

Step

1



Wash your body lightly before entering the bath.

Before entering the bath, be sure to rinse (wash) yourself well. Please sit down on the chair and shower thoroughly in the washing space.

湯船に入る前に
全身を軽く洗って汚れを落とす



How to Enjoy ONSEN

温泉の入り方

Step

2



Do *Kakeyu*, rinse your body with warm water.

Kakeyu is like a warm-up for Onsen to get used to the water temperature. Pour warm 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 winter.

体の末端から頭に向かって『かけ湯』をし、お湯の温度に体を慣らす

Step

3



Enter the bath and soak half of your body.

Slip into the bath gently up to your waist and get used to the water temperature. Relax and stay quiet while bathing.

湯船に静かに入る
最初は『半身浴』がおすすめ

Step

4



Wash your body with soap.

Get out of the bath and wash your body with soap in the washing space.

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

全身を洗って汚れを落とす

※洗い終わったら自分が使った場所をきれいに流しましょう

Step

5



Re-enter the bath.

Re-enter the bath and soak some more.

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

湯船に入る

Step

6



Leave the bath without rinsing your body.

After you finished soaking, it is better not rinse your body with tap water. Medical components in the water will get washed off, and their effects will be reduced.

湯船から出る。
体を水道水で洗い流さないほうが温泉の効果が高い

Step

7



Wipe yourself gently before you leave the bathing area.

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

脱衣所に行く前にタオルで体の水気を拭き取る

Step

8



Drink plenty of water and take a good rest.

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

たくさん水分補給をし、よく休みましょう



ETIQUETTE

エチケット



Avoid bathing right after eating or drinking alcohol.



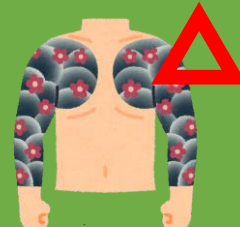
飲食後すぐの入浴はさけましょう

No swimsuits are allowed.



水着の着用はできません

Please ask the staff for the details about tattoos.



入れ墨（タトゥー）に関してはスタッフまで

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



長い髪は束ねましょう

No towels should be in the bathwater.



タオルは湯船に入れないようにしましょう

Do not swim in the bathtub.



湯船では泳げません

Wipe your body before going back to the dressing area.



体を拭いてから脱衣所へ行きましょう

Do not wash your laundry in the washing area.



衣服の洗濯はできません

Do not run.



走らないでください