

Step

1

Wash your body before entering the bath.

湯ぶねに入る前には必ず、洗い場にて全身を洗って汚れを落とす



You must wash yourself and rinse thoroughly before entering the bath. Please sit down on the chair and shower thoroughly in the washing space otherwise you may upset others.

Step

2

Do *Takeyu*, rinse your body with hot water.

体の末端から頭に向かって「掛け湯」をして、お湯の温度に体を慣らす

Takeyu is like a warm-up for Onsen to get used to the water temperature. Pour hot water from the tip of your body (feet & hands → legs & arms → body → head). Getting your head wet before entering the hot bath is important especially during the cold winter.



How to Enjoy ONSEN

温泉の正しい入り方

Step

3

Do *Hanshin-yoku*, soak half of your body.

湯ぶねには静かに入る。最初のみぞおちまで湯に浸かる「半身浴」を

Slip into the bath carefully up to your waist and get used to the water temperature. *Hanshin-yoku* is recommended if you have problem with heart or lungs. Relax and stay quiet while bathing.



Step

5

Leave the bath without rinsing your body.

額が汗ばむ程度で湯ぶねから出る。温浴効果を保つため、体は洗い流さない

The appropriate timing to get out is when you have sweat on your forehead. Leaving the minerals of the Onsen water on your body is healthy and not rinsing means that you won't feel chilly after the bath. If you have sensitive skin, you can of course rinse off.

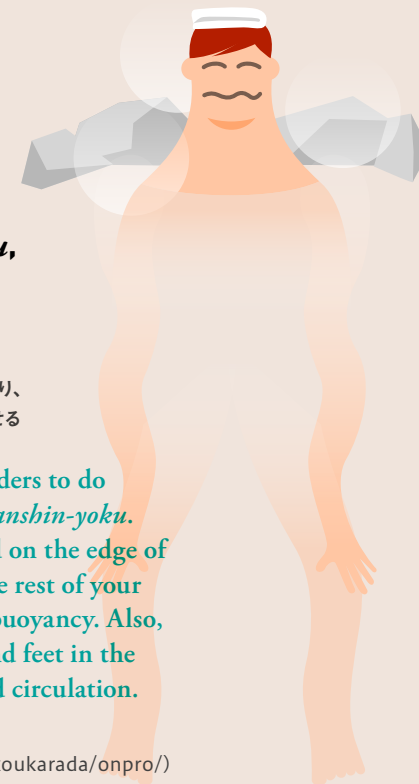
Step

4

Try *Zenshin-yoku*, soak up to your shoulders.

「全身浴」では身体を浮かせたり、手足を動かして血行を促進させる

Soak up to your shoulders to do *Zenshin-Yoku* after *Hanshin-yoku*. You can put your head on the edge of the bathtub and let the rest of your body float to feel the buoyancy. Also, moving your hands and feet in the water helps your blood circulation.



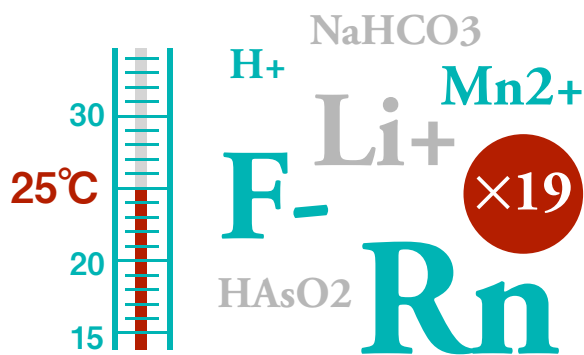


Onsen Trivia

温泉の豆知識

What is ONSEN?

According to the Onsen Law, an Onsen is defined as hot water and water vapor that springs from the Earth either naturally or from artificially-bored holes. The Onsen water needs to be higher than 25°C or needs to contain one out 19 selected minerals and substances.



