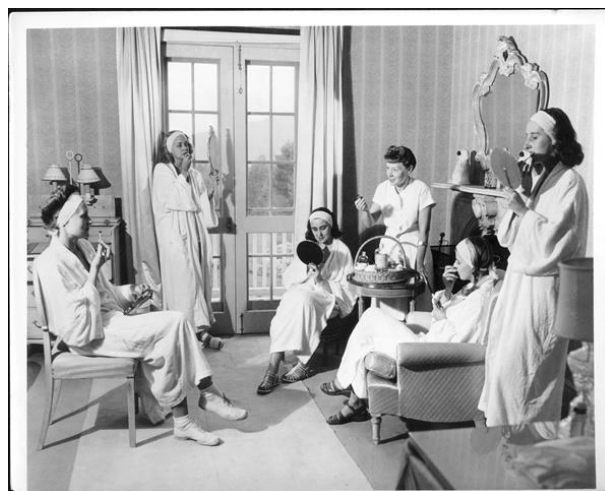


Figure 2.36 : Red Door Spa, 1910 (Url-38).

The facial care has been applied combining to the spa experience since the beginning. (Url-39). In addition to compact daily individual treatments, again we witness a

broader concern for wellbeing, which paves the way to the advent of destination spas in the modern society.



Figure 2.37 : Rancho La Puerta (Url-40).

In this respect, around 1940's *Rancho La Puerta* began to serve as the first destination spa in south of California-States (Figure 2.37). Bello states "Nature provides everything we need to look and feel beautiful. Our challenge is getting these nutrients from the soil to the skin without compromising their benefits...or the earth that gives us their gifts." (Url-41).



Figure 2.38 : Canyon Ranch Tucson outside training (Url-42).

In this respect, still world's leading spa-chain *Canyon Ranch* was begun to serve in Tucson-Arizona in 1979, by an entrepreneur Mel Zuckerman who deals with many health issues like obesity, cholesterol (Figure 2.38 and 2.39) (Url-43).



Figure 2.39 : Canyon Ranch Tucson Aquavana Spa (Url-44).

Similar to the bath-tub invention of the King Minos, we also witness another conversion of the public luxury into the private domain with the advent of more interactive and powerful bath tubes.

So, around 1970's Jacuzzi brand invented the first bigger hot tubs for larger people groups (Figure 2.40), which in fact works in a complex way by providing both active and passive springer facilities during the bathing experience. It is also stated that "Incorporating heating and filtration systems to keep the water warm and clean, these self-contained family-size 'spas' were unique" (Url-45).



Figure 2.40 : Americans meet whirlpool in home, 1970 (Url-46).

While these developments happening in the United States, especially the notion of cure itself has grown up to be used as healing and rehabilitation purposes, rather than protecting and preventing purposes; especially after the World War II by the rise of social state for the public benefit (Ergüven, 2010).

Around 1990's we also witness the penetration of luxury in the daily routine. Brie (2001) indicates that luxurious hotels started to include spa to their assets and doctors started combining western medicine and holistic eastern medicine under the same roof. Yet, beginning with the new millennium, as life gets faster and faster, spa habits started to fit to new centuries' trends. Brie (2001) further emphasizes that the variety of treatments are included too many treatment menus for "on-the-run" customers. Though under the influence of minimalist style in design, spa interiors have become more calm and peaceful. Spa habits are transformed into more private experiences. Brie (2001) also adds "The spa that comes to you. You choose the style -Roman decadence or Japanese grotto- and a prefabricated spa is delivered right to your door, along with an aesthetician, who is versed in everything from shiatsu to Turkish body scrubs."



3. PLANNING OF A SPA

Today, spas are the places for people providing a temporal tranquility and escape from the real world. Spa and wellness places are modern day temples in terms of giving people the chance of feeling to be whole and complete inside; so, in this content, they are advised to be planned accordingly in cultural and sociological terms (Cohen and Bodeker, 2008: 08). There are several steps that needs to be taken into consideration to plan and construct a qualified spa environment. First of all, the spa type is decided since this decision affects every phase from beginning to the end. Pursuing to that, the spa concept is urged to be defined. After the decision of spa type and the concept, the schematic design phase starts. Thus, in order to plan a good layout, professional parties, who are accustomed to spa design principal and its components, are brought together. The phases for commercial spa design consist of defining the strategy, preliminary study and briefing, concept design, matured design, technical design, construction, handover and in use (based on British RIBA Plan of Work) (Cavanah, 2016: 26). In addition to that, Zill (2002) describes the following "ten domains of the spa experience" or segments of the industry:

1. The Waters
2. Touch, Massage and Bodywork
3. Food, Nourishment, Diet and Nutrition
4. Mind/Body/Spirit
5. Movement, Exercise and Fitness
6. Aesthetics, Skin Care, Natural Beauty Agents
7. Environment, Climatology, Global Ecology
8. Time, Rhythm, and Cycles
9. Social/Cultural Arts and Values, Spa Culture
10. Social Contribution

3.1 Spa Types

In this part, the diverse spa types are discussed according to differentiating facilities inside them. In this respect, The International SPA Association (2018) classify SPA facilities in six main categories that are day-spa (1), club-spa (2), destination-spa (3), medical-spa (4), thermal/mineral springs spa (5) and resort/hotel spa (6) (ISPA, 2018). Thus, mentioned six types of spas are examined in the following sub-sections.

3.1.1 Day spas

Day-spas are the facilities that offer the diversified spa-services on daily basis. Mostly these types of spas are located right in the city centers, where citizens may easily reach and access to the spa facilities, even for shorter durations of time in-between their daily activities and routines (Figure 3.1). Fischer (2006) indicates that today, the day spas are not plain fitness rooms with couple of equipment, they are desired spaces for relaxation and regeneration. Further, it is added by Miller that, the day spas with short durations are replacing the destination or resort spas and presumably, lots of spas turn into day spas eventually (Miller, 1996: 4).



Figure 3.1 : Kadıköy Ayaküstü Masaj (Kahraman, 2018).

Scott and Harrison (2006) accentuate that day-spas generally enfold regular spa activities in a small package, and these facilities are advised to have a nurturing habitat include changing rooms with lockers, spa robes and slippers, preferably personal massage rooms with showering unit, unwind areas and facial treatment units in addition to that if the facility has enough area; hair services, mani-pedi units, fitness studios may be served optionally (Table 3.1).

Table 3.1: Resume of facilities list (Scott and Harrison, 2006).

- Changing rooms with lockers, spa robes and slippers - Massage rooms with shower - Facial treatment units - Hair services, mani-pedi units - Unwind (relaxing) areas

3.1.2 Club spas

International Spa Association (2018) defines club-spas are the day spas, which encompass fitness activities as main purpose; yet, they also offer professional spa services again on daily basis (ISPA, 2018). The business program of these club-spas largely depends on membership program, through collecting enough users as their members. In addition to that, club-spas include a luxurious spa, well-equipped fitness studio, relaxing lounge with food and beverage options and sometimes a hair / beauty saloon (Figure 3.2) (Url-47).



Figure 3.2 : Fairmont Quasar Istanbul, Promet Special Archive, 2016.

3.1.3 Resort/ hotel spas

These spas are the facilities generally located in city or resort hotels, which are professionally managed spa-services with fitness, wellness and spa cuisine. The resort

hotels which are located outside of the cities with large terrains may offer wide range of activities such as golfing, tennis, horse riding, skiing, etc. It is highlighted by Scott and Harrison that resort/ hotel spas are recommended to consist of undressing spaces with lockers, spa with hydrotherapy units and swimming pool, wide range of massage treatment rooms with showering units and optionally hair/ beauty saloon (Scott and Harrison, 2006) (Table 3.2).

Table 3.2: Resume list of facilities list in resort hotel spa (Scott and Harrison, 2006).

- | |
|--|
| <ul style="list-style-type: none"> - Undressing spaces with lockers, spa robes and slippers - Spa with hydrotherapy units - Swimming pool - Wide range of massage rooms with shower - Facial treatment units - Hair services, mani-pedi units - Unwind (relaxing) areas |
|--|

3.1.4 Destination spas

Destination spas are the places, where a healthy lifestyle is created by the implementation of an exclusive-all in program with spa-services, physical exercises including fitness, raising awareness about health and strict diets. As it is also supported by Paige & Soullière spa companies initiated to execute firm eating regulations to the users in addition to the bathing rituals to gain maximum advantage (Paige & Soullière, 1988).

In this categorization, the spa facility is the target itself. By the readings of Panayotatou (1919) on Strabo writings in Roman Period, people following the Spartan reign who accommodate near river Durius built rooms for anointing and steam by the help of red hot stones and having cold baths and using strict diet in determination. This may be called as the first destination spa example in the wellness history.



Figure 3.3 : Canyon Ranch Kaplankaya, Promet Special Archive, 2016.

Destination spas include on-site accommodation with strict diet menu and spa kitchen, personal fitness curriculum preferably with outside actions, wide-range of spa and treatments menu, relaxing units, good location preferably in nature with thrilling neighboring, medicinal guidance, informational lectures and talks (Scott and Harrison, 2006: 19).

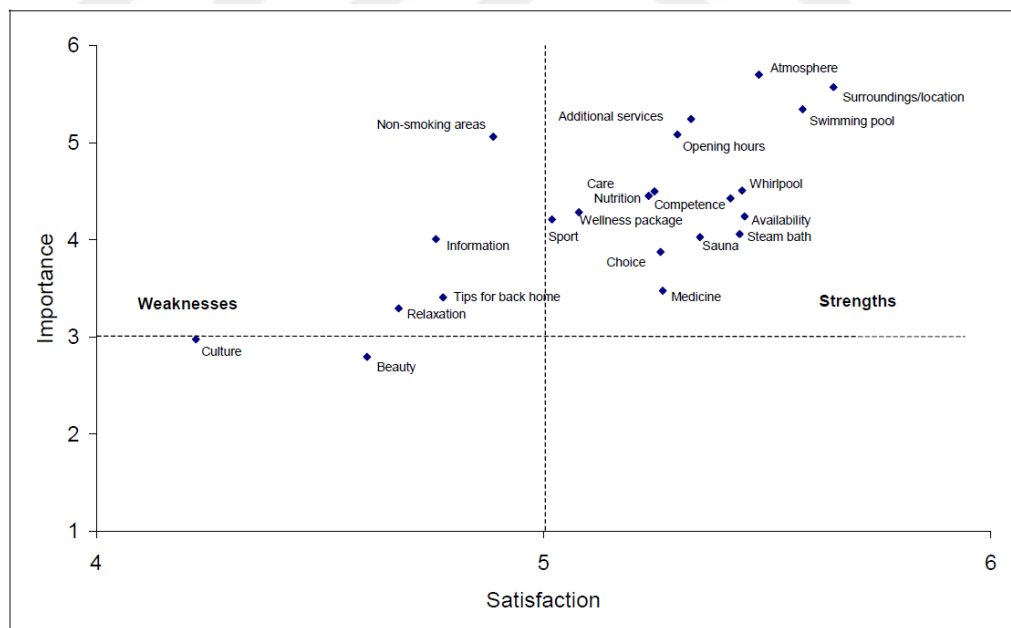


Figure 3.4 : Importance performance of wellness hotels (Url-48).

According to Mueller and Kaufmann (2001) the power of wellness hotels is primarily about the atmosphere of the facility and the facility's location and surroundings. In addition, designers are advised to prevent using tips for reminding users returning back home in their design because a proper satisfaction through destination spas mostly

derives from forgetting the real world and avoiding from the daily problems as much as possible (Figure 3.4).

Hence unlike the previous categories, in destination-spas intensive transformation of the user is essential and it is defined mainly by duration of stay. This is also argued by Linser at the Wellness Tourism Roundtable that, the focal point of wellness tourism is about to alter from spa assets to destinations and these destinations may be cities, districts or countries, where the users experience full wellness with fresh air in nature and healthy diet in a sustainable environment (Global Spa Summit, 2017).

3.1.5 Medical spas

Medical spas are the destination spas or day-spas, which are run by the professional medical personal with full-time license. According to Porter (1990) visiting the waters was no longer just an unplanned activity, but since the Renaissance Era it has been a prescriptive advice of doctors under medical surveillance. It is further added by Scott and Harrison (2006) that aesthetic applications are included to classical spa rituals in medical spas and along with the rise in plastic surgeries these environments are advised to give opportunity for fast recovery process to users with spa implementations by the help of medical doctors. The medical spas are preferred by the cure seeking users for healing purposes, while the destination spas are preferred by the healthy people who wants to prevent themselves from diseases (Figure 3.5).

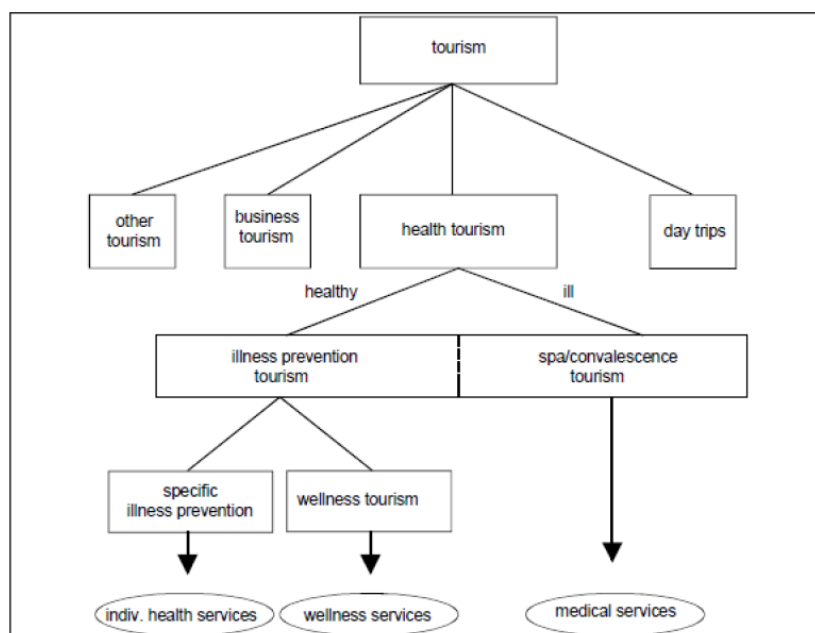


Figure 3.5 : Demarcation of wellness tourism (Url-49).

Following to that information, Henry and Taylor (2005) clarify medical spas are places with medical doctors in addition to spa therapists, and serve users medicinal procedures to their users in addition to the traditional spa treatments. Besides, Porter (1990) accentuates that the main objectives are medical care and healing in an environment with spa-services additionally to the traditional or alternative therapies. It is further claimed by Stapleton that ultimately the wellness and spa facilities are the venues of education, where the users are taught about how to take care of themselves and relish optimal health (Stapleton, 2003).

3.1.6 Thermal/ mineral spring spas

Thermal spas are used since the early ages of human history, it is exemplified by Panayotatou that the thermal springs is benefited for curing purposes in Acropolis positioned in a cave under the wall of the Temple and in the center of Asclepieion (Panayotatou, 1919: 12).

These facilities are the spa services in a destination offering natural mineral, thermal or sea water spring with a professional spa management. Once again, Henry and Taylor (2005) point out that thermal spas have the real authenticity since they are based on the basic definition (health coming from water) of spa.



Figure 3.6 : Rixos Bademlik themal hamam, Promet Special Archive, 2013.

In technical terms, hot springs refer to any natural situation, where water flows from an aquifer to the Earth's surface either by naturally or by drilling. The temperature of water that is coming out from the spring is mostly above 25°C and contains at least one mineral proved to be good for health of human beings.⁶ These facilities are advised to be reinforced with the inclusion of diverse levels of hydrotherapies (Figure 3.6).

While examining the spa market all over the world, domination of Asia and Europe on the thermal springs market can be examined distinguishably. Besides, it can be also articulated that China, Japan and Germany are the leading countries of the market share (Figure 3.7).

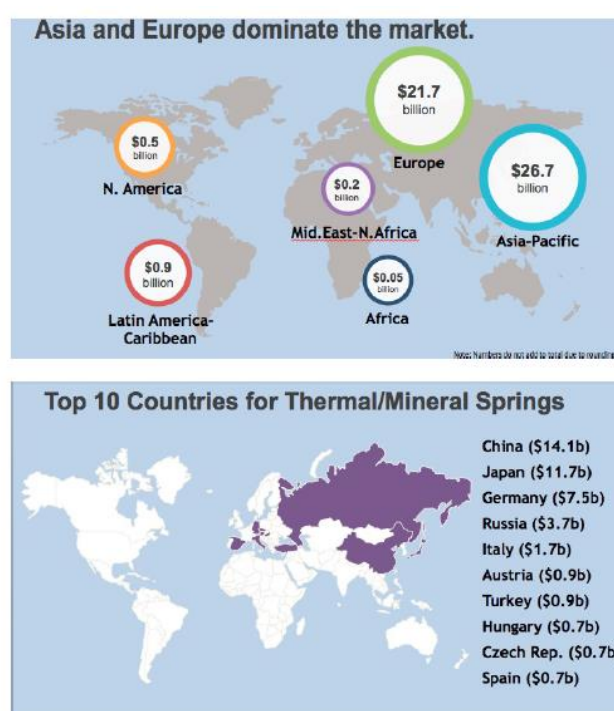


Figure 3.7 : Top 10 countries for thermal springs (Url-50).

On the other hand, thermal spring spa activities may also be enriched with the additional use of mud baths, mud puddles or mud chamber (Figure 3.8). It is supported by Scott and Harrison that mud may be used as an additional treatment input in thermal spas (Scott and Harrison, 2006: 22).

⁶ The Quantitative standards are defined by classification and accreditation for service rating of hot spring enterprises (LB /T016-2011) .



Figure 3.8 : Hell's Gate Geothermal Park and mud bath spa, New Zealand, 2017 (Url-51).

3.2 Defining The Spa Concept

As mentioned earlier, defining the concept of a SPA is the most crucial stage in the designing process. This stage enfold the steps of defining the design objectives and the user demands of the related spa/proposal. Evidently the specification of the spa type⁷ and the desired facilities that are associated with the programme are essential decisions in the planning stage. In this regard, the design team is responsible of fully projecting the potential user profile, the expected functions in relation with the potential users and the spa type, the expected number of users both the members and the extra-members, as well as the existing characteristics of the surrounding milieu where the spa facility has been constructed in.

Scott and Harrison (2006) point out that signature treatments are the key elements that set one spa's experience apart from other spas and this uniqueness depend on spa concept, spa environment, target customer, demand for variety of treatments, products used in spa, resources and equipment, staff, and geographical location.

