

Gaius' Day at the Baths

Gaius goes to the bathhouse on his day off from work.

Before he can use the large swimming pool, he needs to clean himself in the hot rooms.

First he goes to the apodyterium (the changing room) to take off his toga and sandals. He pays a servant to guard his belongings, so they don't get stolen.

Then he goes to the tepidarium, a nice warm room with beautiful mosaic floors. He gets a massage using olive oil from an oil pot.

Next he goes into the caldarium, a room with a furnace to heat the floors and walls. He gets very hot and sweaty. He returns to the tepidarium where he uses a strigil or scraper to remove the sweat, oil and dead skin from his body. He can store his skin scrapings in a jar and sell it to a lady as face cream.

Lastly he jumps in the cold water pool called the frigidarium, to close up the pores of his skin and remove any leftover olive oil.

Now he's all clean, he goes out to the bathhouse. He meets up with some friends and they share an amphora (a very large jug) of wine and some slimy oysters. Before he leaves, he makes sure to pluck out his armpit hair and scrape out his earwax with a small spoon.

