

HAMMAM: A COMPLETE BUYER'S GUIDE

effe
PERFECT WELLNESS
BY EFFEGIBI



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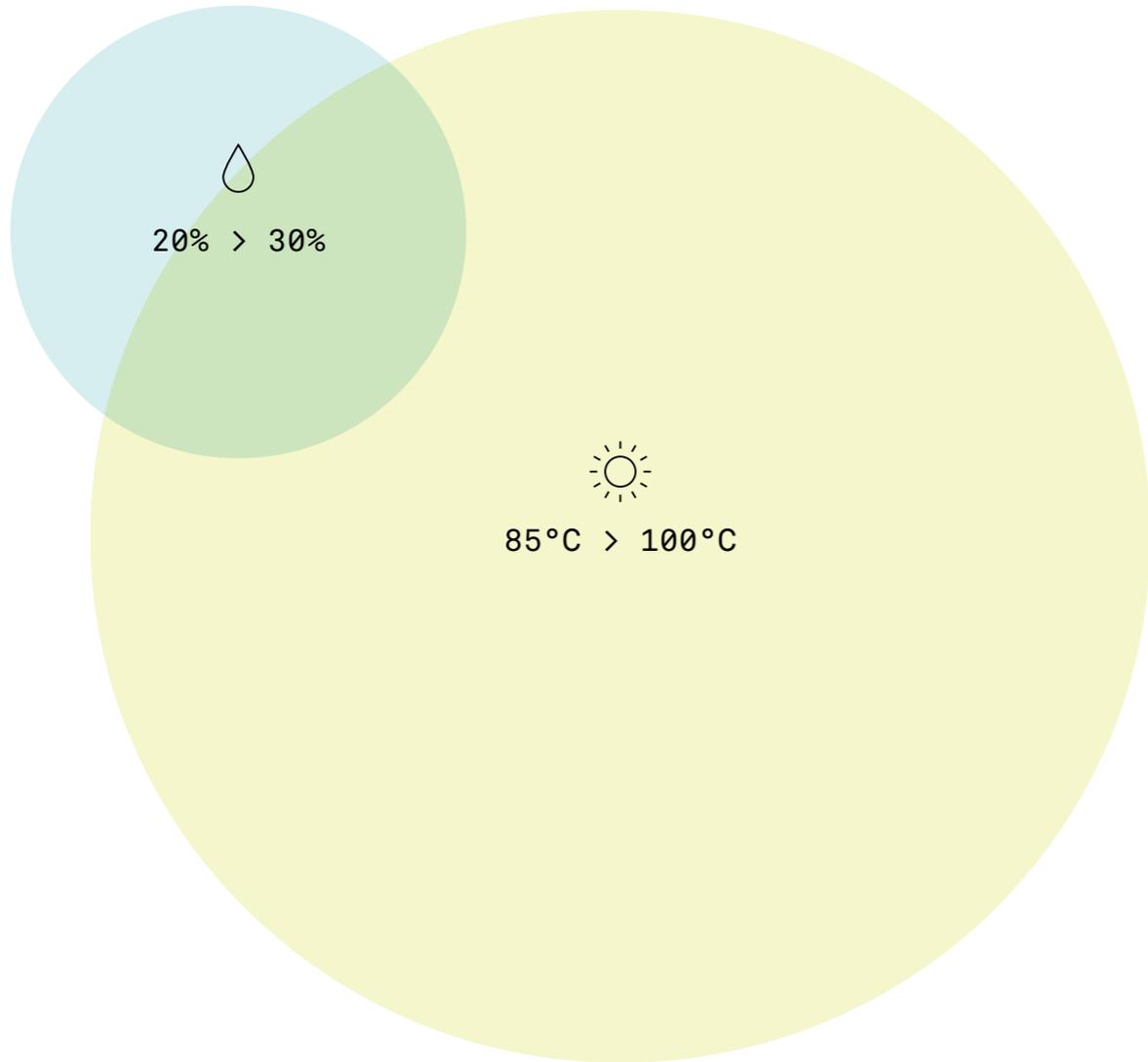
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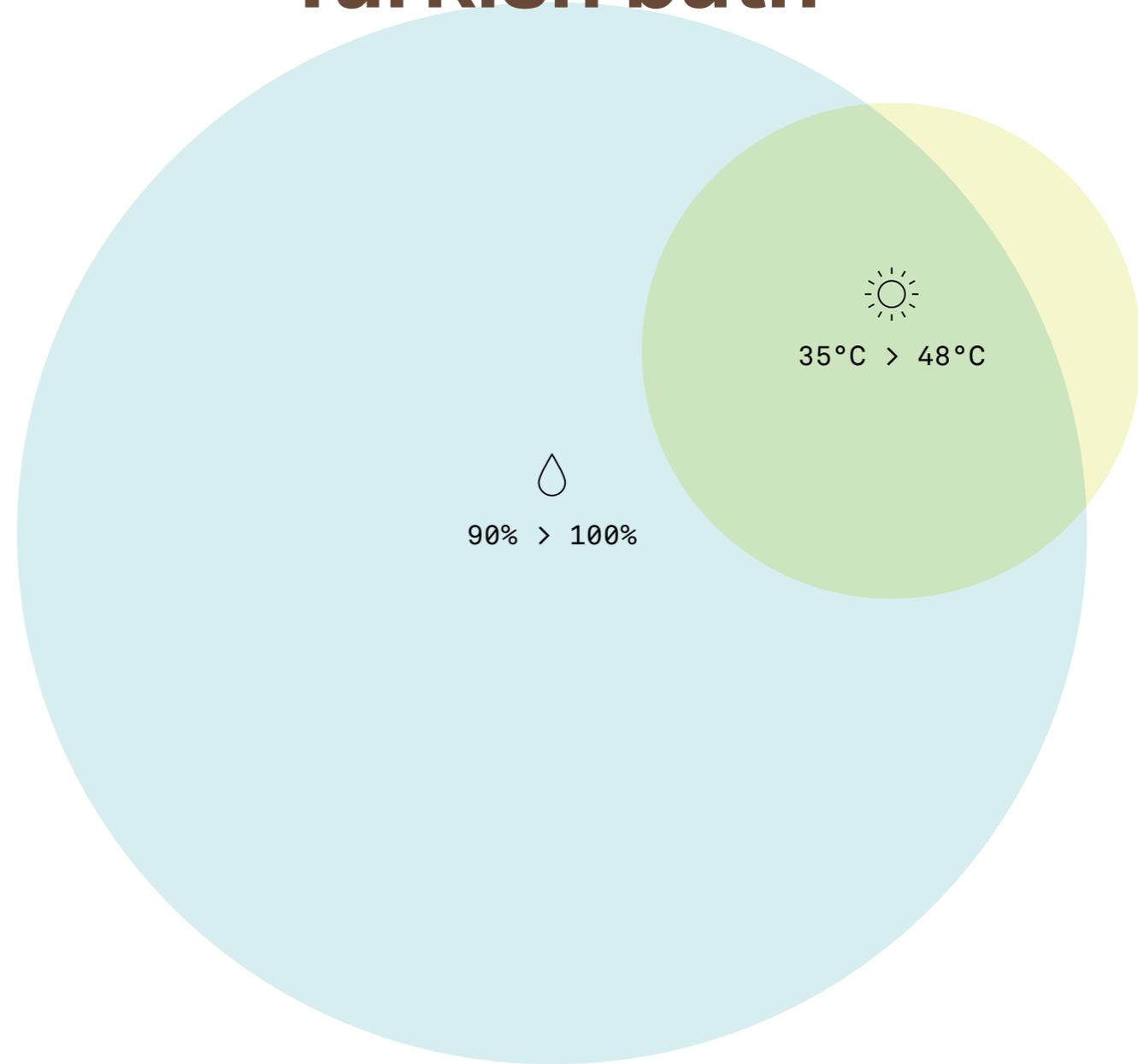
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Sauna