On the other hand, both the composition and the synchronization of the design team is also crucial in efficiency of the design processes. Like Cavanah (2016) emphasizes

⁷ As it has been broadly discussed in the previous part, spas can be categorized into six diverse groups such as day spas, club spas, resort hotel spas, destination spas, destination spas and medical/thermal spas etc. Please see the part 3.1.

even today there are still confusions in basic terminology⁸ and functions that are belonging to a spa design and its experience. Thus, it is vital to internalize both the functions and related terminology before defining and designing the spa concept. Yet, pursuing the definition of spa concept and the fine-tuning of the design terminology, building up the design team is also another vital step. In this respect, assembling the team who defines the spa concept is advised to require the investors, architecture and/or interior design firms which are preferably possess design knowledge and spa experience, a spa consultant -or in other words *hydrothermal specialist*-, a project manager, marketing and sales team and of course the runner/executer of the spa (Table 3.3).

Table 3.3: Potential members of spa project team.

Team	Duty
Architecture / Interior Design Firm	Design
Hydrotherapy Specialist	Consulting
Project Manager	Coordination
Marketing and Sales Team	Sales
Spa Executer	Operation

3.3 Spa Design Principals

Like mentioned above, before starting to design a spa experience and its associating spaces, definition of the user profile emerges as the essential step in design process. For example, if it is a resort hotel spa, what percentage of the hotel guests are going to use the spa facility is an essential variable in terms of spatial planning. It is also important whether facilities are offered through a membership program or not. These inquiries have vital importance in defining both design objectives and targeting the customers. Apart from the user parameter, some major guiding design principles that are directly resonating with functional programming and design tectonics do also stand on the very core zones of the spa spaces, directly in relation to entrance and reception areas, or in changing rooms, relaxation areas, wet areas, pool zone, massage as well as

⁸ Cavanah (2016) points out the importance of grasping the spa functions (differences between dry and wet cabins, hot and cold therapies or how a pool functions) and its essence in designing a well-functioning spa. Besides, the use of proper spatial terminology by each members of the design team is very crucial in terms of maintaining communicational accordance in between the members (ie. distinctions between a hamam and a steam bath, sauna and a banyo).

treatment rooms. In addition, the atmospheric components like light, fragrance and sound are also significant parameters. So, in this section, it is worth to mention briefly the basic design principles of these spots.

When approaching to a spa from outside, the user gradually cascades down from the public domain to the private realm of the spa. In this respect, the *entrance zone*, particularly the *reception area* emerges as the first spot, where the user initially confronts with the spa facility, which in fact performs the primary embrace. Subliminally, this zone delivers the preliminary image of the spa complex, which projects the corporately of services, while conveying the identity. In other words, this is the initial threshold that the corporate image that is conjured up in the customers' mind, so that the corporate identity of the facility must be felt in this entrance area. In this regard, the reception area is designed to be welcoming, inviting, intriguing and furthermore enable the user to feel belonging to the place. Besides, while planning the reception zone, both the consultation areas and waiting lounges are desired to be placed in relation to the circulation of the users, in order to make them invisible/visible and uneasy/easy to reach the desired zone at the moment of their arrival. A well-designed reception zone is advised to also accommodate a retail area or just some shelves that provide the exhibition of the products, which are used in the facilities. Thus, maintaining the retail activities in the first hand is also essential as the spa users are mostly tend to purchase the products that are used in the treatments. In addition to these, management zone or employee offices and staff areas should be also placed within an easy reach from the reception area. Yet, if the facility is located in a city hotel, the entrance of the fitness area is planned separately, since the work hours of fitness are generally longer than the spa hours. Moreover, in the circulation lanes of the wet and dry areas, the segregation of dirty foot versus clean foot zones are fundamental and need to be well organized. Besides, clean towel and used towel distribution are also planned accordingly.

Apart from the entrance zone, the reception area and adjacent spaces, *changing rooms* also emerge as the secondary important spaces in the planning of the spa facility. In relation to both circulation and program, changing rooms are mostly placed near to the reception zone, whereas users immediately enter the changing rooms right after they are checked in at the reception. In fact, this shift further defines the boundary, where clean foot area starts, since the hygiene standards exist as the most crucial procedure

in all wet treatment spaces. Inside the changing rooms, wet areas -like showers, toilets etc. - and dry areas -like lockers, changing cabinets, vanity units- are also advised to be planned separately. These segregated approach in design also helps engineers to control the diverse climatic impacts like wetness, humidity, slippery in different spaces. Yet, the changing rooms should also be designed distinctly according to genders, while dry vanity areas should require different arrangements, such as, make up or shaving areas due to different user groups. Besides, storage and staff rooms are also needed to be considered in an overall programming, while the rooms for spa staff should be placed totally separated from customers' circulation, in order to detach the spa user from the regular world as much as possible. So, properly designed circulation halls may help everyone reach his/her purpose easily.

Indeed, apart from each zone within the program, *relaxation areas* emerge as the most important zone of a spa. Reciprocally, counting on both the spatial capacities and the well planning of the given space, at least more than one diverse rooms for relaxation activities -such as wet spa relaxation, after massage relaxation, silent relaxation or social relaxation- should be placed in different parts of the spa complex, in order to create a variation and to offer diverse atmospheres to the users. Considering the time spent in the space as well as the level of relaxation, maintaining the stations for snack and beverage services inside the relaxation areas are also essential to respond the needs of the users within the space. Yet, it is worth to remind that in the planning phase, the placement of pantry rooms nearby or adjacency of these service spots for preparation facilities is essential. Besides, diverse acoustical and climatic comfort standards should be supplied for each of these relaxation areas.

When looking into more detail of these spaces; the *wet spa* requires, hot thermal cabins like saunas, steam rooms, Turkish Baths or Hamams and cold thermal cabins like shock showers, ice fountain or ice grottos or snow rooms and mixtures of these extinct thermal cabins. Indisputably, hot and cold thermal cabins should be organized accordingly with the treatment approach. It is preferred that they are planned around a main square, where users can easily access to each cabin in sequential uses. As mentioned, these special thermal cabins have different climatic and atmospheric arrangements, while the indoor comfort conditions of HVAC are vital for users to breathe easily in these cabins without confronting any further problems. The proper use and definition of the cabins have to be performed before the construction phase in

order to create the most convenient spaces. These spaces also require plant rooms for their technical equipment. The selection of material plate for the finishes do also have the vital importance for a well-designed spa experience, as well as its maintenance procedures. Thus, materials with non-corrosive and antibacterial characteristics, as well as easy clean and anti-slip qualities should be preferred. Besides, the selection of sanitary fixtures should be made according to the density of use or estimated spa population.

Pursuing the wet treatment spaces, design of the *spa pools* also appears as the vital stage in the planning. In this respect, the location of pools and the arrival from the changing areas are the important principles in the pool design. As the layout of the facilities designates the location of the pool, due to those facilities pool needs to serve the users even in the times that the spa is closed. Yet, according to hygienic procedures pool areas should require showers, and users must be oriented towards to the showers, before they use the pools. Thus, enough space should be placed around the pools, while accommodating sitting units and lounges. The material selection is needed to be performed delicately, since the pool area designates the most potential risk of accidents for users. Thus, anti-slip floor materials should be preferred. Moreover, the depths of pools ought to be organized parallel with the functions of the pools, whereas the depth varies according to the functions of activity, recreation, hydrotherapeutic or infant use. Furthermore, underfloor heating system is also needed to keep the anti-slip surfaces constantly dry. The underfloor heating further requires the optimum control standards for the users. If the pool is located at outside, the positioning of the pool basin should be performed in order to optimize the maximum amount of daylight intake and the avoidance of the negative affect of the dominant wind. Mechanical design of the pools has the crucial purpose for a proper working pool. Enough sized plant rooms should be considered and placed underneath the pools.

In addition to relaxation rooms and pools, the massage provides a further relaxation to the body. In this regard, *massage rooms* should be placed in the most silent areas of the spa complex to maximize the bodily and mentally relaxation. The design of the massage rooms should allow to accommodate different kinds of therapies. Besides, lockers, showers, hooks, seat or relaxing element are recommended to be also placed in the rooms for customers' use. The atmosphere, the music and the fragrance choices are advised to be designed according to therapy types. Yet, direct lighting, direct fresh

air or direct air exhaust are recommended to be avoided in order to supply a desired comfort level. In addition to these, storing units and sanitary locations are advised to be well organized for the therapists to give proper therapy services. However, the infrastructural needs such as sockets' location, towel or stone warmer etc. are advised to be defined according to massage types and programmed in relation to that. The material selection in these areas are advised to be performed in terms of considering the comfort of both the user and the therapists, where in some cases therapists are needed to stand for long time periods. Nevertheless, signage design is also suggested to be carried out to show which rooms are in use. Full isolation for users is vital for a good therapy.

Last but not least, *lighting design and fixtures* are also essential elements in creating the desired atmosphere in the spa experience. They are needed to be in harmony with the general spa design. In fact, lighting plays the central role in the planning of a spa atmosphere, whereas the designer has to fictionalize different themes and levels of lighting in the environment. Indirect lighting may be preferred in general and all the lighting elements should be dimmable. Both scenarios of lighting for poetic atmosphere in use and mechanical setup in maintenance should be designed separately. Preferably, the locations of control units are needed to be hidden from the users' approach, whereas the control of air and the lighting are preferred to be done either by the therapist or by the spa staff.

As another intangible domain, the most important input for the soundscape is the acoustical design. Different type of therapies should have different type of soundproof levels. All infrastructural units are needed to be isolated properly. Different sound zones should be defined for reception, massage areas, therapy rooms, fitness studios, changing rooms, relaxation areas and thermal cabins. The selection of sound equipment is advised to be carried out accordingly.

As the third and the last intangible domain, the *fragrance design* also has the crucial role for a spa. It not only reflects corporate identity of a spa, but also appeals to the customers' perception. Even some different fragrance concepts can be created in different therapies. The design depends on whether the customer is tried to be awake or the customer is tried to be eluded from the real world. Besides, the displeasing smells are needed to be prevented. It can only be sustained through a good plumbing design. Further to that, fragrances even may be used as a therapy component. It is also

supported that *aromatherapy*, which used to be accepted as a way to ease suffering, heal different diseases, call the divine beings for help and resolve the different kinds of spiritual experiences, is a complementary and alternative way of curing by the use of essences (Arel, et al., 2016: 33).

3.4 SPA Components

Although, both the content and the components of spa have been transfiguring, varying and enriching in time; yet, the notion of spa still dates back to ages ago. As it is indicated earlier, etymologically spa as a word derives from the Latin roots “sanus per aquam” that originally refers to a meaning of “health through water” So, the inclusion of hydrothermal experiences, which enriches the spa journey initiates since the beginning. According to Cavanah (2016), the capability of lounging in the high-temperature sauna, relishing the gains of a steam bath, chilling in the cooling atmosphere of an ice grotto, enjoying in a specially designed vitality pool and excluding the worries of time presumably all refers to an ultimate relaxing spa experience. Spa components are going to be examined in four main categories consisting of saunas and other hot therapies, cold therapies, dry therapies and hamam (Figure 3.9).

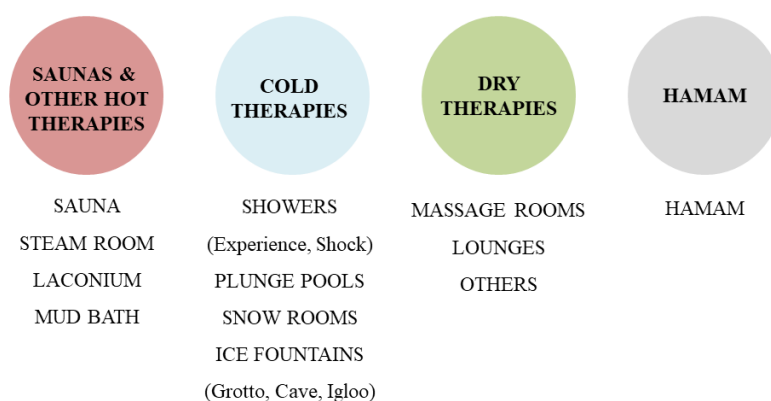


Figure 3.9 : Spa components (Kahraman, 2018).

3.4.1 Saunas and other hot therapies

Hot therapies may emerge in different categories, variety of shapes and distinct atmospheres. A hot thermal cabin may be a completely dry and intensive room that can be a humid environment, where inhale capacities of the users is the ultimate goal of the interior atmospheric conditions.

Hot therapy facilities and spaces inside a spa could be counted as follows; saunas, steam rooms or steam baths, laconium, mud bath/ chamber aka. rasul (Figure 3.10).



Figure 3.10 : Hot therapy cabins (Kahraman, 2018).

In this scope, hot thermal cabins like sauna and steam rooms are placed in generally free of charge zones of spas. It is advised that the designers keep this information in mind, while the planning the adjacency of spaces. Mostly, even in the commercial spas, saunas and steam rooms are located beside the changing rooms zone, just before starting their spa experience. In this respect, users are initially oriented to a take shower right after changing their suits, while consequently being encouraged to interact with steam rooms and sauna, before starting the whole spa experience.

Saunas

As it is examined in the sub-section 2.3, Finnish Sauna in the 11th Century emerges as the most important spa component in Europe, which carries Roman spa culture to the contemporary times. The sauna using ritual is strict and includes two to three hours of sweating, and then immersing into ice-cold lake. The sauna itself provides continuity between the ancient bathing rituals and the contemporary habits.

Saunas are the hot cabins that can be examined mainly in dry-therapies. They can be classified into four main categories -which are *finnish* sauna, *russian* sauna, *bio* (herbal) sauna and *infrared* sauna- according to functionality (Figure 3.11).

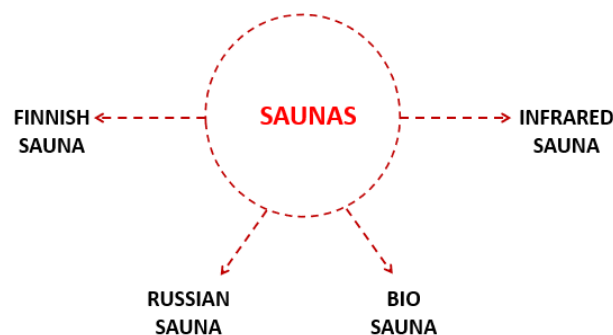


Figure 3.11 : Four categories of diverse sauna functions (Kahraman, 2018).

Finnish saunas may be mostly considered as the mainstream saunas. If a sauna is not mentioned with a specific characteristic, then it can be considered as Finnish sauna (Figure 3.12 and 3.13). Finnish saunas have extremely hot atmospheres, which can rise from 80 °C to 100 °C. Since these are dry cabins, the humidity level is % 0.



Figure 3.12 : Flame Towers Baku Finnish Sauna, Promet Special Archive, 2013.



Figure 3.13 : Flame Towers Baku Finnish Sauna, Promet Special Archive, 2013.

Apart from functional variations, techtonical wise saunas may also emerge in diverse forms in relation to the desired theme, such as *barrel* sauna, *out-door* sauna aka *kelo* *log-house* sauna, *rustic* sauna and *aufguss* sauna. These saunas may be designed with wood burning heaters, in case of lacking of electrical power. Mainly, selection of materials and proper ventilation (Figure 3.14) play the key role in a well-functioning sauna. Yet, leaving a centimeter gap on the bottom of glazed surfaces before being placed, is also recommended for proper ventilation and better respiration of users.

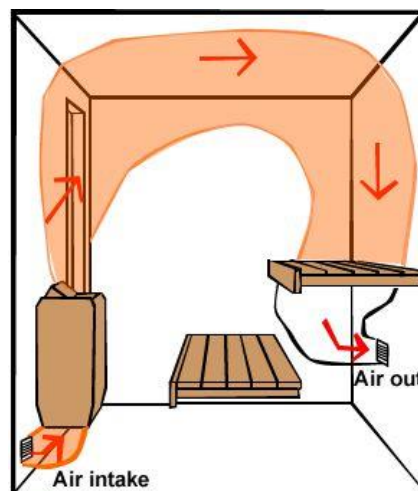


Figure 3.14 : A schematic section of a sauna unit, depicting the flow of hot air (Url-52).

Sauna cabins are mostly built with the wooden framing (*aka. carcass*) systems. Besides, Rockwool or glass wool panels are implemented due to heat insulation purposes, while vapor barrier is also deployed in the case of need like in the bio sauna (Figure 3.15).

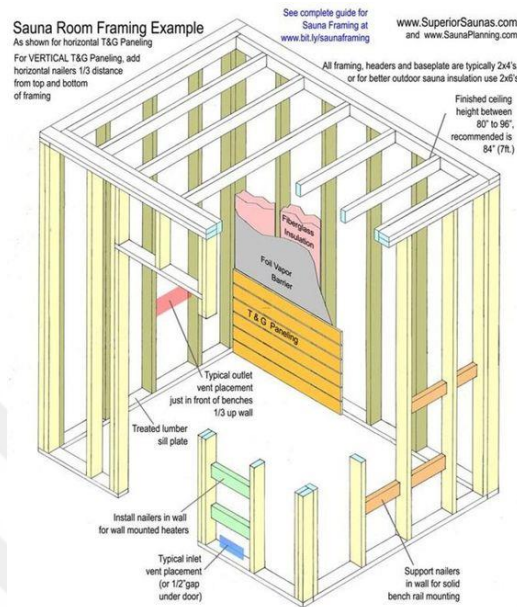


Figure 3.15 : Axonometric section of a sauna cabin, depicting the layering (Url-53).

In fact, wood can be defined as the best material for saunas. Especially the lower parts of the walls where users get in touch with or want to sit or lean on the surfaces like benches and flooring decks that are advised to be made out of or being clad with woods with low-heat conductivity (Cavanah, 2016). Specifically, on benches⁹, obeche, aspen or substitute tropical woods are the proper-working options since they do not have splinter in their body (Cavanah, 2016). Yet, the use of woods that obtain splinters in their structure must be avoided, since they may cause severe injuries to the naked bodies.

Designers are also advised to avoid any kind of metal use in saunas, due to the temperature. Especially, if metal framings are used as in general concept design, the framing are needed to be covered with wooden also in this context the door handles are recommended be wooden. Besides, the height of benches/ tiers is advised to be planned carefully. Since the heated air rises, the upper benches tend to be more

⁹ Cavanah (2016) states that “benches should support 240kg per linear meter” (p.39).

convenient for the hot therapy, in this context, the height of saunas are not advised to be higher than 240cm in commercial spas due to heat performance.¹⁰ It is recommended to keep in mind that the more the sauna is higher, the less the heat performance is obtained in the lower benches (Figure 3.16).



Figure 3.16 : Canyon Ranch Kaplankaya, Promet Special Archive, 2016.

Since these are extremely challenging cabins for human body, it is not easy for most of the users to spend time as much as needed. To extend the therapeutic duration spent in saunas, audio/visual implementations play critical role for distraction the boredom of the users, while keeping them in the spa experiences. In some saunas, televisions may be mounted with the specific cooling details if there is enough space.

In most of the saunas, speakers with strictly defined specifications are mounted to enrich the effect of the sessions.

