

LACONIUM &  
TEPIDARIUM

WARM RELAXATION SPACES

Originating from the Roman thermae, the Laconium and Tepidarium provide warm, dry environments for gradual warming, rest and thermal recovery between hotter and colder experiences within the hydrothermal circuit.

Typical stay around 20 minutes; longer relaxation periods may be appropriate depending on the guest and spa protocol.





**LACONIUM**  
AIR TEMPERATURE  
38–45°C  
(100–113°F)  
HUMIDITY  
10–20%  
(NOT CONTROLLED)  
HEATED SURFACE  
TEMPERATURE  
~34°C ±2°C  
(93°F ±3°F)  
**DRY • RADIANT • WARM**



**TEPIDARIUM**  
AIR TEMPERATURE  
30–40°C  
(86–104°F)  
HUMIDITY  
20–40%  
(NOT CONTROLLED)  
HEATED SURFACE  
TEMPERATURE  
~34°C ±2°C  
(93°F ±3°F)  
**WARM • GENTLE • RELAXING**

THE ROLE IN THE SPA JOURNEY



Laconium and Tepidarium spaces provide the transition between intense thermal experiences and complete rest—supporting gradual warming, cooling, recovery and longer periods of relaxation within the hydrothermal circuit.



Encourages relaxation and longer, low-intensity thermal exposure.



Supports balance between hot and cold experiences.



More accessible, gentle alternative within the spa thermal journey.



Individual suitability should always follow the facility's health and safety guidance.



**HYDRATION**  
Provide convenient access to drinking water or chilled refreshments adjacent to the relaxation space.



**HEATED BENCHES & RECLINERS INCREASE RADIANT HEAT TRANSFER TO THE USER.**  
Benches and loungers are typically fixed (non-moveable) fittings.

DESIGNING A COMFORTABLE RELAXATION SPACE

01



**HEATING SYSTEM**

- Radiant heat from floors, walls and reclining surfaces.
- Electric or hydronic underfloor heating.
- Heated benches/loungers with individual or zoned temperature control.
- Room air temperature coordinated with the building HVAC system.

02



**SIZE & CAPACITY**

- Typical communal capacity approx. 6–16 users, subject to spa demand and room geometry.
- Individual lounge approx. 700 × 2000 mm (subject to manufacturer and ergonomic design).
- Provide adequate circulation, side access and maintenance space.

03



**SENSORY ENVIRONMENT**

- Warm, low-glare ambient lighting.
- Discreet audio and visual privacy where appropriate.
- Optional aroma system using evaporation/dry-air technology.
- Create a calm, welcoming and restful atmosphere.

04



**OPTIONAL COOL-DOWN FEATURE (LACONIUM)**

- Cold-water Kneipp hose for rinsing and cooling after hotter experiences.
- Provide proper floor falls and adequate drainage capacity.
- Prevent water migration into adjacent dry areas.

05



**VENTILATION & THERMAL COMFORT**

- Controlled fresh-air supply and extract appropriate to occupancy and load.
- Avoid draughts across reclining guests.
- Coordinate ventilation with radiant heating.
- Maintain low acoustic levels and stable temperature.

06



**COMFORT & ACCESSIBILITY**

- Provide accessible circulation and suitable seating/reclining options.
- Maintain clear access around fixed loungers.
- Avoid unnecessary level changes.
- Coordinate with applicable local accessibility regulations.

MATERIALS & CONSTRUCTION

|                                                                                    |                                |                                                                                                                                                                                                                     |
|------------------------------------------------------------------------------------|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <b>STRUCTURE</b>               | Ample in size for the expected occupancy. Laconium typically uses tiled construction to maximise radiant heat. Tepidarium may use more conventional relaxation-room materials.                                      |
|  | <b>WALLS / FLOOR</b>           | Laconium: ceramic tile, stone or natural materials for high thermal mass and easy cleaning. Provide underfloor heating where specified. All surfaces moisture-resistant and easy to maintain.                       |
|  | <b>BENCHES / LOUNGERS</b>      | Stone, ceramic or tile for radiant-heat benefit. Cushioned, fabric or water-filled heated loungers may be used in tepidariums. Two-piece (base + reclining surface) recommended for comfort and finish flexibility. |
|  | <b>CEILING</b>                 | Tiled, stone or high-quality waterproof-painted finish. Incorporate recessed lighting, discreet speakers and ventilation devices.                                                                                   |
|  | <b>DOORS</b>                   | Self-closing door recommended to retain heat and support stable room climate.                                                                                                                                       |
|  | <b>FINISHES &amp; FITTINGS</b> | Durable, cleanable and non-porous materials. All electrical components protected for cleaning and maintenance.                                                                                                      |

COMMON MISTAKES IN RELAXATION ROOMS

- ✗ Insufficient relaxation capacity for the spa's peak occupancy.
- ✗ Room too bright, exposed or lacking privacy.
- ✗ Uncomfortable, undersized or poorly contoured loungers.
- ✗ Uneven radiant heating or uncomfortable surface temperatures.
- ✗ Incorrect materials for heated surfaces and cleaning requirements.
- ✗ Poor ventilation, draughts or unstable room temperature.
- ✗ Noise transfer from plant rooms, corridors or treatment areas.
- ✗ Inadequate drainage where Kneipp hoses or water features are included.
- ✗ Poor maintenance access to heating, lighting and audio systems.
- ✗ No convenient hydration provision.
- ✗ Insufficient circulation or accessible space around loungers.
- ✗ Overlooking ambience, privacy, lighting and sensory design.