Turkish bath



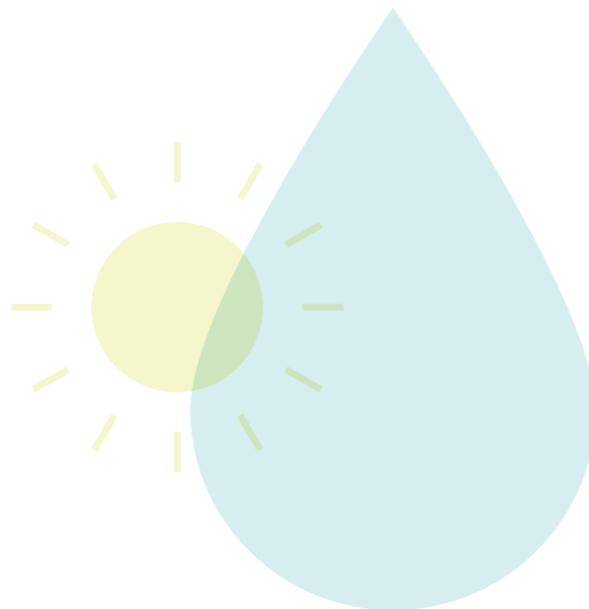
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WHAT IS A TURKISH BATH

The steam bath, generally known as the Turkish bath, belongs to the same ancient tradition of purifying baths to which the sauna also traces its roots.