Since it is a defined and static atmosphere and time does not pass easily, emergency call system is also recommended to be planned as the critical requirement for the users. Panic buttons are advised to be implemented into the cabins for users to call for help when they are not in a good state of physical or mental health. Emergency system is

¹⁰ These dimensions are generated as consensus of the long going design implementations of the design team where the author is also the member and the practitioner at the first hand.

needed to be planned with electrical system engineers, also being synchronized with the low electrical voltage (LEV) phase. Call buttons are advised to be connected to the spa lobby desk. For a recommended panic scenario design, the buttons are needed to be mounted attractively and required lighting to be recognizable in any conditions

Last but not least, saunas are needed to be planned considering the fire scenario. To build a fire proof sauna, sprinkler system which is needed to be planned with the MEP consultant is a must. Since the heat increases to 110 °C and higher in the ceiling, special sprinklers with blue liquid which explodes on 141 °C are needed to be mounted on the ceilings by calculating the water coverage diameters. In addition to the sprinkler scenario, heat durable materials such as natural stones are advised to be utilized as cladding in the back wall of heaters.

Russian saunas (banyas)

These saunas *aka banyas*¹¹ may be accepted as the intense heat cabins with the roughest atmosphere. The standard ambient heat is considered as 90 °C and their heat may climb up to 110 °C. The humidity level is % 0 like in Finnish saunas.

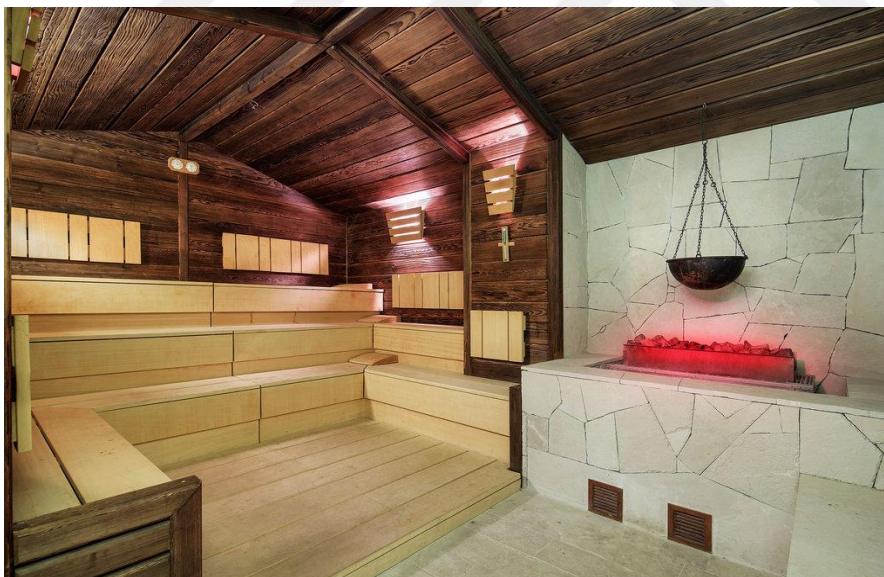


Figure 3.17 : Sensimar Russian Sauna, Promet Special Archive, 2014.

The brutalist design approach brings in the brutal atmosphere conditions in Russian saunas. Especially, the use of rock and natural stones in rough shapes and the use of

¹¹ Cavanah (2016) states that “banya actually means bathhouse in Russian, but the term has been adopted to refer to the sauna-like room in the banya” (p.39).

slates in big proportions are more common. Like rough stones, woods are also used in rough shapes like the usage of logs as framing and as cladding (Figure 3.17).

Bio saunas

Bio saunas may be considered as the most humane saunas with their relatively softer atmospheres. Bio saunas may be accepted as a cabin which is between sauna and steam room. The average heat can be risen from 50 °C to 70 °C and the humidity level is % 50. The humidity comes from the vaporizer system embedded into the heater. For the heater, water piping is needed while the infrastructural process (Figure 3.18).



Figure 3.18 : Herbal sauna, Promet Special Archive, 2014.

Infrared saunas



Figure 3.19 : Infrared home sauna, Promet Special Archive, 2013.

These saunas aim to give heat directly to the designated spots of the body. Mainly they are used to heal musculoskeletal pains so they are common in facilities of sports teams. The average heat can be risen from 32 °C to 35 °C and the humidity level is between % 20-35 (Figure 3.19). The infrared system is implemented regarding the muscular

needs of the body. Infrared system may also be used with the combination of any kind saunas. A regular sauna may include infrared technology according the spa use setup.

Steam bath/ Steam room

As it is indicated by Lloyd, Chadwick & Mann (1983) steam baths with aromatic feature help healing womanly diseases and are effective for cases that does not create headaches according to Hippocrates (1983:12). It is further supported by Panayotatou (1919) that steam/ vapor rooms with underfloor heating structures were benefited by the ancient Greeks (1919: 5). Cavanah further (2016) underlines that a kind of steam bath called sento with aromatherapy purposes and scrubbing was discovered abd advanced by the Japanese (2016: 3).



Figure 3.20 : Steam room in Canyon Ranch Kaplankaya, Promet Special Archive, 2016.

Steam rooms are the thermal cabins with 42-48 °C and %100 humidity (Figure 3.20). The cabin design are advised to be designed with specific detailing. The cabins are recommended not to be higher than 50 °C due to steam performance. The main purpose in this thermal cabin is to gain advantage of vapour through inhalation and diffusion. The ceilings are needed to be designed to block dripping. Because the rised vapor floats on the higher levels in cabins and through the condensation it starts dripping. In order to prevent this, the ceilings are advised to design in domed, sloped or vaulted shapes according to the spatial aspects of the designated space.

¹² Hippocrates, Regimen in Acute Diseases, lxvi. Aphorisms, V, 25; V, 28. Soranus, Gynaecology, IV, 38.

There are certain objectives for material selection in these cabinets. The floorings are recommended to be non-porous and anti-slip treatment of R11 at least (German DIN 51097). Further to that, all the materials in steam rooms are advised to be easy to clean materials. Ambient under floor heating in flooring and seating benches are advised to create more comfortable experience. Since these are wet and humid cabinets, joints have crucial roles while implementing so all joints are recommended to be water resistant between stones and tiles. The sloping is advised to be well-given to the drains to prevent puddling considering the huge amount of watering. A linear drain is also recommended to be placed under door due to drain all the water floating from the door leaf. The self closing door systems are more advantageous in terms of keeping the steam in the room when a user leaves the cabinet. The doors are advised to be outward opening due to safety regulations. In addition to that, all the hardware of doors are recommended to have low heat conductivity and rust resistance. These cabinets are advised to be lighted with moody fixtures to support abstraction and the lightings are recommended to be dimmable to set the mood variously. The handshowers or kneipp hose with only cold water are traditionally placed for shock therapy while benefiting the hot steam. The ventilation also plays a major role for the effective steam circulation in the space and healthy inhalation. 5-7 air change per hour is recommended in steam rooms.¹³

Laconium

Laconium may also be examined in category of dry therapies (Figure 3.21). It is stated by Cavanah (2016) that the laconium is a dry, heated relaxation space with a temperature from 38 °C to 45 °C and humidity level between % 10-20.

Further, laconium gives the opportunity of relaxing for the users who are intolerant to extreme atmospheres like sauna, steam room due to their special conditions (i.e. pregnancy or cardiovascular). The use of laconium originates from the Roman bathing and it is the dry resting place at the end of increasing temperature cycle consisting of *frigidarium*, *tepidarium*, *caldarium*. (Paige and Soullière, 1988).

¹³ These numbers are generated as consensus of the long going design implementations of the design team where the author is also the member and the practitioner at the first hand.



Figure 3.21 : Prefabricated laconium from Sommerhuber GmbH (Url-54).

Mud bath

Riyaz and Arakkal (2011) indicates, mud has been used as a part of mineral springs therapy. Mineral springs and thermal mud were used for calming, softening and healing the soft diseases since the antique times. Cavanah (2016) also supports that, the body is covered completely or partly with organic thermal mud for embellishing and healing purposes. Mud bathes are advised to be covered with jointless materials since it is not easy to remove mud from the joints between tiles. Mud therapy may be reinforced with steam; in addition, showering scenario is advised to be taken into consideration for purifying mud (Figure 3.22).



Figure 3.22 : Prefabricated mud bath from Sommerhuber GmbH (Url-55).

3.4.2 Cold therapies

Throughout the history along different societies, cold bathing was used for prevention and healing purposes (Floyer, 1706). Bruises, bumps and agonizing joints are relaxed by cold showers and additionally oils extracted from the herbs enhance the impact of warm showers (Jackson, 1990: 2). It is further indicated by Panayotatou that chilled bathing was accepted as a body strengthener and warm temperature baths were examined as tone and joy giver (Panayotatou, 1919: 4). Scott and Harrison (2006) sorts out that chill treatments may emerge in variety of forms such as; ice room, ice fountain, experience or experimental or experiential showers, cold affusion/ shock shower, plunge pool, foot spa or kneipp walks. Although showers and kneipp walks are accepted in this category, they also offer hot therapies; as a result, these two therapy spaces may be accepted as the intersection part of hot and cold therapies.

Experience showers & shock showers

Showers may be designed in many forms according to the spa concept. They may be called shower grottos if they are designed to have walls seeming like caves. Further, they can be designed in horizontal form and users lay down to use the shower and they are cold vichy showers (Figure 3.23).



Figure 3.23 : Vichy shower in Raffles Hotel at Zorlu Center, Promet Special Archive, 2014.

Warm and cold water rituals in thermal therapy convert into spaces called experience/ experimental/ experiential showers that combine water, sound, dramatic lighting and fragrances with variety of themes such as Caribbean storm, Aegean mist and monsoon rains (Cavanah, 2016: 64) (Figure 3.24).

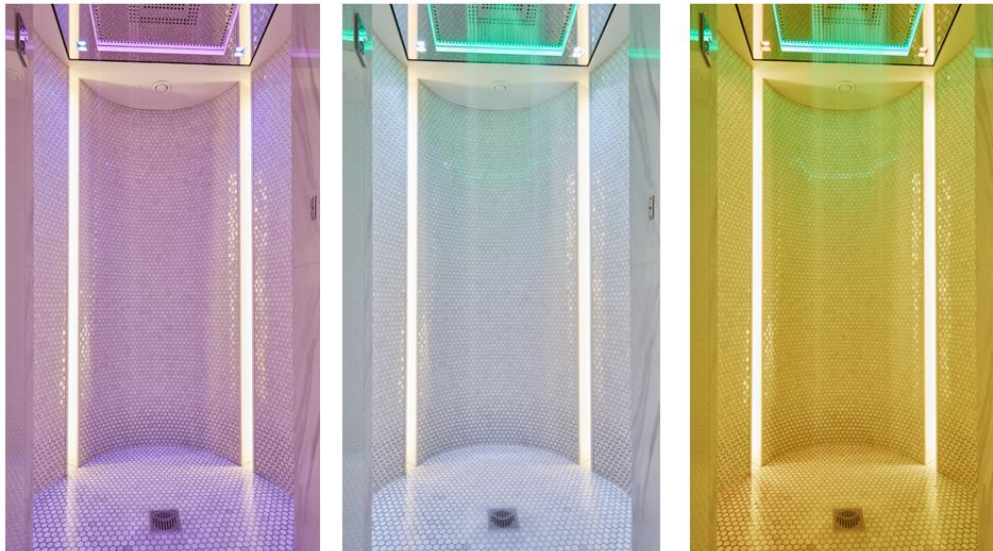


Figure 3.24 : Experience shower in Fairmont Quasar Istanbul, Promet Special Archive, 2016.

The layout of these showers may be planned in any form like a snail shell, a tunnel that gives opportunity of a rain walk or just a plain shower. These showers may be enriched with the contribution of different shower units that enable variety of water flows and these units may be body jets, overhead shower, hand shower, a bucket delivers a dump of cold water or a mist showers with a gentle touch. It is advised to plan floor drains to take up enough drainage capacity since these spaces bare huge amount of water.

Plunge pools

These pools are the components of cold therapies. If the spa has enough depth to place pool with its plant room, plunge pool may be thought as an option. Cavanah (2016) emphasizes that the recommended water degree for these shock pools is between 12 °C and 20 °C.

Snow rooms

Snow rooms are the cold cabinets that are more popular especially in hotter regions. These cabinets have the similar purpose with the ice fountains or igloos yet they are

more expensive to be built since they need more energy consumption to produce real-like snow. It is pointed out by Cavanah that besides the similar benefits with other cold therapies, additionally since snow rooms have almost-freezing air condition, the users can inhale the cold air genuinely into their lungs to gain benefit from vascular expansion that cannot be gained from surface shocks obtained from cold showers or pools (Cavanah, 2016: 60). Snow rooms are advised to be ventilated properly just like the other thermal cabinets and also their air must be cooled with the help of cooling systems such as fan coil and the cooled air is given to the space from the nozzles.

Ice fountains, ice grottos (caves)/ igloos

These fountains or cabins with ice bowls are generally built where snow rooms are not an option due to their high operating expenses. It is either just a bowl with ice near hot therapies like sauna, steam room or a cabin with an ice bowl feature. Users grab flaked ice from the bowl and apply to their body for shock therapy purpose. The bowls are recommended to be detailed with pop-up drains for cleaning when the ice melts. Cabins may be designed in many forms such as a cave or an Eskimo igloo according to general spa theme (Figure 3.25).



Figure 3.25 : Igloo in Canyon Ranch Kaplankaya, Promet Special Archive, 2016.

3.4.3 Hamam (Turkish bath)

By being one of the most distinct examples of bath typology, Turkish bath, or with its original name *Hamam*¹⁴ is a noteworthy case/archetype that combines hot, cold, wet

¹⁴ Cavanah (2016) indicates that the word hamam for Turkish bath has just one centralized letter “m” while the bath used by Moroccan people has double “m”. A Moroccan Hammam has more similarities with Roman Bathing rituals compared to Turkish Hamam.

and dry therapies within itself. Like it is discussed in the sub-section 2.1.5, being the extended reflection of Ottoman bathing culture (further hybridized with Roman baths), hamam enfolds diverse zones with different climatic conditions all at the same time, articulating sequentially inside the space. These characteristics are in fact the reason to examine them more in detail.

The Turkish word hamam etymologically originates from the Arabic word *hamm* which refers to the meanings of heating or being hot that had been used in the similar meaning and content throughout Ottoman Empire (Yılmazkaya, 2002). Turkish baths are planned to accommodate three diverse, yet consequent zones of cold (*soğukluk*), warm (*ılıkılık*) and hot (*sıcaklık*) spaces¹⁵. Sequential programming of the spaces in relation to the increasing temperatures enables the users to the experience the heat/hot gradually.

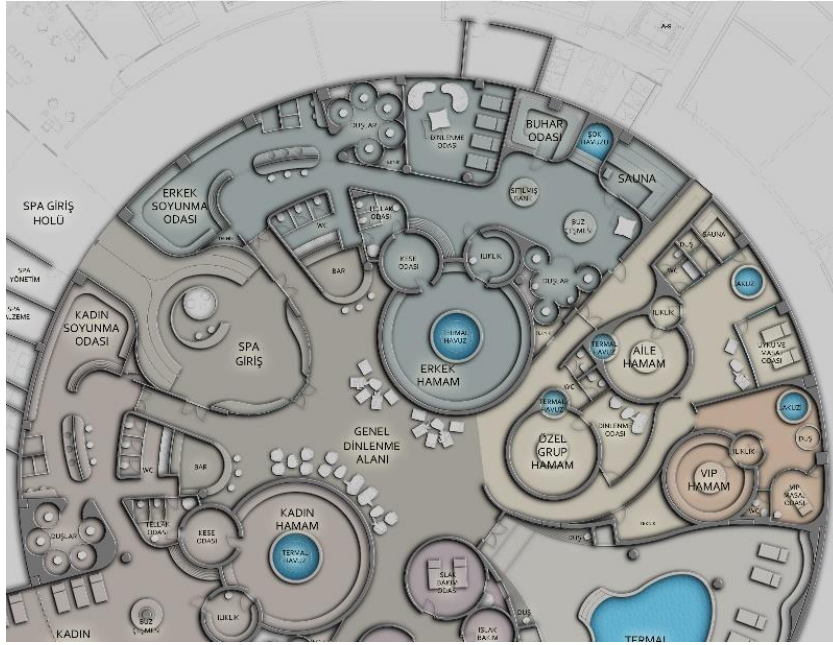


Figure 3.26 : Rixos Bademlik spa plan, Promet Special Archive, 2013.

Beginning from Ottoman times until today, we observe a continuous attitude in the development of hamam spaces. Like Yılmazkaya (2002) emphasizes bath space

¹⁵ In his article entitled “Hamam Yapıları ve Literatürü”, Ertuğrul (2009) not only provides an extensive cross reading upon the literature about baths, but also reflects the differentiating categories of spaces in Roman Baths and Ottoman Hamams. Like he refers the articulation of spaces in Roman Baths are apoditerium (changing rooms), frigidarium, tepidarium and caldarium.

articulates into four main sequential spaces; changing place (*soyunma* or *camekân*)¹⁶, tepidarium (*ılıkılık*), caldarium (*sıcaklık* or *halvet*) and furnace (*külhan*). Thus, pursuing the Ottoman hamam typology, the gradual increase of heat and the preparation of the spa user to the heat emerges as a valid design parameter even in contemporary Turkish bath designs. With slight changes, in nowadays, tepidarium (*ılıkılık*) and the main hot space caldarium (*hamam*) are still active with the addition of scrub rooms to the bathing facility (Figure 3.26).



Figure 3.27 : Sensimar Nar Spa colorized plan, Promet Special Archive, 2008.

The initial warmer space tepidarium (*ılıkılık*), which is located right after the changing rooms, occupies almost a similar space with the main hot space caldarium (*hamam*). Users mostly spend their times in this space, both before and after the therapies. Yet, beyond its transitional role, this space is also essential for the users that may seek for a relief from the heat that may further cause sudden drops in human blood pressure.

¹⁶ Ertuğrul (2009) further discusses the four articulative space of Ottoman Hamam as *soyunmalık* or *camekân*, *ılıkılık* or *soğukluk*, *sıcaklık-halvet* and finally *külhan*.

Finally, caldarium or with its Turkish name hamam the main hot space emerges as the subsequent room. The main hamam space accommodates semi-detached immobile benches -with a height of 45cm, width of 50-60cm- and individual bathing sinks that are located all around the walls of the room, while the hot stone -with a height of 55cm- is located at the center of this space¹⁷.

Like mentioned above, these individual bathing sinks, the marble carved bowls that are originally called kurnas, are mostly placed over the benches or sometimes maybe located as freestanding elements in design (Figure 3.28 and 3.29). In principle, inside the hamam-caldarium, the main hot space all the solid surfaces that users are in tactile contamination ought to be warm. Thus, every wall up to 120cm, all floors and benches are advised to be heated.

