

**BERKELEY SPRINGS STATE PARK** is a historic facility with two spa areas: The Main Bathhouse and the Old Roman Bathhouse. Treatments at the Main Bathhouse or the Old Roman Bathhouse spa facilities require reservations.

**The Main Bathhouse** offers these spa treatments: Roman baths, Jacuzzi baths, Swedish-style massages, dry saunas, and mineral showers. The Main Bathhouse structural design allows for ladies-only and gentlemen-only treatment areas.

**The Old Roman Bathhouse** is a separate spa building; mixed gender use of the Roman Baths is afforded by the privacy included in its design.



## **SHOULD I MAKE A RESERVATION?**

**YES.** While reservations are not required, they are highly recommended. Call 800-225-5982 and ask for Berkeley Springs State Park, contact the park direct at 304-258-2711, or ask in person at the Main Bathhouse.

The park accepts reservations up to one month in advance. Weekends and holidays always book quickly, and weekdays from early April to Mid-November are busy. Reservations must be held with a credit card or by mailing a check for the amount due prior to your appointment. Credit cards accepted are: VISA, MasterCard, Discover, Diners Club, and American Express. Deposits are fully refundable with 24-hour cancellation notice. Group rates and reservation policies are available. Please contact the state park for more information.

## **ABOUT THE BATHS**

### **How are the baths maintained?**

Both Jacuzzi baths and Roman baths are drained and cleaned after each use. Fresh water is provided for every guest. The baths are for soaking and relaxing only; soaps and oils are not permitted in the tubs. You may wish to bathe or shower before coming to your appointment.

### **How hot are the Waters?**

The water bubbles from the springs at a constant 74° Fahrenheit and is heated to 100°–102° Fahrenheit for the baths. The attendant will not heat the water above 102° Fahrenheit for user safety; however, the temperature may be lowered if it is too hot for the bather.

### **Are there health restrictions or considerations?**

**Expectant mothers** should consult with their physicians before taking the baths. It is advised, if you are pregnant, that the water temperature should be no higher than 98° Fahrenheit. Please advise the attendant if you are pregnant, so the water temperature can be lowered.

**Individuals with high blood pressure or heart conditions** should not use the baths without consulting their physicians prior to scheduling an appointment.

**Children between the ages of 10 and 15** must have a parent or guardian present when receiving spa treatments. There are children's rates for some treatments. Main Bathhouse treatment guidelines are recognized regardless of age.

### **PLEASE NOTE**

Guests with medical conditions that could be exacerbated by water temperature, minerals, or other treatments, should consult their physician prior to making a spa appointment.

# Taking the Waters

A Guide to the Use  
and Enjoyment of the Baths at  
*Berkeley Springs State Park*

## **RESERVATION INFORMATION**

- For bath reservations, call 304-258-2711.
- Open daily 10 a.m. to 6 p.m.
- The last appointment of the day is 4:30 p.m.
- Call or visit the park website for additional hours of operation.
- The Bathhouse is closed New Year's Day, Easter Sunday, Thanksgiving and Christmas.

## **BERKELEY SPRINGS STATE PARK**

2 South Washington Street  
Berkeley Springs, West Virginia 25411  
304-258-2711  
[www.berkeleyspringsp.com](http://www.berkeleyspringsp.com)

West Virginia Division of Natural Resources, Parks and Recreation, 324 4th Avenue, South Charleston, WV 25303

### **STATEMENT OF POLICY REGARDING THE EQUAL OPPORTUNITY TO USE FACILITIES AND PARTICIPATE IN PROGRAMS**

Visitors are responsible for observing park rules and regulations.

"It is the policy of the West Virginia Division of Natural Resources to provide its facilities, accommodations, services and programs to all persons without regard to gender, race, color, age, religion, national origin or disability. Proper licenses, registration and compliance with official rules and regulations are the only sources of restrictions for facility use or program participation."

"The West Virginia Division of Natural Resources is an equal opportunity employer."

