



NYUTO ONSEN - Resort Village Inn

In mid December, I enjoyed rejuvenating baths and spa treatments at the *Nyuto Onsen* Inn. There are 3 baths at this particular retreat for women. Men's baths are separate at this same inn.

The outdoor hot springs bath (pictured to the right) is something I love in the cold, snowy weather. This outdoor bath has fresh sulfur & sodium hydrogen carbonate hot springs water pouring into it and is



a chalky white color. I had to be careful though, the water temperature is quite hot and more tempting where the water enters the baths at the far right corner (see above^). I understand that some people have a skin reaction to the most immediate & un-oxidized bath. So, they do not delve into this bath kept fresh by the source.



After showering (see above^) the *chairo bath* < (pictured to the near left) is to enter first. The water is *chairo* and has more oxidized

particles in it. The second one closer to the door (pictured to the far left) is the main bath. The water streams in from the outdoor pool. Many people wear cool wet towels on their heads to endure & enjoy these pools a bit longer. 30 minutes twice a day is the maximum recommended bathing time (longer times exposed to heat are said to lead heart problems many years down the line).