



ROMAN BATH TIME

Underneath Priory Lake were once the remains of a 1700-year-old farm, complete with Roman-style bath suite and underfloor heating.

A Weird Way to Wash



Try out this Roman hygiene routine.

Rub some cooking oil into your hands or arm.

Now get your slave – oops I mean friend – to strigil you (or do it yourself).

Use the edge of a spoon, back of a comb, or a piece of white card to scrape the oil from your skin.

Is it grubby and grey, or clean as a whistle?

Posh Wash?

Roman baths might look luxurious to us, but they were an important part of everyday life for the Roman invaders and the locals who wanted to be like them.

Sounds like a good way to relax after a day on the farm.



Watch a video of how Roman-style bath suites and hypocausts worked – complete with underfloor slaves! <http://www.bedfordrivervalleypark.org/dig-deeper-roman-farm/>

