

ILLUSTRATED STEPS / SAVE IT. FIND IT. BUILD IT.

HOOKAH

How a water pipe works and how the video's bottle hookah goes together, with the health facts the water does not change.



HEALTH FACTS FIRST:

FULL FACTS / PAGE 03

Not safer than cigarettes. The water does not filter toxins. Adults of legal age only.

Burning coal makes carbon monoxide: light and use it outdoors only.

START HERE

01

GET READY

Tools + clickable build map

02

FOLLOW THE STEPS

One clearly numbered stage at a time

03

FIND IT AGAIN

Quick reference + PDF bookmarks

Adults of legal tobacco age only (21 in the US). Hookah smoke is not safer than cigarette smoke, and the charcoal makes carbon monoxide.

NUKE ON TIKTOK

MORE FREE BUILD GUIDES

SOURCES / CDC: hookah smoking key health facts · FDA: hookah tobacco (shisha or waterpipe tobacco)

BUILD MAP

NEXT

YOUR BUILD MAP

Tap a step to jump there. The printed page numbers work offline too.

HAVE THESE READY

- Thick glass bottle or a melon
- Two clear pen barrels or hollow reeds
- Damp clay
- Small unglazed clay pot (about 2 in)
- Shisha, or tobacco and honey
- Foil and a toothpick
- Charcoal briquette, lighter, tongs
- Bucket of water for the coal

READ IN ORDER

PREP	Know what you are breathing	03
01	Fill the base	04
02	Seal the stems	05
03	Pack the bowl	06
04	Heat it and pull	07
NOTE	Clean up and cut back	08
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QUICK REFERENCE / PAGE 10

BEFORE YOU START

Adults of legal age only. Water cools smoke but does not filter it. Coals make CO: outdoors only. Not a safer way to smoke.

KEEP THIS COPY

Save the PDF with its guide ID. Use the build map, bookmarks, or your PDF reader's search to find a step later. Video and source links need internet; the instructions do not.

SETUP

Know what you are breathing

READ BEFORE STEP 01

PREP

Read this first. The bubbles look clean. They are not.



WATER COOLS, DOES NOT FILTER



COAL MAKES CO



TOBACCO = NICOTINE

STOP / HEALTH FACTS

- **The water cools the smoke but does not filter out the toxins.**
- An hour-long session can mean far more smoke, and more carbon monoxide, than one cigarette.
- Burning hookah charcoal also gives off carbon monoxide, metals and cancer-causing chemicals.

HOUSE RULES

- **Adults of legal age only; keep tobacco and coals away from children.**
- Light it and use it outdoors only, never in a bunker, tent, car or closed room.
- Do not share a mouthpiece.

SOURCES / CDC: hookah smoking key health facts · CDC: carbon monoxide poisoning basics