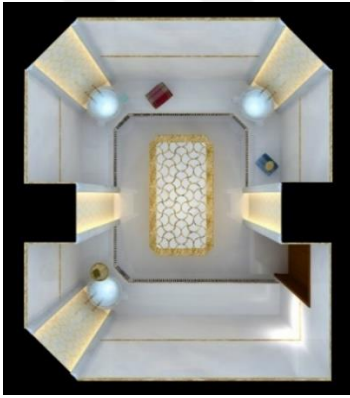


Figure 3.28 : Vanovski Home Spa plan perspective, Promet Special Archive, 2014.



Figure 3.29 : Vanovski Home Spa interior perspective, Promet Special Archive, 2014.

In this respect, similar to the earlier ages, the modern-day technology still replicates Roman baths underfloor heating system, which is basically heating the surfaces to create the warmth inside the spaces (Figure 3.30).

Besides, apart from the articulation of the spaces, the heating system of a bath complex is also crucial. In the contemporary realm, the heating system of a hamam may be either water or electrical heating depending on the existing system of the facility. Doubtlessly, the main difference between water heating and electrical heating is

¹⁷ In fact, like Yılmazkaya (2002) discusses, these dimensions vary in the Ottoman Hammams; whereas the marble benches that leans to the wall around the hot stone (göbektaşı) are in 15-20 cm height and 70-100 cm in width.

durational wise, the time spent in the process. Yet, the electrical systems heat the space faster than water-based systems, so that it is preferred in home spas where user desires immediate hotness. On the other hand, as water heating systems last longer in terms of keeping the heat inside the space, they are mostly preferred in public baths due to energy consumption concerns.

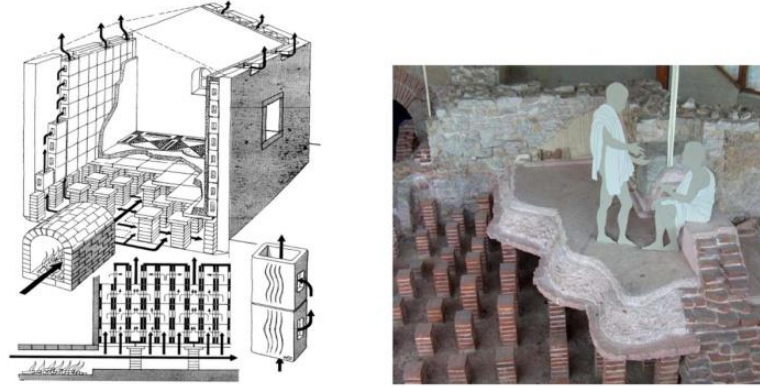


Figure 3.30 : The ancient principle of floor heating system in Roman baths deriving until today (Url-56).

Last but not least, the scrub rooms are shaped under the similar design principals like the main hamam space (caldarium). Generally, scrub rooms are directly accessed from hamam (caldarium) the main hot space (Figure 3.31).

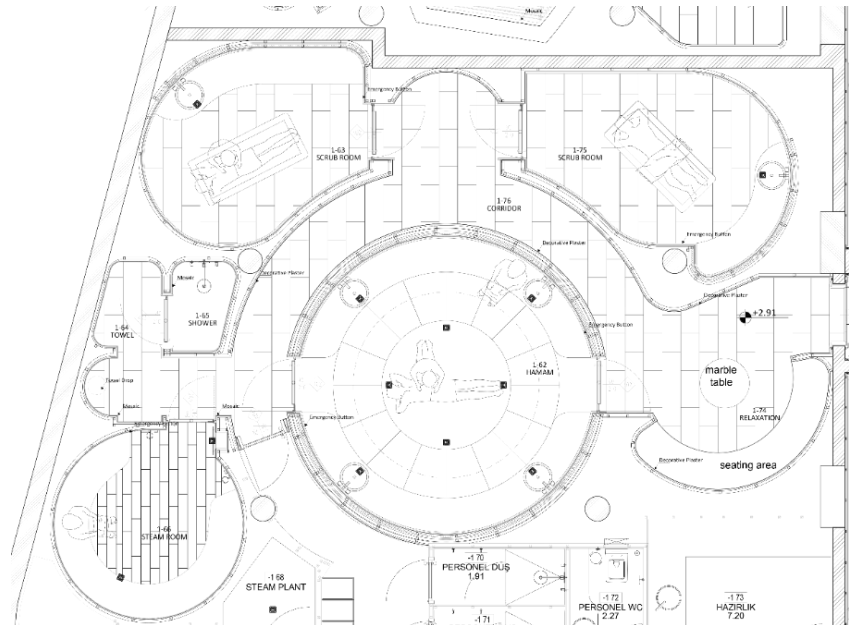


Figure 3.31 : Nikki Beach Bodrum hamam & scrub rooms plan, Promet Special Archive, 2014.

However, in some cases, providing a direct entrance from the tepidarium is also possible, which further provides more users have scrubbing at the same time. Unlike in hamam (caldarium) space, the number of benches may be lowered since the main purpose is scrubbing. It is also observed that, this room is also named as peeling room in some international examples.

In terms of fixtures and fittings of this space, like *göbektaşı* in the center of hamam (caldarium) space, a hot stone with a height of 55 cm is essential for the scrub treatment. In fact, the optimum desired option is to have a hot stone with adjustable height (Figure 3.32). It can be lowered down to its minimal height in order to let the user to climb up, and after positioning the corpus it can be lifted up to 90 cm. This height may help scrubbers' benefit, in order to work without any pains.



Figure 3.32 : Flame Towers Baku adjustable scrub table, Promet Special Archive, 2013.

Further to that, Turkish bath is accepted as an irreplaceable input in designing a spa experience today. However, in some cases hamams are placed in the general use areas of spas; but, mostly hamams are placed in restricted zones in terms of maintaining the privacy, where users enter through a reception that further emerges as a fee-paying zone. Furthermore, both users and designer are aware of the fact that hamam culture possesses its own rituals. Thus, privacy emerges as the fundamental matter of these rituals. In this respect, it is also observed that comparing to traditional Turkish baths, some spa operating firms prefer to have smaller and compact hamam spaces to maintain the exclusiveness of bathing experience. So, the users can hire the space for a designated period of time and this allows users to reach desired privacy. These

hamams may be named as “party hamam” or “slumber suite”¹⁸. Yet, these spaces can be enriched by adding different functions such as manicure & pedicure treatments in the tepidarium zone. Some spa enterprises desire to enrich hamam experience with nuances; for example, it is getting more and more popular to have extra, preferably white, steam supplied by a steam generator for the therapy purposes in Turkish hamam. In these design implementations, the major aspect is to locate the steam outlet indirectly to avoid burning the user from the direct hot steam exposure as it is in steam rooms. Conventionally in hamam, the steam is obtained from the overflowing of the hot water from the sinks (kurnas). This way with extra visible white steam, hamam may be considered as a colossal steam room (Figure 3.33).



Figure 3.33 : Hamam w extra steam at Canyon Ranch Kaplankaya, Promet Special Archive, 2016.

Further to that, again in the condition of big volumed hamams, a shower for the shock therapy or even an ice fountain may be added to hamam for the cold therapy purposes.

¹⁸ Throughout the Ottoman Reign, like Yılmazkaya (2002) indicates, women were generally in their houses or in harem. Women were not allowed to be on the streets alone due to religious reasons. Even if they were not alone, it was not considered appropriate that women went out often. Hamams were the only place that the ladies could go with their neighbors and relatives two times a month. Thus, hamams were the chance for ladies to socialize. Women preferred to go to hamams preparedly. These preparations were accepted as a reflection of wealth. Women used to go to hamams to celebrate newborns, engagements, circumcision feasts.

Beyond that, especially in some home spas, even a massage table and closets with integrated sink and ice fountain are placed in tepidity area and with that approach hamam emerges as a total spa package that may be called as an architype of a spa (Figure 3.34).

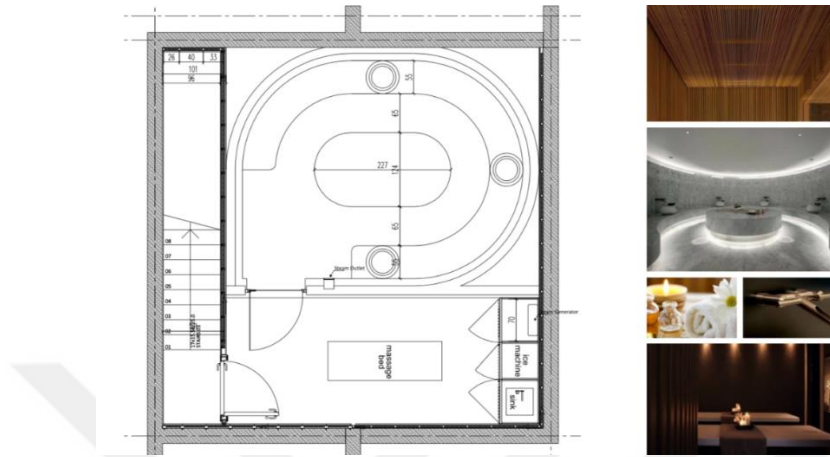


Figure 3.34 : Villa at Kaplankaya, Promet Special Archive, 2018.

To sum up, hamam as a typology itself gives designers and spa running companies the chance of having all in one spa space consisting of hot therapies, cold therapies and dry therapies at the same time by the help of flexibility and adoptability of hamam.

3.4.4 Dry therapies

Dry therapies mainly consist of massage rooms and relaxation lounges. According to spa concept and the volume of the spa, dry therapies may be enriched by adding variety of concepts (Figure 3.35).

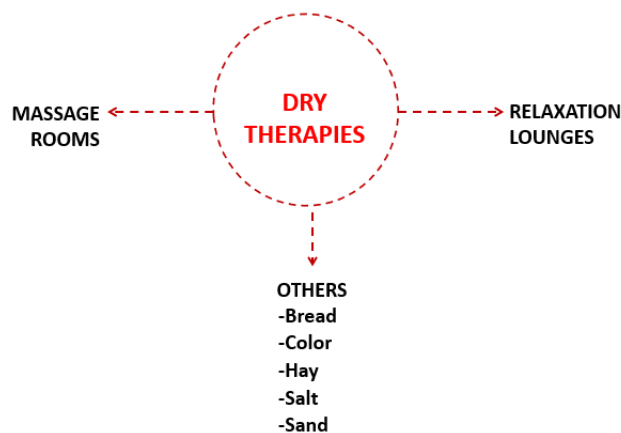


Figure 3.35 : Dry therapy components (Kahraman, 2018).

These additional therapies may be addressed as bread therapy in which users benefit psychological aspects of bread making; color therapy in which users spend time in room enlightened with variety of color options; hay therapy in which users mix hays and sleep in a pile of fermented hey; sand therapy in which users spend time on sand and benefit; salt therapy in which people spend time in a room covered with salt blocks and inhale the powdered salt from a salt generator.

Although dry therapies in which users are in a passive manner, is examined in this categorization; fitness studios may also be included to this category. The main difference in this occasion is that the users are in an active therapy session.

Massage rooms

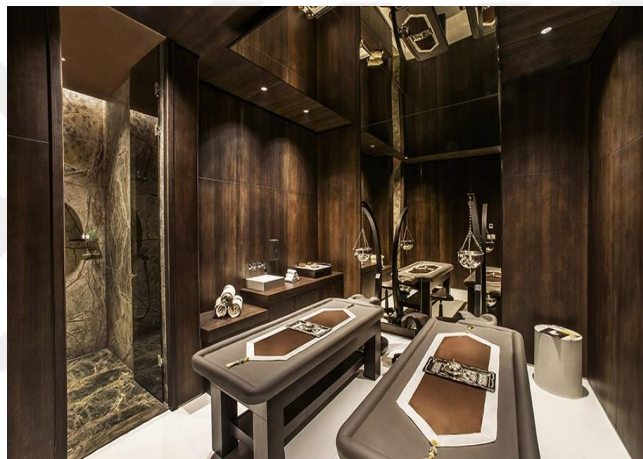


Figure 3.36 : Maxx Royal Kemer massage room, Promet Special Archive, 2014.

As it is indicated previously, massaging as a concept is lasting throughout the centuries. As it is expressed by Panayotatou; after a while in later times the public bathing establishments seemed to be enlarged so as to contain not only the tanks but also massage rooms, where the bathers were anointed with oil, as well as dressing rooms; further, in some baths the bather was first washed with hot water in order to cleanse his skin (Panayotatou, 1919).

The plan layout for message rooms still has the same approach to this description (Figure 3.36). In an ideal world, massage room is advised to include a shower, a water closet and the closets and a sink unit attached to it. The volumes of the units or the arrangements may be altered according to the therapy that is offered. Generally, the therapy alternatives are designated by the spa enterprise at the beginning and the layout is designed depending on the specifications.

Relaxation lounges

As it is stressed in spa design principals part, relaxation areas emerge as the most important zone of a spa. It is insisntently recommended that at least more than one diverse rooms for relaxation activities -such as wet spa relaxation, after massage relaxation, silent relaxation or social relaxation- are advised to be placed in different parts of the spa complex, in order to create a variation and offer diverse atmospheres to the users.



Figure 3.37 : Fairmont Quasar Istanbul relaxation room, Promet Special Archive, 2016.

Actually, users spend most of their times in relaxation lounges, in this content; considering the time spent in the space as well as the level of relaxation, maintaining the stations for snack and beverage services inside the relaxation areas are also essential to respond the needs of the users within the space (Figure 3.37).

Fitness studios

Fitness activities may be adressed as the leading activity in wellness approach (Figure 3.38). It is essential to locate a fitness studio while planning, either it is club spa or destination spa. It is advised to be placed fitness studios near the reception area since the fitness studios are used even if the spa is closed after designated hours.



Figure 3.38 : Nikki Beach gym, Promet Special Archive, 2014.

In addition to allocation of fitness studios, the space itself is recommended to include room or rooms for instructors and trainers. The volumes are advised to be designated depending on the studio concept and the membership programs.

3.4.5 Other service areas

Other service areas include staff rooms, circulation halls/ areas, pantries for preparations and storages with variable volumes depending on the spa enterprise. It can be articulated that the properly operated spas have enough spaces for service areas.

Staff rooms

Spas generally serve the customers almost 12 hours a day. In this content, it is needed for staff to change and leave their belongings, spend time when they are not in therapy sessions. Considering these conditions; changing units and closets, showers and toilets, a waiting lounge with kitchenette are advised to be placed in staff rooms.

Circulation halls

Well-planned circulation halls are keys to a properly working spa flow (Figure 3.39). The recommended way of planning circulation halls is to separate staff circulation from the user circulation, in addition; if the spa space is big enough it is recommended to locate separate entrances to different spa zones for users and staff.



Figure 3.39 : Fairmont Quasar Istanbul circulation hall, Promet Special Archive, 2016.

The segregation of user and staff circulation is a tradition that originates from the Roman bathing culture. It is supported by Paige and Soullière that the layout of roman baths contained other architectural features of note; since wealthy romans brought slaves to attend to their bathing needs, the bathhouse usually had three entrances: one for men, one for women, and one for slaves (Paige and Soullière, 1988: 3).

Pantries

As it is indicated in previous chapters, spa and wellness activities include nutrition. In order to serve the customers rightly, pantry spaces are advised to be located in the related areas such as tepidity of hamam, relaxation lounges and changing rooms.

3.5 The Planning Of The Layout

After list of needs and schedule programming have been assigned; a schematic layout work is advised to be done by the related parties (design group, spa consultant company and the spa executive company) in a collaborative work. It is always recommended to coordinate workshops to make all parties gather and work together.

3.5.1 Obligations

Spa design obligations contain the general interior architectural design standards and concerns in terms of health, hygiene and safety standards; water management and

containment concerns; sustainability and energy consumption; health benefits. In addition to these common standards, hydrothermal design and planning have their own standards and regulations that are stressed by Cavanah as German Sauna Standards, German DIN 19643-4, German DIN 51097, Leadership in Energy & Environmental Design (LEED), Pool Water Treatment Advisory Group (PWTAG), Trade Rules of the Swedish Ceramic Tile Council, Chartered Institute for the Management of Sport and Physical Activity (CIMSPA), International Building Codes, ÖNORM M6219 Austrian standards (Cavanah, 2016: 139).

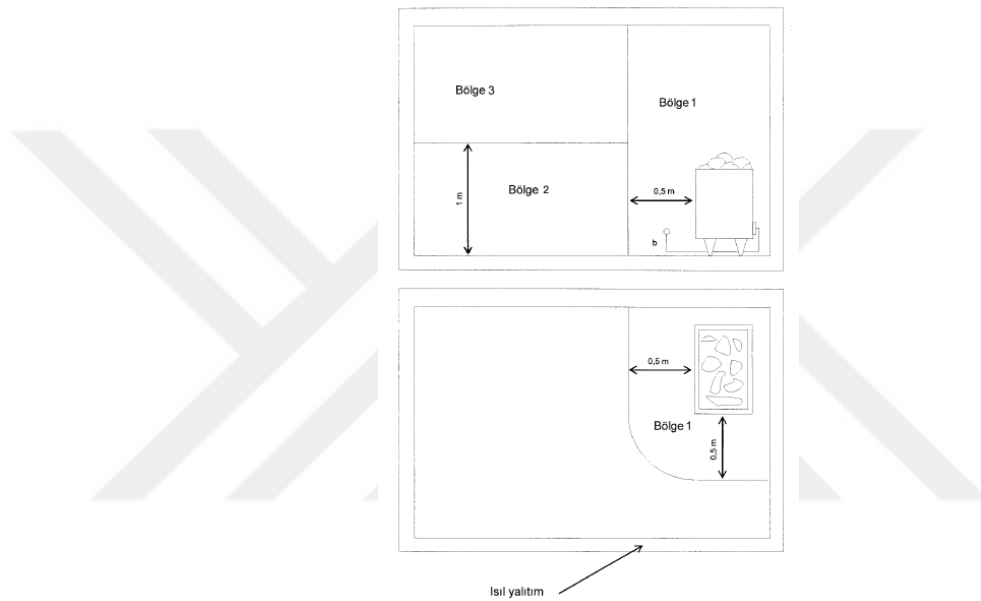


Figure 3.40 : Turkish Sauna standard, TS 10464 (Url-57).

Although general standards are taken into consideration while planning a spa, some standards may vary depending on the national standards. Some countries adopted common standards and created their own standards, for example in Turkey, while planning a sauna it is needed to be adhered to Turkish Standard TS HD 60364-7-703. This standard actually stands for electrical installations of buildings and its sub-chapter 7-703, which is actually adopted from IEC 60335-2-53, specifies the requirements for special installations or locations - rooms and cabins containing sauna heaters. According to Turkish Sauna Standard, sauna consists of three main zones. Zone 1 is reserved for the heater and it is forbidden to place anything in this zone; 2 is the safest and the coolest space in the saunas and there is not any specific regulation; anything that is planned to place to zone 3 must have endurance up to 125 °C (Figure 3.40).

