

TURKISH HAMAM & MOROCCAN HAMMAM

RADIANT WARMTH. CLEANSING RITUALS. SOCIAL WELLNESS.

Rooted in ancient bathing traditions, the Hamam combines radiant warmth, humidity, water, cleansing rituals and social bathing in a distinctive wellness experience. More than a thermal room, it is a journey for the body and a time to relax, connect and renew.



THE TURKISH HAMAM EXPERIENCE

Heat and humidity; followed by a vigorous full-body scrub (kese); water rinse; soap massage and rinse; hair wash and rinse. Many modern versions include a full-body oil massage outside of the hamam.



THE MOROCCAN HAMMAM EXPERIENCE

Heat and humidity; followed by a full-body application of black soap; exfoliation with a gome (kessa) glove; rinse; clay/mud application to body, face and hair (optional); final rinse (soak). Often followed by argan oil application.



**TEMPERATURE**
38–40°C
(100–104°F)

**HUMIDITY**
50–80% RH
(NOT SATURATED)

**EXPERIENCE**
RADIANT WARMTH
CLEANSING RITUAL
SOCIAL BATHING

**KEY FEATURES**
HEATED SURFACES
KURNAS & WATER
GÖBEK TAŞI /
TREATMENT AREAS

TURKISH HAMAM vs MOROCCAN HAMMAM		
Large central domed room with raised central platform (göbek taşı), kurnas (basins) around the perimeter.	 ARCHITECTURE	Series of smaller rooms with varying thermal conditions (caldarium, tepidarium, frigidarium) following a traditional bathing journey.
Typically 38–40°C (100–104°F).	 TEMPERATURE	Typically 38–40°C (100–104°F).
High humidity 50–80% RH.	 HUMIDITY	High humidity 50–80% RH.
Kese exfoliation, rinsing and soap massage using plenty of warm water.	 RITUAL FOCUS	Black soap exfoliation with gome glove, clay/mud treatments and argan oil applications.
Communal and social space with private alcoves available for treatments.	 LAYOUT & USE	Progressive sequence of rooms providing a more intimate journey.

HOW DOES A HAMAM WORK?



RADIANT SURFACE HEATING

Hydronic heating integrated within floors, walls, benches and the göbek taşı (central platform) creates the warm radiant environment characteristic of a Hamam.



HUMIDITY CREATION

Evaporation from heated surfaces and water used during bathing rituals contributes to the humid environment. Where required, humidity is supplemented by a controlled steam generator or water-misting system. Humidity and temperature sensors provide accurate environmental control.



CLEANSING & RELAXATION

Warm, humid air opens pores and softens the skin. Ritual cleansing, exfoliation and massage are performed on heated surfaces, followed by deep relaxation.

DESIGNING & BUILDING A HAMAM



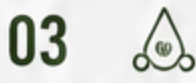
01 HEAT SOURCE

- Hydronic under-floor, wall & bench heating for even radiant warmth.
- Tempered for comfort and energy efficiency.



02 HUMIDITY CONTROL

- Steam generators or water-misting systems.
- Connected to humidity & temperature sensors for precise control.
- Target 50–80% RH.



03 WATERPROOFING & DRAINAGE

- Fully waterproof wet-room construction.
- Positive floor falls to drains.
- Drainage capacity suitable for ritual washing and rinsing.
- Provide rinsing/cleaning hoses (Kneipp hose) for surfaces.



04 LAYOUT & FEATURES

- Central platform (göbek taşı) or contoured loungers.
- Kurnas (basins) with hot and cold water.
- Benches and alcoves with ample circulation space.



05 VENTILATION & ENVIRONMENTAL CONTROL

- Fresh-air supply & mechanical extraction.
- Recommended air changes: 4–7 ACH.
- Coordinate ventilation with humidity generation.
- Heat recovery should be considered.

MATERIALS & CONSTRUCTION



STRUCTURE

Prefabricated, cement-coated, fiberglass-reinforced panels or suitable wet-room construction offering moisture resistance, high insulation and fast installation.



WALLS

Porcelain tile, large-area heat-storage ceramics, marble, granite or engineered stone for durability and radiant heat. Minimise joints; use heat-, water- and chemical-resistant grout.



FLOORS

Fully waterproof construction with positive falls to drains. Wet-barefoot slip-resistant finishes essential. Minimum Class B according to EN 16165 (Annex A) or higher.



BENCHES / GÖBEK TAŞI

Heated continuous stone or suitable engineered surfaces. Minimise joints for comfort, hygiene and ease of cleaning.



CEILING

Plastered/painted or tiled finish suitable for warm, humid conditions. Traditional domed ceilings may incorporate decorative “elephant-eye” style lighting or modern LED/fibre-optic interpretations.



COMMON MISTAKES IN HAMAM BUILDS

- ✗ Confusing a Hamam/Hammam with a conventional steam room.
- ✗ Incorrect radiant heating design resulting in uneven surface temperatures.
- ✗ Inappropriate materials causing cleaning, durability or maintenance problems.
- ✗ Insufficient waterproofing/vapour control.
- ✗ Poor floor falls or inadequate drainage causing water pooling.
- ✗ Incorrect ventilation or humidity control.
- ✗ Poorly positioned steam/mist outlets creating a scalding risk.
- ✗ Temperature/humidity sensors installed incorrectly or without maintenance access.
- ✗ Insufficient plant-room space or excessive distance from specialist equipment.
- ✗ No provision for flushing/cleaning benches and treatment surfaces (Kneipp hose).
- ✗ Insufficient functional lighting for cleaning and maintenance.
- ✗ Poor coordination of kurnas, göbek taşı, circulation and treatment ritual.