When the steam content in an environment is greater than the quantity of water in the epidermis, a layer of moisture forms on the skin warming up the body.

The combined action of the steam and the controlled heat assists the blood and lymph circulation system, dissolving toxins and favouring their expulsion.



A woman is shown from the chest up, wrapped in a vibrant green towel. She is looking out of a window, her face in profile. The background outside the window is bright and shows the silhouettes of palm trees against a light sky. The overall mood is serene and relaxing.

— 2 —

THE BENEFITS OF A TURKISH BATH

THE BENEFITS OF A TURKISH BATH

CLEANSING

The heat opens up the pores to facilitate steam penetration and helps the skin to get rid of impurities, giving it a healthy glow and making it softer and more supple.

RELAXING

The toning and relaxing properties of a steam bath have been found to be one of the best therapies for combating all the stress and anxiety we have to suffer in our everyday life. It is also one of the most pleasant ways of improving your look and toning up your body.

THERAPEUTIC

Suitable for all ages, a Turkish bath is an excellent way of regulating blood pressure and a priceless preventative and therapeutic treatment for respiratory ailments.

A woman is sitting on a toilet in a bathroom, wrapped in a white towel. She is looking towards the camera. The background shows a shower area with a glass door and a tiled wall. The text is overlaid on the lower right portion of the image.

— 3 —
HOW TO TAKE
A TURKISH BATH

A person is relaxing in a hammam, lying on a white towel. The background is filled with soft, white steam rising from the floor, creating a serene and relaxing atmosphere. The lighting is warm and soft, highlighting the texture of the steam and the person's hair.

TO ENJOY YOUR HAMMAM SESSION TO THE FULL, WE RECOMMEND
DRINKING SOME WATER OR HERBAL TEA BEFORE ENTERING IT.
ADD THE BENEFICIAL EFFECTS OF AROMATHERAPY AND COLOUR THERAPY
AND THE CALMING EFFECT OF MUSIC THERAPY TO GIVE YOURSELF A REAL
TONIC, AS YOU ENJOY YOUR STEAM EXPERIENCE.

HOW TO TAKE A TURKISH BATH

A.
(2 minutes)
Take a warm shower

B.
(6 minutes)
Drink a hot herbal tea to encourage sweating

C.
(2 minutes)
Rub the skin with a horsehair glove to stimulate the circulation

D.
(15 minutes)
Turkish bath:
spread out a cotton towel on the bench and sit down or stretch out. Relax, listen to your breathing and inhale the beneficial vapour of the essential oils. The average stay in a Hammam is from 10 to 15 minutes, but you should listen to your body and stop when you feel you want to come out. Taking a Hammam is not a trial of strength but a pleasant relaxing experience.

