



# Bath Type

## Open-air Bath

Some hot spring facilities are equipped with bathtubs outside. Bathing with the magnificent natural scenery of oceans, mountains, or forests heals both your body and mind.

## Sauna

Besides a regular bathtub, some hot spring facilities offer saunas, or high-temperature steam baths. Cold-water baths are also available to cool your heated body.

## Falling Water Bath

Neck massage with falling water pressure can be enjoyed by taking what is called “the falling water bath.”

## Lying Bath

A relaxing hot bath can also be enjoyed by lying in this shallow bath tub.

## Footbath

Footbaths are available at many parks, stations, and commercial facilities. Just remove your shoes and socks and enjoy a comfortable foot soak in warm water.



# Private Bath

Some public bathhouses and ryokans (Japanese style inns) offer small private bathrooms, which can be enjoyed privately. Private baths are recommended if you want to enjoy bathing only with family members or your husband or wife, or if you feel uncomfortable being undressed in public.

The atmosphere, services, operating hours, and fees vary in respective facilities. It is recommended to check the details in advance since some facilities require reservations.

