

BATHING HOUSES

A case study in the programme, circulation,
facilities and materiality of selected bathing houses

AIRE ANCIENT BATHS



LOCATION	The Malt Store, Copenhagen
ARCHITECT	Vilhelm Dahlerup
YEAR	1881
SIZE	1.800 m ²
RENOVATION	Arkitema Architects, 2017-2020

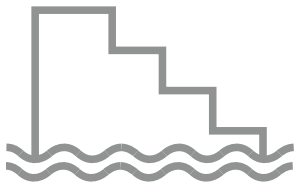
A luxurious and extravagant bathhouse in a historic and restored building in an urban context. The old factory building was listed in 2010 and is now housing the spa in relation to Hotel Otillia. During the refurbishment the basement floor was excavated around two meters and bearing walls were supported by small stakes. Inspired by the historical roman bath the spa settled in an rustic industrial setting aims to provide sanctuary and create a feeling of relaxation in contrast to the bustling city life.

FACILITIES

AIRE ANCIENT BATHS

reception
changing rooms with lockers
shower area
restroom
6 thermal baths: hot bath, ice bath and cold plunges, warm bath, salt bath, and jet bath.
Steam room
Salt exfoliation area
Seating areas
massage rooms
4 big rooms for technical installations

ENTERING THE WATER

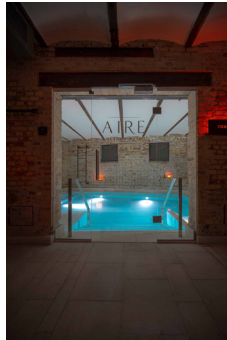


STAIRS
with steps that descend down
to the floor of the pool

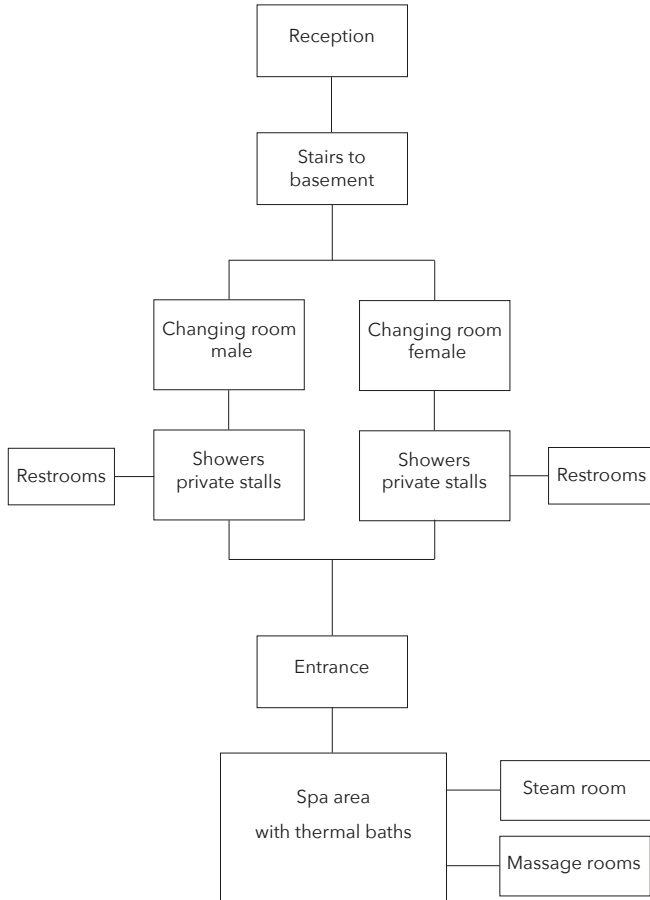


LADDER
to immerse into
the cold baths

SEQUENCE OF SPACES
AIRE ANCIENT BATHS



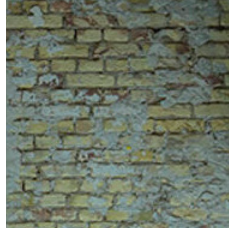
SEQUENCE OF SPACES
AIRE ANCIENT BATHS



MATERIALS
AIRE ANCIENT BATHS



concrete



brick



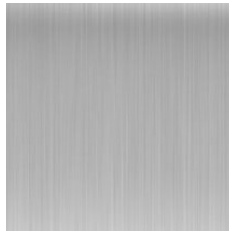
carrara marble



oak



glass



stainless steel



candles



artificial lighting



MY PERSONAL EXPERIENCE

Upon arriving with my friend, we are greeted in the reception before walking down the soft wooden stairs which stand in contrast to the surrounding rustic concrete and brick walls. The staircase is illuminated by the glow of candlelights marking the transition into the spa - almost like a religious ritual. The first room we enter is the changing room furnished spartanly with lockers and benches but well equipped with mirrors and shelves with all the toiletries and amenities you need. After changing we go to the shower area which is divided in private stalls providing bathing in privacy. A glass door works as a portal into the spa zone while allowing a look into the area you are about to enter. The spa is almost like a cave with its industrial and raw appearance with raw concrete and brick walls. The dim lighting as well as the tranquility provide a peaceful and calm atmosphere. The columns and arched ceiling contributes to frame views of the spa and additionally, divides it into smaller, more intimate, private niches. Due to that, and the fact that there is a limitation of people coinciding the baths in one session, we don't really get the feeling of bumping into people when immersing into the pools. Thus, the experience is truly relaxing and feels like entering another world. We conclude that this is a place you would feel confident going alone.

SOFIEBADET



LOCATION	Christianshavn, Copenhagen
ARCHITECT	Hans Wright
YEAR	1909
SIZE	270 m ²
RENOVATION	Tegnestuen Thyra, Fornyet Energi, 2009-2012

An old communal bathing house which was built at the same time as a large number of other bathing establishments in Copenhagen in order to raise the hygienic standard. Today, there are only very few of the original bathing houses left. Sofiebadet was also intended to close, but the forming of Sofiebadet Association, stopped the plans. The bathing house building was listed in 2000 and is now along being a bathing house and café serving as a cultural center for concerts, exhibitions, talks etc.