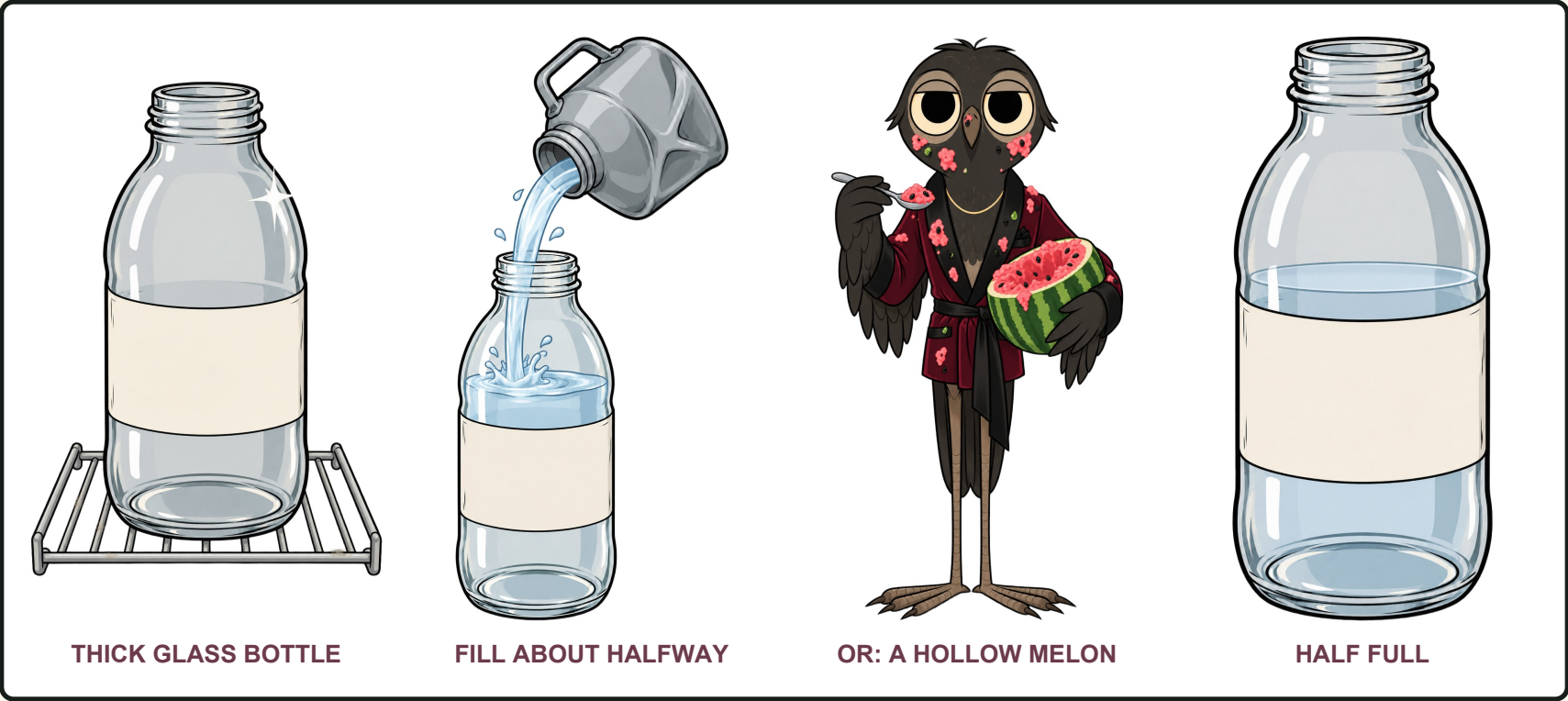
STEP

Fill the base

1 OF 4 / READ IN ORDER

01

A sealed bottle of water with two openings is the whole machine.



BOTTLE AND WATER

- Use a clean, thick glass bottle with a wide mouth; a 16 oz juice or tea bottle works.
- Or hollow out a watermelon.
- Fill it about halfway with cold, clean water.
- Stand it on a flat, stable surface.

WHY IT WORKS

- Smoke bubbling through water loses heat, so it feels cooler.
- Cooler is not cleaner: the toxins pass through.

SOURCES / Wikipedia: Hookah (parts and operation) · CDC: hookah smoking key health facts

STEP

Seal the stems

2 OF 4 / READ IN ORDER

02

One tube dips into the water, one stays above it, and clay seals the neck.



TWO TUBES, ONE SEAL

- Pull the ink tube and end plug out of two clear pen barrels, or cut hollow reeds between their joints.
- Push the long tube down until its end sits about 1 inch under the water.
- Set the short tube so it ends in the air above the water.
- Pack damp clay around both in the neck, covering any side holes in the pens.

CHECK THE SEAL

- Cover the top of the long tube and suck gently on the short one.
- If air still comes in, find the leak and add clay.
- Airtight, or it won't pull.

SOURCES / Wikipedia: Hookah (parts and operation)

