

Answer: FALSE

In Louis's day, people thought a good, thick, grimy layer of filth would keep you healthy and strong! They believed water spread diseases by penetrating the pores of the skin and then infecting the bloodstream. Most people didn't bathe more than once a year. Ironically, Louis was so clean that he was almost fussy about it. He often bathed in a big Turkish bath in his palace at Versailles. When not in his bath, he rubbed spirits or alcohol on his skin, which acted as a disinfectant.

And, as if that were not enough, he changed his undies three times a day! All of this cleanliness must have paid off, because Louis lived to the ripe old age of seventy-seven and was king for seventy-two years, longer than any other French monarch in history.

A Typical Spa Day in the 17th century



**The Lead & Mercury
Facial Mask**

In Louis's day, both women and men wore a heavy white makeup consisting of mercury, lead, egg whites, and vinegar. Unfortunately, this beauty concoction was poisonous and caused ugly scars and blemishes. To hide the scars, it became fashionable for men and women to wear patches cut into shapes of stars, moons, and diamonds.



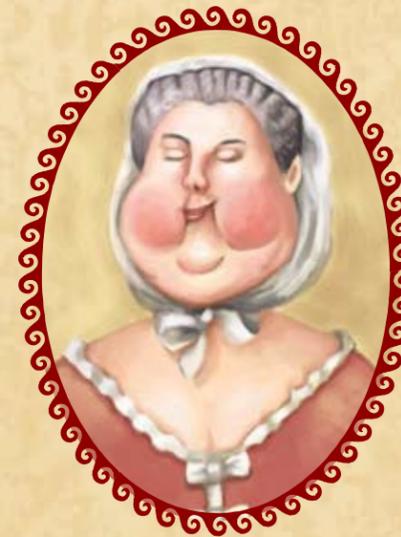
**The Blood Sucking
Body Wrap**

When Louis was sick, he was treated to a blood-sucking treatment called bloodletting. Sluglike worms called leeches were applied to the skin and allowed to suck out the blood. It was believed that these leeches cleansed the blood and rid the body of diseases. Leeches do thin the blood, allowing it to flow better, but doctors in Louis's day got a little carried away and sometimes bled their patients to death.



**The Puppy Love
Purifier**

To improve their complexions, wealthy men and women would rub the urine from a puppy on their face. Queen Elizabeth even used urine on her teeth to whiten them. Yummy!



**The Squirrel Cheeks
Wax Lift**

Women would often stick wax balls in their cheeks, called "plumpers" to fill them out. In Louis's day, a rounded face was considered far more beautiful than a thin one. In fact, the more meat you had on your bones, the better!



**The Boil Butt
Beautifier**

In the seventeenth century, men would often get painful ulcers on their rear ends from the constant horseback riding. Louis XIV got such a bad boil on his butt that he had to have it lanced by his doctor. In an effort to copy the king, Louis's subjects begged their doctors to cut their bottoms . . . even if they lacked the boil.



Le Petite King

Louis XIV towered over his subjects at an amazing six feet, ten inches. Unfortunately, he was only five feet, four inches when naked. To compensate for his short stature, he wore a twelve-inch-high wig and six-inch red heels. But this was one look that no one could copy. Louis decreed that only the king could wear red heels.