3.5.2 General schematic design

Pursuing the definition and the approval of the spa program, diagrams of spaces' adjacency is developed with the contribution of all members of the design team including interior design group and spa consultant (Figure 3.41).

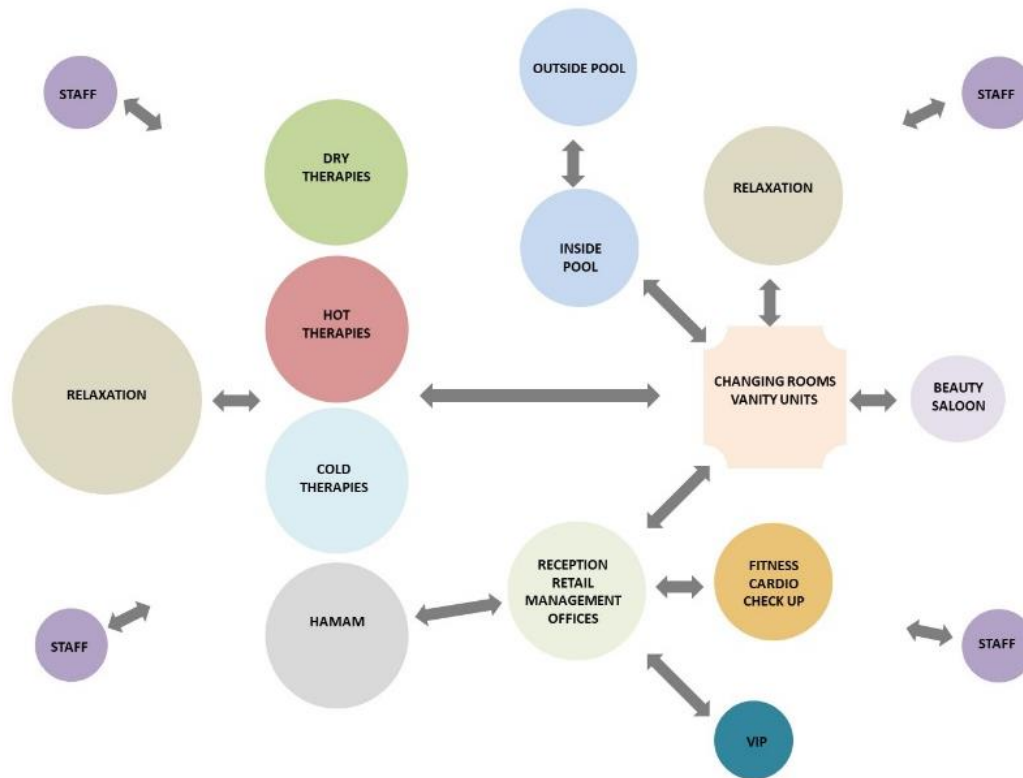


Figure 3.41 : Typical adjacency diagram for a spa layout (Kahraman, 2018).

Apart from the specific spa design parameters, adjacency work is done by investigating the architectural space with its orientation, access points, lifts and view. Following to that, guest flow considering separate sexes and disabled access and staff flow with acknowledging privacy are considered and planned while schematic design phase.

3.5.3 Guests' spa flow

The approach of different spa spaces for different sexes and separate spaces for staff use is a way of layout planning scheme that relies on its roots to Ancient Roman baths (Figure 3.42). As it is indicated before, Paige and Soullière (1988) supports that the plan order of Roman baths obtained three distinct entrances: one for men, one for women and one for slaves who are brought to serve while bathing rituals (Paige and Soullière, 1988: 3).

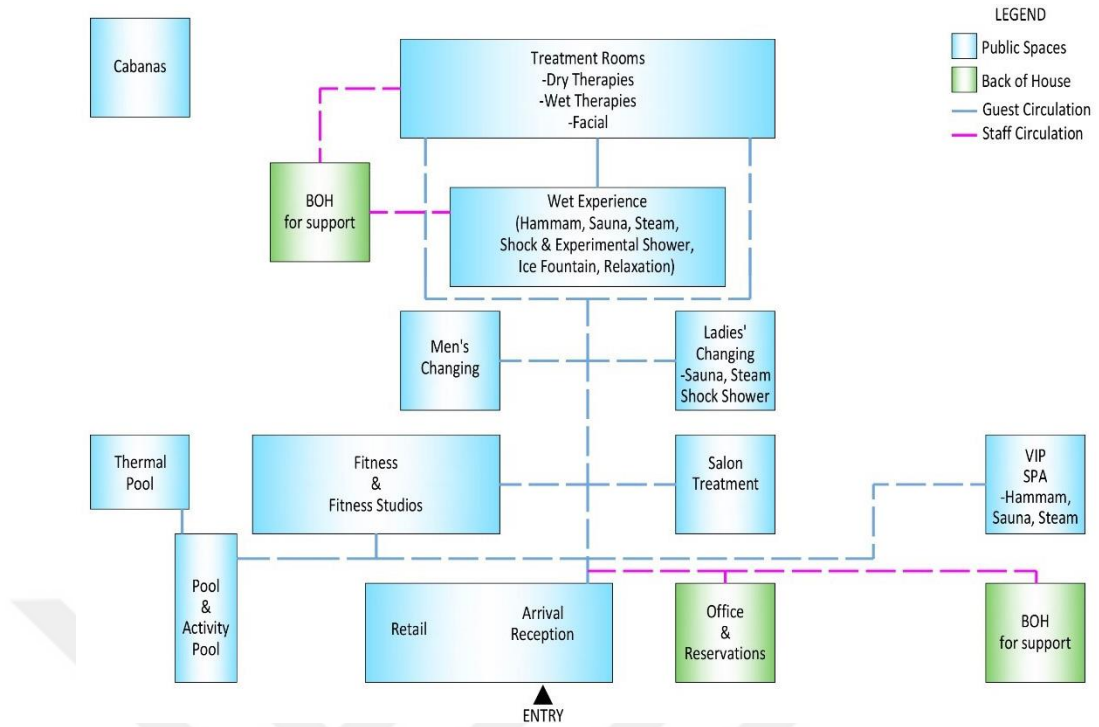


Figure 3.42 : Spa user flow of a luxurious hotel in Çeşme, Promet Special Archive, 2017.

When approaching to a spa from outside, the reception as entrance zone is the first spot, where the user initially confronts with the Spa facility. All distribution is advised to be done from the reception. Users enter the changing room after the reception. Changing rooms are recommended to be planned with separate sex options. This is the segregation line between dirty foot and clean foot. After undressing, users with their clean spa slippers flow into the therapy and treatment zones according to their sexes. While users spend their time separately in men and women parts, there can be intersection points where users come together in co-ed areas. Pursuing the wet treatment spaces, allocating the spa pools also appear as an important stage of planning. The location of pools and the arrival from the changing areas are important principles in the pool design on the one hand; on the other hand, considering the longer working hours of pools than spa, the positioning the pools are recommended to be done with separate entrance from reception too.

Apart from the hot and cold therapy parts of the spa, Turkish hamam may be planned with a separate entrance so as to be hired privately. Since hamam may work as a compact spa space, direct entrance from the reception may be an option and this way hamam can serve also as a suit room.

In addition to planning according to different therapy approaches, separate entrance for fitness studios is recommended due to their additional working hours. On the other hand, people may desire to use the spa in a discreet way. In order to respond to this desire, suit rooms are recommended to be planned with a direct entrance from the reception area.

3.6 Section Results

To sum up, it is recommended to acknowledge spa glossary when designing a spa. Further to that, the thermal cabins and their climatic conditions are advised to be well-defined (Table 3.4).

Table 3.4: Resume list of climatic conditions of spa components (Kahraman, 2018).

Spa Component	Temperature (°C)	Humidity Level (%)	Floor Heating or Cooling (°C)	Wall Heating & Bench Heating (°C)	Fixture IP	Ventilation (with Air Change per Hour)
Finnish Sauna	70-100	0	7-12	x	65	m³ x 4-6
Russian Sauna	90-110	0	7-12	x	65	m ³ x 4-6
Bio Sauna	50-70	50	7-12	x	65	m³ x 4-6
Steam Room	42-48	100	Optional, Ambient	Benches: Ambient	68	m ³ x 5-7
Hamam	40-45	20-30 (in all day use)	50	Wall: 70 Bench: 50	68	m³ x 5-7
Tepidity	22-25	x	Ambient	Ambient	44	m ³ x 5-7
Plunge Pool	12-20	x	x	x	68	x
Experience Showers	Room	x	Ambient	x	44	x

In order to have a good result, it is advised to decide spa type first and then the spa concept. Further to these definitions, all related parties including spa specialist are recommended to come and work together in following steps. The technic and the infrastructural works are the keys to properly working spa as well as the design aspects, in this respect spa specialist seems to play a crucial role.

Depending on the spa type, therapy varieties may differ on the one hand; on the other hand some main thermal cabins are placed primarily when thinking of constructing a

spa facility and those cabins may be addressed as saunas, steam rooms, showers for shock purposes, massage rooms and hamam. While doing the layout planning, the allocation of thermal cabinets and general spa are with its separate entrances are advised to be taken into consideration even in the adjacency phase. Durations of stays in each rooms and sequentiality of uses play a critical role.

Since the world is moving on a direction based on profits, hireable therapy rooms are becoming more and more important. Considering this input, the segregation and separate entrances are recommended to be planned accordingly. In this content, as it is indicated formerly due to its flexibility and convertibility hamam gives designers and spa enterprises the opportunity to have a compact therapy of consisting of wet and dry therapy at the same likewise a compact spa. As a result, its significance is enhancing day by day.



4. ELEMENTS OF SPA THAT AFFECT SPA GUESTS' PERCEPTION & SPATIAL EXPERIENCE

Spa design is a multidisciplinary and multi-tasking design process; while responding to the systematic needs of wet areas and heat experience cabinets on one hand, on the other hand atmospherical qualities and ambient characteristics of the interior spaces. As it is mentioned in previous chapters, definition of the spa concept emerges as the essential step of composing the spa facility. Following the concept definition, planning of the spatial articulation and vicinities considering the allocated spa space; the cabinets desired in the defined spa concept and the schemas of user flows are elaborated in detail. In this respect, in order to examine and evaluate how the existing designs enrich the users' spa experience, this thesis proposes an experimental criteria set as its authentic statement, on behalf of revealing and discussing the affective capacities of spa interiors via performing a cross reading in between the selected cases by utilizing this criteria set.

4.1 Design Criteria Effecting on Spa Experience

The criteria of configuration of the spa environment, which enhances user experience can be examined in three essential categories that consist of *spatial*, *atmospherical* and *technical configuration*. It is believed that a well-designed spa is sought to address to a balanced combination of these three aspects; blending the physical and technical spatial requirements with poetical aspects. Similarly highlighted by Kunz, referring to Zumthor's spa design, a well desined spa begets as a complicated music piece that includes changing variations of stone, water, light and air and the users go with the flow every step they take (Kunz, 2003: 96).

Yet, in order to map the proper functionality and the program capacities of the selected cases, and to maintain a resume introduction, the examplar is initially dismantled in terms of its;

- Type; The type of spa that plays an important role on evaluation is going to be detected at first.

- Capacity; It is going to be detected what percentage of the hotel guests are benefiting of the spa facility.
- Out-reach; It is going to be evaluated whether the spa facility offering a membership program or program for users on a daily basis.

4.1.1 Spatial configuration

As being discussed extensively in chapter three, the spatial design of spa environment has defined constraints. On this matter, spatial configuration is going to be examined in three main categorization; articulation of space, space flow and capacity.

- Articulation of space; The general location of spa and its surroundings are going to be explored. In addition, gradual space planning; spatial vicinities; transitional behaviour of spaces (adjacency of rooms); interface/ skin characteristics of spaces; enterprise facilities like inward/ outward orientation, opening hours, separate entrances or separately hireable cabins are going to be examined.
- Flow and sequantiality of sub-spaces; Segregation of sexes, segregation of clean foot versus dirty foot, segregation of user and staff circulation, orientation and way finding (signage) are going to be examined.
- Spatial capacities and dimensions; Program requirements, additional services (e.g. nutrition, nature walks) and spatial capacities (dimensions, volumes) are going to be reviewed.

4.1.2 Atmospheric configuration

Like in many other spaces, the ambient characteristics play the essential role in users' engagement to the spatiality. Thus, the crucial elements of the atmosphere like music and fragrance are recommended to be selected according to the offered therapy types. Besides, selection of materials inside the spa spaces, their material qualities, textures and colors do also play an active role in the creation of the ambient. In addition, direct lighting, direct fresh air or direct air exhaust are needed to be avoided to supply a desired comfort level. On this matter, atmospheric configuration is going to be examined in four main categorization; material selection, lighting, soundscape and fragrance.

4.1.2.1 Material selection

The selection of material plate for the finishings do also have the vital importance for a well-designed spa experience, as well as its maintenance procedures. In this content, material selection is going to be reviewed in three main aspects; visual, tactile and hygiene & ergonomics.

- Visual aspects; Material selection is going to be interpreted in terms of design approach and mood imagery.
- Tactile aspects; The temperature of the surfaces where user get in touch with, roughness-softness are going to be examined.
- Hygiene & ergonomics aspects; Porousness, antibacterial characteristics, easy cleanness, anti-slip qualities, anti-corrosion and ergonomics (both comfort of user and staff) aspects are going to be evaluated.

4.1.2.2 Lighting design

Lighting design and fixtures are also essential elements in creating the desired atmosphere in the spa experience. They are sought to be in harmony with the general spa design. In fact, lighting plays the central role in the planning of a spa, whereas designers envision different themes and levels of lighting in the environment. It is recommended to be designed that the facility has two separate lighting scenarios consisting of mood and maintenance lighting.

- Mood (Poetic) lighting; The preferences of direct-indirect lighting, color warmths and lighting levels of spaces, space defining highlight elements and fixtures, allocation of control switches are going to be examined.
- Maintenance lighting; It is going to be evaluated whether the facility has lighting scenario for maintenance or cleaning purposes only.

4.1.2.3 Soundscape

As another intangible domain, design of the soundscape inside the spa environment is also the challenge of creating a holistic spa experience. In this respect, soundscape examined in three main aspects; ambient, therapeutical and emergency call.

- Ambient music; The general mood music for the whole spa, designated different sound zones according the variation of sound-scenarios and cabins with the different music scenario are going to be examined.
- Therapeutical sounds; It is going to be evaluated if the spa or specialized thermal cabins use different sounds other than the music.
- Emergency call; It is going to be investigated whether the facility has sound/call scenario for the states of emergency.

4.1.2.4 Fragrance

Like the other intangible atmospherical elements such as light and sound, the fragrance design also plays a crucial role for a spa environment. It not only reflects corporate identity of a spa, but also appeals to the customers' perception. Even some different fragrance concepts can be created in different therapies. The design depends on whether the customer is tried to be awake or the customer is tried to be eluded from the real world. However, the interference of unpleasing smells with therapy spaces are obliged to be prevented. It can only be sustained through a good plumbing design.

- General spa fragrance; It is going to be surveyed whether the spa enterprise has its own corporate scent for the whole spa.
- Specialized Cabins; The cabins with the different fragrance scenarios or the use of different scents are going to be examined.

4.1.3 Infrastructural configuration

The key to proper working spa may be stressed as properly designed and implemented infrastructural systems. It is not possible to have efficiency and proper maintenance without well-considered infrastructure. In this aspect, the infrastructural configuration is going to be examined in three main titles; HVAC, Plumbing and Electricity.

- HVAC; Indoor comfort qualities that is supplied via heating, ventilating and air conditioning are going to be evaluated.
- Plumbing; it is going to be evaluated if the drainage is designed to prevent puddling in the spaces with high flow rate, the supplience of hot-cold water and fire sprinkler scenario.

- Electricity; Electrical infrastructure needs like the locations of sockets and switches, supplience of towel or stone warmer for treatment rooms considering different therapeutical approaches and ambient heating are going to be examined.

4.2 Case Studies

The projects that are going to be examined in this chapter are selected to show the similarities and differences between different types of spas. In modern world, the boundaries between spa types are getting more and more ambiguous and the spatial experiences are becoming more important either it is a spa located in the city center or a destination spa that the users need to plan a journey to reach. Regarding these inputs, one destination spa in Turkey (Canyon Ranch Kaplankaya), one city hotel spa outside of Turkey (Villa Magna Madrid), one resort hotel spa outside of Turkey (Joali Maldives) and one city hotel in Turkey (Fairmont Quasar Istanbul) are selected. The chosen spa examples are examined according to the criteria that are explained previously.

4.2.1 Canyon Ranch, Kaplankaya

Canyon Ranch Kaplankaya is located on the South West Eagean in Aydın, Turkey, meandering along six kilometres of coastline, taking in seven district and secluded bays (Figure 4.1).



Figure 4.1 : Canyon Ranch Kaplankaya, site view, 2017 (Url-58).

In terms of surrounding climatic conditions, the air is very rich in oxygen, infused with the invigorating and soothing scent of pine and wild flowers, which carries down onto the turquoise waters. The facility is the first enterprise that is built outside of the United

States. Canyon Ranch Kaplankaya aims to give customers the chance of having not only wellness and holiday, but also supplementary activities to reach the complete state of well-being. The experience includes guided nature hikings, cycling, water sports, swimming, contemporary fitness, seminars on the body health and nutrition programs prepared by the professionals. In addition to spa program, facility also gives medical support that includes internists, physiologists, psychologists mastered on sport and motivation, nutritionists, therapists.

- Type; destination spa. The main reason for people to use this facility is the spa facilities. As it is indicated in the thresholds in spa history, Canyon Ranch as a wellness brand offers customers complete wellbeing including nutrition programs, medical controls, nature hiking, fitness programs depending on each customer's physical condition.
- Capacity; as a spa, it is one of the biggest and the most comprehensive spa facility with its 26 thermal cabins and 40 massage rooms.
- Out-reach; due to its location, it is not suitable for daily use. It is advised to be taken into consideration as a stay spa.

Spatial configuration

- Articulation of space; spa has 2 storeys. Although they are located on the ground floor level, thermal cabins part is an inwards space and they have no view except the massage rooms. Customers pass to the spa, after spa reception. Following to the spa reception, there are changing rooms. After changing rooms, users enter the spa realm (wet spa) according to their sexes (Figure 4.2). Thermal cabins start with sauna and igloo next to it, near to them steam room and hamam are located. Two separate experience showers are located in front the sauna. Open lounge space with built-in heated loungers are located between the thermal cabins and the stainless steel whirlpool. Facing the whirlpool, there is bench for users to sit while having foot spa. At the end of this route, there is a co-ed salt room that serves everyone. As the co-ed salt room, there are co-ed suit cabins including sauna, steam room and shower option for couples to be used in the intersection area between men and women spa. In addition to co-ed suit thermal cabins, there is one big co-ed hamam consisting of 8 kurnas and a hot stone with the dimension of 400cm. There are scrub rooms that can be hireable either as single or as a couple.