E.
(30 seconds)
Exit slowly, cool down by sinking into a lukewarm bath, or

EE.
(2 minutes)
Take a cold shower

F.
(10 minutes)
Turkish bath

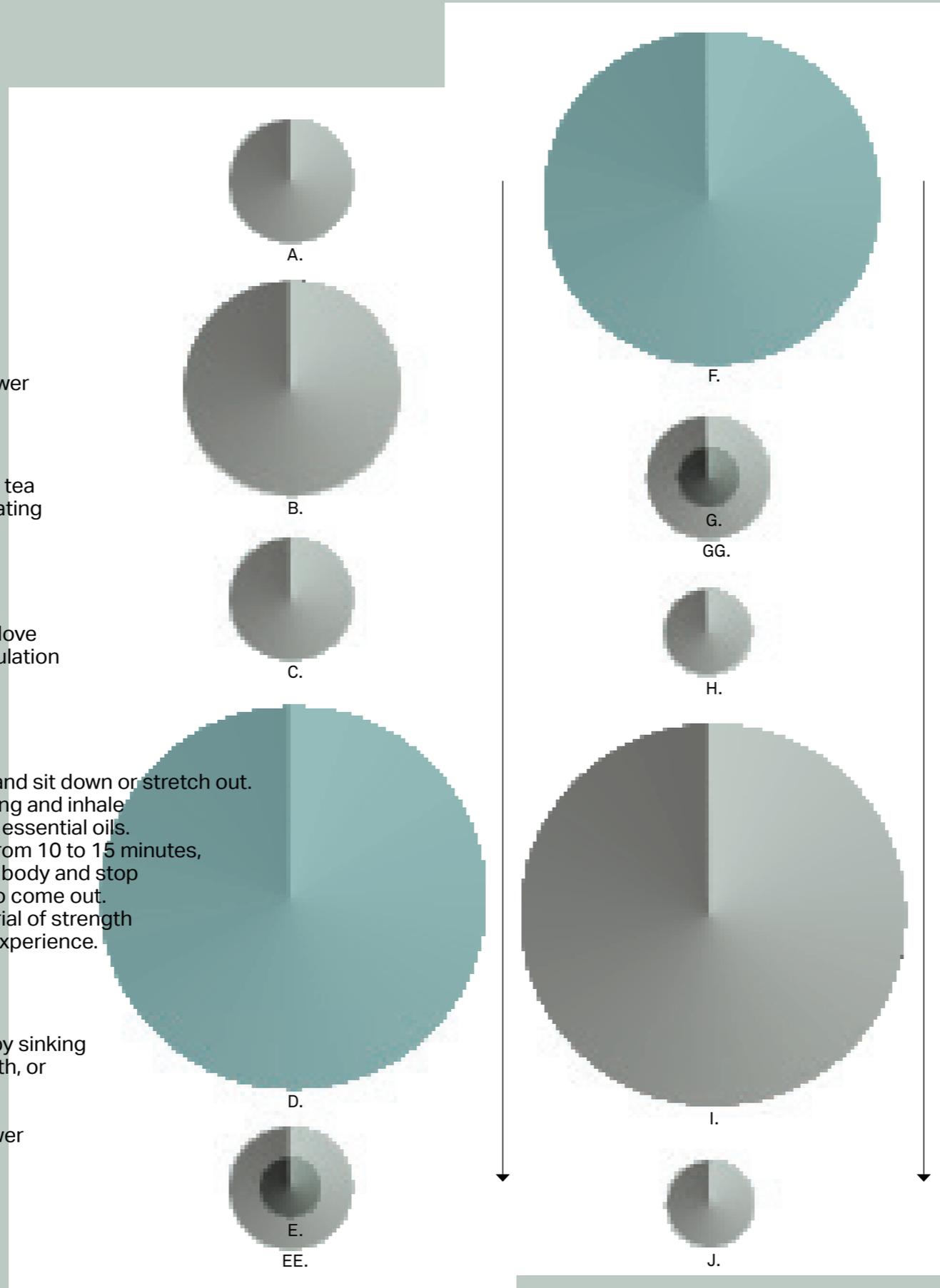
G.
(30 seconds)
Sink into a lukewarm bath or

