



AT THE ROMAN BATHS



The warm pool



The changing room



The hot steam room



The cold plunge pool



The open-air courtyard



The massage room

Timetable at the baths

Arrive at the bath house and undress in the changing rooms.

Go to the unctuarium to have oil rubbed into your skin.

Exercise in the gymnasium or palaestra to make yourself good and sweaty.

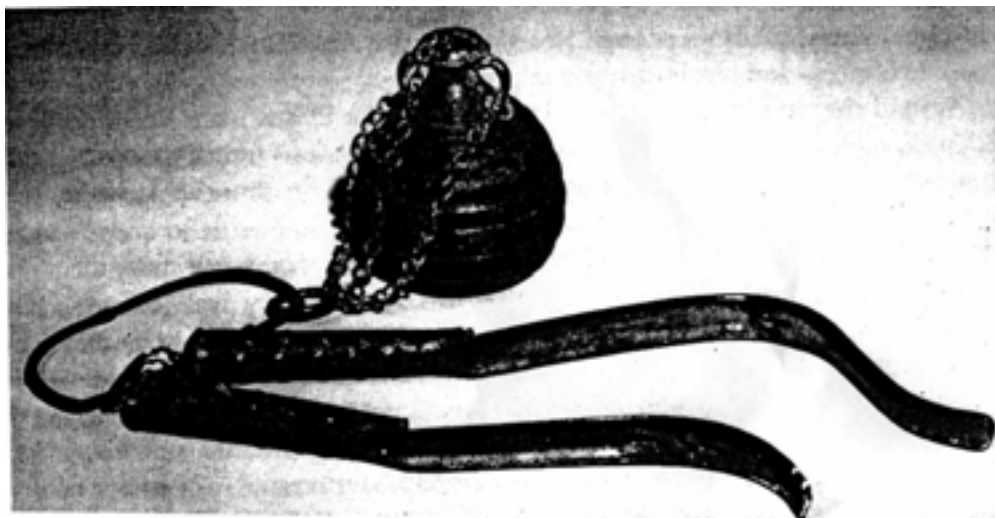
To the warm room (tepidarium) to laze in the warm water and chat to friends.

On to the hot room (caldarium). Sweat in the hot, steamy atmosphere. Attendants bring snacks and drinks. Scrape your skin clean with a strigil, then bathe in the hot pool.

Now to the cold room (frigidarium) to plunge into the cold pool and close your pores.

Finally, have a massage from an attendant, who rubs oils and perfumes into your skin.

You feel clean and glowing: you can stroll in the exercise yard (palaestra) watching the activities, converse with friends or go home.



Strigils

Note:

People usually visited the baths in the afternoon.

Women and men bathed at separate times of the day.