FACILITIES
SOFIEBADET



Common changing room

Shower niches

Bath tubs

Hammam

Sauna

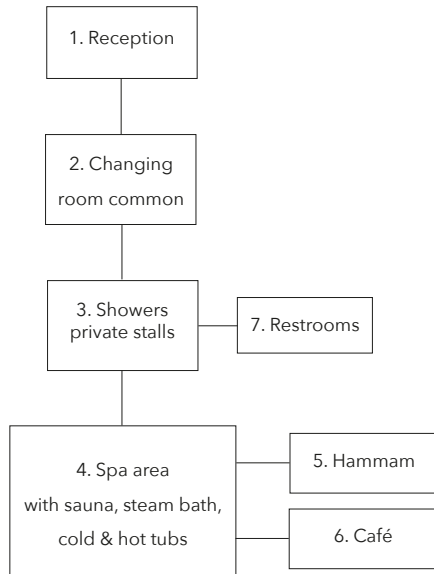
Steam bath

Relaxation rooms

Restrooms

Café

SEQUENCE OF SPACES
SOFIEBADET



MATERIALS
SOFIEBADET



marble



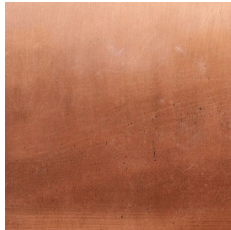
green & white tiles



terrazzo



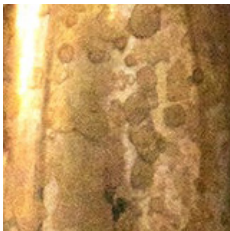
porcelain



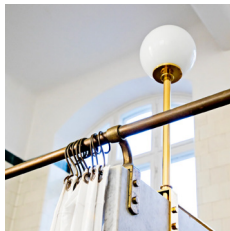
copper



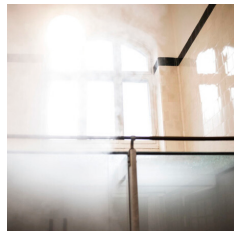
wood



brass



artificial lighting



daylight

SJÆLLANDSGADE BAD



LOCATION	Nørrebro, Copenhagen
ARCHITECT	Hans Wright
YEAR	1917
SIZE	1.245 m ²
RENOVATION	Tegnestuen Thyra, Fornyet Energi, 2009-2012

An old communal bathing house which was built at the same time as a large number of other bathing establishments in Copenhagen in order to raise the hygienic standard. Today, there are only very few of the original bathing houses left. Sofiebadet was also intended to close, but the forming of Sofiebadet Association, stopped the plans. The bathing house building was listed in 2000 and is now along being a bathing house and café serving as a cultural center for concerts, exhibitions, talks etc.

FACILITIES
SJÆLLANDSGADE BAD



common relaxation room

Sauna

Small lockers

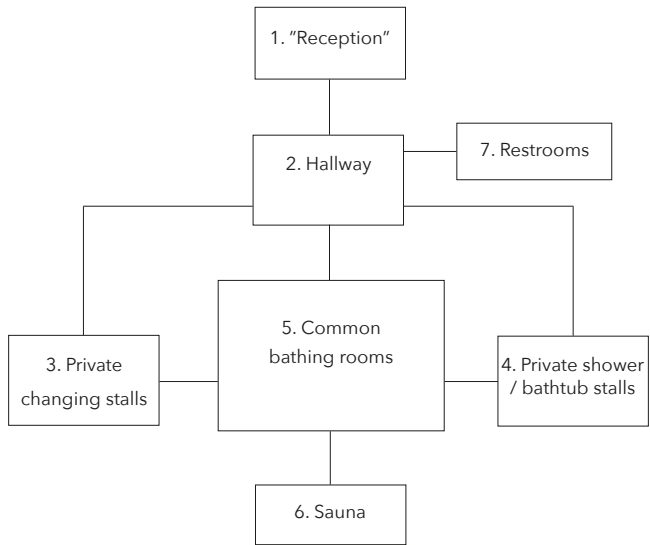
Cold bath

Bath tub

Shower

Restrooms

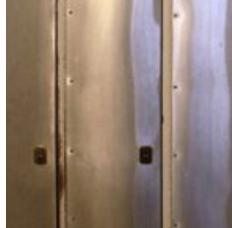
SEQUENCE OF SPACES
SJÆLLANDSGADE BAD



MATERIALS
SJÆLLANDSGADE BAD



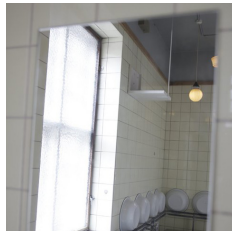
cream tiles



steel



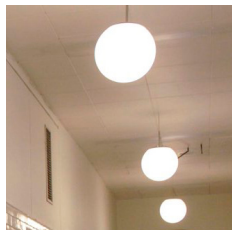
porcelain



mirrors

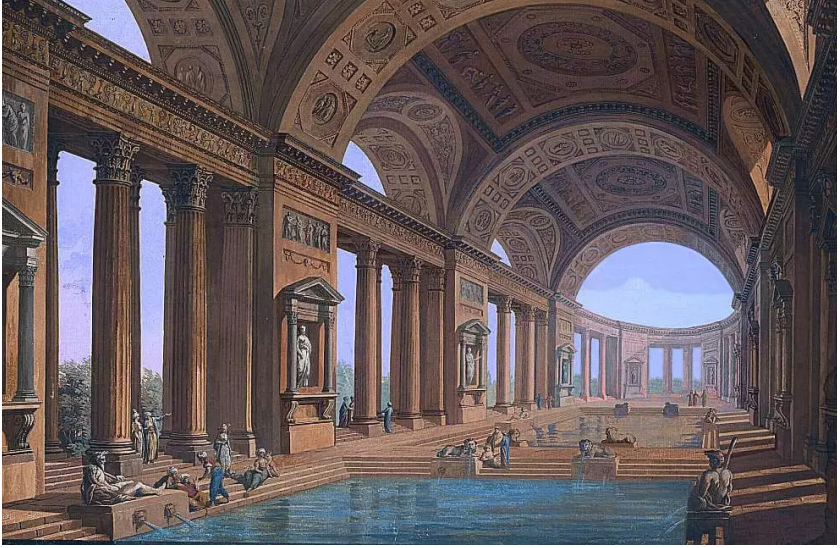


terrazzo



artificial lighting

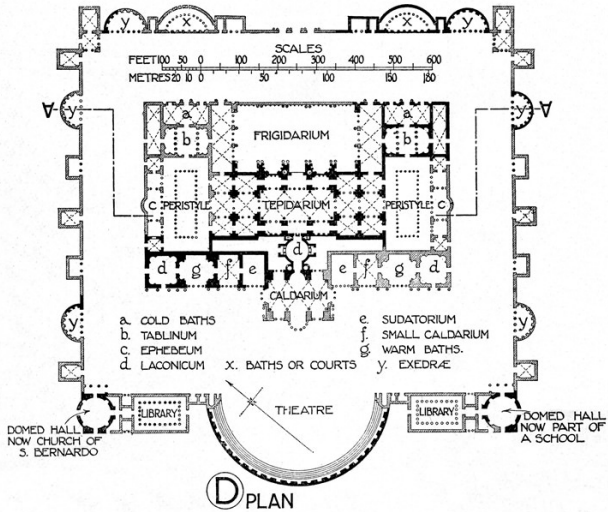
THERMAE - ROMAN BATHS



Bathing played a major part in ancient Roman culture and society as it was one of the most common daily activities in Roman culture. In contrast to, the way many contemporary cultures view bathing as a very private activity conducted in the domestic home, bathing in Rome was a communal activity. Roman bathhouses were multifunctional complexes incorporating other activities such as gyms, libraries, meeting rooms and gardens for promenading. The design of the public baths was adapted to the bathing sequence of various steps and it was built around three principal rooms: the caldarium (hot bath), the tepidarium (warm bath) and the frigidarium (cold bath). Some of the baths also featured a sudatorium (moist steam bath) and a laconicum (dry steam bath/sauna)

