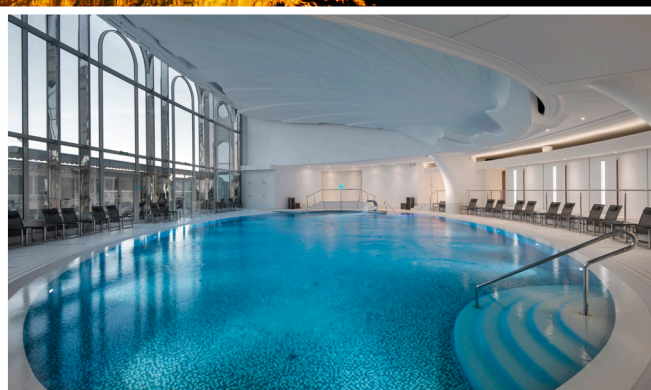


PHOTO COURTESY OF HOSHINO RESORTS KAI HAKONE

Left: KAI Hakone infinity hot spring. Below: Pool at Thermes Marins Monte-Carlo



view main pool and Europe's only cryotherapy room, a favorite of recovering athletes. A team of 28 specialists, from sports doctors and estheticians

to relaxation therapists and hairstylists, oversees the menu of a la carte services and multi-day programs; the latter target slimming, anti-aging and detox. Guests can dine on healthy meals at the on-site L'Hirondelle restaurant, and overnight at chic sister hotel, the Hôtel Hermitage Monte-Carlo, which has direct access to the spa. thermesmarinsmontecarlo.com

Roosevelt Baths & Spa at the Gideon Putnam Resort

By the 19th century, Saratoga Springs, NY, had become a resort town that served as a healing center for those who sought the springs. The Roosevelt Baths, opened in 1935, are housed at the Gideon Putnam Resort, a National Historic Landmark named after the city's founding father.

Enter another era by sinking into a warm mustard-colored mineral bath. The deep yellow hue is created when the effervescent, iron-laden mineral waters mix with regular heated water and oxidize upon contact with the air. The springs are naturally carbonated due to dissolved limestone minerals, and remain a constant temperature (55° Fahrenheit) year-round. When fresh hot water is added, the bath temperature reaches a balmy 97°—the ideal temperature to retain the spring water's carbonation.

Health benefits include increased blood circulation, cell oxygenation, elimination of toxins and relief for skin conditions, and repeated bathing can help normalize the body's autonomic nervous system, which affects heart rate, digestion and respiratory rate. gideonputnam.com/spa.aspx —Kristin Vukovic

HOT SPRINGS HISTORY

From the traditional onsen of Japan and the sacred Mayan cenotes of Mexico to the famed bathing complexes of eastern Europe and the ancient springs of Ma'in Jordan, cultures around the globe turned to water for wellness. But the civilization that really took bathing to heart was the ancient Romans, who turned soaking into a part of daily life: Every Roman settlement featured a *frigidarium* (cold bath), *tepidarium* (warm bath) and *caldarium* (hot bath), where residents would conduct business and catch up on gossip. As the Roman Empire grew, they took their love of soaking with them, establishing baths wherever they came across mineral springs—and thus the modern spa complex was born.

All over the world, locals still work regular soaks into their schedules (and many healthcare plans cover them). Iconic European spots include **Karlovy Vary** (Carlsbad) in the Czech Republic, where you can bathe in waters and fill up water bottles from free fountains around town; and Budapest's elegant **Szechenyi Baths**, where you might find families and old timers hanging out in the pools and playing chess on the waterside boards. In Germany's Black Forest spa town Baden-Baden (translated to "baths"), the new **Villa Stephanie** combines mineral soaks with high-tech beauty and wellness therapies (villastephanie.com), while in Bath, England, the 99-room **Gainsborough Bath Spa Hotel** (thegainsboroughbathspa.co.uk)—just opening this spring—is the only luxury hotel in the UK with direct access to natural spring waters.

Many of our historic spa towns sit on sites sacred to the Native Americans. Opened in 1860, in an area once known as Temescal Sulfur Springs, **Glen Ivy Hot Springs** (glenivy.com) is a long-time favorite for its wellness offerings and community spirit, while northern New Mexico's **Ojo Caliente** (ojospa.com)—where the 11 sulphur-free pools are rich in lithia, iron, soda and arsenic—come from ancient subterranean volcanic sources. On the way to becoming a fully carbon-neutral property, Palm Spring's **Two Bunch Palms** (twobunchpalms.com) has a bathing history that dates back to native cultures, as well as modern-day legends like Al Capone—who had a private bungalow at the property.