



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