BATHS OF DIOCLETIAN

ROMAN BATHS

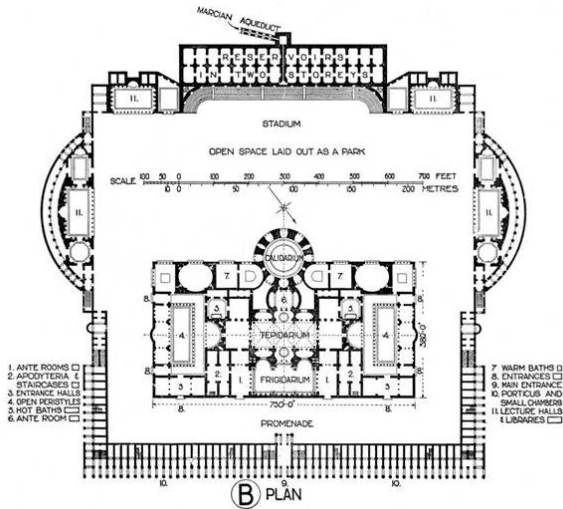


LOCATION	Rome
BUILDER	Maximian
YEAR	298-306 AD
SIZE	120.000 m ²
ABANDONED	537 AD

The complex was able to accommodate up to 3,000 people at one time and was constructed according to the usual model used for the great imperial baths, with the principal rooms of the bathing ritual distributed along a central axis.

BATHS OF CARACALLA

ROMAN BATHS



LOCATION	Rome
BUILDER	Caracalla
YEAR	216 AD
SIZE	100.000 m ²
ABANDONED	537 AD

With a capacity of 1.600 people the bath house was the greatest of Rome until the Baths of Diocletian was built. The Baths of Caracalla were based on the layout with bilateral symmetry along the axis which was created by the block of the foremost important spaces of the bath complex; the central frigidarium (cold bath), tepidarium (warm bath) and caldarium (hot bath). These spaces acts as the axis, allowing for a symmetric assembly of spaces towards the sides of the baths complex.

FACILITIES

ROMAN BATHS

Changing room - Apodyterium

Warm bath - Tepidarium

Hot bath - Caldarium

Cold bath - Frigidarium

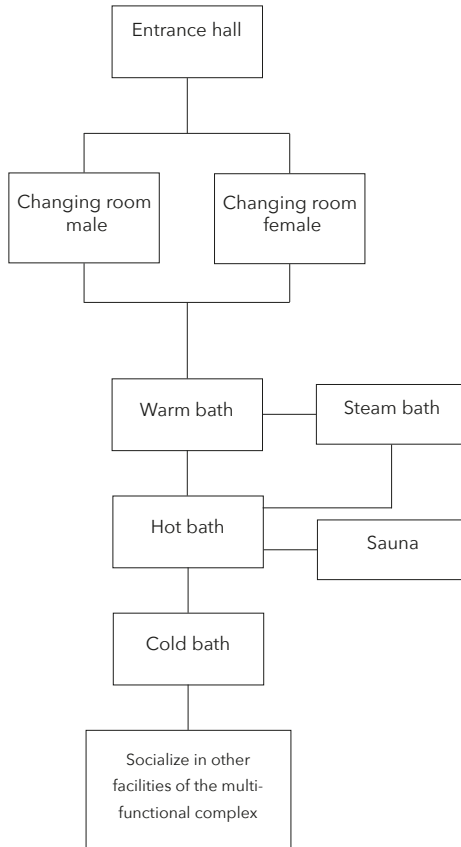
Steam bath - Sudatorium

Sauna - Laconium

Gym - Palaestras

Other activities such as libraries, meeting rooms and gardens

SEQUENCE OF SPACES
ROMAN BATHS



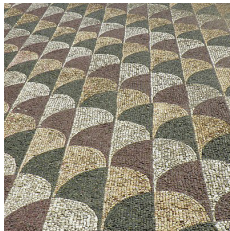
MATERIALS
ROMAN BATHS



pozzolana



marble



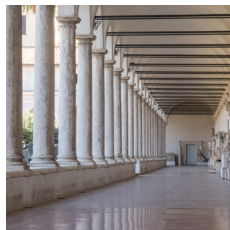
mosaic



mosaic



vaulted ceilings



columns

CEMBERLITAS BATH



LOCATION	Istanbul, Turkey
ARCHITECT	Miman Sinan
YEAR	1584
SIZE	1.858 m ²
RESTORATION	1805 & 1865

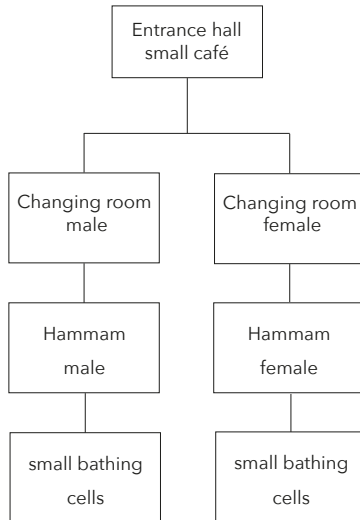
In Turkey the baths are called Hamams which in Arabic means "spreader of warmth". The Hamam is very closely related to the ancient Greek and Roman bath practices; it too was a place for both physical and spiritual purification and utilized a sequence of hot and cold baths. There were some adaptations: the exercise area was replaced by massage. If the thermae were a place of bustling activity and bathing, the Hamam was essentially a place of non-activity. The facilities in the Turkish hammam are gender separated.

FACILITIES

CEMBERLITAS BATH

Entrance hall with small café
Changing rooms (gender divided)
Hammam (gender divided)
Small bathing cells

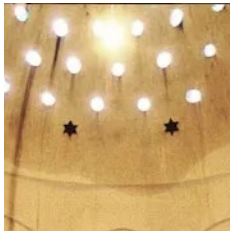
SEQUENCE OF SPACES
CEMBERLITAS BATH



MATERIALS
CEMBERLITAS BATH



marble



daylight

THERME VALS



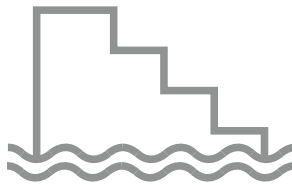
LOCATION	Vals, Switzerland
ARCHITECT	Peter Zumthor
YEAR	1996
SIZE	3.100 m ²

The concept of the building is based on an architectural interpretation of a cave or stone quarry. Very characteristic for the movement in the building is constant change between the very small intimate spaces and the large meandering bath. The underlying informal design of the internal space is a carefully modeled path of circulation which leads bathers to certain predetermined points, so from a point to explore other areas for themselves. The perspective is always controlled, guaranteeing or hiding a view.

