



Onsen Terms

The following is an introduction to the various words and phrases often used at the *Onsen*.

Dai-yoku-zyō (lit. the Great Public Bath Place) includes the dressing area, the shower area and the bathing area. Generally separated for men and women.

Utiburo indoor bath

Rotenburo outdoor bath

Datui-zyo the dressing area

Arai-ba the shower area

Kake-yu (or Kaburi-yu)

The act of pouring *Onsen* bath water on yourself before entering the bath. This is recommended so your body can acclimate to the heat of the *Onsen* water. It can also help prevent a temporary rise of blood pressure that often accompanies a sudden entry into a hot bath. It is customary to begin with your feet and continue upwards, little by little, until you reach your head. After this process, it should be easier to enter the bath

Naga-yu taking a bath for a long time

It is advised that you do not spend too much time in one bath to avoid *Yu-atari*

Yu-atari is the bad influences of *Naga-yu*. *Naga-yu* can lead to a temporary rise in blood pressure, an increase in heart rate, and dizziness. It is advised to take several breaks outside of the bath in order to prevent these conditions.

Utase-yu

An area of onsen where the water falls down from a high place. The water is meant to fall onto your shoulders, back, and waist to provide a massaging effect.

Ne-yu

A long bath where one can lie down

Nuru-yu

A bath where the temperature is kept below 37°C (usually around 36°C). This bath is advised if normal bath temperatures are uncomfortable. Additionally, longer baths are possible at this temperature.

kyakusitu-Roten-buro

This type of *roten-buro* is a private bath equipped to a hotel room. It is for the private use for the guests of that room only.

Let's speak Nihon-Go!

Nihon-go means the Japanese Language.

The following is an introduction to other Japanese words and phrases you can use at the *Onsen*. Have fun and try them out!

"Goku-raku, Goku-raku" (It's Heaven!)

Fundamentally, *Goku-raku* means heaven in Buddhist terms. However, People can simply use the word to express great comfort. It seems that, by enjoying *Onsens*, people feel as if they are in heaven.

"I Yu Dana" (Hot springs are great!)

"I Kimoti" (It feels nice.)

"Atui" (hot)

"Tumetai" (cold)

"Subarasi" (fantastic)

"Tanosi" (fun)

"Onsen-wa, hazimete-desu"

(This is my first time to an *Onsen*)

"Onsen-ga, daisuki-desu" (I really like *Onsen*!)

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We love *onsens*, too.

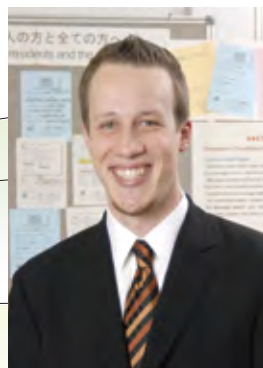
Foreingners who live in Japan
have become big fans of *onsens*.

A hot spring is like a pub



Amanda Harlow

Don't miss out on the Japanese
hot spring



Martin Y. Triche

Going to a hot spring in Japan is like going to a pub in England - it's the place where the locals go to relax and be themselves. So you can visit Japan and just see the tourist sights - but to meet real Japan it's essential to take off your clothes, slosh that water around and get naked!

My big hope is that the G8 world leaders will take the plunge together and REALLY communicate because that's what onsen are all about.

It's easy for any visitor to Japan to fall in love with the food, people, and culture, no matter the length of their stay. One thing tourists often miss out on, though, is the simple delight that is the Japanese hot spring. Some might be a bit timid when it comes to the idea of stripping down and hopping in a bath full of people you've never met, but it's amazing how quickly that bashfulness disappears once you slip into the water. A nice little soak can do wonders to erase the fatigue from a long day of work (or sightseeing), and will leave you feeling relaxed and refreshed.

So what are you waiting for? Take the plunge!