Figure 4.2 : Canyon Ranch Kaplankaya, layout of wet spa (Kahraman, 2018).

- Flow and sequentiality of sub-spaces; the spa is segregated according to different sexes (Figure 4.3). Further, the clean foot versus dirty foot segregation is also taken into consideration. Users are oriented to changing rooms before entering the therapy zone. The signage work is done according to the specifications of Canyon Ranch brand.



Figure 4.3 : Canyon Ranch Kaplankaya, user flow and segregation of sexes and clean-dirty Foot (Kahraman, 2018).

- Spatial capacities and dimensions; since it is a wellness hotel, there are strict programs for users including nutrition, fitness hours, therapy hours and nature hiking. The spa has 2 storeys and is 2000 square meters including hamam, steam room, sauna, igloo, relaxation lounge, whirlpool, experience showers, foot spa (Figure 4.4). Following to the wet spa area, massage rooms and wet treatment rooms are located.



Figure 4.4 : Canyon Ranch Kaplankaya, spatial capacities of wet spa (Kahraman, 2018).

Atmospheric configuration

Material selection

- Visual aspects; the color palate is in beige and earth tones (Figure 4.5). Hamam is covered with only one material which is beige marble in an harmony with the rest of the spa. All spa floors are covered with a moka colored, full-body ceramic with bush-hammered treatment for anti-slip purposes. Sauna woods are yellowish hemlock panels. The tiling for showers are mixture of black and brown. Only steam rooms and igloos have white tiling in order to highlight the white steam concept, in addition to that, to highlight the benches, the toppings are covered with black granite. Igloos are designed to give the feeling of a real Eskimo house, so all walls and the domed ceiling are covered with white-mix mosaic tiles.



Figure 4.5 : Canyon Ranch Kaplankaya, material palate of spa (Kahraman, 2018).

- Tactile aspects; all the surfaces that users get in touch with are heated up to desired ambient warmth. In addition to heating, all material selection is done considering the tactile aspects. All tilings are chosen from the porcelain materials due to prevent scratches that are caused by glass originated materials.
- Hygiene & ergonomy aspects; all ceramic tilings are full-body ceramics and all natural stones that are used are non-porous in terms of hygiene. Especially in steam rooms, one the harshest atmospere in spa, all benches' topping parts are covered with granite to have nonporous surfaces. In addition to that, in hamams where users get in touch with or lean on, polished marbles are used.

Lighting design

- Mood (Poetic) lighting; all spa designed with the indirect lighting to have poetic lighting. All the features and fixtures' color warmth are 2700K in order to have soft, daylight affect. All the lighting scenario is indirect in order not to distract users in therapy sessions (Figure 4.6). Lots of pin spots are placed on the hamam ceilings to have starry affect. Experience showers also have the red-green-blue lighting which is working transitively throughout the shower experience. In salt room, salt blocks on the walls are lit from back by using the advantage of semi-transparency of salt blocks.

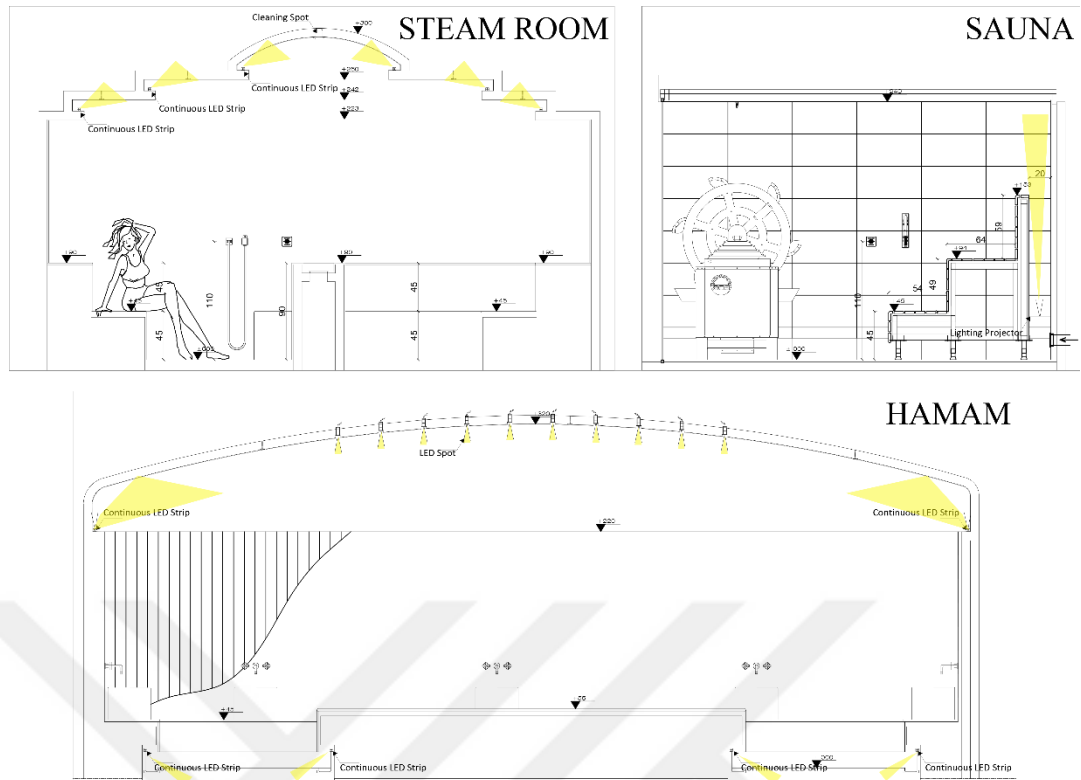


Figure 4.6 : Canyon Ranch Kaplankaya, lighting sections of steam room, sauna and hamam (Kahraman, 2018).

- Maintenance lighting; in addition to mood lighting, there are maintenance lighting as spots placed all in thermal cabins. The controls of lighting fixtures are made from their related plant rooms by the staff. There are not any control switches in front of the customers.

Soundscape

- Ambient music; speakers are mounted all cabins in the spa area. There is one centralized music for all cabins.
- Therapeutical sounds; only in water-shiatsu pool, there is no music. It is silent since it is aimed to feel the journey in mother womb.
- Emergency call; airplay and emergency call are merged into same speaker. If any emergency situation occurs, the airplay stops and emergency call starts.

Fragrance

- General spa fragrance; spa has the corporate smell of Canyon Ranch that is diffused from the ventilation slots.

- Specialized Cabins; in steam rooms, essences injected to the steam generator are pumped through the steam outlets into the space for aromatherapy purposes. In addition to that, hamam also has oriental Arabic soap fragrance in order to give the feeling of being in an original Ottoman hamam.

Infrastructural configuration

The infrastructural program of the facility is convenient and meets the standards as per designated needs in sub-section 4.1.3 in terms of HVAC, plumbing and electricity.

4.2.2 Villa Magna Hotel, Madrid

Villa Magna started serving their customers on May 1972. The hotel is situated in Madrid's Salamanca District (Figure 4.7). The interior design of the property was renovated in 2007. Following to that, the spa was renovated in 2018. The hotel administration aims to combine old world sophistication and contemporary elegance. In addition to that, this five star property carries the purpose of making customers feel at home during their stay. The hotel belongs to the chain of Mytha Hotel Anthology therefore the spa is called Mytha Spa. Spa is designed to combine the western and eastern traditions using essential oils and natural cures made with Mediterranean techniques.



Figure 4.7 : Villa Magna Hotel (Kahraman, 2018).

- Type; it is a city hotel spa. Villa Magna is luxurious hotel located on the city center of Madrid.
- Capacity; as city hotel spa, it is a compact one. Total spa area is 400 square meters.
- Out-reach; the spa gives customers the opportunity of having membership for spa treatments on the one hand; on the other hand, there is no membership program for fitness.

Spatial configuration

- Articulation of space; spa is located on the basement level. Fitness has separate entrance for hotel guests to use even after the spa closes. Since it is compact spa, facility opportunities are limited too, however; the spa has the main thermal cabins like sauna, steam room, experience shower, a whirlpool, a hamam, 4 treatment rooms and a relaxation lounge, one beauty room located in the back of spa reception, one fitness and two changing rooms (Figure 4.8).

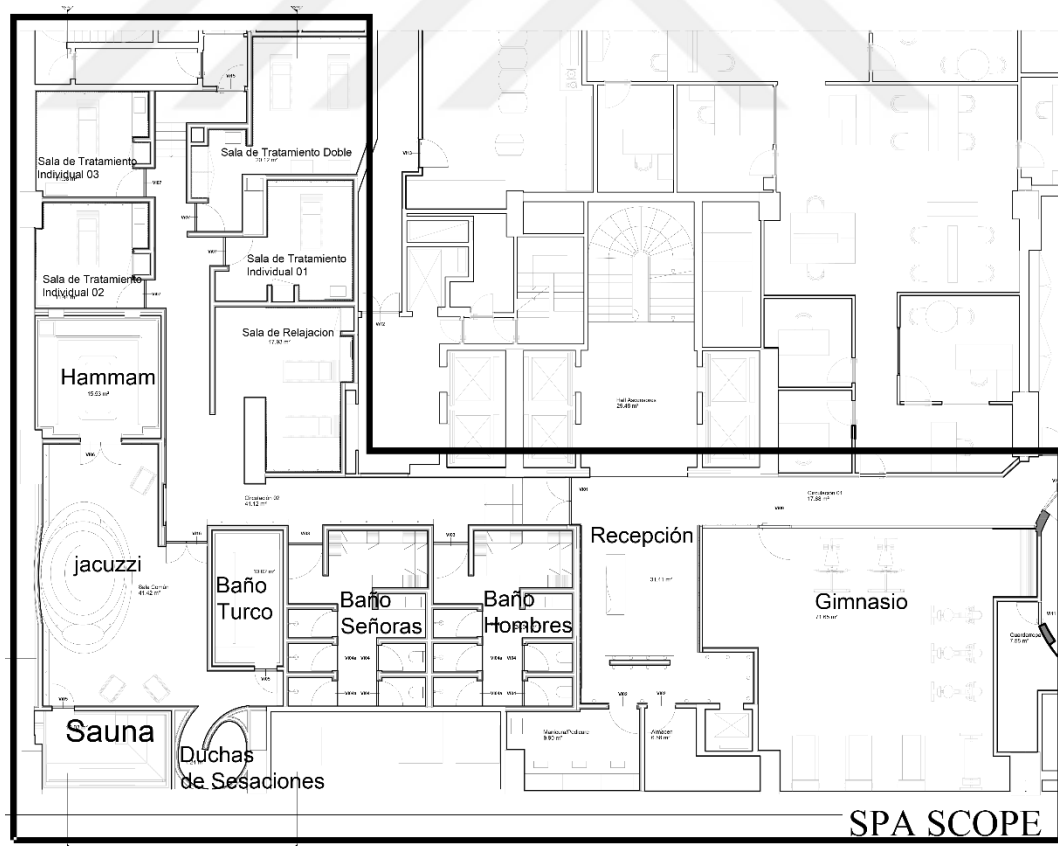


Figure 4.8 : Villa Magna Hotel, spa layout, 2018.

- Flow and sequantiality of sub-spaces; spa is not segregated according to different sexes, all areas except changing rooms are mix-use (Figure 4.9). Fitness and beauty saloon are separated from the spa in order to serve customers when spa is closed. Users coming from the elevators first face spa desk, if they turn to right they reach to changing rooms, if they turn left they reach to fitness studio. After changing, on the left there are thermal cabins of spa on the one hand, on the other hand treatment rooms are on the right. This way, users can reach to treatment rooms without using thermal cabins. It is advantage for a city because customers may just want to use treatment rooms for a day massage.

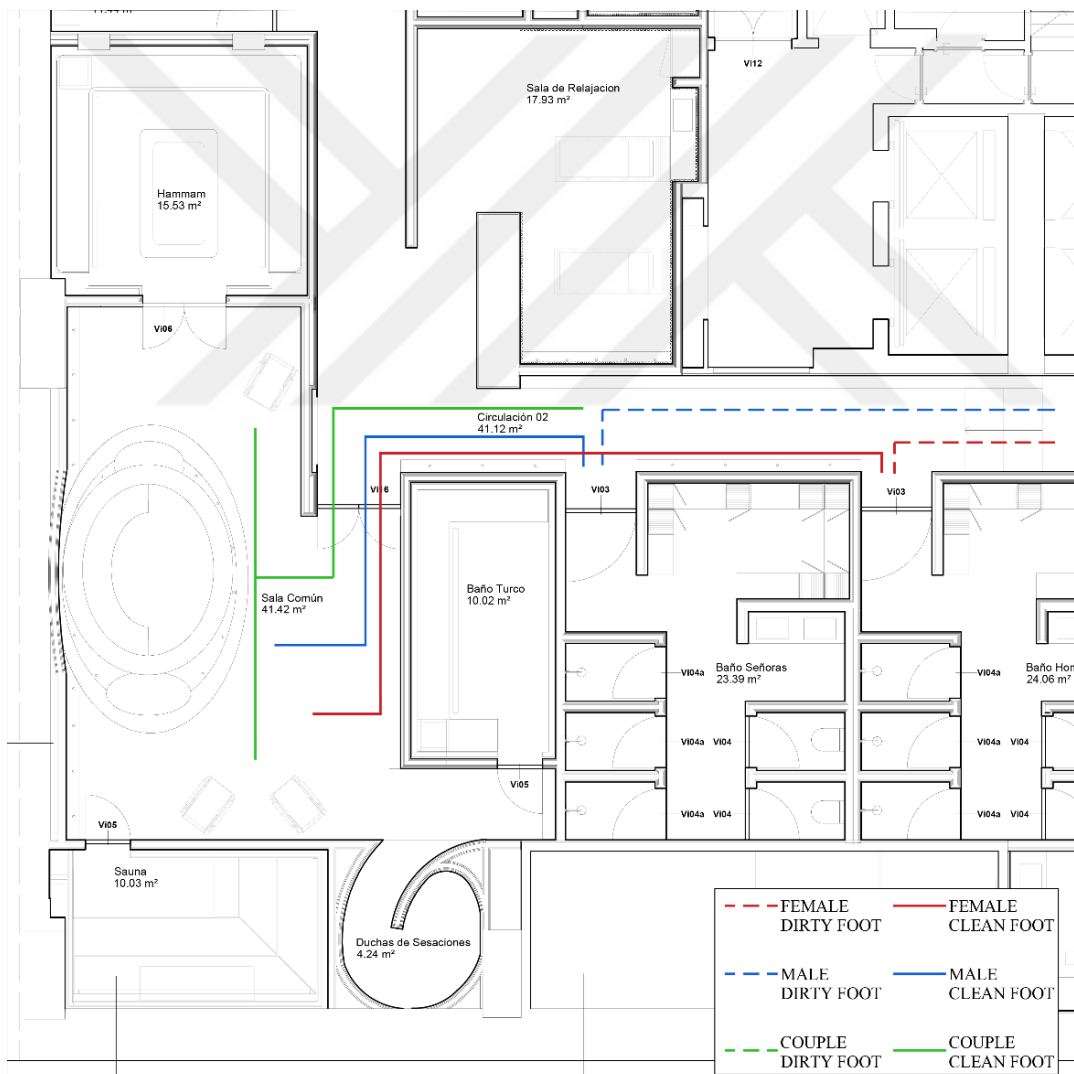


Figure 4.9 : Villa Magna Hotel, user flow and segregation of sexes and clean-dirty foot (Kahraman, 2018).

- Spatial capacities and dimensions; it includes basic components of a spa, like sauna, steam room, showers, fitness, but most importantly hamam. Thermal cabins area is 86 square meters. Hamam has no tepidity area and there are relaxation area in the thermal spa zone. In addition to that; for the shock purposes, there is only one experience shower (Figure 4.10).



Figure 4.10 : Villa Magna Hotel, spatial capacities of wet spa (Kahraman, 2018).

Atmospheric configuration

Material selection

- Visual aspects; the color palate is in beige and earth tones (Figure 4.11). Hamam and steam rooms are covered with only one material which is light serpeggiante marble in an harmony with the rest of the spa. The rest of the spa is covered with travertine. Sauna woods are yellowish.

Hamam & Steam Room Floor



Light Serpeggiante Marble
Surface: Honed

Benches & Walls



Light Serpeggiante Marble
Surface: Polished

Sauna Benches & Wall
& Ceiling



Obeche

All Wet Area Ceilings



RAL 9001
Cream

All Wood Surfaces



Mongoy Wood
Surface: Oiled

Sauna Floor



Travertine
Surface: Honed

Figure 4.11 : Villa Magna Hotel, material palate of spa (Kahraman, 2018).

- Tactile aspects; all the surfaces that users get in touch with are heated up to the desired ambient warmth.
- Hygiene & ergonomics aspects; all spa is covered with travertine, since it is a porous material it is going to cause problems in the future in terms of hygiene. In addition to that, in treatment rooms floors and walls are covered with slatted wood which leads the dirt pile between the wood slattes.

Lighting design

- Mood (Poetic) lighting; all spa designed with the indirect lighting to have poetic lighting (Figure 4.12). All the features and fixtures' color warmth are 2700K in order to have soft, daylight affect. All the lighting scenario is indirect in order not to distract users in therapy sessions.
- Maintenance lighting; in addition to mood lighting, there are maintenance lighting as spots placed all in thermal cabins. The controls of lighting fixtures are made from their related plant rooms by the staff. There are not any control switches in front of the customers.

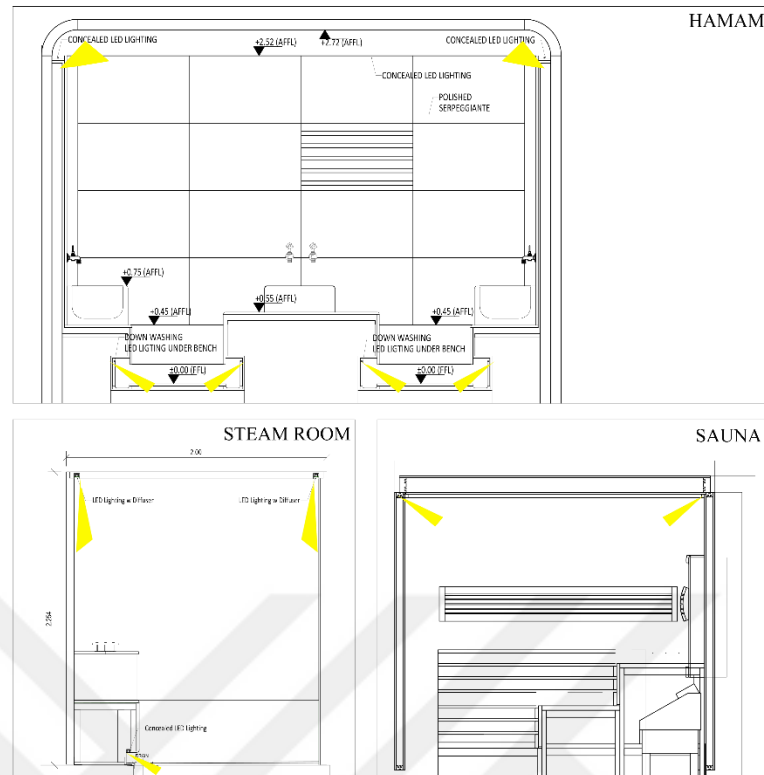


Figure 4.12 : Villa Magna Hotel, lighting sections of steam room, sauna and hamam (Kahraman, 2018).

