



☰ 🏠 MEXICO CITY

Retro Relaxation

The vapor baths of Mexico City are a time-honored tradition

By Megan Frye

In the 1950s, Mexico City was basically a village compared to the overflowing metropolis it has become. Running water, to say nothing of *hot* running water, was not available to the masses, and as a result public baths did quite a good business. Today, the few public bathhouses that remain in the city carry a vintage charm. So whether you want to detox your body and mind, cure that nasty hangover, get in some chillaxing time or spend a romantic evening with your lover, hop in — the water's fine.

Baños Regios



via [Website](#)

A few dozen taco stands northwest of stunning Parque Alameda lies Colonia Guerrero. As its name suggests, the zone has a tough reputation. But once inside your private steam room at [Baños Regios](#), troubles seem far away.

This place is all-out retro but well-kept, with recent renovations. The price — 150 pesos for a private room for two, for two and a half hours — is so low you can make this part of your regular self-care regimen.

Calle Mina 177, Colonia Guerrero, Delegación Cuauhtémoc, 06350. (55) 5535-3260; banosregios.com

Baños Señorial

Similar to New York's Russian and Turkish baths, Baños Señorial is located smack-dab in the city's historic center and maintains that antique ambience. While it's not quite the hoity-toity luxury spot it once was, it's still a great place to go as a couple. With space for more than 200 people, including private and group steam rooms, this joint will be a respite for capitaliños of all sorts for years to come.

Calle Isabel la Católica 92, Colonia Centro, Delegación Cuauhtémoc, 06800. (55) 5709-3120

Baños Finisterre

Recognized as a major destination of Mexico City's gay and gay-friendly communities, Baños Finisterre has a vintage vibe that appeals as much to twentysomethings as to those with longer memories. It's squeaky clean and the vapor is guaranteed to come from treated water, so you know the steam you're breathing in is pure.

Manuel María Contreras 11, Colonia San Rafael, Delegación Cuauhtémoc, 06470. (55) 5535-3543

Baños Catalina

Open since 1958, this bathhouse has a focus on detoxification, claiming 15 minutes in a steam room gives skin a youthful appearance by unclogging pores and plumping up tissue with moisture. After you sweat out all your toxins, refresh with a fresh fruit juice sold on-site. This ritual feels especially nourishing in the bone-dry winter.

Calle Leonardo Da Vinci 36, Colonia Mixcoac, Delegación Benito Juárez, 03910. (55) 5563-8346

Baños Escorial



via [Website](#)

Need a haircut, gym, sauna, Jacuzzi and massage? Located in humble Iztapalapa, [Baños Escorial](#) is the place to go for all the aforementioned necessities. Exceedingly clean and well-cared-for, it's an ideal place for the izt-siders looking to relax without limits.

Calz. Ermita Iztapalapa 621, Colonia Granjas Esmeralda, Delegación Iztapalapa, 09810. (55) 5582-1452; bescorial.com

Baños Manolita

It doesn't have the opulence and golden-era ambience of other baths on this list, but Baños Manolita offers a quiet neighborhood sauna for low-key de-stressing popular with couples. It's been around for decades, holding strong in its working-class barrio. Expect Sundays to be filled with families coming in for the steam experience.

Av. Augustin Yañez 1360, Colonia Popular, Delegación Iztapalapa, 09060. (55) 5581-4516

Baños del Rayo

This charming bathhouse offers herbs such as eucalyptus to help heal the respiratory system while inside the vapor rooms. A very economic option, it's less luxurious than a spa but perhaps just as rejuvenating. It opened for business in the '50s, and it's still run with love by the family who started it.

Oriente 106, No. 2806, Colonia Gabriel Ramos Millán, Delegación Iztacalco, 08000. (55) 5657-4657

Baños Medicinales del Peñón

Technically the oldest spa in Mexico City (and not a vapor place), Baños Medicinales del Peñón has naturally occurring thermal waters that run from the same springs as in the days of the Mexica (Aztecs). This neighborhood is filled with ancient lore; it's the place where the heart of a Mexica warrior fell, from which emerged the nopal cactus on which several Aztec priests witnessed a perched eagle devouring a snake — the image that would become the symbol of Mexico. Take a dip in the steamy mineral water (about 45° C/113° F), get a massage and then get yourself some tacos alongside an 18th-century Spanish church.