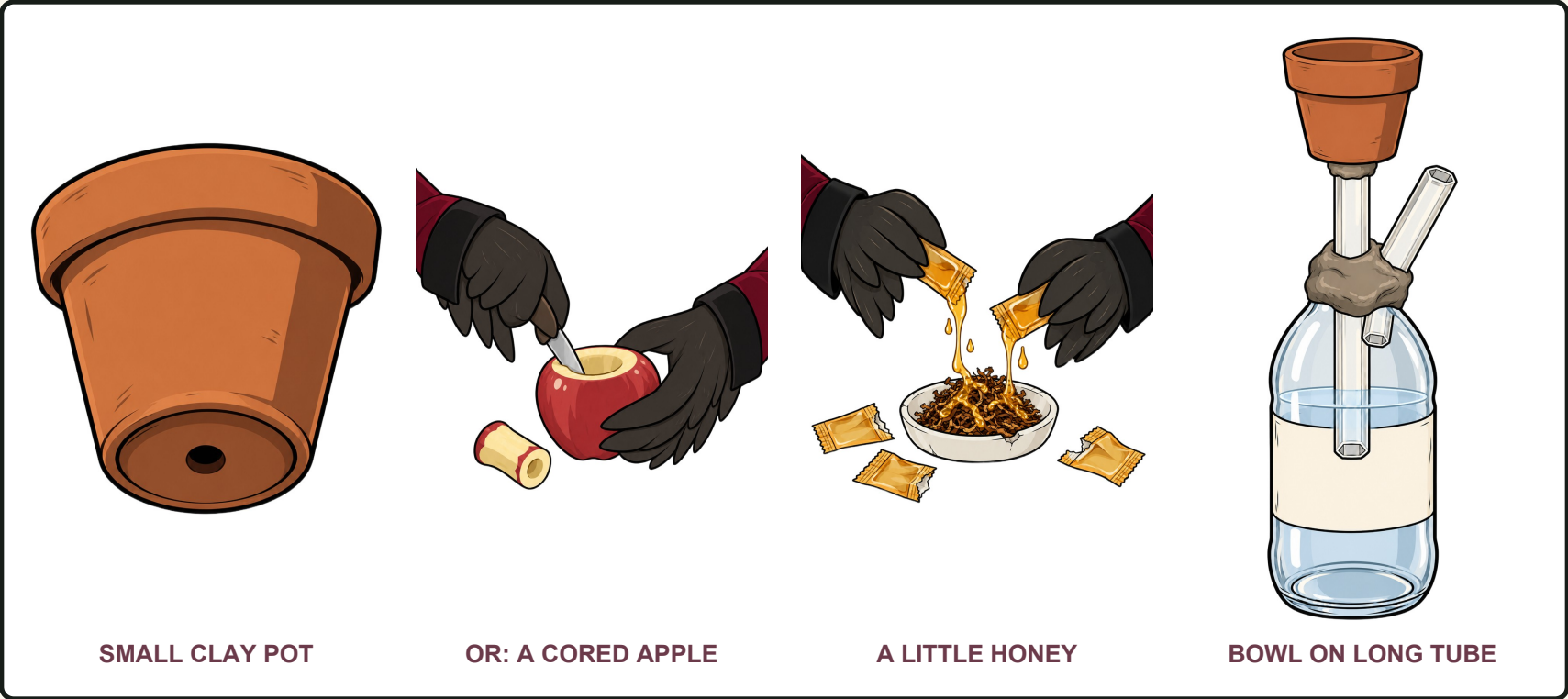
STEP

Pack the bowl

3 OF 4 / READ IN ORDER

03

The bowl sits on the long tube, so smoke has to go down through the water.



SMALL CLAY POT

OR: A CORED APPLE

A LITTLE HONEY

BOWL ON LONG TUBE

BOWL AND TOBACCO

- **Seat a small unglazed clay flower pot, about 2 inches across, on top of the long tube; its drain hole fits over the tube.**
- Seal the joint with clay.
- Or core an apple most of the way through and set it on the tube.
- Use commercial shisha if you have it; otherwise mix loose tobacco with a little honey.
- Pack it loosely, below the rim.

