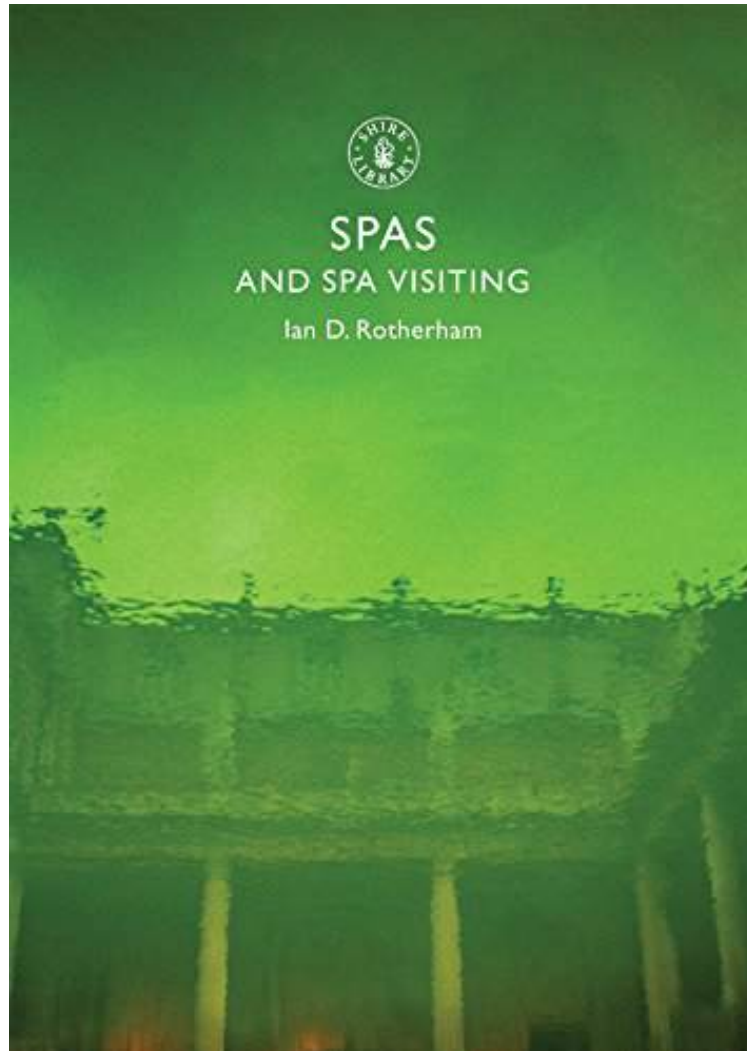


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## Spas and Spa Visiting (Shire Library)

*By Ian Rotherham*

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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. The book has little structure and alt. 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. 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.

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