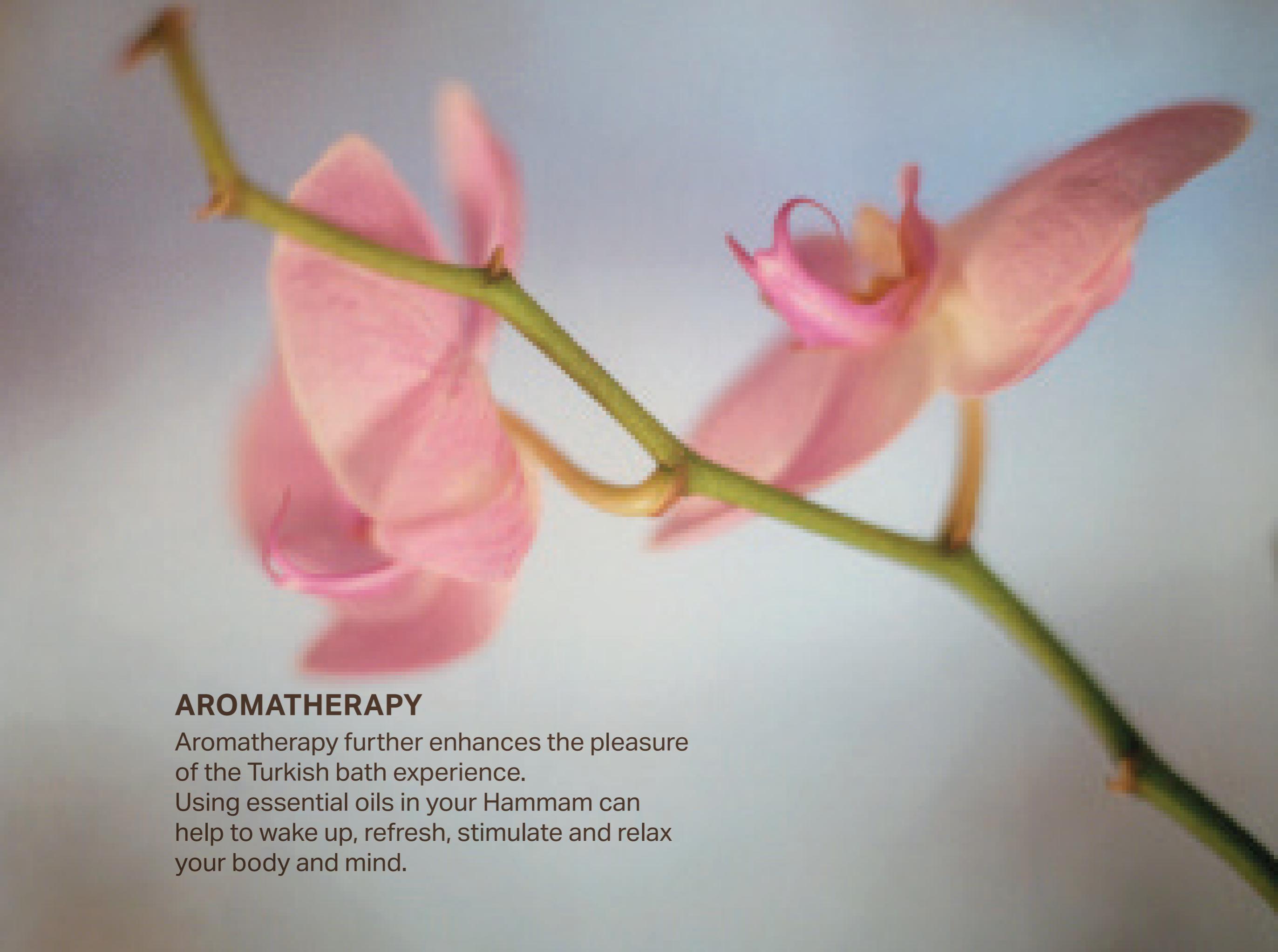
GG.
(2 minutes)
Take a cold shower

H.
(1 minute)
Dry yourself

I.
(20 minutes)
Stretch out and relax on the lounge

J.
(1 minute)
Have a drink to restore your liquid balance





AROMATHERAPY

Aromatherapy further enhances the pleasure of the Turkish bath experience.

Using essential oils in your Hammam can help to wake up, refresh, stimulate and relax your body and mind.



ESS

Effe Sound System
for listening to music
inside your Hammam

MUSIC

Listening to relaxing music completes the sensory experience and benefits of the Turkish bath. ESS (Effe Sound System) enables you to select your favourite music directly from your own device.



COLOUR THERAPY

Just like water and heat, light is a fundamental vital force that can improve and rebalance your physical and mental state. Each colour produces an effect on your state of mind and it's well worth trying it for a few minutes to appreciate its benefits.

RED

Vitality

YELLOW

Awakens your potential and heightens your awareness

GREEN

Helps you keep in step with the rhythm of life

BLUE

Helps you communicate and share your experiences.

AQUAMARINE

Completes your sense of time, place and space.



A woman in a white towel is standing in a shower, holding a glass of water. The shower is enclosed in a glass door with a gold-colored frame. The background is a blurred view of a balcony with a white railing and greenery.

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HOW TO
CHOOSE A TURKISH BATH

A DESIRE TO SAMPLE THE PLEASURE OF THE HAMMAM IS DRIVEN BY THE URGE TO EXPERIENCE A SENSE OF WELLBEING AND TO CARE FOR THE HEALTH OF YOUR BODY AND YOUR MIND.

IT IS VITAL TO UNDERSTAND THE TECHNOLOGY THAT GENERATES THE STEAM, THE KEY FEATURE OF THE TURKISH BATH, SINCE THE STEAM MUST MAINTAIN ITS QUALITY AND HYGIENE OVER TIME.

