



sen



History of the *Onsen*

Japan is a volcanically active country, and as such, *Onsen* have been used since olden times and are mentioned in Japanese legends and mythologies. Descriptions are found in renowned Japanese texts such as; *Kojiki*, *Nihonshoki*, and *Manyôsyû* .

During the Kamakura and Sengoku era (12th-17th century), records indicate that the *samurai* healed their wounds there. In the Edo era (17th-19th century), the culture of *onsens* spread to common people. In the Meiji era (early 20th century), scientific

studies began and by the Shôwa era (mid 20th century) the medical benefits of *Onsen* were proven.

Through the years, more and more people come to use *onsens* for different reasons. Today people enjoy them not only for medical treatment but also for sightseeing, socializing, and leisure. *Onsens* are a multipurpose place to have a great time.