

Health Threats in Tourism Course
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Assignment 1

1- How did ancient civilizations such as the Romans, Greeks, or Ottomans contribute to the development and prevalence of bathing culture and spa traditions?

Answer: The **Greeks** used gymnasia and natural hot springs and associated bathing with balance and health.

Bathing became a social and healing activity when **the Romans** constructed magnificent public bathhouses (thermae) with sophisticated heating and plumbing.

The hammam was created by the **Ottomans**, who combined Islamic purification practices with Roman-Byzantine baths and emphasized rest, hygiene, and spiritual rejuvenation.

2. In light of the historical evolution of baths and spas, explain the key differences in the motivations for visiting them in ancient European and Egyptian contexts.

Answer: **Ancient Europeans (Greeks & Romans):** Bathed for hygiene, health, socializing, and leisure.

Ancient Egyptians bathed for religious purity, spiritual cleansing, status, and beauty.

3. Using historical examples, explain how public baths and spas functioned as spaces for social interaction.

Answer: **Romans:** Baths were places to relax, talk, eat, exercise, and socialize—like ancient wellness clubs.

Greeks: Baths in gymnasia were spots for both physical and intellectual interaction.

Ottomans: Hammams were social hubs tied to life events and rituals, especially for women.

