
























































































































































































































































Selecting an onsen (hot spring) according to your condition

It's a good idea to select onsen water quality according to your condition and symptoms. Onsen also have many other benefits in addition to those caused by its water quality.

The components in onsen water are very delicate. Time passing since the water left the source, diluting, or heating the water can alter their quality.

 ... Hot spring that is good for bathing
 ... Hot spring that is good for drinking

Condition	Condition																				Condition									
	Stress relief	Gout	Diabetes	Obesity	Arteriosclerosis/ high blood pressure	Liver disease	Chronic cholecystitis/ gallstones	Chronic constipation	Chronic digestive diseases	Anemia	Menstrual disorders	Chronic women's diseases	Physically weak children	Chronic skin diseases	Burns	Cuts	Improving health	Recovery from illness	Recovery from fatigue	Bruises/sprains		Hemorrhoids	Sensitivity to cold	Joint stiffness	Paralysis	Lower back pain	Shoulder pain/ frozen shoulder	Joint pain	Neuromuscular/muscular/ joint pain	
Water quality	Water quality																				Water quality									
Simple spring																													Simple spring	
Simple carbon dioxide spring																														Simple carbon dioxide spring
Carbonated spring		Bicarbonate earth spring																											Bicarbonate earth spring	
		Sodium bicarbonate spring																												Sodium bicarbonate spring
Chloride spring																														Chloride spring
Sulphate spring																													Sulphate spring	
Ferruginous spring																														Ferruginous spring
Sulphur spring																													Sulphur spring	
Acidic spring																														Acidic spring
Radioactive spring																													Radioactive spring	

* Partial alteration of chart by Michihiko Ueda