Soundscape

- Ambient music; speakers are mounted all cabins in the spa area. There is one centralized music for all cabins.
- Therapeutical sounds; there is no cabins with specialized sound. Only in therapy rooms, the control switches are located in the rooms to be able to control during therapy session.
- Emergency call; airplay and emergency call are merged into same speaker. If any emergency situation occurs, the airplay stops and emergency call starts.

Fragrance

- General spa fragrance; spa has the corporate smell of the hotel that is diffused from the ventilation slots.
- Specialized Cabins; in steam rooms, essences injected to the steam generator are pumped through the steam outlets into the space for aromatherapy

purposes. In addition to that, hamam also has oriental Arabic soap fragrance in order to give the feeling of being in an original Ottoman hamam.

Infrastructural configuration

The infrastructural program of the facility is convenient and meets the standards as per designated needs in sub-section 4.1.3 in terms of HVAC, plumbing and electricity.

4.2.3 Joali Resort, Muravandhoo Maldives

Joali Maldives is a new high-end boutique hotel located on Muravandhoo Island of Maldives of Raa Atoll, resides in northern (Figure 4.13); being one of the largest and deepest atolls in the world, users are going to be surrounded by blue waters, untouched white sand beaches and a lush land of coconut palms. The property was built in 2017 by Gürallar Group.

The spa of the resort features the experiential relaxation for body and soul with spa. The ultimate spa experience is offered with personalized treatments and guests can enjoy working out whilst being surrounded by nature. Achieving well-being is the very essence of the facility and the physical ailments, emotional equilibrium and spiritual consciousness are addressed to the customers to fulfill wellness. Well-being programme aims to reconnect individuals to themselves in mind, body and spirit with the inspiration by the tropical surroundings.



Figure 4.13 : Aerial view of Joali Resort Maldives, 2017 (Url-59).

- Type; resort hotel spa. Being located in an island, spa is an important feature of facility since there are not too many activities beside swimming in the ocean.
- Capacity; as a spa, it is a big one. Although, it can be said it is complex enough, it is not easy to calculate its capacity since the facility consists of bungalow-like huts.
- Out-reach; it is not easy to reach to this facility since it is on an island so out-reach is not an option. Only the customers who stay in resort are going to enjoy the spa.

Spatial configuration

- Articulation of space; spa consists of bungalows like the rest of the resort. Fitness has separate entrance for hotel guests to use even after the spa closes. There is one big hamam with tepidity and a steam room embedded into the hamam's main hot part (caldarium). Hamam treatment is served to customers with the use of steam. There are saunas, steam rooms, rain experience showers and whirlpools outside (Figure 4.14). In addition to main spa, there are vip spas located in the private suit villas.

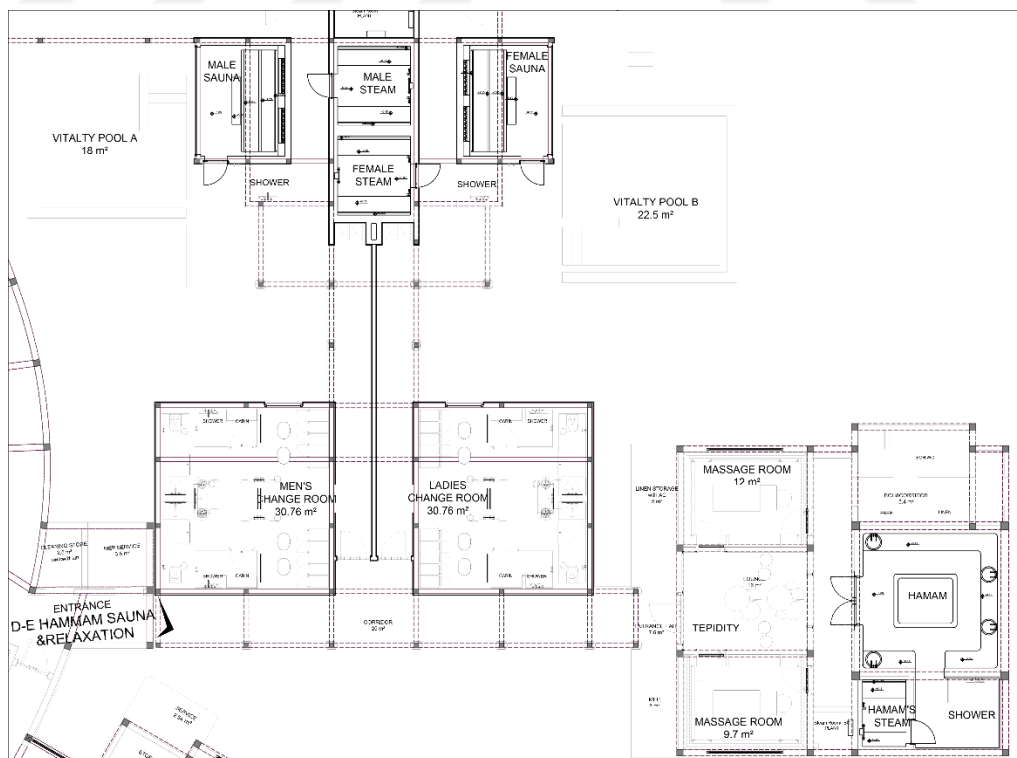


Figure 4.14 : Joali Resort Maldives, layout of wet spa (Kahraman, 2018).

- Flow and sequentiality of sub-spaces; spa is segregated according to different sexes. Fitness and beauty saloon is separated from the spa in order to serve customers when spa is closed. Further, the clean foot versus dirty foot segregation is also taken into consideration excluding the hamam area since hamam has its own zone (Figure 4.15). Users are oriented to changing rooms before entering the therapy zone. The signage work is done according to the specifications of the spa enterprise, Espa.

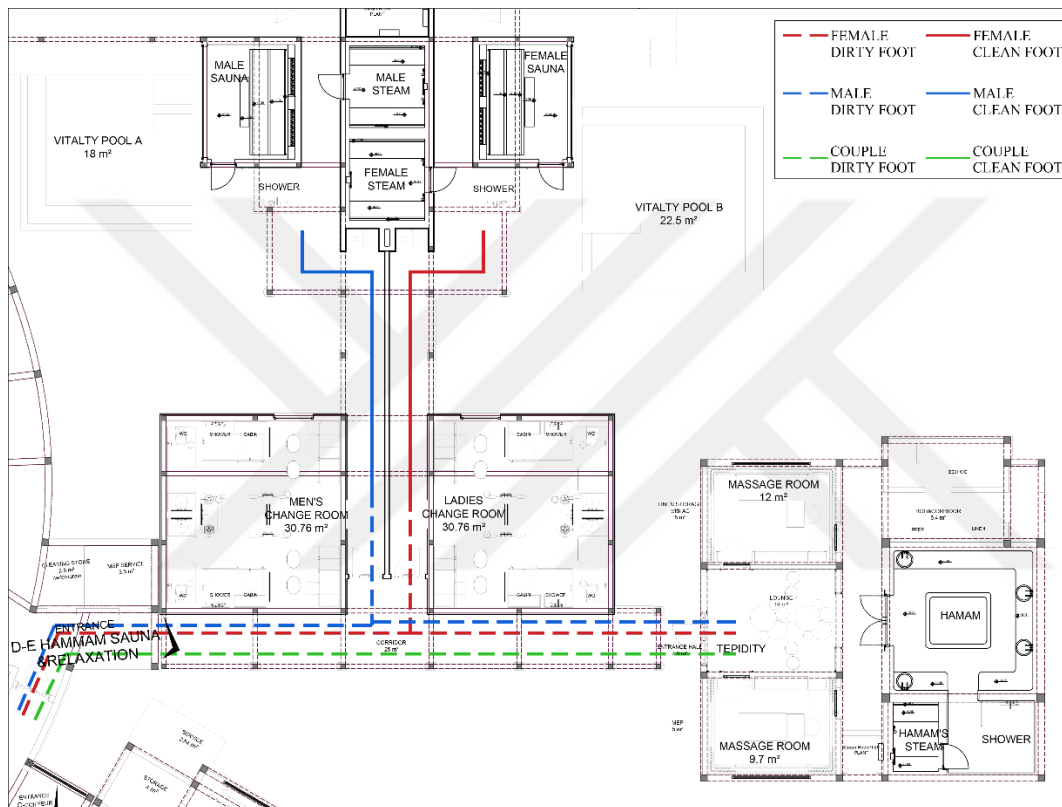


Figure 4.15 : Joali Resort Maldives, user flow and segregation of sexes and clean-dirty foot (Kahraman, 2018).

- Spatial capacities and dimensions; it includes basic components of a spa, like sauna, steam room, showers, fitness, but most importantly hamam. The spa is 500 square meters including hamam, steam rooms, saunas, relaxation lounge, whirlpools, experience showers and treatment rooms. Hamam is hireable separately since it is located segregated from the other parts of spa (Figure 4.16).



Figure 4.16 : Joali Resort Maldives, spatial capacities of wet Spa (Kahraman, 2018).

Atmospheric configuration

Material selection

- Visual aspects; the color palate is in beige and earth tones (Figure 4.17). Only the Hamam is covered with traditional marmara marble in order to have a traditional one. Sauna woods are brown matching the rest of the spa woods.



Figure 4.17 : Joali Resort Maldives, material palate of spa (Kahraman, 2018).

- Tactile aspects; all the surfaces that users get in touch with are heated up to the ambient warmth.
- Hygiene & ergonomics aspects; All marbles that users get in touch with are nonporous. In addition to that, in hamams where users get in touch with or lean on, polished marbles are used even though the other marbles are used with honed finishing.

Lighting design

- Mood (Poetic) lighting; all spa designed with the indirect lighting to have poetic lighting (Figure 4.18). All the features and fixtures' color warmth are 2700K in order to have soft, daylight affect. All the lighting scenario is indirect in order not to distract users in therapy sessions.
- Maintenance lighting; there are not any control switches on the places where users get in touch with. All electrical scenarios and controls are centralized like in the previous case study projects.

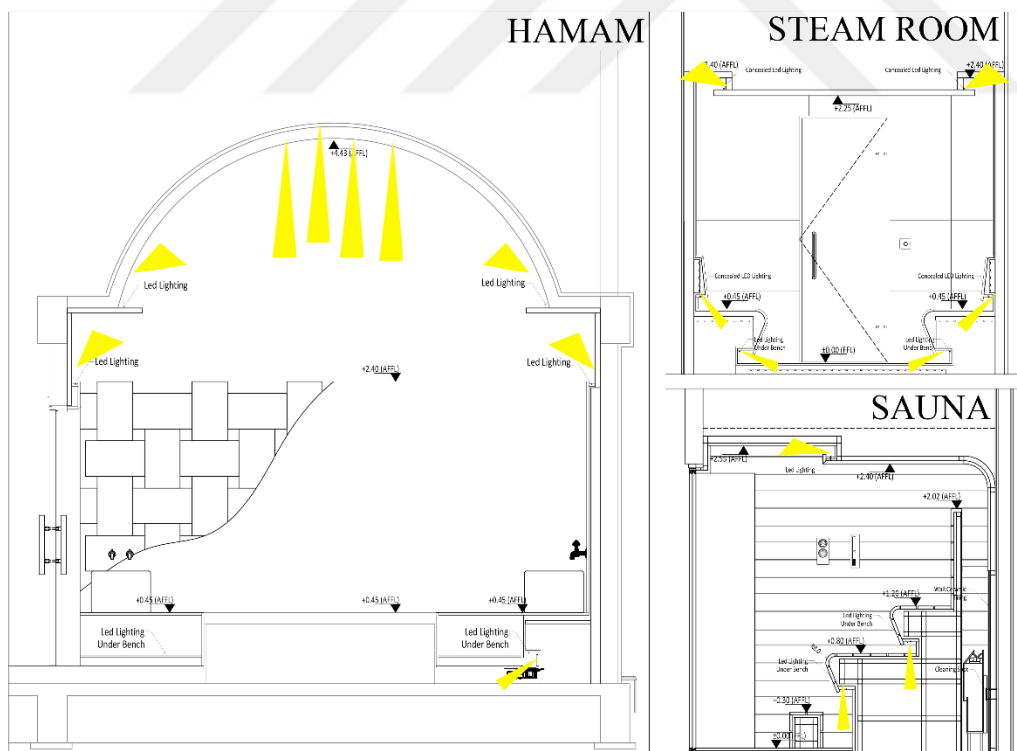


Figure 4.18 : Joali Resort Maldives, lighting sections of steam room, sauna and hamam (Kahraman, 2018).

Soundscape

- Ambient music; speakers are mounted all cabins in the spa area. There is one centralized music for all cabins.
- Therapeutical sounds; there is no cabins with specialized sound. Only in therapy rooms, the control switches are located in the rooms to be able to control during therapy session.
- Emergency call; airplay and emergency call are merged into same speaker. If any emergency situation occurs, the airplay stops and emergency call starts.

Fragrance

- General spa fragrance; spa has the corporate smell of leading spa enterprise, Espa that is diffused from the ventilation slots.
- Specialized Cabins; in steam rooms, essences injected to the steam generator are pumped through the steam outlets into the space for aromatherapy purposes. In addition to that, hamam also has oriental Arabic soap fragrance in order to give the feeling of being in an original Ottoman hamam.

Infrastructural configuration

The infrastructural program of the facility is convenient and meets the standards as per designated needs in sub-section 4.1.3 in terms of HVAC, plumbing and electricity.

4.2.4 Fairmont Quasar, Istanbul

Fairmont Quasar Istanbul is located in the heart of Istanbul's main business district Mecidiyeköy, close to Gayrettepe and Levent (Figure 4.19). It is a city hotel, offering sophisticated travelers 209 guest rooms with additional 64 Fairmont Residences along with a diverse selection of restaurants and bars. Additionally, Fairmont Quasar Istanbul, with 2,000 square meters of meeting and event space, is ideal for meetings, special events and weddings, while the luxurious Willow Stream Spa and the gym are the convenient places to relax and rejuvenate.

Willow Stream Spa is a relaxing, sensorial and social environment. It serves customers with its signature treatments inspired by local traditions, plants and herbs. The spa offers Turkish bath featuring authentic "Hamam Treatments" and combines them with the latest wellness trends targeting stress relief, enhancing skin care and diminishing

fine lines, as well as superior facilities ranging from a state-of-the-art gym and yoga Room to an indoor pool with a retractable glass separator that opens up in spring and summer. Activity experiences focus on before and after therapy for a hard swim in the indoor or outdoor pool, or a gym or studio workout.



Figure 4.19 : Fairmont Quasar Istanbul, Promet Special Archieve, 2018.

- Type; city hotel spa. Being located in the center of a big metropolitan realm , spa is an important feature for its customers to get rid of daily stress
- Capacity; as a spa, it is a big one with its 2000 square meter capacity
- Out-reach; it provides customers membership programs

Spatial configuration

- Articulation of space; spa consists of lots of thermal cabins in the changing rooms including steam rooms, saunas, adventure showers and ice fountains (Figure 4.20). While male changing room has heated benches for relaxation after thermal cabins use, female changing room has a relaxation area with three separate heated loungers. Further, hamams are located separately from the other thermal cabins, and by the help of this allocation, hamams can be hired independently. Hamam is planned to include one big hamam and one small hamam and these two hamams can be reached through tepidity. Fitness has separate entrance for hotel guests to use even after the spa closes as a city hotel

characteristic. In addition, there is one vip suite room that users can directly enter from the spa reception.

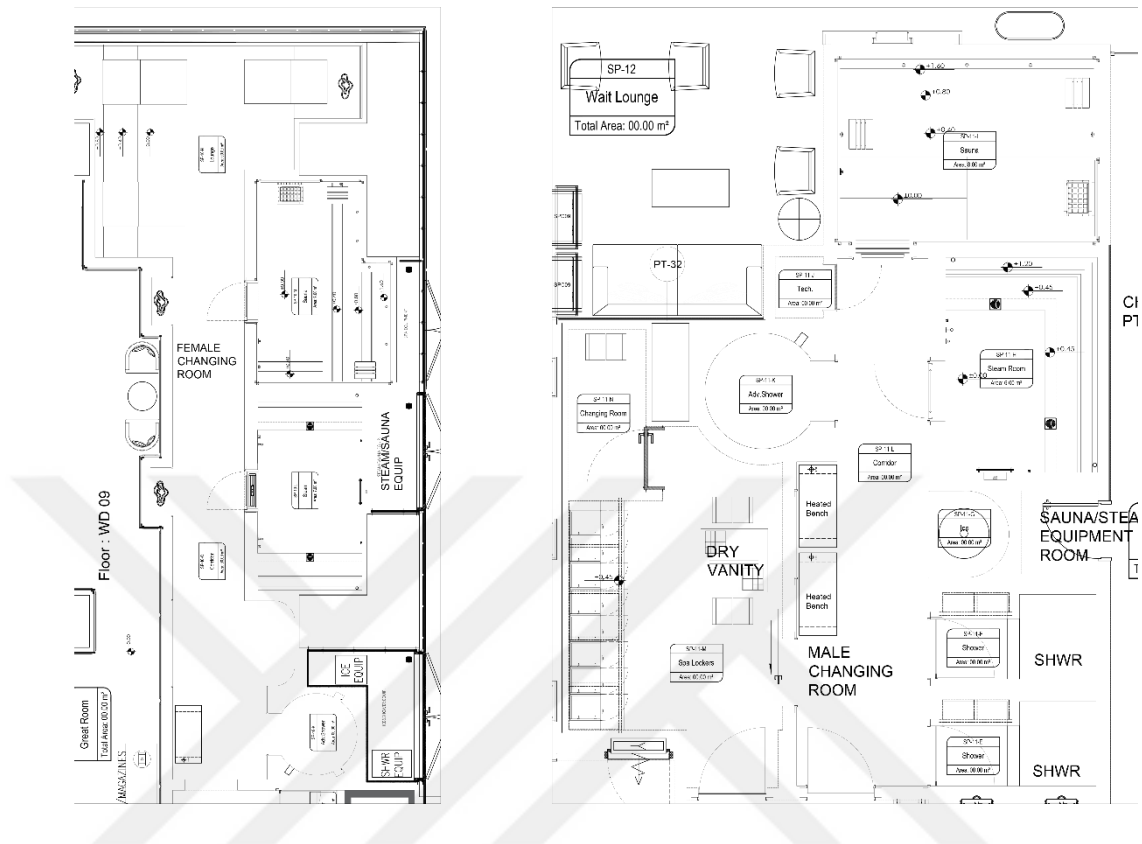


Figure 4.20 : Fairmont Quasar Istanbul, layout of wet spa in changing rooms (Kahraman, 2018).

