



THE HISTORY OF BATHING



Source: Flickr ctj71081

- Most of us take bathing for granted, but to ancient cultures it was a luxury.
- They did not always have access to a water source, nor did they realize the importance of cleanliness.
- During the Middle Ages, the Greeks & Romans began bathing in hot springs, recognizing its benefit on the body.
- Roman aqueducts, over 2300 years ago, helped create public bathing houses with warm, hot, and cold baths.
- These ancient bath houses became a community center where people would socialize, work out, and relax.



Source: Historicaleve.com



BATHS AT THE FAMOUS BATH



Source: Flickr by Heather Cowper

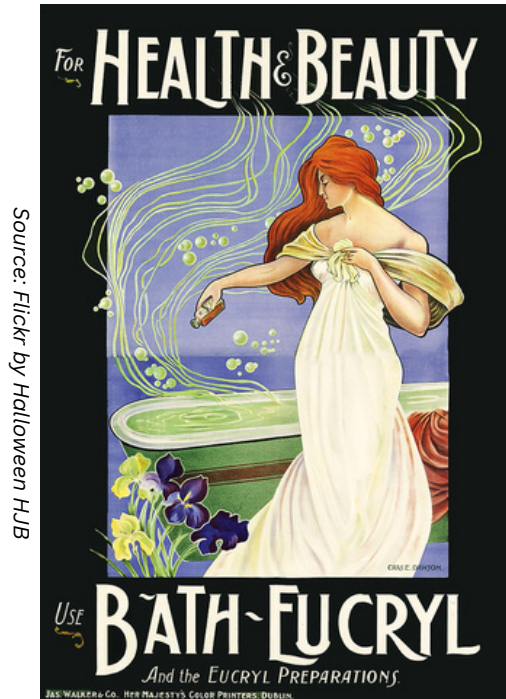


Source: The Colony Hotel

- The city of Bath, in England, gets its name from famous Roman baths built there around 70 B.C.E.
- Local hot springs furnished the baths with many minerals, making them considered healing waters.
- Bathers at Bath would also get a massage of fragrant and healing oils from herbs like lavender, rosemary, and thyme, to relax nerves and improve circulation.



AROMATIC BATH BOMBS & SHOWER STEAMERS



- Aromatherapy in baths became very common during ancient times and still is today. Essential oils & herbs in bath water helps hydrate the skin and soothes sore muscles.
- Recent fun aromatherapy inventions include fizzing bath bombs and shower steamers.
- These react with water to fizz and dissolve, releasing their mixture of aromatic oils and soothing salts.
- The aromas can improve mood & sleep, boost energy, and even helps congestion.