

## PRIVATE ROMAN BATH-HOUSES

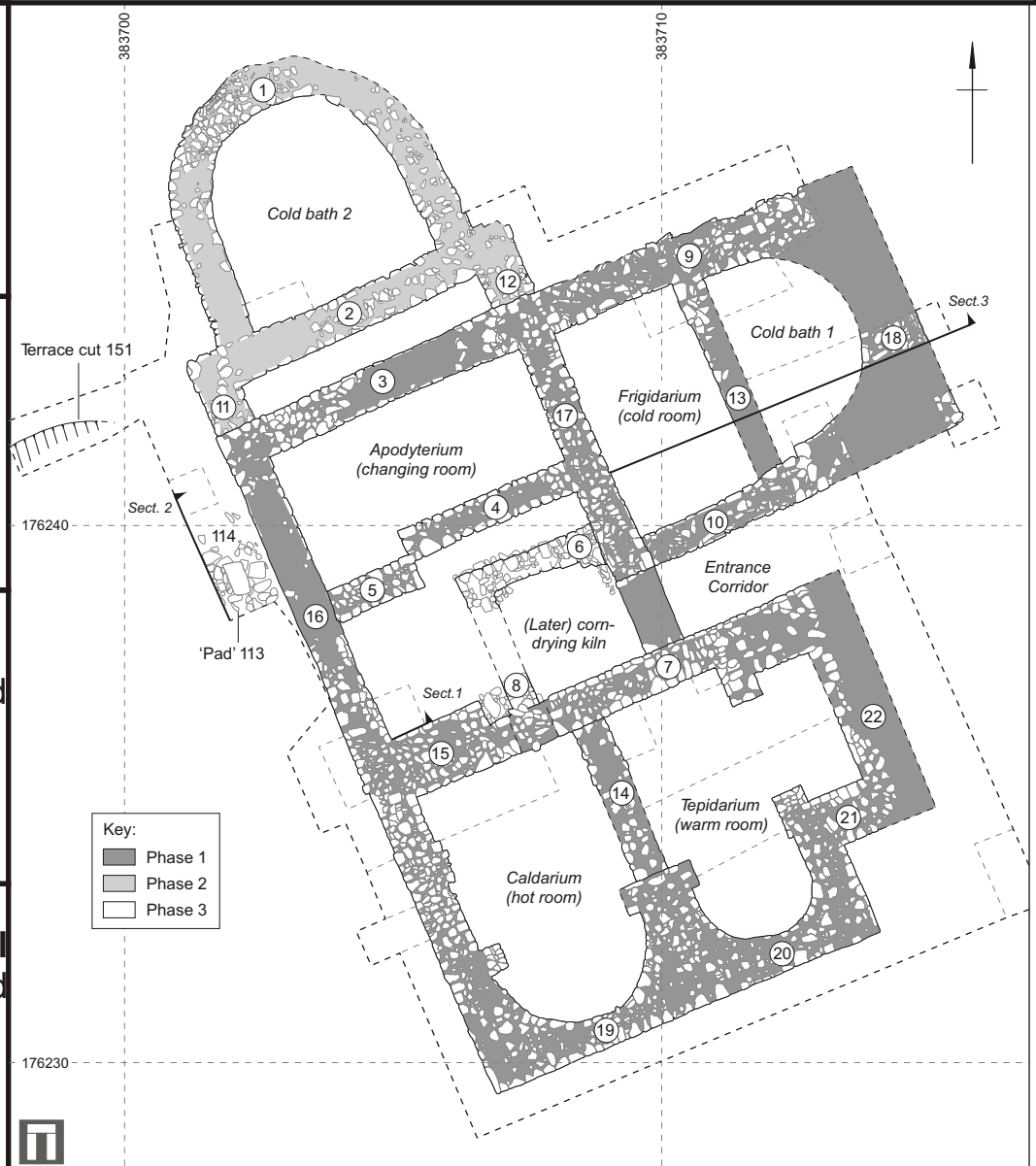
Wealthy Roman villa owners, like those at Truckle Hill, often built themselves private bath-houses where they could bathe and entertain guests. Private baths had the same basic layout as larger public baths and bathers followed the same basic routines;

On entering the bath house Roman bathers would take off their clothes in the **apodyterium**, (changing room)

Next the bathers would enter the **tepidarium**, or warm room where they could exercise or relax and oil themselves

Then they moved to the **caldarium** (hot room) which contained a hot plunge bath. Temperatures were 40°C and the steam made you sweat

Sweat and dirt were scraped off by a **strigil** before bathers entered the **frigidarium** (cold room) where they were refreshed by a cold plunge bath



Hypocaust **pilae** part of the system used to heat the **tepidarium** and **caldarium**



Truckle Hill Bath-house



An oil jug and metal **strigil** used instead of soap by Roman bathers