



# Types of Hot Springs

## Hot Spring

According to the Hot Spring Act, a “hot spring” is defined as hot water, mineral water, water vapor, or other gas which has been collected from a source at 25 degrees celsius or higher, or contains more than a specified level of certain elements.



## Simple Hot Spring

Although simple hot spring contain relatively few elements, they have a broad range of benefits because of their mild stimulation to the body.



## Hydrogen Carbonate Spring

Hydrogen carbonate springs contain minus ions which consists primarily of hydrogen carbonate ions. Many healing effects are expected from both bathing and drinking hydrogen carbonate spring water: chronic skin diseases by bathing, and chronic digestive system diseases, diabetes, and liver ailments by drinking.

## Chloride Spring

Chloride springs consist primarily of chlorine ions. Saline matter stays on the skin surface and keeps the skin moisturized and warm after the bath.

## Radon Spring

Radon is one of the radioactive elements, and it is categorized as a noble gas. It is contained in mineral springs, hot springs, and groundwater. Some hot spring facilities have air bubble baths which include radon gas. Sedative and analgesic effects are expected by inhaling radon gas.

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# Contraindications

## Please do not take a hot spring bath if you have the following:

- Acute disease (especially diseases accompanied by a fever)
- Active tuberculosis
- Malignancy
- Severe heart disorder
- Respiratory problems
- Kidney problems
- Hemorrhagic disease
- Severe anemia
- Other diseases in progress

Hot springs are also not recommended for pregnant women (especially those in the early and final stages of pregnancy).

## Please do not drink hot spring water if you have the following:

- Kidney disease
- Hypertension
- Other symptoms accompanied by swelling