FACILITIES THERME VALS

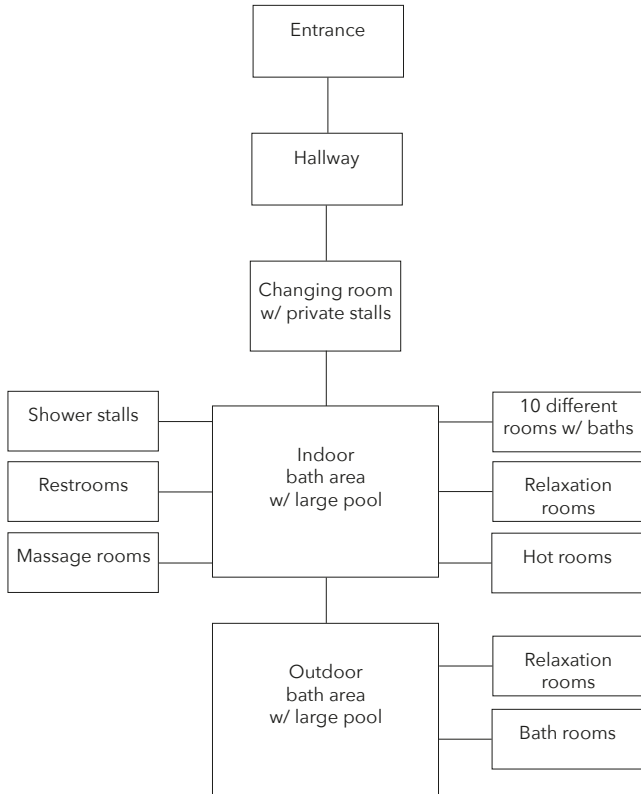
changing rooms
7 treatment rooms
1 water massage room
3 relaxation rooms (indoor and outdoor)
Hair salon
ESPA Shop
thermal baths
Indoor pool 32°C
Outdoor pool 36°C (winter) 30-33°C (summer)
Fire pool 42°C
Ice pool 14°C
Blossom pool 33°C
Spring grotto 35°C
Sound stone 32°C
12 sweating stones with steam bath

ENTERING THE WATER



STAIRS
with steps that descend down
to the floor of the pool

SEQUENCE OF SPACES
THERME VALS



MATERIALS
THERME VALS



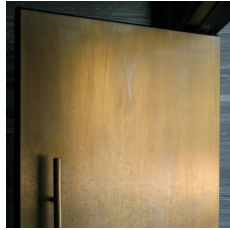
quartzite



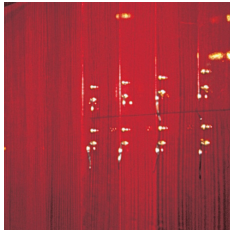
grass roof



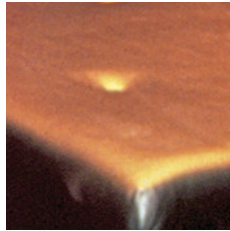
concrete



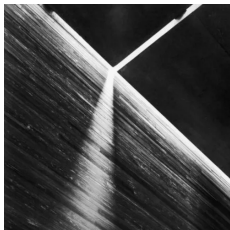
bronze



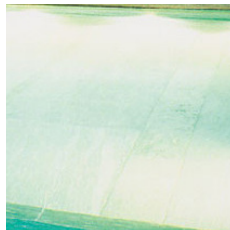
red mahogany



leather



daylight



artificial lighting

KOGANEYU SENTO BATHHOUSE



LOCATION	Tokyo, Japan
ARCHITECT	Schemata Architects
YEAR	2020
SIZE	1.114 m ²

Similar to Sofiebadet and Sjøellandsgade Bad, the Japanese sento was a necessary public function because people didn't have bathrooms in their homes. Further, it served as a communal gathering place. Since most people have bathrooms today, the sento has been disappearing gradually. The Koganeyo Bathhouse is based on the renovation of an existing bathhouse. It is designed with an extrovert function, a bar area, visible from the street. The bar is an adaption of the traditional sento layout, which originally had a reception desk called a bandai facing in towards the bath for staff to keep an eye on the bathers. The layout of the bathing area is divided into a male and a female section and the separating wall between the bath areas, leaves an opening between the top of the wall and the ceiling in order to feel each other's presence on the other side of the wall.

FACILITIES
KOGANEYU SENTO BATHHOUSE

Entrance / Beer bar

Changing rooms (gender divided)

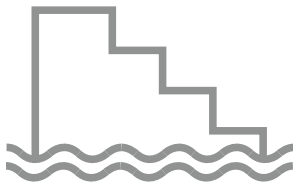
Gender divided bath areas:

- Showers
- Water bath
- Medicated bath
- Carbonated bath
- Hot bath
- Sauna

Cold bath

Air bath area

ENTERING THE WATER

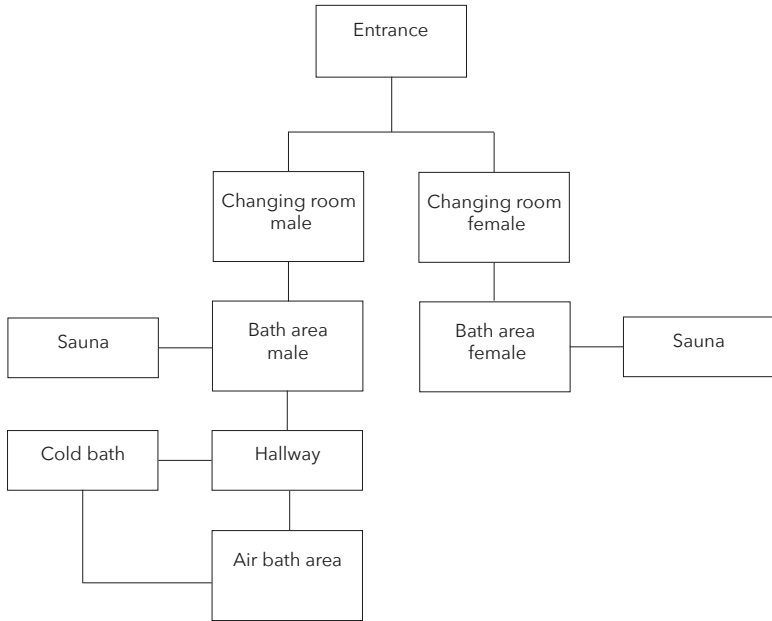


STAIRS
with steps that descend down
to the floor of the pool

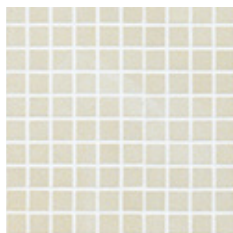


EDGE
with steps that descend down
to the floor of the pool

SEQUENCE OF SPACES
KOGANEYU SENTO BATHHOUSE



MATERIALS
KOGANEYU SENTO BATHHOUSE



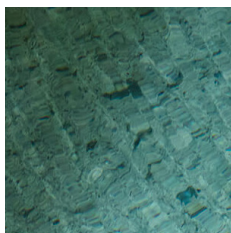
beige tiles



metal



concrete



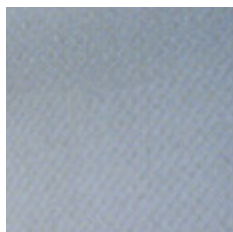
towada stone



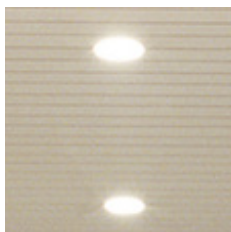
birch plywood



curtain



matte glass



artificial spotlights

VANDHALLA



LOCATION	Hou, Denmark
ARCHITECT	Cubo, FORCE4 Architects
YEAR	2013
SIZE	4.000 m ²

FACILITIES VANDHALLA

Foyer

Reception

Changing rooms: Male, female, unisex

- Private changing cabins

- Showers

- Sauna

Bathing area:

