



# *sen*



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cardiopulmonary functions.

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

## ②Chemical Effects

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

## ③Change-of-Air Effects

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

## ④Change-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.