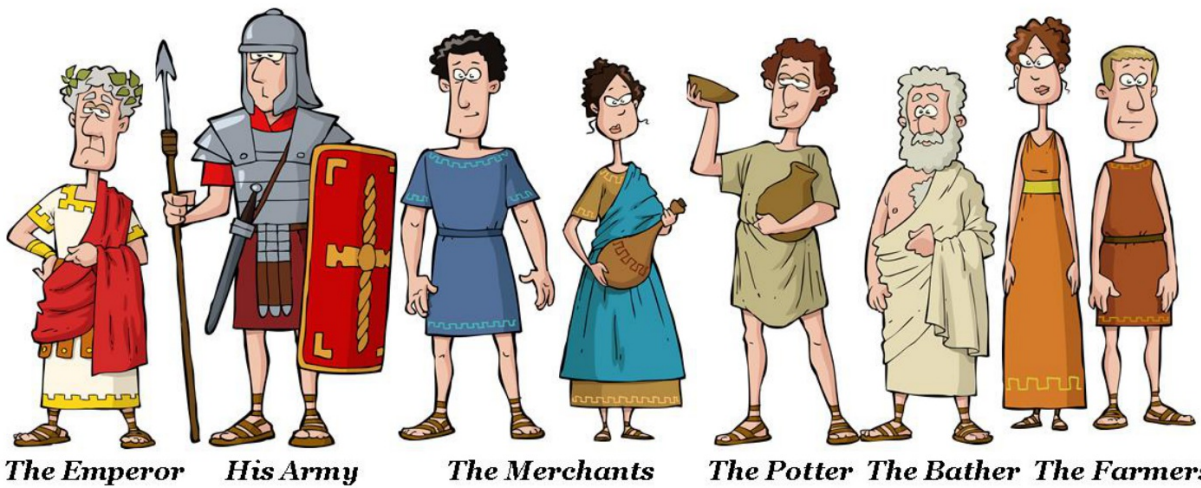


Roman life in the city!



Lets see what it was like
at the Roman Baths...

Where would I have washed?

If you are on Virtual School the video links are all available under today's topic.



watch
video

Roman Baths

The Romans loved to keep clean and bathing was a sociable experience that the Roman people enjoyed to share together.

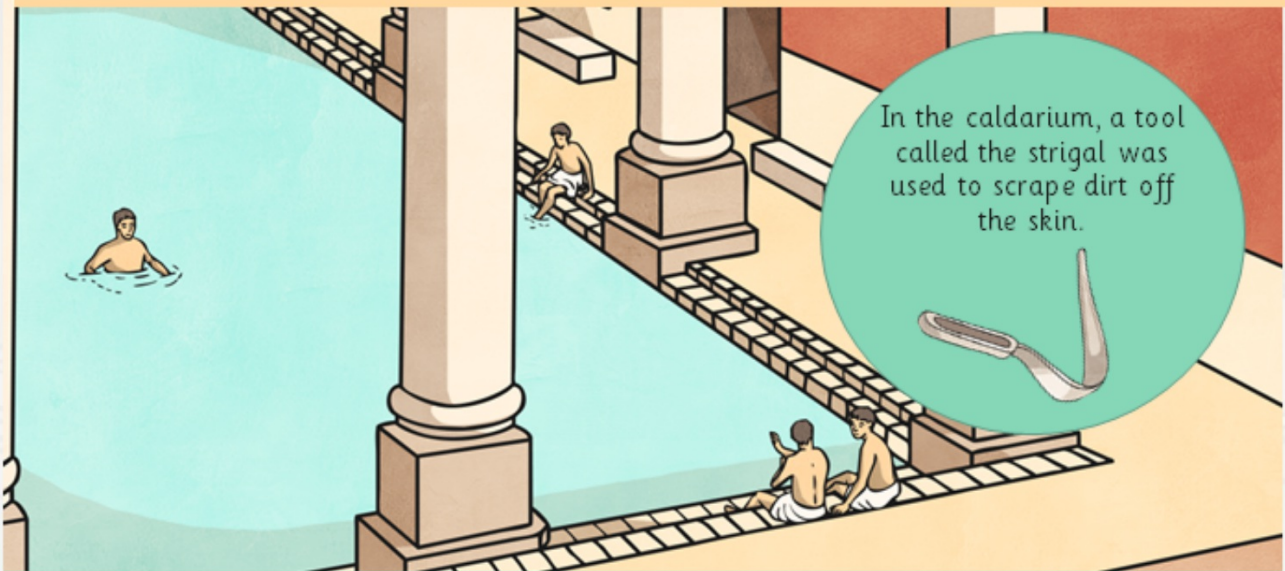
The Romans also built their baths in the countries they conquered and re-established under Roman rule. There are many fine examples of Roman Bath Houses in Britain.