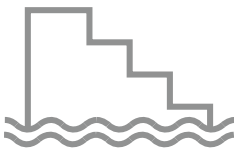
- Water sledge

- Large 25 m pool

- Hot pool

Gym

ENTERING THE WATER



STAIRS

with steps that descend down to the floor of the pool



RAMP

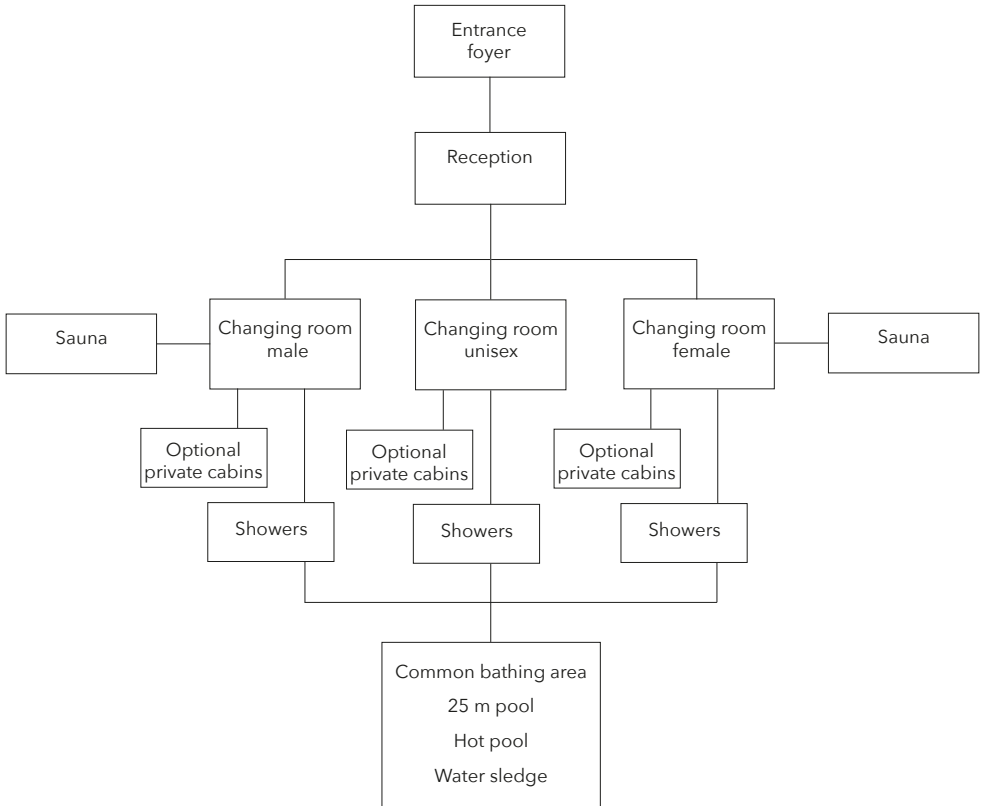
a very slight slope into the pool, providing a long, slow, gradual entry