EFFEGIBI RESEARCH IS THE PLUS POINT THAT GUARANTEES THE QUALITY OF THE 3 BASIC FEATURES OF THE PERFECT HAMMAM.

1.
REACHING THE SET TEMPERATURE,
THE QUALITY AND QUANTITY
OF THE STEAM GENERATED.

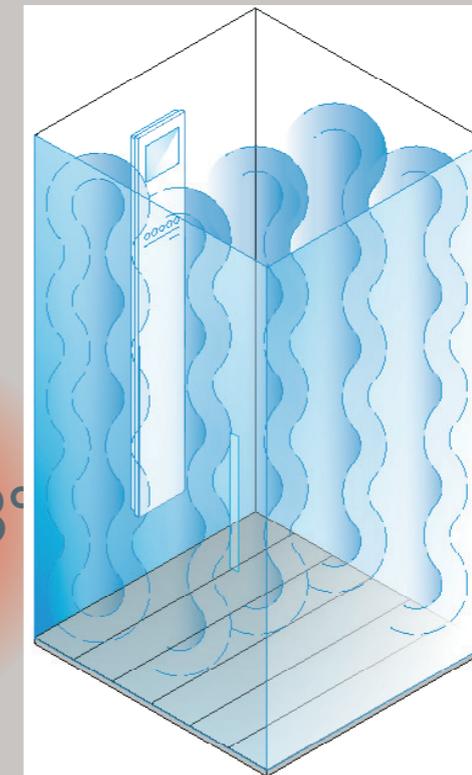
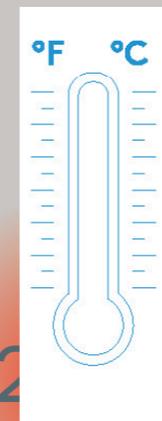
2.
CONTROL OF
LIME SCALE

3.
CONTROLLED
ENERGY CONSUMPTION

1

THE RIGHT QUANTITY
OF STEAM GENERATED
AND TEMPERATURE
CONTROL

The perfect Hammam is delivered when the steam is able to reach a temperature of over 40°C. In Effe products the temperature can be programmed on a scale from 42 to 48°C. Smart steam management, the result of years of research, ensures even heat throughout the Hammam.



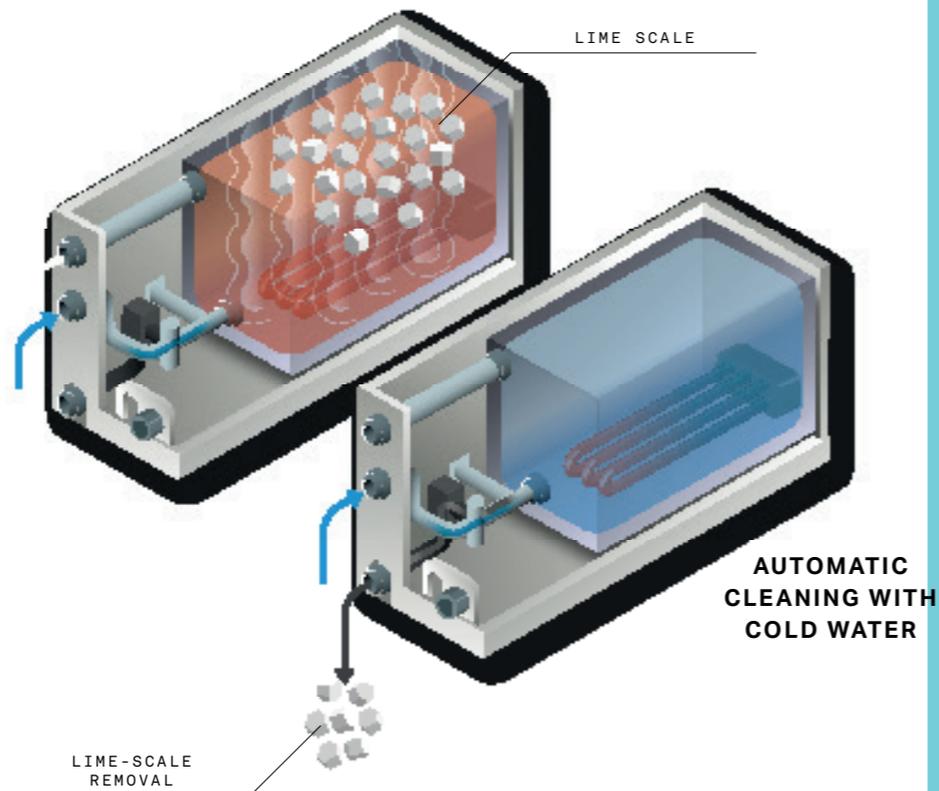
humidity
100%

2

LIME SCALE AND HYGIENE

Exclusive Effe technology has produced a unique system without mechanical filters on the generators and no need for frequent maintenance.