This picture show the Roman Baths at Bath, Somerset.



Copyright Roman Bath by MT-learn/Encyclopædia Britannica - The photo is inspired from Wikipedia. WTS. Licensed under CC BY-ND 1.0 on Wikimedia Commons

Blissful Bathing



A Roman bath was not just a bath! Roman baths were based on three main bathing experiences. First the bathers would relax in a warm room called the **tepidarium**. After that they would enter the **caldarium** which was hot room designed to make them sweat out dirt. The final **frigidarium** bath was cold and big enough to swim in.

More to Do!

Many Roman baths offered other services too, making a visit to the bath house a total spa experience!



- Masseurs were employed to give massages and help soothe aching muscles. They would also rub oil into the skin.
- There was a gymnasium where people could exercise and get fit
- Vendors sold food and drink at many stalls.

What do we have instead of Roman baths now?



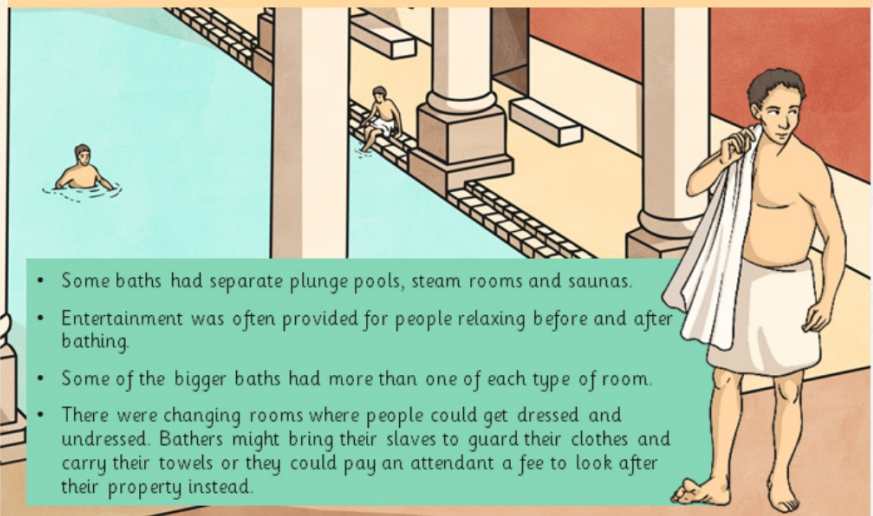
What does this sound like?

spa

gym

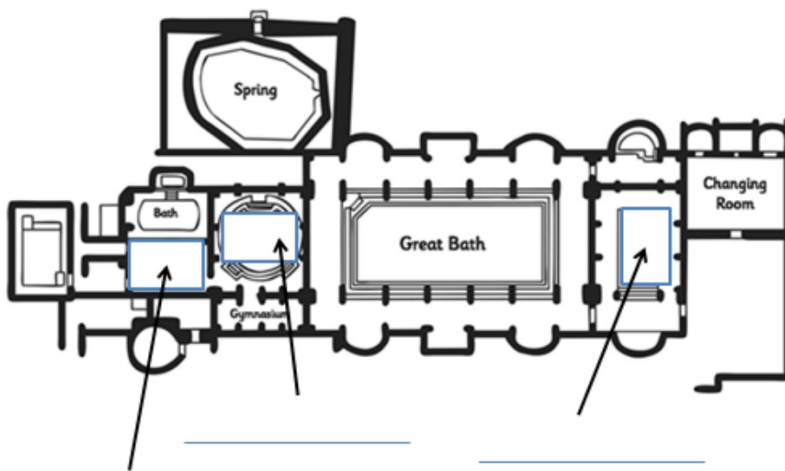
leisure centre

...and even more!



- Some baths had separate plunge pools, steam rooms and saunas.
- Entertainment was often provided for people relaxing before and after bathing.
- Some of the bigger baths had more than one of each type of room.
- There were changing rooms where people could get dressed and undressed. Bathers might bring their slaves to guard their clothes and carry their towels or they could pay an attendant a fee to look after their property instead.

TASK: Label the correct rooms in a Roman Baths.



tepidarium
caldarium
frigidarium

If you are on virtual school and do not have a printer draw it out! Or just point to each room and tell your adult what the name of it is.

TASK: Write 3 really interesting facts you have found out!



Here are some of my cool facts!

The final bath was cold and big enough to swim in.

First the Romans would relax in a warm room called a tepidarium.

Romans could also enjoy a massage in the baths using olive oil to moisturise the skin.

What could you add? Think of 3 more interesting facts!

Did you know _____ ?