温泉法によると、温泉とは「地中から湧出する温水、鉱水及び水蒸気、その他のガス（炭化水素を主成分とする天然ガスを除く）で、温度摂氏 25°C以上、または別に定められた19種類の物質のうち一つが含まれている物」をいいます。

History of ONSEN

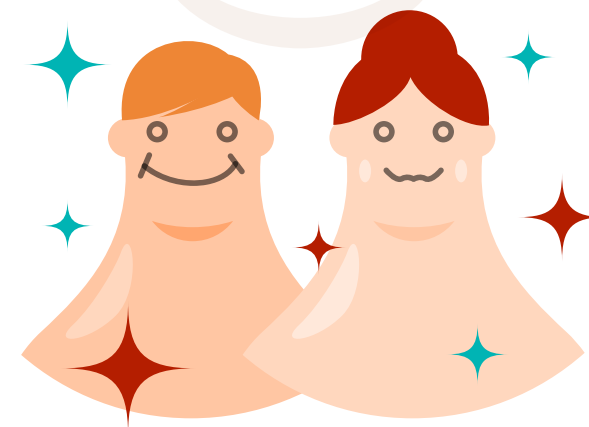
Japan is a volcanically active country, and as such, Onsen have been used since ancient times and are mentioned in Japanese legends and mythologies. The oldest descriptions are found in *Kojiki*, *Nihonshoki* and *Manyoshu* which are the Japanese historical sources compiled at the end of 7th century.



日本は古来より火山活動が活発で、温泉は古くより伝説や神話にも登場しています。最も古い記述は、7世紀後半より編纂された「古事記」「日本書紀」「万葉集」などに残っています。

Why are ONSENS Effective?

Onsens have various effects such as easing fatigue and keeping you in good health. The minerals contained in Onsen water are absorbed through your skin into your body and provide various medical benefits.



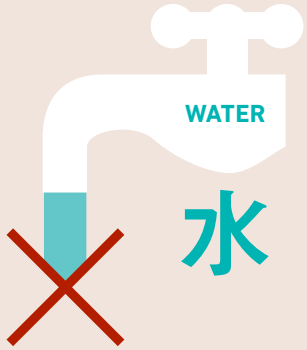
温泉には疲労回復や健康を保つなど、さまざまな効果が期待できます。温泉水に含まれるミネラル成分が肌に浸透し、体のいろいろな症状に効果があることが医学的にも証明されています。



Onsen Manners

温泉のマナー

Do not add cold water even if the Onsen is too hot for you.



温泉が熱くても、勝手に水で薄めてはいけません。

Put a cold towel on top of your head to avoid dizziness while you are in the bathtub.



のぼせ防止で、入浴中は冷たいタオルを頭の上のせましょう。

Do not put towels in the bathtub.



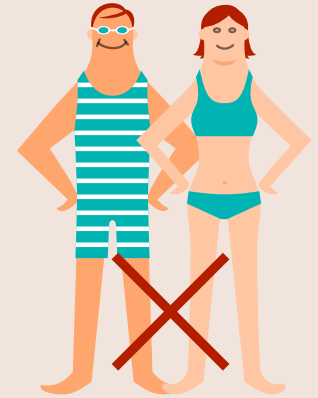
湯ぶねの中にタオルを入れてはいけません。

Long hair should be tied up so as not to soak in the water.



長い髪は束ねて、湯ぶねの中に落とさないようにしましょう。

No swimsuits are allowed.



水着の着用はできません。

Take plenty of rest and drink water after bathing.



入浴後は水分と休息をしっかりと取りましょう。

No tattoos are allowed (as a general rule).



タトゥーが入っている人は原則、入浴できません。

Wipe your body before getting back to your locker.



湯あがり体を拭いてから脱衣所へ。

Avoid bathing right after dining and drinking alcohol.



食後すぐや、飲酒後の入浴は避けましょう。

Do not bathe more than 3 times a day to prevent dizziness.



湯あたり防止のため、入浴回数は1日3回に留めましょう。