



How to Use Hot Spring Baths

Hot Spring Bathing Instructions

Before Bathing

Take a Break Upon Arrival at Your Place of Lodging



Your body will probably be more tired than you realize by the time you have arrived at the hot spring resort. Because you are not in your best condition upon arrival at your place of lodging, entering the hot spring baths right away is very dangerous. After checking in, start by taking a break and enjoying some tea and accompanying sweets to rehydrate and re-energize your body.

Drink Water 15 Minutes Before Bathing



Although it is very important to rehydrate yourself after bathing, we also recommend that you strive to attain better blood circulation before entering the baths by drinking ample amounts of water, tea or similar fluid 15 minutes before bathing. Improving your blood circulation this way helps the beneficial properties of hot spring water to take effect more efficiently.



Hot Spring Bathing Instructions

In the Bathing Area

Splash Yourself with Hot Water Before Entering the Bath

Splashing yourself with hot water before entering the bath serves two purposes. The first is to cleanse your body, which is common etiquette before entering baths in Japan. The second is to "warm up" your body before bathing: because hot spring water contains many active ingredients, initial contact comes as a bit of shock to your body, and splashing yourself with hot water before entering helps to more gently accustom your body to the water's effects. Bathers should start from the feet and other parts of the body farthest from the heart, using about 10 buckets of water in total. Doing this will make it feel much better when you first enter the bath.





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Bathing with Breaks



In order to warm your body to the core, it is more effective to enter the bath three separate times with breaks in between rather than bathing once for a long period of time. In general, bathing periods of 5 minutes, 8 minutes and 3 minutes are recommended, with breaks in between to wash your hair and clean your body. Because hot spring baths themselves have a cleansing effect, you only need to wash your body lightly with your hands during the breaks.

Many guests want to bathe upon arrival as well as at night before going to sleep. In this case, it is best to save the third bath entry until nighttime.

Standard Treatment Effects

"Standard treatment effects" are treatment effectivenesses shared by all hot spring water types. The effects of simple hot springs fall under this category.

Neuralgia (nerve pain), muscle pain, arthralgia, frozen shoulder, motor paralysis, joint stiffness, sprains, chronic digestive diseases, hemorrhoids, oversensitivity to the cold (poor circulation), recovery from illness, recovery from fatigue, promotion of good health

Effects by Hot Spring Water Type

Type	Effects
Simple hot springs	Standard treatment effects
Chloride springs (common salt springs)	Cuts, burns, chronic skin diseases, physical weakness in children, chronic women's diseases
Hydrogen carbonate springs	Cuts, burns, chronic skin diseases
Sulfate springs	Arteriosclerosis, cuts, burns, chronic skin diseases
Carbon dioxide springs (carbonated springs)	High blood pressure, arteriosclerosis, cuts, burns
Ferruginous springs	Menstrual disorders
Sulfur springs	Chronic skin diseases, chronic women's diseases, cuts, diabetes, high blood pressure (hydrogen sulfide springs), arteriosclerosis (hydrogen sulfide springs)
Acidic springs	Chronic skin diseases
Slightly radioactive springs	Gout, arteriosclerosis, high blood pressure, chronic cholecystitis, cholelithiasis (gallstones), chronic skin diseases, chronic women's diseases

Hot Spring Bathing Instructions

In the Bathing Area

Standard Adverse Effects

Individuals experiencing any of the following diseases or conditions should refrain from bathing in any type of hot spring, as doing so may have harmful effects.

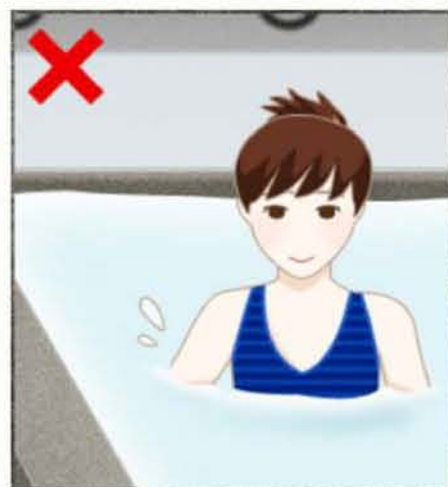
Acute diseases (particularly when feverish), active tuberculosis, malignant tumors, serious cardiac diseases, respiratory insufficiency, dysfunction of kidneys, bleeding diseases, serious anemia, progressing diseases in general, pregnancy (particular during the first and last trimesters)

Bath and large bath

The Japanese are very fond of taking a bath. Generally, the large-scaled Ryokan especially at hot springs have a large bath partitioned into two sections, one for women and another for men. Here you may take a clean bath together with other guests, using as much water as you may desire and talk to acquaintances as long as you desire. However, to enjoy such a bath, you must be very careful not to be a nuisance to others.

Bathing steps

1. Put hot water on your body to rinse before getting into the bath itself (bathtub), since the hot water in the bathtub is shared among many people.
2. Immerse yourselves in the bathtub to warm your body. This will relax you both in mind and body.
3. Soap yourselves and rinse off completely outside the bathtub.
4. Get into the bath itself once again fully to warm.
5. Wipe your body with a small towel.



- Note**
- Baths are available during hours which are specified by the Ryokan.
 - ◆ Do not drain the large bath after use.
 - ◆ Do not soap and wash yourselves in the bathtub.
 - ◆ Do not put a towel with which you wash your body into the bathtub.
 - ◆ Do not immerse yourselves wrapped in towel in the bathtub.
 - ◆ Do not shave and wash yourselves in the bathtub.
 - ◆ Do not stand while washing yourselves.
 - ◆ Bathers are not permitted to wear bathing suits.