



# TIPS ON THE ONSEN IN KAGOSHIMA CITY

Kagoshima has a lot of popular hot spring resorts in such cities as Kirishima and Ibusuki. Kagoshima city is also one of the top hot spring resorts in terms of both quantity and quality. The tips we provide in this brochure should make your time more enjoyable at hot springs in Kagoshima city.



Spa Mini Knowledge

01

## Enjoy hot springs at various public bathhouses in Kagoshima City.

In addition to some ryokans (Japanese style inns) and hotels noted for their hot springs, many public bathhouses also offer hot springs at the reasonable price of 360yen for adults and 140 yen for children. Public bathhouses include not only a single big bathtub, but a sauna, air bubble baths, falling water baths, and other varieties. While Kagoshima people take these qualities for granted, such amenities are the envy of other areas of Japan. Usually bathhouses are open at 5 or 6 o'clock in the morning and stay open until 10 o'clock at night. Bathers have the liberty of choosing their bathing time, varying from a fresh, early morning bath to a relaxing bath at night. Of course, both of these options come at quite a reasonable price.

02

## Kagoshima City has 280 hot spring sources, the largest number amongst the prefectural capitals in Japan.

Kagoshima is on the Kirishima volcanic belt, where the active volcano Mt. Sakurajima is located. There are about 40 hot spring resorts throughout the prefecture with more than 2000 hot spring sources, the second largest in Japan. The famous Sakamoto Ryoma is one of the leaders who contributed to the modernization of Japan near the end of Edo period. It is well known that he visited the hot spring resort of Kirishima, the northern area of Kagoshima, about 130 years ago with his wife Oryo, on Saigo Takamori's recommendation. Kagoshima city, the prefectural capital of Hot Spring Paradise Kagoshima, has about 280 hot spring sources, which is the largest number amongst the prefectural capitals in Japan. Public bathhouses offering hot springs are scattered throughout Kagoshima city from JR Kagoshima Chuo Station and Tenmonkan area to suburban residential areas. Enjoy the luxurious feeling of hot springs at casual public bathhouses.





### **The health benefit of hot springs can also be obtained from drinking it.**

The hot springs of Kagoshima offer a wide variety of spring qualities and well-equipped facilities. Unlike facilities that recycle bath water, the spring water of many public bathhouses in Kagoshima city is fresh from source and drinkable. If you have visited a hot spring in Europe, you may know of this custom of drinking hot spring water. It is essential for hot spring facilities to maintain clean water since the water is taken directly into the body. Hot spring facilities and public bathhouses in Kagoshima meet such conditions. It is important to take an appropriate quantity of appropriate water since drinking hot spring water is not recommended for people with certain conditions and symptoms.



### **Fresh bathwater is refilled everyday to keep the bath clean and safe.**

Public bathhouses in Kagoshima city keep baths clean by refreshing bathwater everyday for the safety of the bathers. Cycle filtration of spring water is another way to maintain hygienic conditions of the bathtub. Hot springs are the bounty from the earth that were created from water and crustal components in the ground. It is a limited resource and is only recyclable in the hydrological cycle of each area. The cycle filtration equipment performs an important role for the sustainable use of hot spring water. Enjoy both circular style and kakenagashi-style (always running and non-recycled water) of hot springs.



### **Hot springs support your health in various ways.**

Different hot spring quality, water temperature, facilities and bathing methods provide different benefits. The effects of full immersion bathing vary according to water temperatures. To relax yourself, take the lower temperature of about 36 degrees celsius. To awaken your body, soak yourself in a high temperature water of around 42 degrees celsius. Exercise baths using buoyancy and water pressure are good for curing muscle ache and joint pain, and improving muscle strength. Some public bathhouses in Kagoshima City are equipped with a walking pool and/or a mini pool. Observe rules and manners, and enjoy exercising at your own pace.

