

# Hot Springs Spa District

**F**olklore tells us that since the days of the Ancients, our local hot springs have been sacred. The Warm Springs Apaches laid down their weapons as they entered the springs to heal. No battles were fought in this area of truce.

Designated as an Historic District, the Hot Springs District encompasses the entire downtown area of Truth or Consequences. The hot springs are geothermally heated with temperatures ranging between 95-112 degrees Fahrenheit. The springs are so abundant that the water percolates from the earth. With no unpleasant odor or taste, these waters are said to be magical, providing relief from stress and muscular pain. Some say it cures baldness! Upon entering the hot water, one feels a rush of warmth and ease. Rejuvenating!

The first bathhouse, built in 1882, was a small adobe structure (pictured at upper right). Las Palomas Plaza of Geronimo Springs commemorates the site of the first U. S. Government bathhouse. The hot springs area became a destination for people seeking relief from pain. Word of the balneological (healing waters) spread and many more bathhouses were constructed.

During the construction of the Elephant Butte Dam (1911-1916), the settlement just downstream became known as Hot Springs. Many people came to enjoy the bubbling hot springs. Most of the bathhouses in Truth or Consequences' historic bathhouse district were built in the 1920's. Today there are 9 public bathhouses, ranging from quaintly informal to elegantly pampering. Each bathhouse is unique. Some offer pools with free-flowing natural pebble bottoms. Many others have large tiled tubs into which natural hot water is pumped. Most offer other healing services such as massage, reflexology, aroma therapy, facials, and hot rock treatments.

[www.spa-town.com](http://www.spa-town.com)



Early adobe bathhouse from 1882.



Bathhouse dating from early 1900's



Truth or Consequences' nine public bathhouses range from natural pebble-bottomed pools to elegant tubs.