This thesis explores the trends of water usage in Cyprus during the Roman period. It seeks to challenge traditional ideas of water usage as a constant off-take system and apply the methods of Andrew Wilson and Zena Kamash to Cyprus. This thesis takes into account the climate and eastern Mediterranean context of Cyprus when analyzing the water technologies in use. By examining the long-distance supply, intramural distribution and storage, and use and display of water on Cyprus this thesis argues that the Roman period brought about a great deal of change in water usage. However, despite the greater increase in supply, the water technologies in use on a public, private, and religious level display marked tendencies towards water conservation and frugality. These trends parallel the conscientious use of water in North Africa and the Near East. This thesis places Cypriot baths within the contexts of Antioch, Lycia, and Cilicia to investigate possible places of inspiration in Cypriot bath design.