

## Thermae Romanae: Baths to us!

- ✘ Rome was a city of 1,000,000 people at its zenith and needed many baths to accommodate its residents.
- ✘ Baths were called THERMAE if they were really big and BALNEA if they were small, local baths.
- ✘ Balnea were the most common bathing spot. They were simpler than thermae.
- ✘ The first large scale Thermae was built in 25 bc by Agrippa (same name on Pantheon).

### Thermae

- ✘ Thermae is the word for "heat."
- ✘ After Agrippa, many other Emperors wanted to build better and bigger Thermae (more luxurious) and subsidize them to the point that they were almost free.
- ✘ The bath of Diocletian, built in 305 AD could accommodate over 3000 bathers
- ✘ By 33 BC there were 170 baths, public and private, in Rome.
- ✘ The daily bath had become a social occasion. Meet all your friends there.
- ✘ By the end of the 4th century AD, there were 11 public baths and 926 private baths in Rome.

### Principal baths

- ✘ Principal baths, named in honor of the emperors who had them built, were:
  - + Nero in 65 AD
  - + Titus in 81 AD
  - + Domitian in 95 AD
  - + Commodus in 185 AD
  - + Caracalla in 217 AD (Ruins)
  - + Diocletian in 305 AD (Remodelled: MikAng)
  - + and Constantine in 315 AD



### Technological developments:

- ✘ Thermae needed two things to be successful:
  - + Big open interior space: achieved by a VAULTED CEILING
  - + HYPOCAUST: Heating system for water and for the floor.

### Other Amenities

- ✘ In addition to bathing, baths had:
  - ✘ Small theater for reciting poetry
  - ✘ Café and ambulatory snack sellers
    - + Palaestra: to exercise: Wrestle, foot race, ball games
  - ✘ Manicured gardens
  - ✘ Library
  - ✘ Lounge furniture



### Entering the bath

- ✘ Greet the BALNEATOR with a QUADRANS.
  - + The bath operator with the lowest denomination coin.
- ✘ You might bring your slave who would carry your towel, oils, bath implements, watch your clothes

### First stop: Apodyterium

- ✗ Enter the APODYTERIUM (changing room)
- ✗ May give CASPARIUS a coin to guard clothes
- ✗ Apodyterium would have niches for clothes of wooden cabinets (lockers)



### 2<sup>nd</sup> Stop: Tepidarium

- ✗ Enter the Tepidarium: Medium hot room/bath
- ✗ This would warm your body up.

### 3<sup>rd</sup> Stop: Calidarium

- ✗ A) Optional: If you wanted: go into the Palaestra for exercise. Wrestling, ball, races.
- ✗ B) CALIDARIUM: hot room and hot bath. Open pores, sweat.
- ✗ Heated floor: needed sandals
- ✗ C) Optional: LACONIUM: Very hot room, no pool
- ✗ After you get hot and sweaty enough, heat or exercise: Massage or rubdown with oils. Yourself, Professional or your friend
- ✗ Scrape off oils with a STRIGIL



### 4<sup>th</sup> Stop: Frigidarium

- ✗ After scrape off all sweat and oil
- ✗ FRIGIDARIUM: Cold bath
- ✗ Purpose: to close pores and cool off.

### Other Schtuff

- ✗ NATATIO: Regular unheated swimming pool for recreation
  - + Same as the pool you might use: splash around, drown your friends etc.
  - + Some outside and some enclosed.
- ✗ LATRINA:
  - + Common room, no stalls, chit chat with friends
  - + Sort of private: Pull up toga, Not pull down pants
- ✗ Co-ed?
  - + Women probably bathed in the morning, men in the afternoon.
  - + But some did have separate facilities for each.
- ✗ Water quality: poor
  - + But: aqueducts provided water so they water could have been replenished.
- ✗ Roman Underwear: Subligaculum: not quite a loincloth but not quite shorts.