Information provided in this brochure is current as of design date, but subject to change thereafter.

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## THE MAIN BATHHOUSE

### Roman Baths

A Roman bath is not a whirlpool or Jacuzzi; it is 750 gallons of mineral water in a ceramic tile, walk-in private tub. Heated to a maximum water temperature of 102° Fahrenheit, a Roman Bath is a tub big enough to stretch out in, to float, read, or just relax. There are railings for exercise use and safety. These baths provide private surroundings that open into common areas where others may be moving through for massages, baths, etc. Bath time is 15 minutes if you are also enjoying a massage; 20 minutes without a massage.



### Jacuzzi Bath

Luxuriate in a 6 foot bathtub with mineral water heated to a maximum temperature of 102° Fahrenheit. Bath time with a massage is 15 minutes; 20 minutes without a massage.



### Massage

Enjoy 30 or 60 minutes of a Swedish-style full-body rub down with massage oil with pure olive oil. Massagers are trained and instructed. There are female massagers on the ladies' side of the Main Bathhouse and male massagers on the gentlemen's side of the Main Bathhouse. Sensitive areas will be fully draped at all times during your massage.



### Dry Sauna

Relax in one of our cedar lined dry saunas. The steam treatment may be included with a Bath/Massage package.

### Shower

At the end of your massage, you may take a five-minute shower, or you may elect to shower immediately following your bath. Another option is to follow your treatment with powder and no shower — this is especially good for those with dry skin.

Water from "Ye Famed Springs" Includes the following minerals ...

Sodium Chloride  
Sodium Sulphate  
Sodium Nitrate  
Potassium Sulphate  
Calcium Sulphate  
Ferrous Carbonate  
Magnesium Carbonate  
Strontium Carbonate  
Alumina, Silica  
and Albuminoid Nitrogen



## BATH ETIQUETTE

### Do I wear a bathing suit?

The treatment area at the Main Bathhouse is divided into a gentlemen's area and ladies' area and are separate. Bathing suits are not a requirement, however, guests may wear a bathing suit. Bathing suits are not recommended during a massage as all sensitive areas are fully draped during this spa treatment. A bath attendant provides towels and sheets and assists area guests in draping themselves before going from the tubs to the massage and/or to the mineral showers. Shower shoes are permitted but not provided.

### Do I tip?

If you wish to tip the massager and/or the attendant for a job well done, you may certainly do so at your discretion.

### What if I can't get an appointment?

If you are unable to get an appointment at the baths at the time of your choice, other bathing options are available in the Berkeley Springs area. Visit the WV Tourism website, [www.wvtourism.com](http://www.wvtourism.com) for information.



## WHAT ELSE IS AT THE PARK?

### Old Roman Bathhouse

The Old Roman Bathhouse, in use continuously since 1815, offers family-style bathing. Nine separate private bathing rooms that feature 750-gallon ceramic tile baths are available for 30- or 60-minute rentals. The tubs hold four adults comfortably. Fees are charged per person. Showers and massages are not available in this building, but towels are provided. Fresh water is used for each bath. Soaps or oils are not permitted in the baths. Bathing suits are not required, but may be worn at the bather's discretion.

### The Museum of Berkeley Springs

This facility is located on the second floor of the Old Roman Bathhouse and is open seasonally from May through October.

### Swimming Pool

The outdoor pool is open to the public Memorial Day through Labor Day, noon until 5 p.m. The pool water is from the springs, but it is filtered and chlorinated to meet health department regulations. A certified lifeguard is on duty at all times. There is a nominal admission fee; season passes are available.

### Gift Shop

The Main Bathhouse includes a quaint gift shop that is open year-round. Apparel, West Virginia arts and crafts, souvenirs, and postcards are featured.

### Water

A free public tap is located under the historic Gentlemen's Spring House next to the Old Roman Bathhouse. Gallon jugs are available for purchase at the Main Bathhouse.