WHY IT WORKS

- **Moist, sweetened tobacco heated from above smoulders and smokes instead of burning like a cigarette.**

SOURCES / FDA: hookah tobacco (shisha or waterpipe tobacco) · Wikipedia: Hookah (parts and operation)

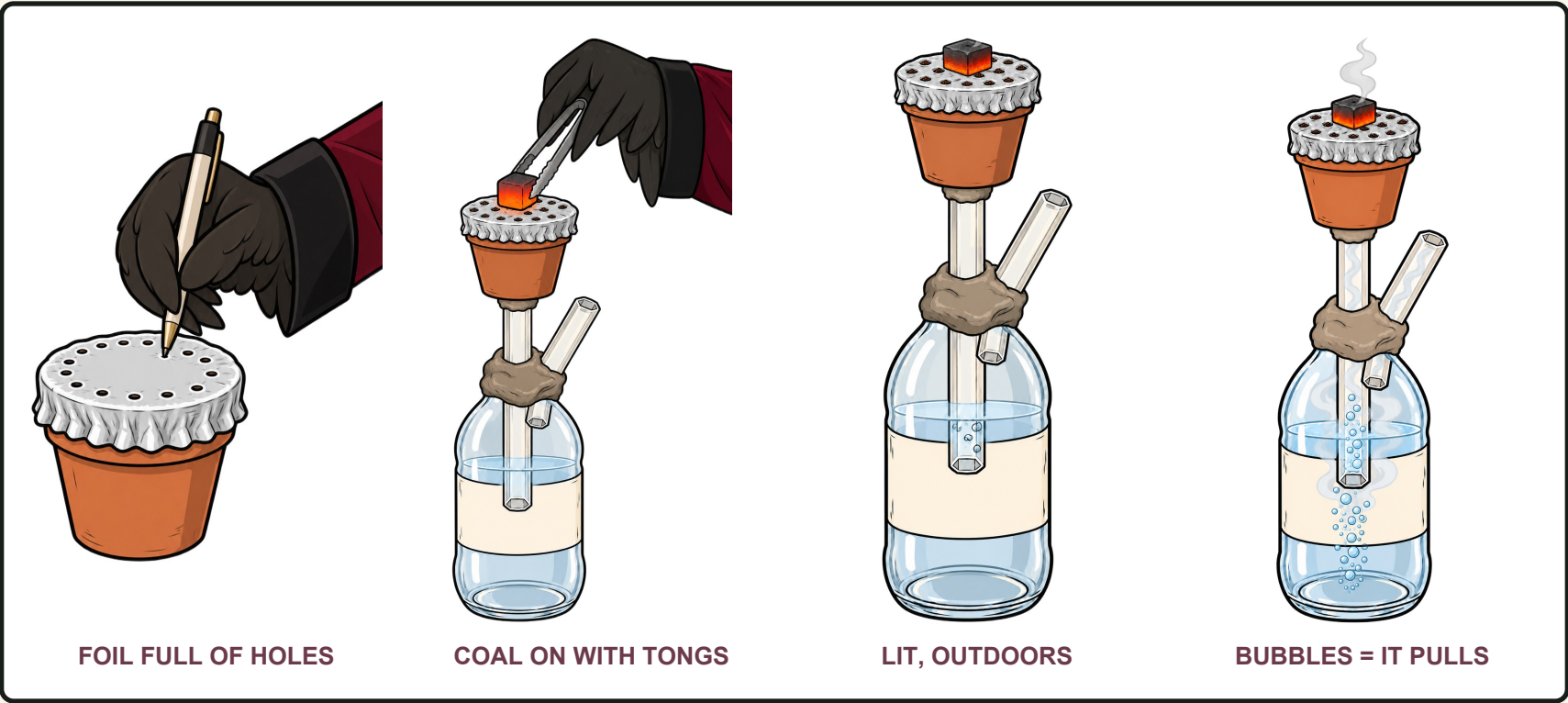
STEP

Heat it and pull

4 OF 4 / READ IN ORDER

04

A coal on foil heats the tobacco from above. Outdoors only.



LIGHT UP

- **Stretch foil over the bowl and poke many small holes in it.**
- Outdoors, light one charcoal briquette until it is covered in grey ash, then set it on the foil with tongs; a campfire ember works the same way.
- Draw slowly on the short tube; smoke bubbles up through the water.

STOP / COALS AND CARBON MONOXIDE

- **The coal makes carbon monoxide: outdoors only.**
- Headache, dizziness or nausea means stop and get to fresh air.
- Use tongs; the foil, pot and bottle get hot.
- Drown the coal in water when you are done.

