

ONSEN

About Our Onsen

UMITO ATAMI BETTEI

The bath in your room is filled with natural hot spring water from the Yatamine No. 1 source in Kamishiraiwa, Izu City. Clear and virtually odourless and tasteless, it is a gentle, alkaline spring. We kindly ask that you read the information below before bathing.

Source	Spring type	Source temperature	Bath temperature	pH
Yatamine No. 1	Sodium-Calcium Sulfate Spring	71.1°C	42.0°C	8.9 (alkaline)

Classification: hypotonic, alkaline, high-temperature spring / For bathing only — not suitable for drinking

Composition (per 1 kg of spring water)

Principal components	mg/kg
Sodium ion (Na ⁺)	498.8
Calcium ion (Ca ²⁺)	135.3
Potassium ion (K ⁺)	12.4
Sulfate ion (SO ₄ ²⁻)	1,152
Chloride ion (Cl ⁻)	161.0
Metasilicic acid (H ₂ SiO ₃)	61.4
Metaboric acid (HBO ₂)	9.8
Total dissolved components	2,041 g/kg

Analysed by the Shizuoka Life Science Inspection Center (Report No. M19033, 23 December 2019). Composition and indications are based on analysis at the source.

How the Water Is Managed

Added water	Yes — the source is very hot, so water is added to keep it at a comfortable bathing temperature.
Heating	Yes — the water is heated to keep it at a comfortable bathing temperature.
Recirculation / filtration	None
Bath additives	None
Disinfection	Yes — a chlorine-based agent is used to meet the standards of the Shizuoka Prefecture Ryokan Business Act Enforcement Ordinance.

Contraindications

Please refrain from bathing in the following cases: the active stage of an illness (especially with fever); active tuberculosis; marked physical weakness such as advanced malignant tumours or severe anaemia; serious heart or lung disease causing breathlessness on slight exertion; serious kidney disease with swelling; gastrointestinal bleeding; visible bleeding; acute exacerbation of a chronic illness. Hot spring therapy under the guidance of a physician with specialist knowledge is not precluded. There are no contraindications specific to this spring type.

Guidance for Bathing

Before bathing

- Avoid bathing immediately before or after a meal, or after drinking alcohol. Never bathe while intoxicated.
- Rest if you are very tired.
- Rest for around 30 minutes after exercise.
- Elderly people, children and people with physical disabilities should preferably not bathe alone.
- Before entering the bath, pour water over your hands and feet to acclimatise to the temperature, and rinse your body.
- To avoid dehydration, drink a glass of water beforehand — particularly when bathing soon after waking.

How to bathe

- Elderly people and those with high blood pressure, heart disease or a history of stroke should avoid water of 42°C or above.
- Those with reduced heart or lung function should preferably take a half-body or partial bath rather than a full-body bath.
- For the first few days, bathe once or twice a day; once accustomed, this may be increased to two or three times.
- Begin with around 3–10 minutes per bath, extending to around 15–20 minutes once accustomed (this depends on the water temperature).

While bathing

- Bathe quietly, moving your hands and feet only lightly.
- Leave the bath slowly to avoid dizziness on standing.
- If you feel dizzy or unwell, call for help, leave the bath slowly keeping your head low, and lie down until you recover.

After bathing

- Rather than rinsing off the spring water, pat yourself dry with a towel, dress, keep warm and rest for around 30 minutes. However, as this bath is chlorine-disinfected, those with sensitive skin may prefer to rinse with fresh warm water.
- Drink a glass of water to avoid dehydration.

Bathing reactions (yuatari)

- Around 3 days to a week into a course of hot spring bathing, discomfort, sleeplessness, digestive symptoms or skin irritation may occur. If so, stop bathing or bathe less often until you recover.

Other

- To keep the water clean, please do not put towels in the bath.

Indications (bathing)

Specific to this spring type: cuts, peripheral circulatory disorders, sensitivity to cold, depressive mood, dry skin.

General: chronic pain or stiffness of muscles or joints (chronic stage of rheumatoid arthritis, osteoarthritis, lower back pain, neuralgia, frozen shoulder, bruises, sprains, etc.); muscle stiffness from motor paralysis; sensitivity to cold; peripheral circulatory disorders; reduced digestive function; mild hypertension; impaired glucose tolerance (diabetes); mild hypercholesterolaemia; mild asthma or emphysema; haemorrhoidal pain; autonomic imbalance; stress-related symptoms (sleep disorders, depressive mood, etc.); convalescence; recovery from fatigue; health promotion.