

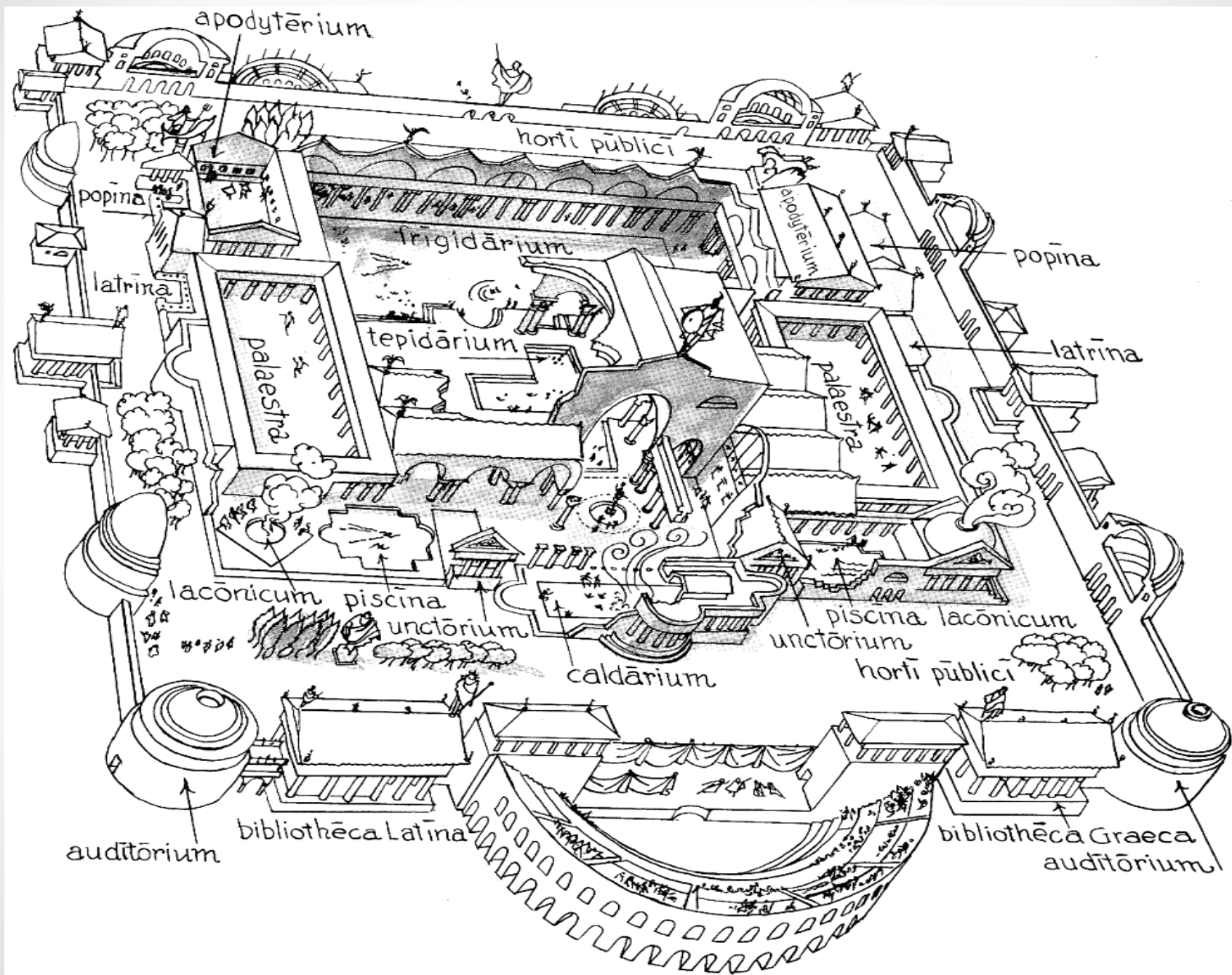
# Thermae Romanae

# Thermae Romanae

- As one of the most important leisure activities, attending the baths was a daily part of life for men and women
  - Communal activity
    - Like a modern day spa or health club
    - Very social and open experience for citizens of all classes
    - Also held sports and recreation
    - Small fee was required to use them
      - Women paid a higher fee
  - No mixed bathing!
    - Men and women used to be able to bathe together when the baths were first used
    - Later in history, men and women had separate bath houses or would share the bath house but use it at different times
  - Public and private baths existed
    - Smaller, private or neighborhood baths were called *balnea* and were used by men after exercise
    - Larger, public baths were the *thermae*

# Thermae Romanae

- The *thermae* served many functions, including:
  - Hygienic bathing
  - Poetry readings and plays
  - Libraries
  - Vendors
  - Sun bathing
  - Gardens
- The Romans believed that a good bath would stimulate the appetite and prepare oneself for a large dinner

