One of the reasons that Onsen 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.

**Effects of Onsen**

**Why are Onsen Effective?**

The minerals contained in Onsen water have various effects. People call this effect Tōji (hot spring healing, or balneotheraphy). 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...
Onsen guide

Effects of Onsen

The buoyancy makes it easy for the physically handicapped to bathe as well.

② Chemical Effects

The minerals are absorbed through your skin into your body and provide various benefits.

③ Change-of-Air Effects

A feeling of freedom from daily life as well as a comfortable atmosphere and natural view can refresh the spirit.

④ Change-of-Condition Effects

By visiting the Onsen routinely, you can appreciate better health and improve your condition.

Ailments Treated by the Onsen

Onsen is recommended for people who have the following ailments and/or conditions: Neuralgia, sore muscles, arthritis, stiff shoulders and joints, motor paralysis, bruises, sprains, poor digestive tract, poor circulation, fatigue, and general poor health.