

THE RIGHT WAY TO TAKE A BATH AT A HOT SPRING



1. Take off your clothes

Before you go into the bath area, take off your clothes in the dressing area and place them into a basket together with your bath towel. Coin lockers for your valuables are available to use.

※Swimming suits are not allowed in most places. However, it is the custom to bring a small towel into the bathing area, with which you can enhance your privacy while outside of the water. Once you enter the bath, keep the towel out of the bathtub.



2. Rinse (Wash) your body

Before entering the bath, be sure to rinse (wash) yourself well in the washing area.



3. Douse yourself with warm water

Douse yourself with warm water (called *Kake-yu*) gently from your feet to your waist and from your fingertips to your shoulders and chest in order to get your body used to the water temperature.

After that, pouring some water over your head helps prevent hot flushes and dizziness.



4. Enter the bath and soak for a while

Get into the bathtub gently and soak only half your body to make your body used to it .

※Be sure not to stay in the bath so long that you end up dripping with sweat with your heart throbbing.



5. Wash your body with soap

Get out of the bath and wash your body with soap at a water tap, while sitting on the tool. Shampoo and shower gel are provided.

※You should not wash your clothes or underwear.

※Tidy up your space after you finished washing your body.



6. Re-enter the bath

Re-enter the bath and soak some more.



7. Do not rinse your body with tap water

After you finished soaking, do not rinse your body with tap water. Medical components in the water will get washed off, and their effects will be reduced. If your skin is sensitive and easily irritated, you'd better rinse yourself off with fresh spring water.



8. Wipe yourself gently before you leave the bathing area

Gently wipe yourself down before you go back to the dressing room.



9. Drink plenty of water and take a good rest

Be sure to drink plenty of water to prevent becoming dehydrated.



ETIQUETTE

- ☪ Refrain from taking bath immediately after eating or drinking alcohol.
- ☪ Swimsuit is not allowed to wear.
- ☪ You cannot put your towel in the bathwater.
- ☪ If you have long hair, tie it up to keep it out of the bathwater.
- ☪ If you have tattoos on your body, you should confirm that you could enter hot spring bath.
- ☪ Do not run in the bath area, and do not swim in the bathtub.
- ☪ After you finished bathing, wipe yourself lightly before you go back to the dressing area.
- ☪ Do not wash your laundry in the washing area.

