

## The design of spa resorts and baths in Roman and Islamic times (A comparative study)

**Prof. Said Hassan**

**Professor of administrative design - Faculty of Applied Arts - Helwan University**

[dr.saidhassan49@gmail.com](mailto:dr.saidhassan49@gmail.com)

**Assist. Prof. dr. Noha Fakry**

**Assistant Professor at the Higher Institute of Applied Arts - Fifth Settlement**

[royalscale2009@gmail.com](mailto:royalscale2009@gmail.com)

**Assist. Lect. Rana Ibrahim**

**Assistant Lecturer at the Higher Institute of Applied Arts - Fifth Settlement**

[ransarafa2@gmail.com](mailto:ransarafa2@gmail.com)

### **Abstract:**

The research deals with the correlation of the development of hospital facilities throughout the ages with the culture and religion of the societies in which these buildings for environmental hospitalization were established within them, by shedding light on the concept of hospital tourism, and studying the beginning of the emergence of the hospital spa concept and its historical development throughout the ages with a focus on hospital buildings (baths) during the Roman and Islamic periods, and to study the influence of specific Islamic values on the culture of Islamic society, traditional Hammamet (bathrooms) were public buildings, which are considered to be ancient buildings that represented a distinct social and urban trend. It represented a place for hospitalization, relaxation, and physical hygiene for the general public. Those buildings, despite their historical and architectural value in most Islamic cities, were neglected after they lost their job and became vulnerable to extinction, so it became necessary to study these buildings and discover the aspects of uniqueness and privacy in their architectural elements compared to their counterparts in other civilizations, especially (the Roman civilization) with a view for preserving it as a cultural heritage, and to benefit from it in designing hospital resorts.

**The problem of this research:** lies in the omission of design considerations and Islamic values for historical hospital facilities when designing modern hospital spas.

**The research aims:** achieve factors of human dimension, psychological comfort and privacy for hospital spas, through Islamic values in the interior design and architecture of spas.

**It is assumed that:** taking into account the functional and design components, the elements of communication, movement and Islamic intellectual values in the interior design of the touristic hospital resort have a positive effect in stimulating the process of healing.

**The research followed:** the descriptive analytical approach and the comparative approach.

**An introduction: -**

Many psychological studies reveal that most people travel for more than one goal, and the Macintosh has classified the motives for traveling into four groups, the most important of which are the medical ones. There is no doubt that there is a close relationship between health and tourism, as people travel either for treatment of certain diseases or for the prevention of diseases. Since the ancient times, people have been moving from one place to another in search for environmental and geographical conditions, as well as areas with moderate climates and distant weather from hurricanes and weather fluctuations in order to maintain physical health.

From the above we conclude that civilizations have arisen in areas that have appropriate natural and environmental constituents, there are several experiences and developments in hospitalization, where hospitalization has varied according to beliefs, religions and traditions, which affected its shape and internal components, and this will be subjected to research through a comparative study of hospitalization in the Roman and Islamic eras.

**Keywords:**

Hospital tourism, The concept of the hospital environment, SPA concept.

**- Hospital Tourism**

Its definitions are numerous, but most of the definitions focused on the idea of employing and benefiting from the natural resources that the Almighty God has created in the field of treatment and hospitalization, such as climate resources, location and water treatment (mineral groundwater - hot springs) and natural springs which include (mud baths - hot baths - therapeutic baths) and physiotherapy, whether (massage - or gymnasium) and fitness through (sauna baths - weight regulation).

**- The concept of the hospital environment:**

There are a variety of visions about the concept of the hospital environment, so Florence Nightingale, a pioneer in nursing science, sees that the patient's recovery opportunities increase if he is taken care of in a clean, well-ventilated environment that allow natural light entrance. Therapeutic baths were known at the Islamic era.

**- The concept of SPA:**

The word "SPA" in Latin is an acronym for "Salus per Aquam" or "health from water".

According to the International SPA Association: It is an evolving entity to improve public health through various specialized services to stimulate and replenish the mind, body and spirit.

- **The concept of pigeons is a language:** the word comes from flesh, that is, heat, and noon flesh comes from it, that is at its intensity. Intimate, i.e. hot water, yesterday I drank intimate, i.e. hot water. Hama: It is the source of hot water, i.e. a spring from the earth, and he bathed i.e. bathed himself with hot water, and bathing is washing with hot water and this is the origin.

- **Health benefits of pigeons:** Hospitalization with water was mentioned in the wise discovery by the Almighty saying: “I run with this man with this cold wash and drink” (Surah P: Verse 44), when the Almighty God and his Prophet Ayyub, peace be upon him, indicated a medicine that is persistent with cold water, which Knowledge has proven later the benefit of cold water to strengthen the body and its activity. Perhaps the cold ablution is a signal, education and a lesson from the narration of the story of Prophet Ayyub about the benefits of washing with cold water as a therapeutic system and an increase in the activity of the body and blood flow and activating and strengthening the heart muscle. A human releases a hormone that kills pain, which plays a role in Improving mood and stimulate the sensory nerves in the brain, alert the nervous system, which helps to speed up the reactions, and warm bath, which has a water temperature of 37 - 40 Celsius degrees, if staying in it for five minutes, helps to relax the muscles and calm the entire body, doctors who have Patients with rheumatism and joint diseases advise them to go to take baths where the hot steam and the massages that take place there with the use of certain ointments, oil and creams, as they tend to have a great effect in the healing of such diseases. Medicines, drugs and miscellaneous fats.