All the boilers are stainless steel and a sophisticated system fills and empties the boiler with clean cold water every time it is used. This notably reduces the need for cleaning and maintenance, as well as ensuring the interior environment is perfectly hygienic.

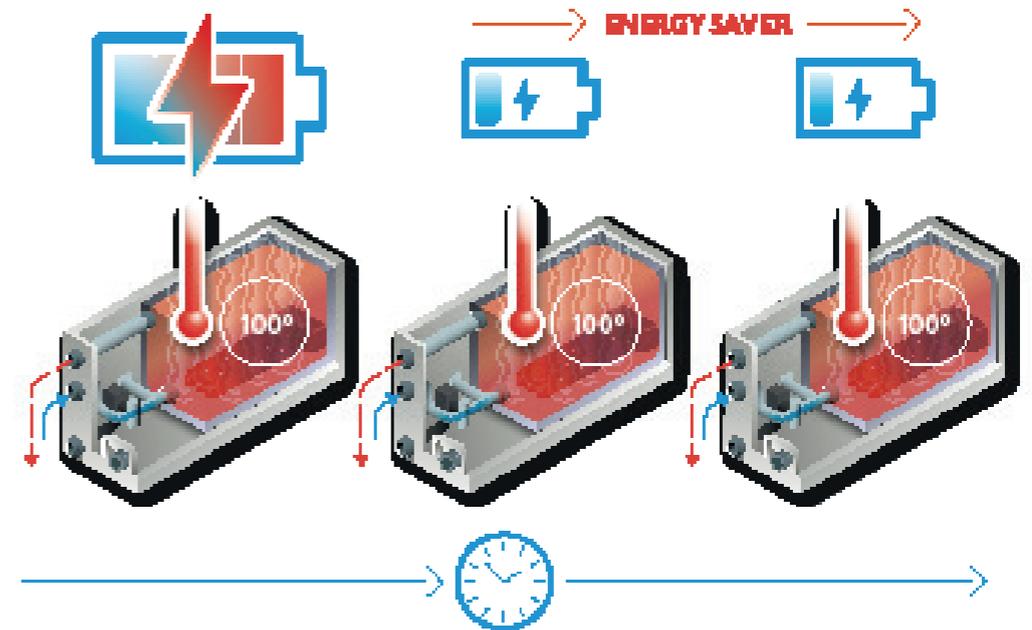


3

OPTIMISED MANAGEMENT OF ENERGY CONSUMPTION

Each Effe steam generator has an Energy Saver function. The maximum power of the generator is used to bring the water to boiling point and reach the set temperature.

While it is functioning the energy input is reduced to a half or a third, depending on the model, while keeping the steam flow constant.



BATHROOM



— 5 —

**WHERE
TO INSTALL
YOUR HAMMAM**

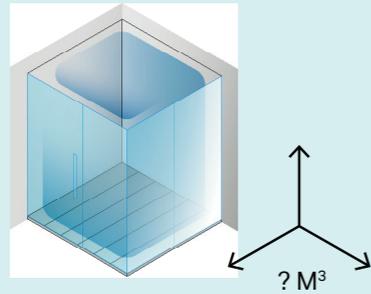
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— 6 —

