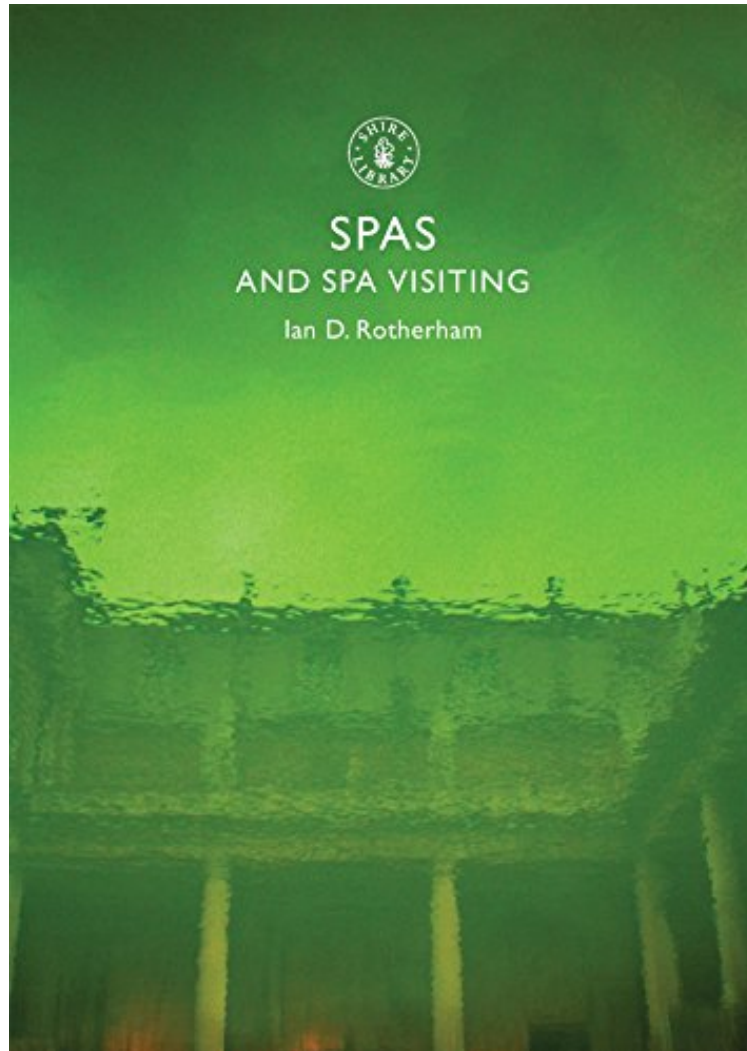


(Pdf free) Spas and Spa Visiting (Shire Library)

## Spas and Spa Visiting (Shire Library)

*Ian Rotherham*

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**Ian Rotherham : Spas and Spa Visiting (Shire Library)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Spas and Spa Visiting (Shire Library):

0 of 1 people found the following review helpful. we'll researched but so poorly organized and written By Andrea SI was deeply disappointed with this book, looking for something that would provide some real detail on the history of spa bathing, and people's experiences. Instead the author focuses on the superficial historical layer with a morbid focus on the squalor and quackery of bathing 1600 to present almost. The book has little structure and although the author clearly did a lot of research, it is presented as a rambling muddle of history, blatant assumptions, and holds no shred of information on the positive aspects of springs or their healing abilities. I do not recommend.

The spa came into its own in Georgian Britain, with thousands flocking to take the waters at towns such as Bath, Cheltenham and Tunbridge Wells. As these towns grew, mixing with fashionable society became probably more important than seeking the benefits of bathing, which in any case often involved immersion in a mix of pure spa mineral water and an often filthy swill of dirt and sickly bodies. Ian Rotherham here traces the story of spa bathing, from Roman and medieval times, through its heyday in Georgian and Victorian Britain, to its demise in the twentieth century and its recent revival. Enlivened by a wealth of colorful illustrations, this book is a perfect introduction to changing attitudes to public bathing and health, and an excellent guide to the spa-related rise of some of Britain's most famous towns.

About the Author Ian D. Rotherham, ecologist and landscape historian, is Reader in Tourism and Environmental Change at Sheffield Hallam University. An international authority on cultural and historical aspects of landscapes, especially peat bogs and peatlands, he also writes and broadcasts on environmental issues. Professor Rotherham lives in Great Britain.