

Hot Springs

National Park

THERMAL WATER BATHING



THERMAL WATER BATHING:

All bathhouses in the park are operated by concessioners under contract with the National Park Service. Bathing facilities outside the park in the Arlington, DeSoto, Downtowner, and Majestic Hotels, and the Levi Memorial Arthritis Hospital, utilize the thermal spring water under special use permit.

TRADITIONAL BATHS:

The traditional bath has been historically available in the bathhouses. The baths were predominately taken in the past for therapeutic purposes. Today, many take the baths as a recreational activity.

A TRADITIONAL BATH CONSISTS OF:

1. Safeguarding of valuables in a locked box.
2. Assignment of a male or female bathing attendant, according to gender and division of bathhouse.
3. Undressing and wrapping in a sheet. The sheet is used when going from one bathing procedure to another.
4. Soaking for 20 minutes in 100 degree water in an oversized tub.
5. Scrubbing with a bath mitt (optional, mitt costs extra).
6. Head-in steam cabinet (2 minutes), or heat-out cabinet (5 minutes).
7. Sitz tub, which is sitting in a special tub of 108 degree water for 10 minutes
8. Application of hot packs up to 4 in number for 20 minutes.
9. Warm shower for 2 minutes.
10. Massages optional at extra cost. (Additional 20 minutes or more.)
11. Cooling and resting for 30 minutes or more.
12. Dressing and retrieval of valuables.

The whirlpool, a device generally available in the last two decades is optional at extra cost.

PHYSICAL THERAPY:

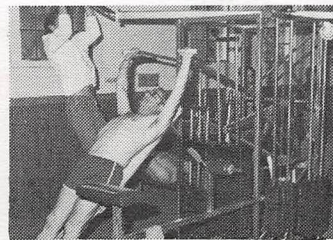
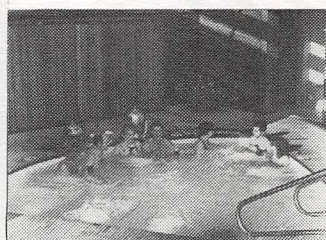
Hydrotherapy and manipulative procedures must be prescribed by a physician. Most prescriptions are for relief of pain or for the recovery of lost or impaired functions. Hydrotherapy procedures are given in large or small pools and a wide variety of equipment is used for rehabilitation purposes.

RECREATIONAL POOLS:

Hot tubs provide modern recreational opportunities on a self-regulated basis. Swim suits are required in the hot tub areas, which are available to both sexes.

RECREATIONAL POOLS & EXERCISE:

Hot tubs, saunas and exercise equipment provide modern fitness opportunities. Other instructions and services are available. Swim suits and exercise outfits are required. The concessioner rents swim suits.



SEE SEPARATE SHEET FOR LIST OF BATHHOUSES, RATES, AND HOURS OF OPERATION.

Hot Springs

National Park