TRANSFORM YOUR SHOWER INTO A HAMMAM

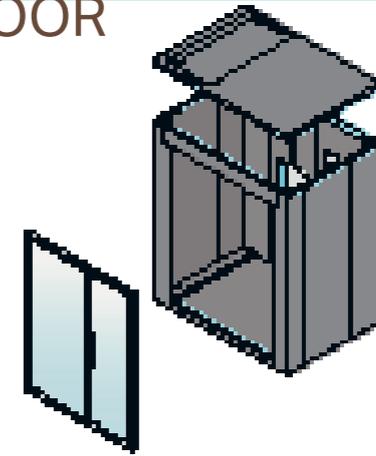
MEASURE YOUR AVAILABLE SPACE



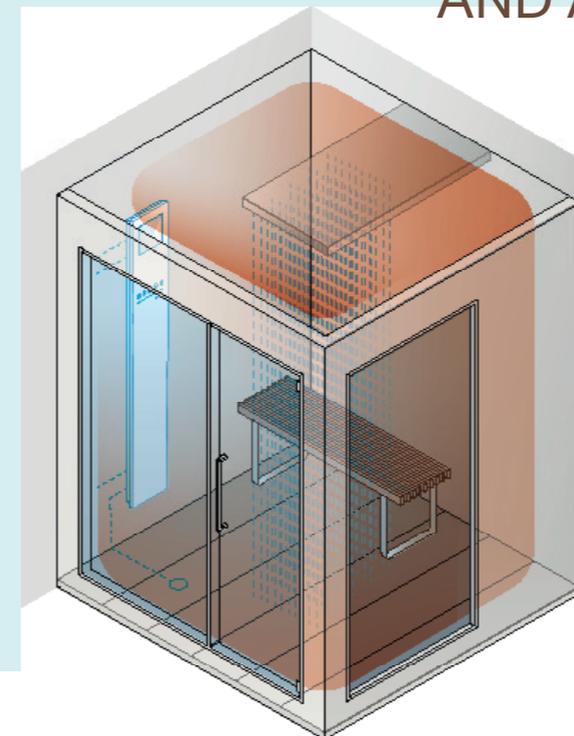
Any space can be transformed into a Hammam, just follow a few instructions for insulating walls and doors. It is very important to measure the volume that will play host to the Hammam so as to ensure the right steam generator is selected, based on its power.

ADD THE INSULATION KIT AND CHOOSE AN EFFEGIBI DOOR

To create the ideal Turkish bath we recommend perfect insulation of the cubicle to avoid heat dispersion thus preventing energy waste. Effe doors provide an efficient steam seal and correct air inflow and exchange.



COMPLETE WITH FURNITURE AND ACCESSORIES

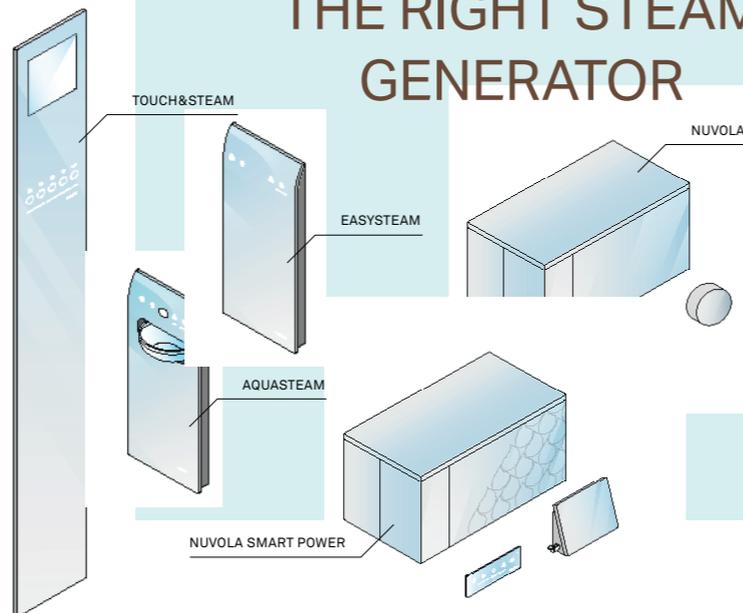


Effe makes it possible to personalise your shower-Hammam with a set of handy accessories: benches, seats, water springs, colour therapy, Effe Sound System for listening to music inside the Hammam.



CHOOSE THE RIGHT STEAM GENERATOR

Steam generators can be placed inside or outside the Hammam cubicle. You can base your choice on the available volume and also on your design preferences: Touch&Steam, Easystem and Aquasteam are stylish and easily adaptable to your own interior décor.



A woman with long dark hair is sitting on a wooden chair, wrapped in a grey towel. She is smiling and looking down. The background is a plain, light-colored wall.

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HOW TO CLEAN A TURKISH BATH

CLEANING A TURKISH BATH

Cleaning your Turkish bath is really simple, just like cleaning a normal shower.

The steam is free of lime scale so it does not leave unpleasant residues inside the cubicle.

Clean the body of the generator with a soft cloth, using non-abrasive products, never squirt water directly onto the appliance.

PUT YOUR TRUST
IN EFFEGIBI EXPERIENCE,
TECHNOLOGY
AND QUALITY DESIGN.
CONTACT US NOW!

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