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## The English Spa 1560-1815: A Social History

*Phyllis Hembry*

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**Phyllis Hembry : The English Spa 1560-1815: A Social History** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The English Spa 1560-1815: A Social History:

Beginning in the reign of Queen Elizabeth I, members of the English nobility and gentry made a practice of taking relaxation at the country's inland spas. This account shows the spas to have been not only centers of healing and recreating but also venues of intrigue extending to political, religious, economic, and social issues.