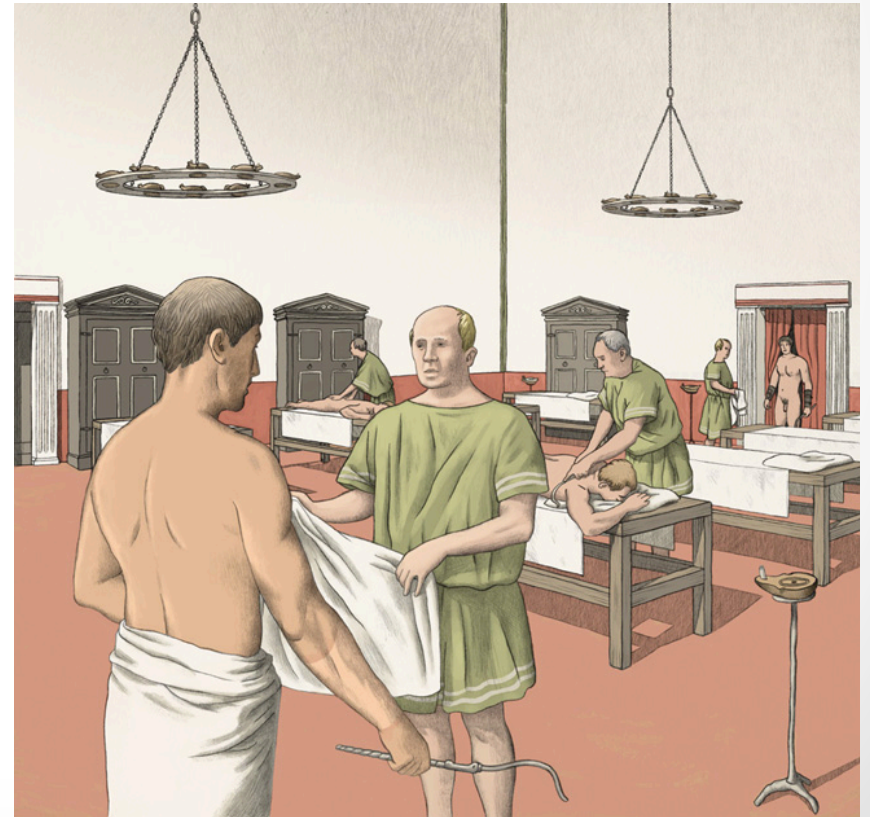


# Apodyterium

- Changing/storage rooms
- Had shelves with spaces for people to place their belongings, their “cubbies” marked by Roman numerals
  - Not always the most secure area for safekeeping

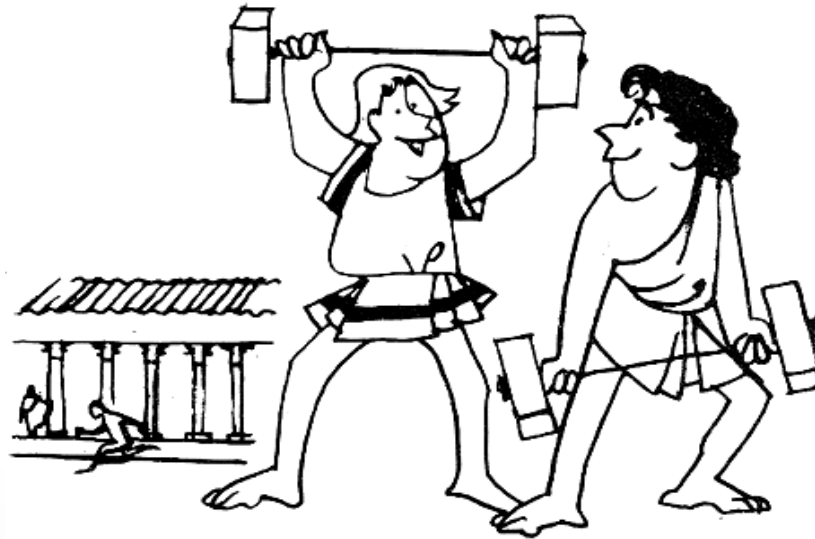
# Unctorium

- Anointing rooms
- Here, Romans would apply oil to their bodies
  - If they were wealthy, a slave would do this for them