- Although the Islamic civilization inherited the idea of public baths from earlier civilizations, especially the Greek and Roman civilizations, the architectural formulation of the Islamic bath differs from that of previous baths. In their operating systems, Islamic baths adhered to doctrinal regulations, and baths were allocated for men and others for women, water tanks and channels were designed in a specific manner consistent with the jurisprudence of water purity, and the internal components of baths were influenced by Islamic religious values.

#### - **Elements of communication and movement in SPA resorts:**

The layouts of the communication and movement elements in the bathrooms were closely related to the functional purposes of the bathroom, in addition to connecting the different bathroom units, and to determine the nature of the characteristics of the space organization of public bath buildings, a comparative analysis method was adopted among selected models of Islamic city baths and those which belong to the Roman civilization, by investing in the Space Syntax methodology, which provided an accurate approach to measuring and interpreting the space systems of buildings. The choice was made for Roman baths for comparison, as they are the most prominent models in the world, and that Roman civilization is one of the civilizations adjacent to Islamic civilization, and that some studies considered Islamic baths derived from their Roman counterparts. Accordingly, the Bath of Caracalla was chosen to represent the Roman era and Bath of Yalbeqa from the Islamic era

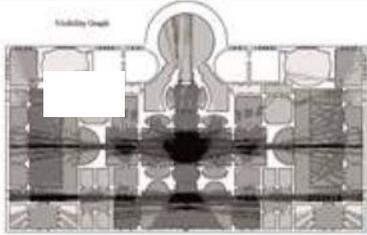
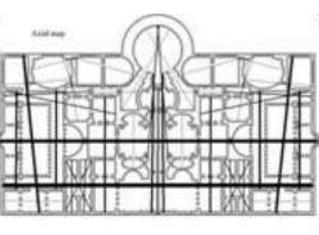
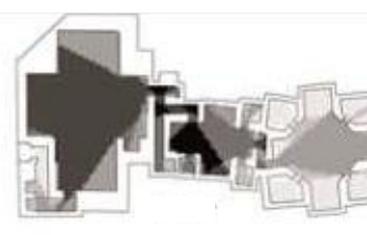
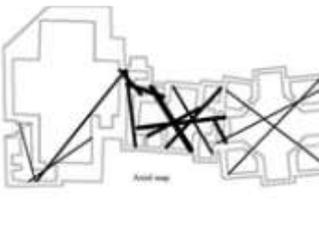
Axis axes diagrams	The axis of motion	Name of SPA	era
		Caracalla spa	Roman
		Yalbougha spa	Islamic

Table (1) shows the movement and vision of the Roman and Islamic spas.

Although the basic spaces in the Roman and Islamic public baths followed a single sequence imposed by the nature of the function in moving from the cold environment to the warm space in a smooth thermal flow. However, the analysis revealed the existence of differences in its space structures, which distinguished a clear peculiarity of the structural structure in the buildings of baths the Islamic cities.

- In the Roman bath, the axes of the higher integration movement - which pass through many functional spaces - were completely identical to the areas of higher visual integration. As these axes provided optical kinematics along the building's spaces, allowing for far and simultaneous visibility. That is, those axes operate in terms of penetration and visibility on a holistic level, penetrating several functional spaces. Its work is not limited to the local level of a job.

- In the case of the (Caracalla) baths, the space with the highest visual integration was the central foyer, and at the same time the axes of movement intersect with high integration.

In the baths of Islamic cities, the axis of the higher integration movement was centered within the space with the highest visual integration.

And represented by the warm hall, without extending to the rest of the functions of the system. That is, those axes operate in terms of penetration and visibility on a local level within a single space only. Where movement options are absent, and visibility is localized.

Al-Makhalla Ballroom held a distinguished value for visual integration - second place - This hall represents the social zone in the building. It is the place of ceremonies and occasions (ready for marriage, the arrival of a child. etc.), and it performs multiple functions (dressing, relaxing, eating, communicating with others.), it is the least special space in the building, and it has direct contact with the outside. It represents the space of social interaction and spontaneous encounters among people, and its area is the largest of all other spaces. Hence the social logic in making the highest visual and kinetic integration concentrated locally in the warm

room. It is the insulating space between the most special hall in the building (the hot hall) and the less special social space) Al-Barany), and thus represents the center of control mainly based on traffic, entry, blocking and privacy protection by building supervisors and users.

### **During the research, these results were achieved:**

- Health resorts should achieve the human dimension and psychological comfort that is achieved by providing Islamic values within the places where treatment is carried out.
- The design of spa resorts, similar to the design of Islamic baths, achieves greater privacy than Roman baths.
- The Islamic era baths determine the movement options. It might be that this movement controlling that was the reason that created the names of pigeon halls in Islamic cities based on the extent of incursion and transition from public space to private (Barani, Midan, Jawani).
- The Roman era baths have multiple options of movement by virtue of multiple functions. Name of the shower rooms in it according to the intensity of the hall. (Frigidarium, Tepydarium, Caldarium).

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