



One of the reasons that *Onsens* are popular is because of the various health benefits people enjoy when using them.

Soothing your skin, easing stiff shoulders,

and relaxing your muscles are just some of these effects.

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# Effects of *On*

## Why are *Onsens* Effective?

The minerals contained in *Onsen* water have various effects. People call this effect *Tôji* (hot spring healing, or balneotherapy). A person can feel the effects of mineral water by bathing or by drinking.

Only some *Onsen* are equipped to handle drinking water however, so please check the general guidelines or drinking permission statement before drinking the *Onsen* Mineral Water. Please do not drink from the bath water itself.

Generally, there are three different types

of “rests” that can be appreciated at the *onsen*. They are as follows:

**Rest for recreation:** recovering from fatigue and becoming refreshed.

**Rest for health:** keeping a healthy condition and preventing against ailments

**Rest for medical treatment:** recuperation from ailments

Additional benefits include:

### ① Physical Effects

The thermal energy stimulates your nervous system and your circulatory system. The water pressure activates your

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cardiopulmonary functions.

The buoyancy makes it easy for the physically handicapped to bathe as well.

## ②Chemical Effects

The minerals are absorbed through your skin into your body and provide various benefits.

## ③Change-of-Air Effects

A feeling of freedom from daily life as well as a comfortable atmosphere and natural view can refresh the spirit.

## ④Change-of-Condition Effects



By visiting the *Onsen* routinely, you can appreciate better health and improve your condition.

## Ailments Treated by the *Onsen*

*Onsen* is recommended for people who have the following ailments and/or conditions:

Neuralgia, sore muscles, arthritis, stiff shoulders and joints, motor paralysis, bruises, sprains, poor digestive tract, poor circulation, fatigue, and general poor health.