# Palaestra

- Exercise rooms





# Latrinae

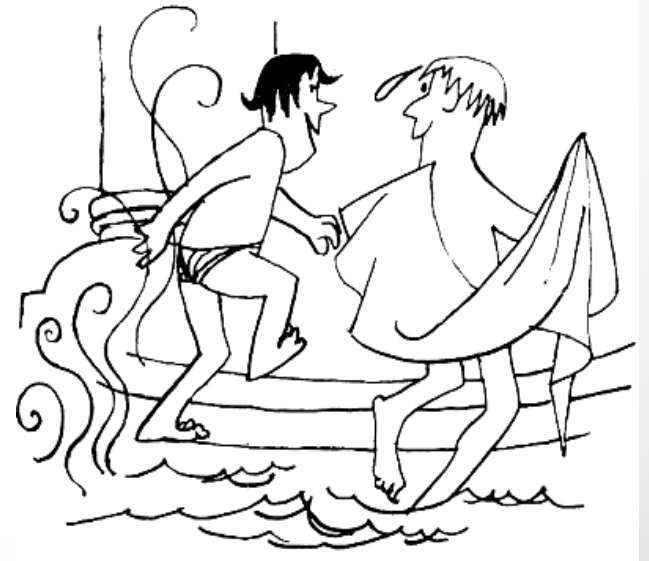
- Like a modern toilet, these were marble seats over a channel of water which had a continuous flow



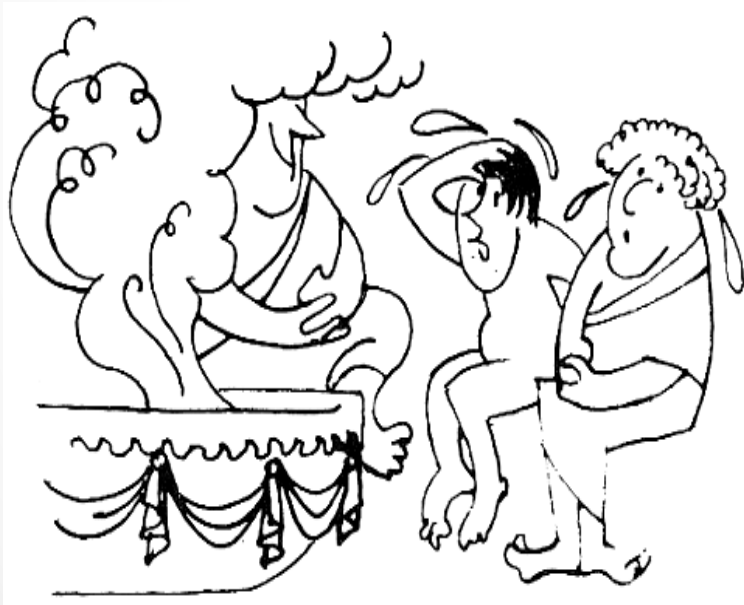


# Caldarium

- Hot steamy room; heated pool and a *labrum*, a basin used to heat the room



# Laconicum



- A room adjacent to the *caldarium*
- Dome shaped, dry and very, very hot
  - Similar to a modern sauna

# Tepidarium

- Warm room; warm walls and floors but no pool.  
Heated indirectly

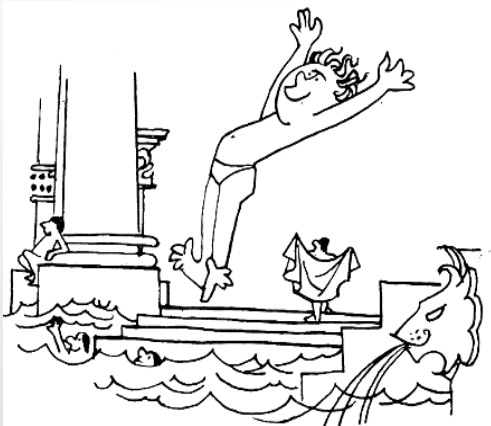
# Frigidarium

- Frigidarium; unheated, cold water pool



# Natatio/Piscina

- Open-air swimming pool
- Despite being called a *piscina*, these would never have real fish in the pools
  - However, they were usually decorated with fish and other sea animals



# Bibliotheca

- Library where visitors could read texts in both Greek and Latin



# Popina

- Snack shop
- Visitors could buy bread, fruit and other foods here



# Auditorium

- Lecture hall where Romans could hear oratories, debates, poetry, etc.



# How the baths worked

- The waters were supplied to the baths by the Roman aquaduct system
- The building's foundation consisted of short pillars and a furnace whose hot air flowed underneath the bath.
  - Hot air flowed around the pillars and heated the rooms and water.
    - This system is called a *hypocaust system*
  - Slaves would be responsible for keeping the furnace running and for moderating the temperature of the bath

# Routine

- The common routine for a Roman bath followed a consistent path
  - Person would enter through *apodyterium*
  - Person would have dirt scraped off and then be rubbed down with oil in the *unctorium*
    - The scraping tool was called a *strigil*
  - Then they would go have some exercise in the *palaestra*
  - Once the exercise was finished, the oil was scraped off with a *strigil* again
  - Then they would move from here to the *caldarium* or *laconium*
  - Then they would move to a *tepidarium* and/or a *frigidarium*
- After a bath, a person would visit the *hortus*, *bibliotheca* or watch a performance in the *auditorium*.

- <https://www.youtube.com/watch?v=bEYPBnR1UN8>
- Pardon the Spanish! 😊