

## Chapter 2 Outline

The Origin of Spa: Water  
The First Civilizations  
    Early Civilizations of the Fertile Crescent  
    Ancient Egyptian Civilization  
    Hebrew Civilization  
    Early Greek and Minoan Civilizations  
    Ancient Indian Civilization  
    Ancient Chinese and Japanese Civilizations  
Western Civilizations and Spa Cultures  
    Classical Greek Civilization  
    Roman Spa Culture  
    Spa Cultures of Europe  
New World Spa Cultures  
    American Spas in the Twentieth Century  
    New Spa Design and Research during the 1930s  
    The Second World War, Physical Medicine, and Spa Rehabilitation  
The Beginnings of the Contemporary Spa Era

## Competencies

1. Describe the importance of water and water rituals to the following ancient cultures: Egyptian, Hebrew, Minoan, Indian, Chinese, and Japanese. (pp. 37–43)
2. Describe the similarities and differences between the ancient Greek and Roman styles of bathing and spa culture. (pp. 43–47)
3. Discuss how religious and political issues affected the development and popularity of spas in Europe. (pp. 47–51)
4. Identify the people involved in the development of American spas in the eighteenth, nineteenth, and early twentieth centuries. (pp. 51–58))