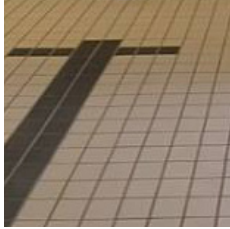
EDGE

sitting on edge and descending into pool

SEQUENCE OF SPACES
VANDHALLA



MATERIALS
VANDHALLA



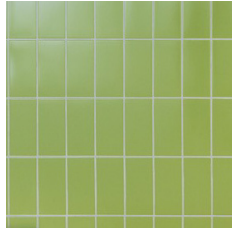
white tiles



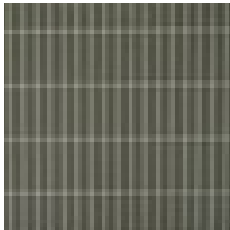
blue tiles



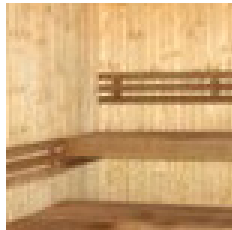
yellow tiles



green tiles

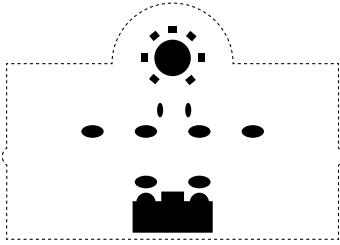


grey tiles



wooden sauna

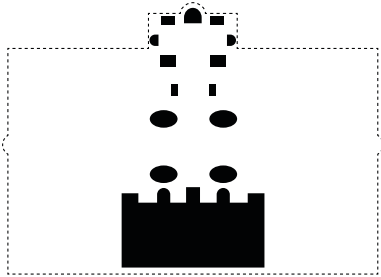
POOLS



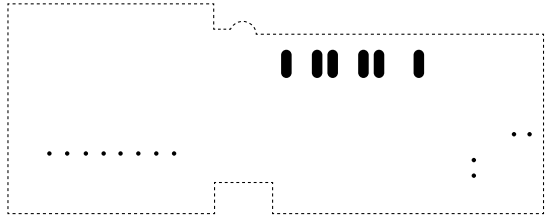
Baths of Caracalla



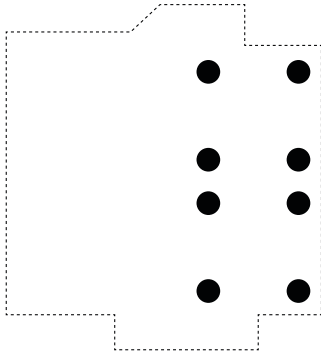
Sofiebadet



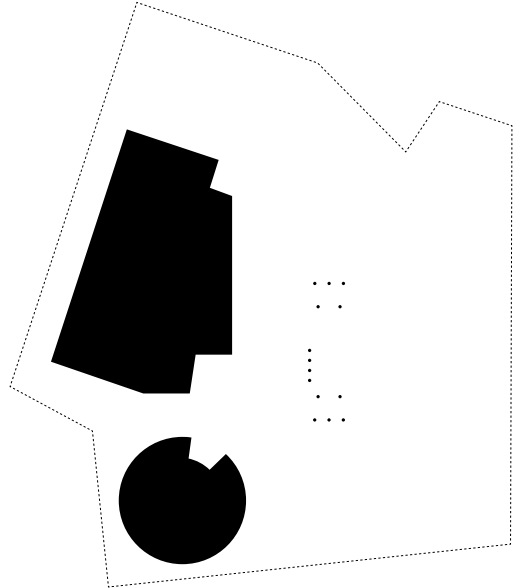
Baths of Diocletian



Sjællandsgadebadet



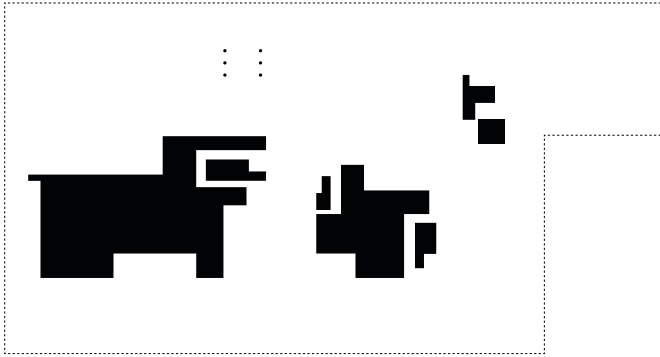
Cemberlitas bath



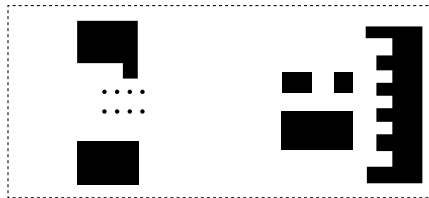
Vandhalla

• shower ▬ bathtub

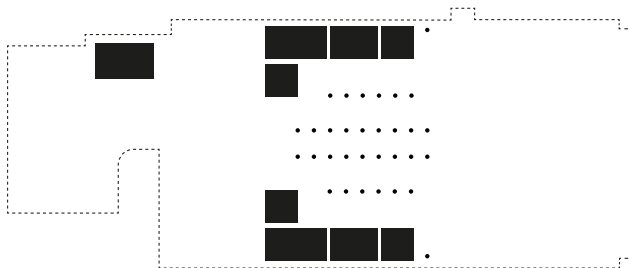
POOLS



Therme Vals



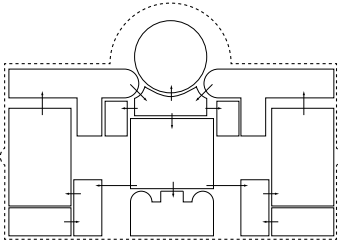
Aire Ancient Bath



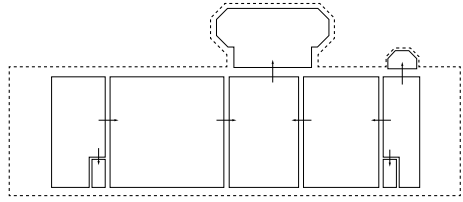
Koganeyu Sento Bathhouse

• shower ■ bathtub

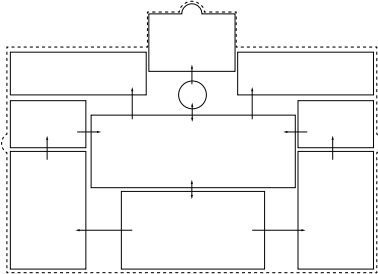
CIRCULATION



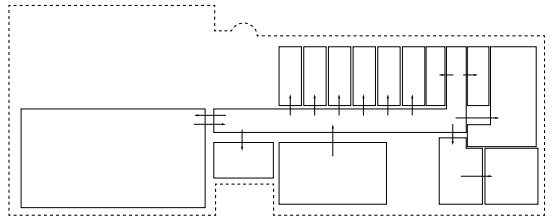
Baths of Caracalla



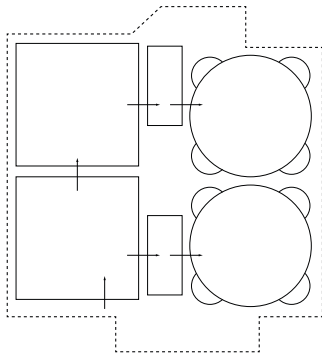
Sofiebadet



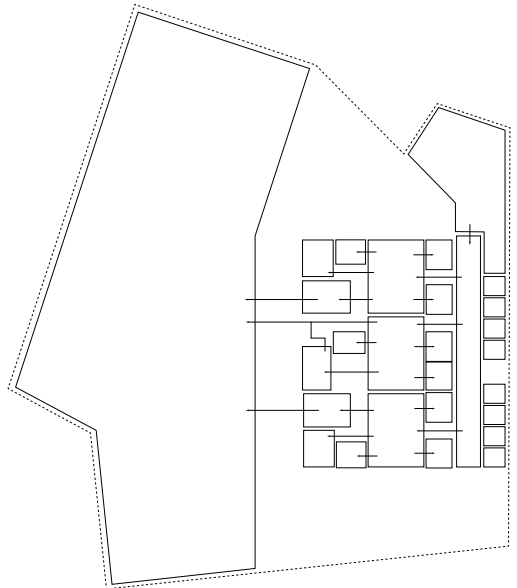
Baths of Diocletian



Sjællandsgadebadet

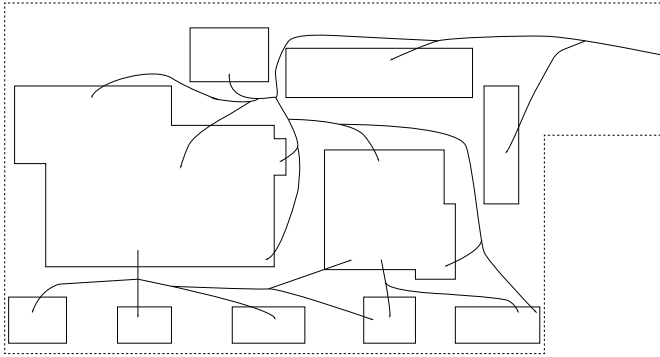


Cemberlitas bath

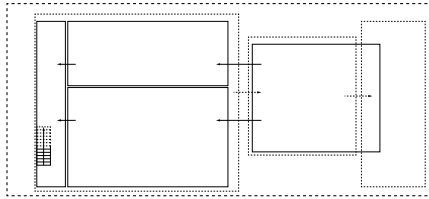


Vandhalla

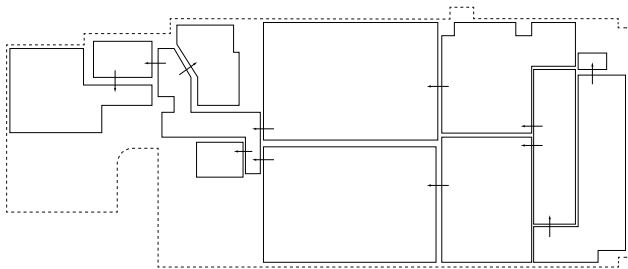
CIRCULATION



Therme Vals

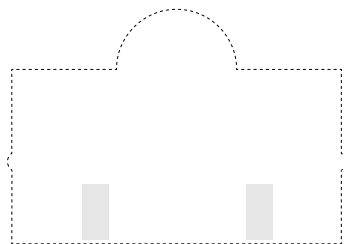


Aire Ancient Bath

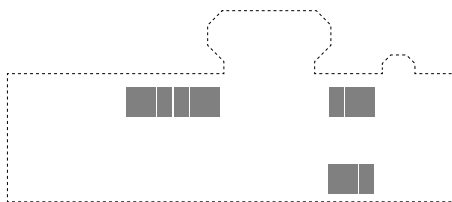