- Flow and sequantiality of sub-spaces; spa, except the changing rooms, is not segregated according to different sexes. Fitness and the studios are separated from the spa in order to serve customers when spa is closed. Further, the clean foot zone and dirty foot zone is strictly segregated since users have to pass through changing rooms to reach to the hamam and treatment rooms zone according to plan layout.
- Spatial capacities and dimensions; spa includes basic components of a spa, like sauna, steam room, showers, fitness and hamam. It is not easy to mention about a zone called “wet spa” since thermal cabins except the hamam is located in changin rooms but the total area of these wet cabins is 110 square meters In addition to that, the pool are is 240 square meters since this facility bases on membership programs including swimming activities (Figure 4.21).

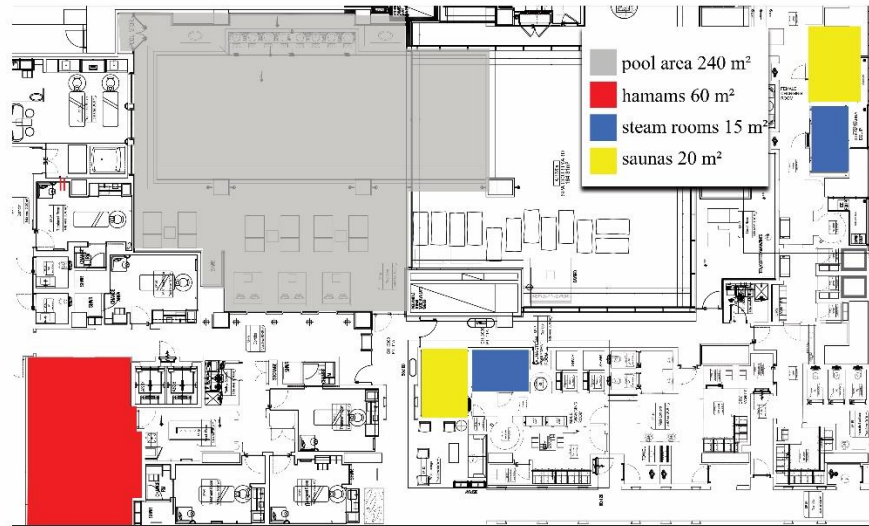


Figure 4.21 : Fairmont Quasar Istanbul, spatial capacities of wet spa (Kahraman, 2018).

Atmospheric configuration

Material selection

- Visual aspects; the color palate is in white and gray tones (Figure 4.22). Hamam walls are covered with volakas marble and while benches and hot stones are also covered with svec marble. Sauna woods are brown stained obeche. Steam rooms and adventure showers are tiled with white mosaics. Floorings are tiled with anti-slip white ceramics according to Fairmont standards.

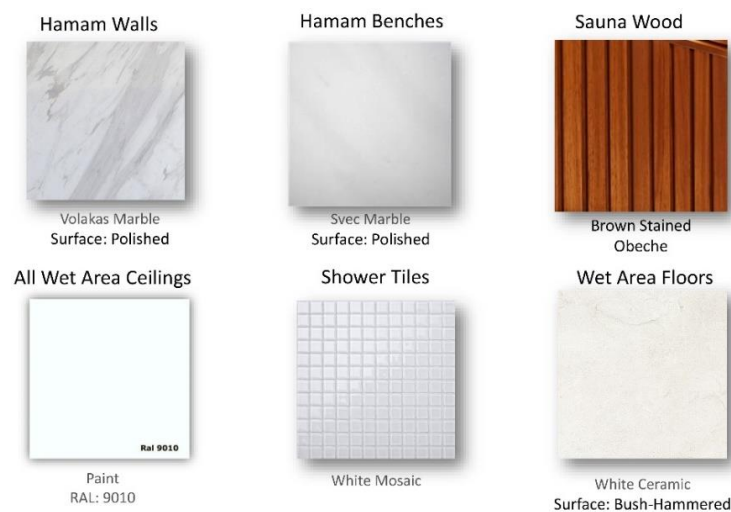


Figure 4.22 : Fairmont Quasar Istanbul, material palate of spa (Kahraman, 2018).

- Tactile aspects; all the surfaces that users get in touch with are heated up to the ambient warmth.
- Hygiene & ergonomics aspects; All marbles that users get in touch with are nonporous. In addition to that, in hamams where users get in touch with or lean on are polished marbles.

Lighting design

- Mood (Poetic) lighting; all spa designed with the indirect lighting to have poetic lighting (Figure 4.23). All the features and fixtures' color warmth are 2700K in order to have soft, daylight affect. All the lighting scenario is indirect in order not to distract users in therapy sessions.
- Maintenance lighting scenario is also valid for this project.

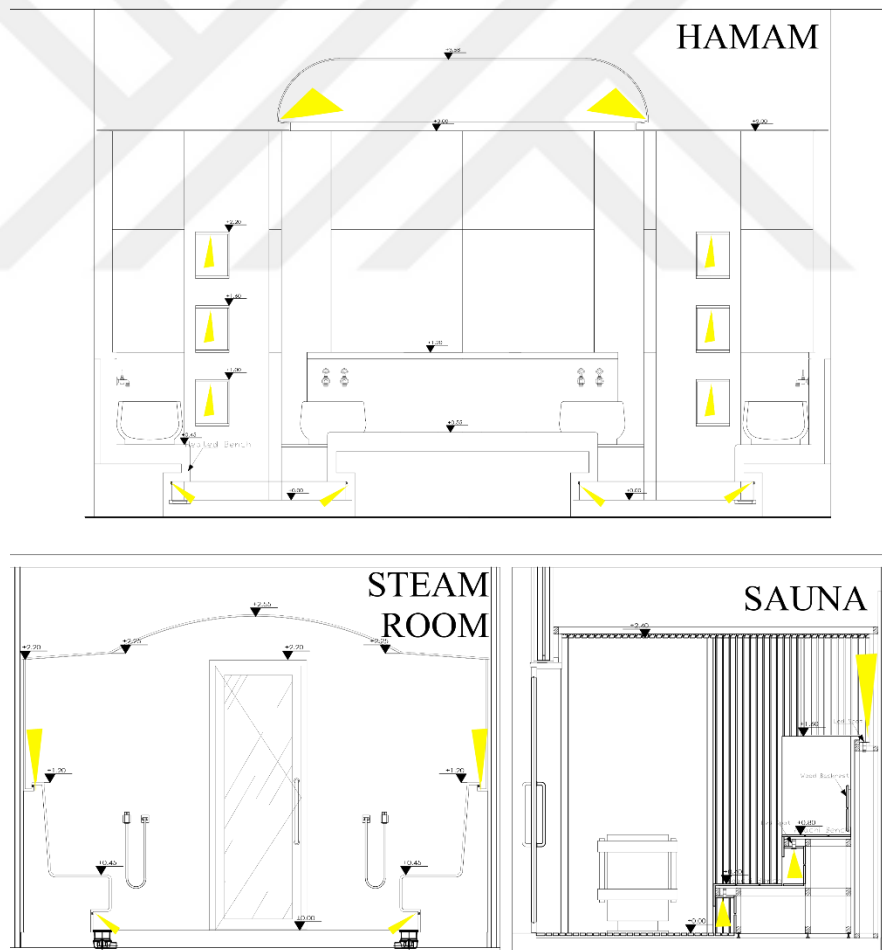


Figure 4.23 : Fairmont Quasar Istanbul, lighting sections of steam room, sauna and hamam (Kahraman, 2018).

Soundscape

- Ambient music; speakers are mounted all cabins in the spa area. There is one centralized music for all cabins.
- Therapeutical sounds; there is no cabins with specialized sound. Only in therapy rooms, the control switches are located in the rooms to be able to control during therapy session.
- Emergency call; airplay and emergency call are merged into same speaker. If any emergency situation occurs, the airplay stops and emergency call starts.

Fragrance

- General spa fragrance; spa has the corporate smell of Fairmont Brand that is diffused from the ventilation slots.
- Specialized Cabins; in steam rooms, essences injected to the steam generator are pumped through the steam outlets into the space for aromatherapy purposes. In addition to that, hamam also has oriental Arabic soap fragrance in order to give the feeling of being in an original Ottoman hamam.

Infrastructural configuration

The infrastructural program of the facility is convenient and meets the standards as per designated needs in sub-section 4.1.3 in terms of HVAC, plumbing and electricity.

4.3 Section Results

As it can be seen from the spas that are examined in the case study part, hamam is located in all types of spas in all over the world as well as sauna, steam room and shower. In this content, hamam can be addressed as one the main components of a spa facility, regarding the examples. It is either a city hotel spa in Madrid, or a destination spa in an isolated part of Eagean peninsula or a spa located in a resort hotel in Maldives; the spas feature hamam as a primary component. As it is examined deeply also in previous chapters, hamam gives designers and enterprises the opportunity of having compact, convertible and varieable therapy solutions at the same time and in addition since it is hireable separately; in terms of profitability and tectonic flexibility its significance is increasing day by day in modern era.

5. CONCLUDING REMARKS AND DISCUSSIONS

The notion of *wellness* and state of *wellbeing* are the key phases of both the healthier life and the sustainable existence in the contemporary world. The more people comprehend the importance of wellness, the more the spa usage increases accordingly. Like Henry and Taylor emphasize, the mentality of handling stress was not an input 20 years ago; huge amount of daily life stress and the condition of dealing with it caused the re-emergence of 2000-year-old spa using experience (Henry and Taylor, 2005).

Yet, as this study bases its inquiry up on the notion of wellness and well-being needs and processes of individuals living in today's developing and accelerating world; it further investigates the emergence of spa culture and its development, albeit through bathing rituals and spatial needs for those rituals are examined. Following to these researches, spa spaces are studied focusing on the chosen contemporary examples in terms of three main categorical aspects such as;

- spatial configuration
- atmospherical configuration
- infrastructural configuration

In consideration of the outputs of case studies; articulation of spaces, user flow and technical elements show big amount of similarities on the one hand; on the other hand, some differentiations are observed depending on the spa type. Besides these differentiations, it is found out that;

- the boundaries between spa types are getting more and more ambiguous
- spa experience, further to that its spaces are becoming more compact
- atmospherical configuration shows resemblance in all projects especially the material preferences and color palate choices

- infrastructural configuration is almost the same for all case projects since a spa consultant works for these projects under the guidance of the needed standardization

According to these findings, hamam emerges as an important spa component in contemporary spa spaces.

While analyzing the spa usage, spa components are examined in the categorization of hot therapies, cold therapies, dry therapies and hamam. Also resonating with the contemporary case studies, hamam is revealed as a main sub-spatiality in a contemporary spa experience since it appears as a prototype and archetype of whole spa system and wellness spaces, while it is becoming more and more popular day by day. Yet, in other words, an increasing demand on the deployment of *hamam* archetype in hybrid spa articulation is observed vastly. In this respect, hamam typology, which is providing a gradual heat experience for the users through the help of gradual space configuration, is considered the essential component both in the planning and business models in the contemporary realm. However, this vital observations also constitutes the departing point and the auxiliary discussion of this thesis study, in order to depict the similarities and differences, continuities and discontinuities in the translations of hamam spatiality, physical space, functionality, atmosphere and syntactic articulations.

As it is examined in the previous chapters, retrospectively the Roman bath which is accepted as the root of Turkish bath or hamam are planned to require cold (*frigidarium/ soğukluk*), warm (*tepidarium, tepiditiy/ ılıkılık*) and hot (*caldarium/ sıcaklık*) spaces; are both appeared to represent similar program diagrams. As the user enters the space from a relatively cold space, he/ she unrobs and passes to warmer and warmer spaces in both spas and hamams. However, during the hamam treatment, the body warmth of the user is increased gradually through the consequential spaces of tepidity, caldarium or with its Turkish name *sıcaklık*. When the whole hamam therapy ends, everything processes reversely and the body temperature of the user is decreased gradually.

Preferably, if the spa enfolds enough spatial program in the planning phase, then hamam is advised to articulate all these gradual space configurations including cold, warm and hot spaces for the proper hamam therapy. Yet today, since it is aimed to place spas in the tighter spaces in general and it is anticipated to vary the spa components in limited areas, *frigidarium* may be waived. In this content, hamams

commonly require tepidity and caldarium which is evolved into main hot space and scrub rooms and according the desired space, these functions may be stretched.

As it has been also discussed extensively within the earlier chapters, how these spaces are obliged to be articulated, either in terms of spatial planning, as well as technical and atmospherically means; the essential point of remarks emerges from the advantage that how hamam typology provides designers and spa enterprises the flexibility and opportunity of having a super compact solution- all in one spa space that may include hot therapies, cold therapies and dry therapies all together. In fact, this is also the major reason behind the growing demand and implementations of hamam typologies in current interventions. Furthermore, Spa enterprises who see the great potential in hamam, started using the flexibility of it, either by adding small differences or enhancing all space to whole new level by using its convertibility.

To conclude, hamam as a spa component itself, provides designers and spa enterprises the opportunity of having all in one, a compact spa. That is why it is considered the first spa component that springs to whole planners' minds even in case of small spa spaces. It can be used as a part of complete spa therapy or it can be used/ hired separately. Users can accomplish the complete spa ritual even without entering the other parts of spa due to hamam's compatibility of consisting of hot therapies, cold therapies and dry therapies at the same time by the help of spatial flexibility and adoptability of it. The rigid boundaries between spa components are fading and the use of mixed therapy approaches jointly is getting more and more popular, as a result of this, convertible and flexible spa spaces gain importance constantly. In this content, hamam as a very essential spa component in the past and at the moment, enfolds a major signification with its potential for the future spa approaches and mindset.



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APPENDICES

APPENDIX A: Comparative Matrix for Case Studies





APPENDIX A

Table A.1: Comparative Matrix for Case Studies (Kahraman, 2018).

CASE STUDIES						
CRITERIA			PROJECTS			
			Canyon Ranch, Kaplankaya	Villa Magna Hotel, Madrid	Joali Resort, Muravandhoo Maldives	Fairmont Quasar, Istanbul
GENERAL CHARACTERISTICS	Type		Destination spa	City hotel spa	Resort hotel spa	City hotel spa
	Capacity		Biggest in Turkey with its 26 thermal cabins and 40 treatment rooms (2000 square meter)	Compact one with 4 thermal cabins & 4 massage rooms (400 square meter)	Big one located in couple of bungalow huts (500 square meter)	Big one with 4 thermal cabins & 10 treatment rooms (2000 square meter)
	Outreach		Not suitable	Offers membership	Not suitable	Offers membership
SPATIAL CONFIGURATION	Articulation of space	Enterprise facility	Complete spa package including hamam	Compact thermal package including hamam serving to massage demanding customers	Complete spa package including hamam	Compact spa package including hamams serving to treatment and fitness demanding customers
		General location and surrounding	Isolated in nature in Kaplankaya / Bozbük Peninsula in Aegean Region	Located in Madrid city centre	Located on an island	Located in Istanbul city centre
		Gradual space planning	Done according to the offered treatment gradation	Separate entrances for separate uses	Done according to the offered treatment gradation w seperate entrances	Separate entrances for separate uses, hamam is segregated from the other thermal cabins
		Spatial vicinities	Spa has its own 2 storeys	On basement adjacent to meeting halls and staff areas	Has its own bungalow zone	On basement adjacent to meeting halls and staff areas
		Transitional behavior of spaces	Thermal cabins are in flow between changing rooms and treatment rooms	Centralized thermal cabins, segregated fitness and treatment rooms	In flow between inside and outside spaces	Thermal cabins except hamam are located in changing rooms, segregated fitness and treatment rooms
		Interface/skin characteristics	Built with freestanding eps systems according to the needed specifications	Drywall systems in general; specialized eps cabin for hamam	Mixed use of drywall and freestanding eps systems	Drywall systems
	Space flow	Orientation and way finding	The space itself is designed in a way to orient users; further,signage done according to specification of canyon ranch brand	Assistance is recommended	Signage done according to specification of spa enterprise	Assistance is recommended
		Segregation of sexes	Yes	No (Only the changing rooms)	Yes	No (Only the changing rooms)
		Segregation of circulation (user&staff)	Not in spa thermal cabins area	No	No	Partly segregated
		Segregation of clean vs dirty foot	Well defined	Well defined	Not in all spa (hamam area is in dirty foot zone)	Well defined
	Capacities	Program requirements & additional services	Medical controls, nutrition programs, nature walks	Basic but a luxurious city hotel offers	A luxurious spa offers	Fitness and treatments based city hotel offers
		Spatial capacities	2 storeys with 2000 m²	Main spa components w 90 m² in total	Complete spa package w 500 m²	Main spa components w 350 m² in total
ATMOSPHERICAL CONFIGURATION	Material Selection	Visual aspects	Beige and earth tones	Beige and earth tones with venge wood	Beige and earth tones (hamam is covered w classical marmara marble)	White and gray tones
		Tactile aspects	Warm surfaces and scratch-free detailing	Warm surfaces	Warm surfaces	Warm surfaces
		Hygiene & Ergonomy aspects	Nonporous natural stones and full-body ceramics	Porous travertine selection is a con	Nonporous natural stones and full-body ceramics selection	Nonporous natural stones and full-body ceramics
	Lighting	Mood (poetic) lighting	Indirect lighting w 2700K color warmth, additionally starry efect lighting in designated cabins	Indirect lighting w 2700K color warmth	Indirect lighting w 2700K color warmth. Only in hamam "fıl gözü fixtures located"	Indirect lighting w 2700K color warmth
		Maintenance lighting	Yes & discreet control system	Only in thermal cabins	Yes & discreet control system	Yes & discreet control system
	Soundscape	Ambient	Centralized	Centralized	Centralized	Centralized
		Therapeutical	Silent Water-shiatsu pool	None	None	None
		Emergency call	Yes	Merged w airplay system	Yes	Yes
	Fragrance	General spa fragrance	Corpoarete smell	Corpoarete smell	Spa enterprise's corpoarete smell	Corpoarete smell
		Specialized cabins	Steam rooms and hamams	Steam rooms and hamams	Steam rooms and hamams	Steam rooms and hamams
INFRASTRUCTURAL CONFIGURATION	HVAC		6 air change per hour	6 air change per hour	6 air change per hour	6 air change per hour
	Plumbing		No puddling, odour filtering systems	No puddling, odour filtering systems	No puddling, odour filtering systems	No puddling, odour filtering systems
	Electrical		Centralized and discreet controls	Centralized and discreet controls	Centralized and discreet controls	Centralized and discreet controls



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