

# Living Guide



MIRA HP

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## Japanese love of Bathing and Public Baths

Japanese people love to take baths. It is normal for many Japanese to soak in the bathtub every day. However, there are some countries which have no bathtubs in their houses or have one, but primarily use the shower.



It is said that the custom of taking a bath has started in the 6<sup>th</sup> century, when Buddhism was introduced to Japan. Taking a bath was considered not only to clean up one's body but also to promote health and happiness. There was even an ancient saying about taking a bath that went: "Prevent seven diseases and receive 7 kinds of happiness instead". Even the people who only take showers in summer would soak in bathtubs with hot water to warm their bodies when chilly fall and snowy winter arrives. In this article, we will introduce Japanese traditional public bath "Sentō", where you can enjoy a large bath easily in your neighborhood, and manners and customs to follow when you use the public bath.

## Recommendation of the Public Bath ("Sentō") ☁

If you think it too much trouble to go to a full-scale hot spring located far away but little bored with the tiny "Ofuro" (bathtub) in your house or apartment, we recommend you to go to a public bath ("Sentō"). You can soak in a large bathtub at a location close to where you live, and feel as if you are in a real hot spring ("Onsen"). In Morioka, there are different kinds of Sentōs; some are well-established ones with a

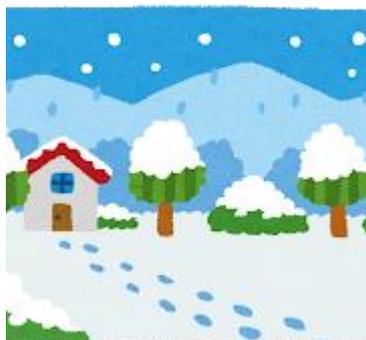


unique atmosphere, and the others are large ones with outside baths, saunas and even swimming pools. Recently newer, larger, well-equipped ones are sometimes called "Super-Sentōs". We would like to introduce two of them to you. Why don't you visit some public baths in Morioka, especially with the weather growing colder and colder?

## Nagamachi Ume no Yu

Address : 〒020-0062 Iwate prefecture, Morioka city, Nagata cho 2-26 (2<sup>nd</sup> Floor)

Tel : 019-652-8800



Opening hours : 14 : 00 ~ 21 : 50

(Opening hours are subject to change on public holidays)

Closed: One irregular holiday a month

Fee: Adult (Over 12 years old) 430 yen

/ Child (6 ~ 12 years old) 150 yen

/ Infant (Under 6 years old) 70 yen

Buildings close by : Morioka Station, Sakuragi Elementary School, Iwate High School

Carpark: Yes

Main Facilities: Bath / Sauna / Water bath

Tattoo : Yes

## Yupiasu (<http://www.yupiasu.com/>)

Address : 〒020-0102 Iwate prefecture, Morioka city, Ueda Kotorizawa 148-103

Tel : 019-662-1414



Opening hours : 10 : 00 ~ 20 : 00

Closed : Second Tuesday of a month

Fee : Adult 400 yen

/ High School Student 250 yen

/ Elementary • Junior High School Student 150 yen

Please refer to the homepage for coupon and concession information

Building close by : Morioka Clean Center

Carpark: Yes

Main Facilities : Japanese style bath • Regular public bath • Outdoor bath • Sauna

Note : Pool, Arena, Exercise Room

Tattoo : No

※If the tattoo is covered by a lash guard or a swimsuit, it is permitted to enter the pool area.

## Proper Manners and Important Things to Know about Public Baths (“Sentōs”)

A Sentō is public bathing for a lot of people. So please pay attention to cleanliness while using one. If you are not accustomed to taking a bath for a long time, leave the bath at the first signs of dizziness and cool down.

**Before taking a bath**... You should tie long hair up so as to not make the bath water dirty with loose hair. Put your clothes or towels into the place designated by the facility or into basket (usually supplied by facility). Leave your valuables in a safe space. You usually can put them into a locker provided in the changing room (some cost a small amount money).



**Kakeyu (Pouring hot water on yourself)**...“Kakeyu” means pouring hot water on yourself and washing your body with soap or liquid body wash before soaking in the bathtub. It reduces the amount of hair or dead skin cells in the hot water. This is done so everyone can use the bath cleanly and comfortably. In addition, if the difference between temperature of your body and the water is too large, it will become a physical burden and affect your blood pressure. Pour hot water on your extremities such as hands and feet first to familiarize your body with the temperature of the water.

**Be careful bathing after drinking alcohol**...If you take a bath right after drinking alcohol, it is dangerous because it can make your blood pressure unstable. It is better to take a bath after sobering up a bit and relaxing.



**Tattoos**...There are many Sentōs refuse entry to people with tattoos. If there is no posted policy about tattoos, it is better to ask about it at the reception desk of the facility.

**Changing room**...The changing room is also a public space, so pay attention cleanliness while using it. Please dry your body thoroughly with your towel after leaving the bath and then entering the changing room. In addition, be careful about where you put your wet towel.



**After you bathe**...Please rinse the stool and wash-basin before you return them to the place you got them from in the bathing area.

**Hydration and Rehydration**...Do not forget to drink water both before and after taking a bath! People who are not accustomed to soaking in a bath tend to become dizzy while you are bathing. Try to prevent of dizziness by resting often or putting a cool and wet towel on your heed while you are bathing.



Taking a bath not only cleanses your body clean but facilitates relaxation. It is said that it can reduce muscular and shoulder pain and promotes better blood circulation.

Warm your body and soul in a “Sentō” while combating Morioka’s cold winter climate.