SOURCES / CDC: carbon monoxide poisoning basics · NHS: carbon monoxide poisoning (symptoms) · CDC: hookah smoking key health facts

BUILD MAP

PREVIOUS

NEXT

NOTE

Clean up and cut back

KEEP THESE LIMITS WITH THE STEPS

REF

Cold coals, fresh water, and a plan if you want to stop.



STORE AWAY FROM KIDS



SMOKE IS STILL SMOKE

CLEAN UP

- **When the coal is cold, empty the bowl into a metal can.**
- Pour out the water and rinse the bottle and tubes; old water grows mould.
- Store tobacco out of children's reach.

CUTTING BACK

- **Nicotine is addictive.**
- For free help to quit in the US, call 1-800-QUIT-NOW or visit smokefree.gov.

SOURCES / Smokefree.gov: free quit help · CDC: hookah smoking key health facts

NOTE

Sources and limits

KEEP THESE LIMITS WITH THE STEPS

REF

Checked October 3, 2026. Tap a source in the box to open it.

SOURCES / TAP A TITLE TO OPEN IT

CDC: hookah smoking key health facts

<https://www.cdc.gov/tobacco/other-tobacco-products/hookahs.html>

FDA: hookah tobacco (shisha or waterpipe tobacco)

<https://www.fda.gov/tobacco-products/products-ingredients-components/hookah-tobacco-shisha-or-waterpipe-tobacco>

Wikipedia: Hookah (parts and operation)

<https://en.wikipedia.org/wiki/Hookah>

CDC: carbon monoxide poisoning basics

<https://www.cdc.gov/carbon-monoxide/about/index.html>

NHS: carbon monoxide poisoning (symptoms)

<https://www.nhs.uk/conditions/carbon-monoxide-poisoning/>

Smokefree.gov: free quit help

<https://smokefree.gov/>

ABOUT THIS GUIDE

- This is an editorial source review of an improvised build, not a tested product.
- Sizes stay approximate: about half full, about 1 inch under the water, a pot about 2 inches across.

STOP / WHERE THIS GUIDE ENDS

- No hookah is a safe way to smoke, and this one is no exception.
- Adults of legal age only, outdoors only.
- Anyone pregnant or with heart or lung disease should not use it.

SOURCES / CDC: hookah smoking key health facts · FDA: hookah tobacco (shisha or waterpipe tobacco) · Wikipedia: Hookah (parts and operation) · CDC: carbon monoxide poisoning basics · NHS: carbon monoxide poisoning (symptoms) · Smokefree.gov: free quit help

QUICK REFERENCE

Read the full steps first. Tap any row to return to its instructions.

BEFORE STEP 01

Adults of legal age only. Water cools smoke but does not filter it. Coals make CO: outdoors only. Not a safer way to smoke.

- 01

Fill the base

Thick glass bottle or hollow melon, half full of cold clean water. Water cools smoke; it does not filter it.

P04
- 02

Seal the stems

Long tube 1 in under the water, short tube above it, damp clay around both. Cover the long tube: no air = sealed.

P05
- 03

Pack the bowl

Small clay pot (or cored apple) on the long tube, clay-sealed. Shisha, or tobacco with a little honey, packed loose.

P06
- 04

Heat it and pull

Holey foil, an ash-grey coal set with tongs, outdoors only. Draw slowly on the short tube. Drown the coal after.

P07

NUKE SAYS

Water cools it. Nothing cleans it. Outdoors, adults, and go easy.

STOP / HEALTH AND FIRE RULES

FULL FACTS / PAGE 03

▪ Adults of legal age only

▪ Not safer than cigarettes

▪ Water does not filter toxins

▪ Never share a mouthpiece

▪ Outdoors only: coal makes CO

▪ Headache or dizzy: fresh air

▪ Tongs; everything gets hot

▪ Drown the coal when done

Keep tobacco and coals away from children. Free help to quit in the US: 1-800-QUIT-NOW or smokefree.gov.

SOURCES / CDC: hookah smoking key health facts · FDA: hookah tobacco (shisha or waterpipe tobacco) · Wikipedia: Hookah (parts and operation) · CDC: carbon monoxide poisoning basics · NHS: carbon monoxide poisoning (symptoms) · Smokefree.gov: free quit help