



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.

“**ī Yu Dana**” (Hot springs are great!)

“**ī 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*!)

A BIBLIOGRAPHY

- OYUMONOGATARI The hot spring in Japan <http://www.east.co.jp/oyu/>
- Trivium of Tadanori Matsuda <http://www.matsudanet.com/>
- Nippon Onsen Research Institute <http://www.onsen-r.co.jp/>
- Nippon Onsen Kyokai <http://www.spa.or.jp/menu.htm>
- Nippon Meito ~ Yukai Navi <http://www.nmmnyl.com/onsen/>
- Toyakonsen Tourist Association <http://www.laketoya.com/top.html>
- TOYA SPA CORP <http://www.toyakospa.com/>
- HOKKAIDO GOVERNMENT <http://www.pref.hokkaido.lg.jp/>
- Jozankei Tourist Association <http://www.jyozankei.com/>
- Onsen Kyoju Tadanori Matsuda No Shin Nippon Hyaku Meito, Nikkei Business Jinbunko