Blvd. Puerto Aéreo 465, Colonia Peñón de Los Baños, Delegación Venustiano Carranza, 15520.(55) 5571-2870

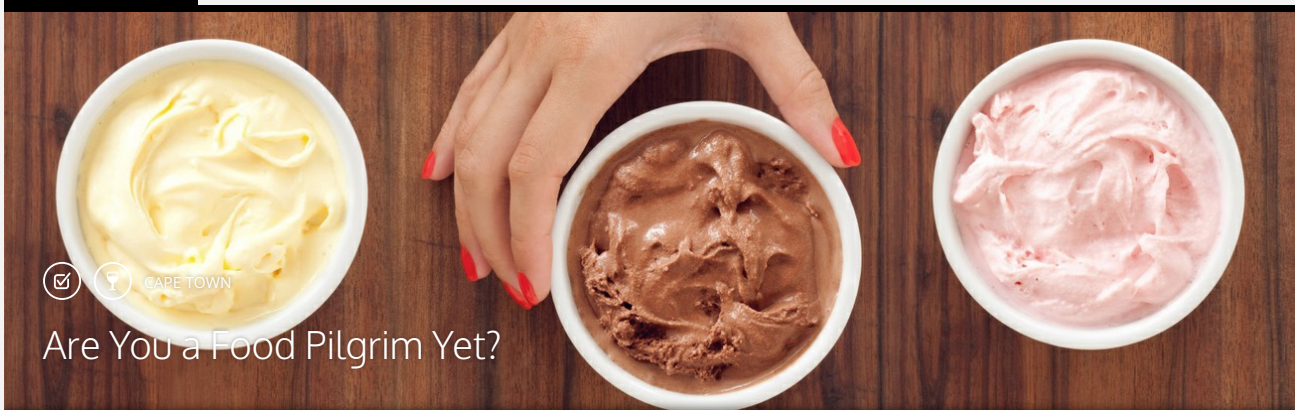


By Megan Frye

Megan Frye is a professional vagabond who swears she's danced with the dead at the pyramids. She can usually be found eating her way around Mexico City. Tweet her about the food that makes you squeal at [@fryechild](#), or see what she's up to on Instagram at [@gypsy_fire](#).



OKAY, WHAT'S NEXT?



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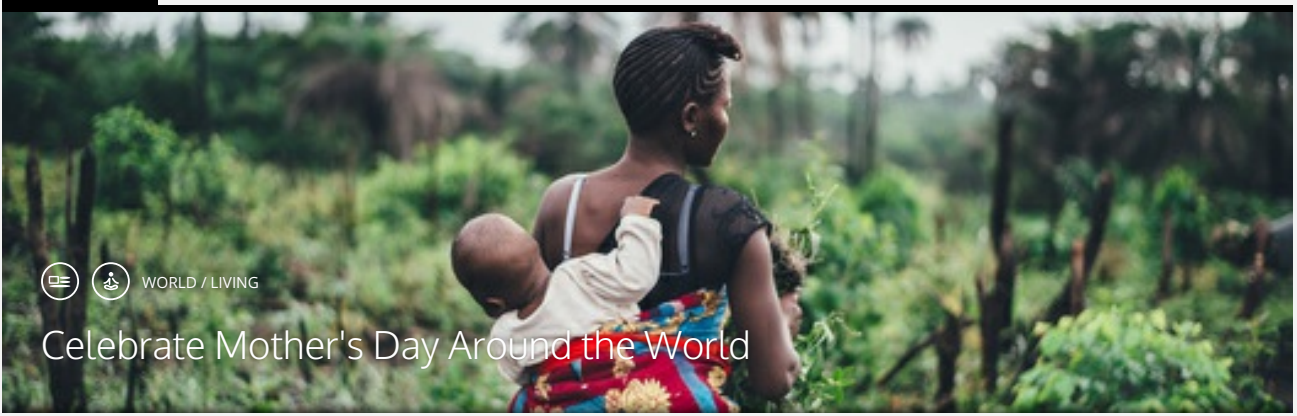
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