Koganeyu Sento Bathhouse

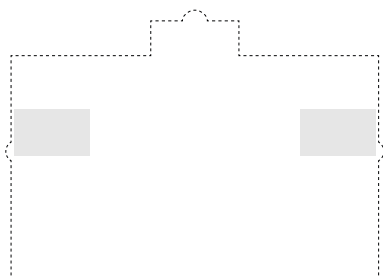
CHANGING ROOMS



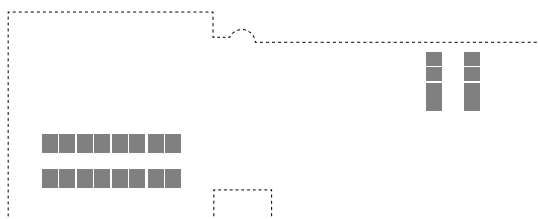
Baths of Caracalla



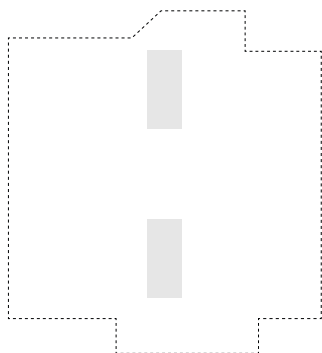
Sofiebadet



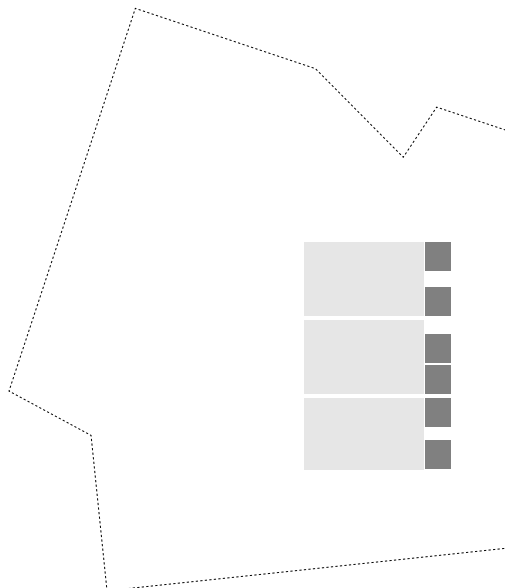
Baths of Diocletian



Sjællandsgadebadet



Cemberlitas bath



Vandhalla

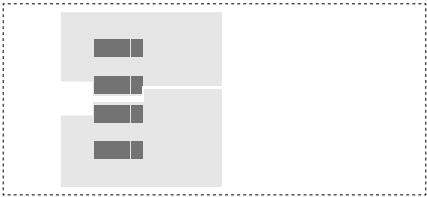
■ private

■ common

CHANGING ROOMS



Thème Vals



Aire Ancient Bath

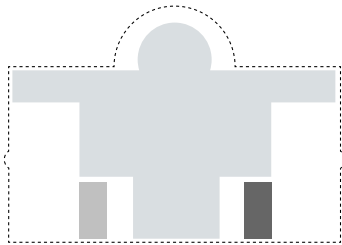


Koganeyu Sento Bathhouse

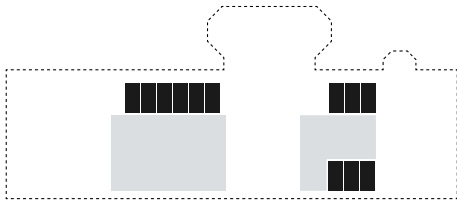
■ private ■ common

GENDER DIVISION

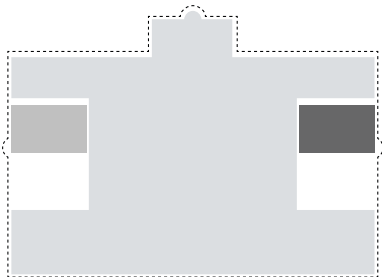
changing rooms & bathing area



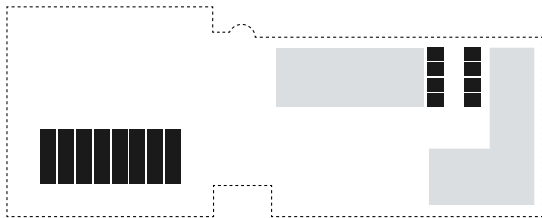
Baths of Caracalla



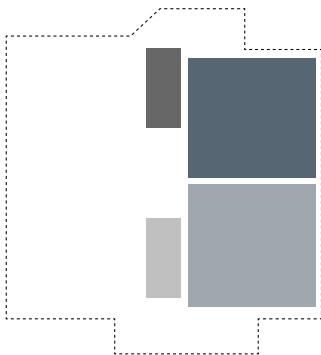
Sofiebadet



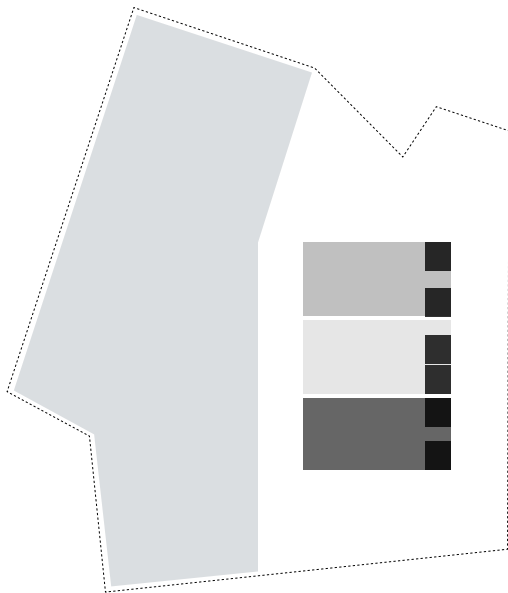
Baths of Diocletian



Sjællandsgadebadet



Cemberlitas bath



Vandhalla

CHANGING AREA

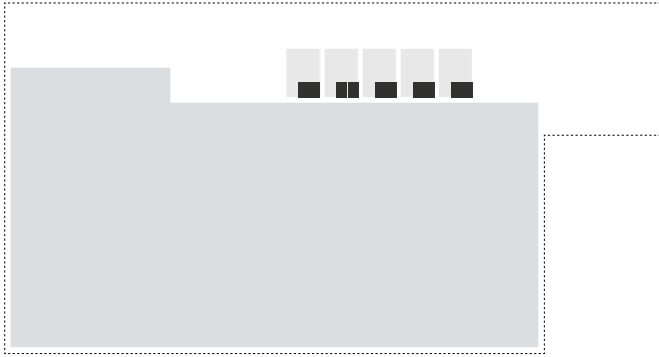
- male
- unisex
- female
- private

BATHING AREA

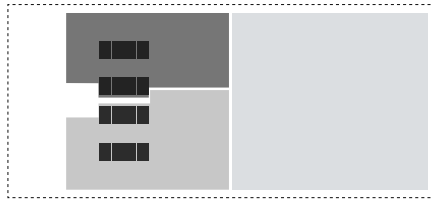
- male
- female
- common

GENDER DIVISION

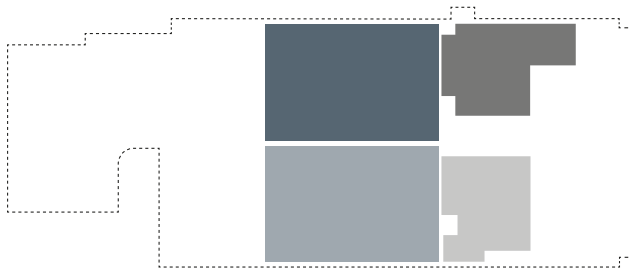
changing rooms & bathing area



Therme Vals



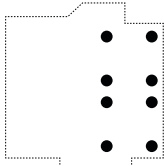
Aire Ancient Bath



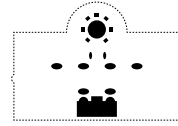
Koganeyu Sento Bathhouse

- | | | | | | | |
|---------------|-----------|--------|----------|--------------|--|--|
| CHANGING AREA | | | | BATHING AREA | | |
| ■ male | ■ unisex | ■ male | ■ female | ■ common | | |
| ■ female | ■ private | | | | | |

