

How to use the ONSEN / SPA



STEP 1

When you enter the Onsen, we recommend you to change into a Yukata or a Tanzen that is provided in your guest room. Please put your valuables in the safety deposit box in your room, and then please leave the room key at the reception before you go to the spa. The bathrooms are not unisex; there are separate sections for men and women. When you enter the dressing room, remove your shoes or slippers at the entrance. In the dressing room, remove your clothes (or the Yukata or Tanzen) and keep your personal belongings in a basket on the shelf. Swimsuits are not permitted in the Onsen. We recommend you to remove your makeup before entering the bathroom so that the beneficial minerals in the hot spring can nourish your skin.

STEP 2

Enter the bathroom with a small towel (a wash cloth) that is provided in the dressing room. Before stepping into a bathtub, rinse your body with warm water—Kakeyu. Rinsing your body maybe usually sufficient, but we recommend you to use soap.



STEP 3

Submerge the lower body in the bathtub (slowly immerse your lower body, but do not stay in the hot water for too long—Hanshinyoku). We advise you to refrain from jumping into the bathtub. Do not take anything into the tub with you, not even a towel.

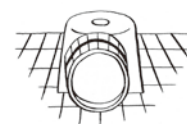
After stepping out of the tub, wash your body at the washing area. Please ensure that the traces of soap do not get into the bath water. Also, ensure that the bath area is clean after you finish the cleansing ritual.

Submerge yourself in the bathtub again, but do not stay in the hot water for too long. When you finish this ritual, rinse your body with clean, warm water from the tap—Agariyu.

STEP 4

Dry your body with your small towel before returning to the dressing room. Further, use the bath towel that is provided in the dressing room to ensure that you are fully dry and then proceed to dress up in the changing room.

After the Onsen ritual, drink plenty of water to avoid thickening of blood. In addition, apply a lotion after your perspiration has abated for a soft skin.



Kakeyu

Warm water in the form of a traditional Japanese shower meant for thoroughly cleansing the entire body before entering the Onsen.

In order to avoid a sudden rise in the blood pressure, slowly acclimate to the Onsen water by starting with your feet, hands, and then chest.

Hanshinyoku

Naturally detoxify and acclimate your body to the warm water. Begin by immersing the lower body in the Onsen water for 5–10 minutes. Warm blood will start circulating throughout your body, opening your pores, promoting perspiration, and naturally detoxifying your body. The beneficial minerals in the Onsen water will then be absorbed by your body. Slowly, immerse yourself up to your shoulders in the Onsen water.

Agariyu

The water of Imaiama Onsen contains sulfates that help to exfoliate the skin. We recommend you to take a warm shower after completing the Onsen ritual so that it gently washes away the excess minerals and dead skin. We also recommend you take a cold shower after the above ritual; this allows the warmth to penetrate deep inside the pores of the skin.