

City of Bath World Heritage Site

Hot springs activity – Fizz and Rainbows



Did you know?

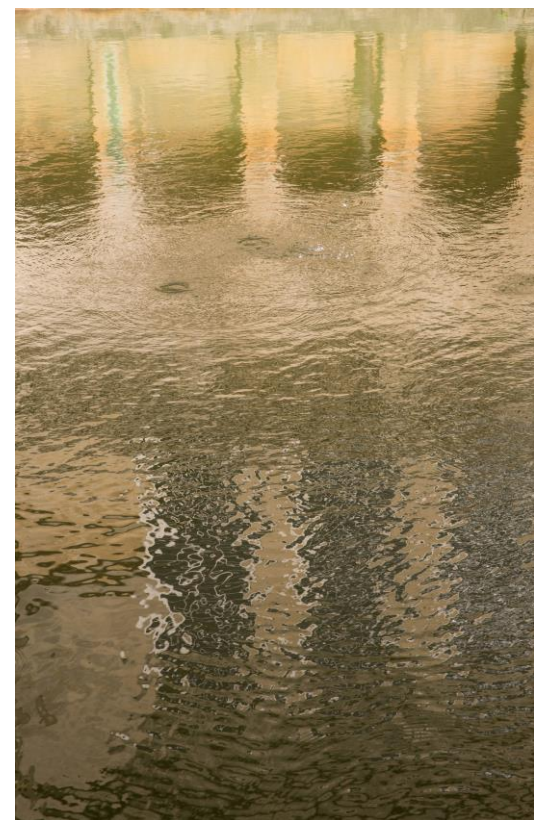
Bath has the only hot springs in the whole of Britain. There are three springs in the city centre, with 1.3 million litres of water flowing through every day. This is enough water to fill up your bath tub every 8 seconds!

The spring water has been used continuously for healing and leisure for over two thousand years. The Romans considered the hot bubbling spring water to be the work of the Gods so built a temple dedicated to the goddess Sulis Minerva and a big bath house. Find out more about the Roman Baths here (<https://www.romanbaths.co.uk/walkthrough>).

In the eighteenth and nineteenth century lots of rich visitors spent time in Bath as it became a popular spa resort. This led to the city being developed with many of the buildings we know today.

The spring water was used for medical treatments throughout the nineteenth and early twentieth century too, including the treatment of soldiers who had been injured in the First World War.

Today visitors to Bath's modern spa (<https://www.thermaebathspa.com/>) can enjoy bathing in the natural warm waters.



Reflections and bubbles in the King's Bath



Steam rising from the Great Bath

Activity one – Bath Bombs

The hot waters at the Roman Baths would have felt relaxing. People relax in the warm waters at the modern spa today.

Why not have a go at making your own relaxing bath bombs to fizz and bubble in your bath at home?

(adapted from

<https://www.bbc.co.uk/cbbc/thingstodo/bp-bath-bomb-make>)

You will need:

2 cups of bicarbonate soda / baking soda

1 cup cream of tartar

1 teaspoon of food colouring

2 teaspoons of food flavouring e.g. vanilla, peppermint, lemon, rose – this is to add scent

Mixing bowl

Spoon

Water inside a spray / spritzer bottle

Gloves

Ice cube trays or cookie moulds

Tissue paper / gift box if you plan to give these away

Instructions:

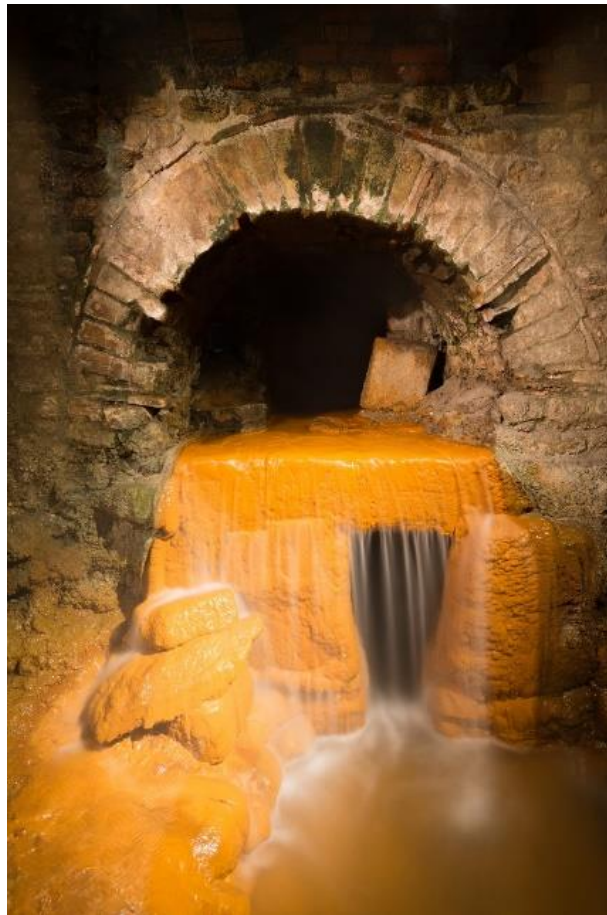
1. Gloves on! Mix the bicarbonate soda and cream of tartar together in the bowl. You can use your fingers to mix it together.
2. Add the food colouring and flavouring together to the mixture in the bowl. Mix it together. If the mixture clumps together you can break it up by rubbing it.
3. Using the spray bottle add a small amount of water to the mixture and keep mixing. You will only need a small amount of water, so add only a little at a time.
4. Spoon the mixture into your ice cube trays or cookie moulds and press down.
5. Leave somewhere warm and dry overnight
6. Carefully tap the bath bombs out of the moulds. You may want to wrap them up nicely and give them as a gift.
7. These will last for a few weeks before they start to lose their fizz!



Thermae Bath Spa today

Do share your creations with us. You can tweet us [@BathWHS](https://twitter.com/BathWHS), send us a message on Facebook [BathWorldHeritageSite](https://www.facebook.com/BathWorldHeritageSite) or send us an email World_Heritage@bathnes.gov.uk. We would love to see and hear how you got on.

Bath's spring water causes the stone it touches to get stained orange. This is because of the natural minerals in the water, especially iron. The minerals give the water a strange metallic smell too.



The 'overflow' from the spring at the Roman Baths

Experiment with making your own coloured water in activity two.

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Activity two – Rainbow Water

You will need:

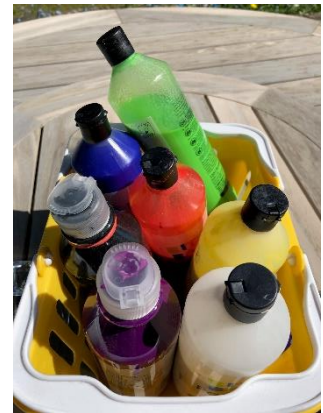


Empty pots or jars

Selection of tubes or bottles of paint

Jug of water

Lolly sticks, straws or small spoons for stirring



Instructions:

It's good to do this activity outside if you can, or use an old newspaper or mat if you're inside.

Pour water into each pot so that it is half full.

Squirt a bit of paint into each pot of water.

Give the water a stir with your stick so that the colour mixes through.

Experiment with mixing your paints to make different colours. You could try and make orange by mixing red and yellow or pink by mixing red and white. See if you can create a rainbow of your own.