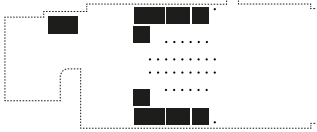
SYMMETRICAL



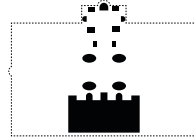
Cemberlitas bath



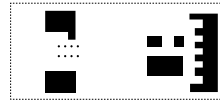
Baths of Caracalla



Koganeyu Sento Bathhouse



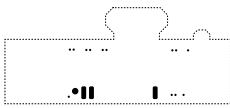
Baths of Diocletian



Aire Ancient Bath

PRIVATE POOLS

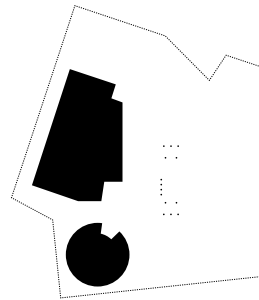
SHARED POOLS



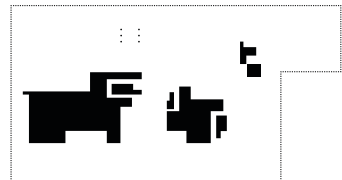
Sofiebadet



Sjællandsgadebadet



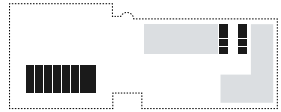
Vandhalla



Therme Vals

ASYMMETRICAL

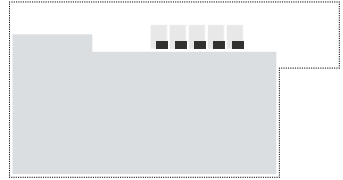
COMMON CHANGING ROOMS



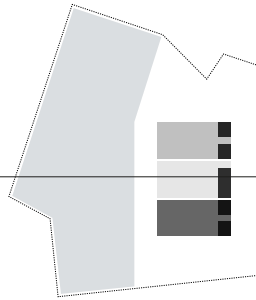
Sjøllandsgadebadet



Sofiebadet



Therme Vals



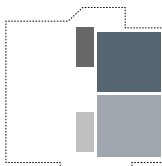
Vandhalla

SEPERATE BATHING

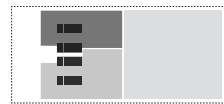
COMMON BATHING



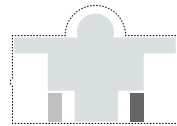
Koganeyu Sento Bathhouse



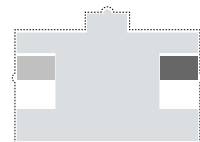
Cemberlitas bath



Aire Ancient Bath



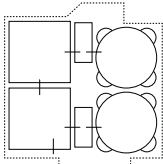
Baths of Caracalla



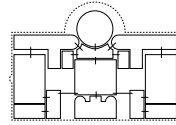
Baths of Diocletian

SEPERATE CHANGING ROOMS

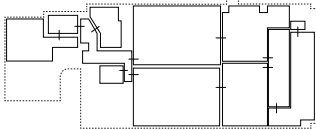
SYMMETRICAL



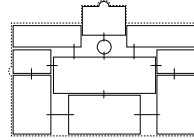
Cemberlitas bath



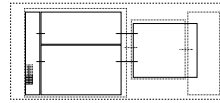
Baths of Caracalla



Koganeyu Sento Bathhouse



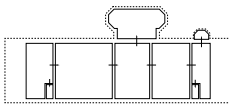
Baths of Diocletian



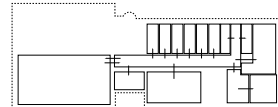
Aire Ancient Bath

PRIVATE POOLS

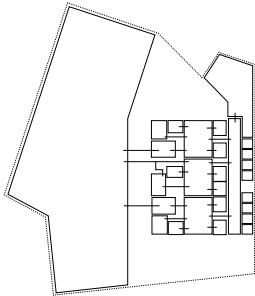
SHARED POOLS



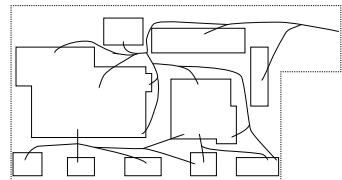
Sofiebadet



Sjaellandsgadebadet



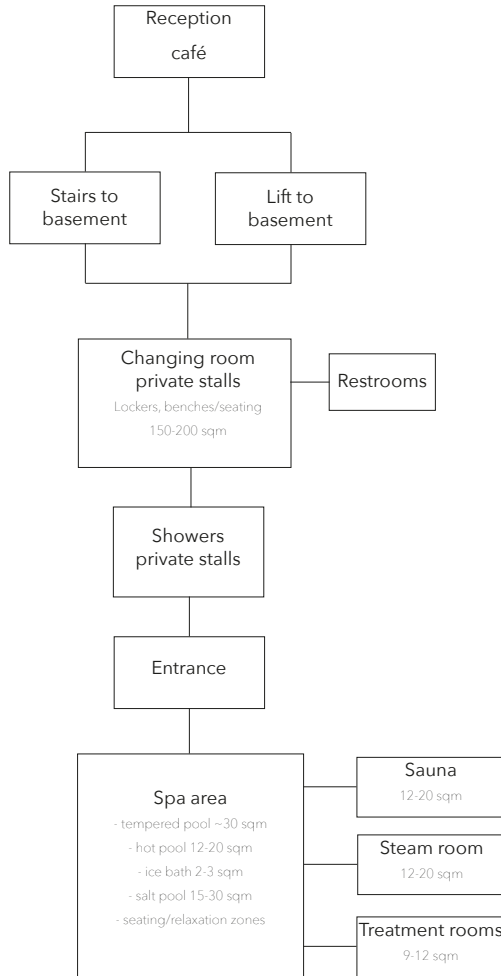
Vandhalla



Therme Vals

ASYMMETRICAL

MOVEMENT FLOW PROPOSAL



FACILITIES PROPOSAL

ENTRANCE

Entrance / reception w/ small café (ground floor - extrovert function)

Stairs or lift to basement . a transition into the bathing area

CHANGING AREA

Changing rooms in private stalls (glass boxes, the human body silhouette, translucence)

Showers

Restrooms

SPA AREA

"The water path" - ramps leading to the different pools

Tempered pool ~30 sqm

Hot pool 12-20 sqm

Cold pool 2-3 sqm

Seating/relaxation zones

Sauna 12-20 sqm

Treatment room

POOL SHAPES 1:500
PROPOSAL



RECTANGULAR



ROUNDED
RECTANGLE



SQUARE



ROMAN END



OVAL



CIRCLE



L-SHAPE



COMB SHAPE



IRREGULAR
CROSS

Scale 1:200

3 POOLS: Tempered pool ~30 sqm, hot pool 12-20 sqm, cold pool 2-3 sqm