



Practices and Etiquette

Please keep these points in mind when using the onsen.

- Washing your body** are for Onsens are for
 - Do not wash clothes or brush your teeth in the bathing area.
- Conserve water**
 - Do not leave showers running when not in use.
- Everyone is naked in the onsen**
 - You cannot wear underwear or any other clothing in the bath.
 - Some facilities may provide a towel to cover your body.
- First, rinse your body**
 - Before entering the bath, use showers or bath water to rinse off sweat or dirt.
- You can only soak your body in the bath**
 - The up your long hair so it does not soak in the bath. Towels should also not be soaked in the bath.
- Be careful of splashing!**
 - When using the showers, be careful not to splash those around or behind you.
- Keep changing areas clean**
 - After bathing, wipe water off your body before entering the changing room.
- Rehydrate!**
 - After a bath, drink plenty of water and take a rest.
- You may start to feel unwell while bathing**
 - It is best to avoid bathing right after meals or drinking alcohol.
- Each facility has its own bathing style**
 - Do not add water to adjust the temperature, and if it feels too hot, it is best not to bathe for too long.

Features of Oita City's Onsen (Deep Subterranean Thermal Springs)

- The springs have rich colors from amber to black!
- A unique sweet fragrance and soft on your skin!
- After the bath your skin will be silky smooth!

The hot springs in Oita City originate from deep subterranean thermal springs located 600 to 800 meters below the earth's surface. The color of the hot springs can vary from amber to black due to ancient deposits of plant matter and the presence of carbon dioxide gas. These characteristics result in waters with a unique sweet aroma that leaves the skin feeling soft and rejuvenated for who takes a dip. Try it to see the effects on your skin! Additionally, recent research has shown that these mineral-rich deep subterranean thermal springs contain helium and carbon dioxide gas, which are commonly found deep beneath the earth's surface.

Oita Onsen Guide Map

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