

## Directions for Using a Hot Spring Bath (Onsen)

### Before Entering the Bathroom

Drink plenty of liquid (bathing in a hot spring can be dehydrating)

Do not drink too much alcohol

Do not enter the bath if you are extremely tired or not feeling well

### Using the Bath

- 1) Wash yourself using the showers or buckets provided. The bath is communal so it is important to be clean before entering.
- 2) Enter the bath. The water can be quite hot so it is important to enter gradually. If you feel too hot, sit on the edge of the bath or in the wash area to cool down. Try to move about quietly. Make sure to leave the bath if you feel your heart beating loudly or quickly.
- 3) After getting out of the bath, go to the wash area and pour a little water over you to wash away any sweat. However, try not to shower yourself too much as the minerals from the bath will be washed away. These minerals contain a lot of health benefits and are not harmful at all. There is also no chance of catching germs from the bath.
- 4) Rest for about 30 minutes.

### Onsen Etiquette

Always wash in the designated area before entering the bath

You may take a small white towel into the bathroom but don't put it actually in the bath. Either wrap it around your head or leave it on the side of the bath.

Do not swim in the bath.

### How to Relax in the Bath

Enter the bath slowly starting in the shallow section.

Stretch out your legs in the shallow section and lay your head on the side of the bath.

Your chest will be near the surface of the water thereby easing the pressure on your heart.

### Health Benefits of Wakura Onsen Baths

Salt Baths: These baths contain sea salt and are particularly suitable for older people. They warm your body more than other baths because even after leaving the

bath, the salt on your skin acts as a heat retainer.

Bathing in a Wakura Onsen bath is good for muscular pain, bruising, sprains, gynecological problems, menstrual problems, infertility and post-illness fatigue.

Bathing in and drinking of Wakura Onsen water is good for anemia, chronic indigestion and constipation.

**Note: One should refrain from drinking onsen water if suffering from high blood pressure, heart disease, kidney trouble or swelling.**

### Precautions for older people or those with high blood pressure

Take time to relax during your vacation

Make sure you relax for a while after arriving at Wakura Onsen before entering the bath.

If using the bath in the early morning or late at night, make sure you enter with another person.

Spend plenty of time washing yourself and getting used to the hot water before entering the bath.

Try to sit with only the lower half of your body in the water, or lie in the shallow end so as not to put too much pressure on your heart.

Move your arms and legs around when in the bath.

After leaving the bath, drink some onsen water or tea.

Do not use the bath more THAN twice a day.

### General Precautions

After Eating: rest for between 30 minutes and an hour before entering the bath. This is because bathing in an onsen decreases the blood flow to the digestive organs, thereby causing one's metabolism to slow down

After Exercising: rest for about 30 minutes before entering the bath. This is because exercising causes blood to accumulate in the muscular areas but bathing decreases the blood flow to those areas thereby prolonging muscle fatigue. Bathing immediately after exercise also puts too much strain on the heart.

Try not to drink too much alcohol before entering the bath. Drinking alcohol increases blood flow and can lead to higher blood pressure, a faster heart beat and even a heart attack. Be careful also about drinking immediately after bathing as the sudden drop in blood pressure which occurs when one leaves the bath, can lead to faintness.

Do not enter the bath if you are feeling unwell, particularly if you have a fever.