

## **Ohara Hot Spring**

The hot spring operated by Oohara no Sato, a family-operated inn, is one of the few in Kyoto Prefecture with certified health benefits. The water is high in radon, sodium, and more than a dozen other minerals and compounds. Bathing in these waters is said to be therapeutic for a number of ailments, including aching muscles, digestive complaints, and stiff joints. The recommended bathing time is just 3–10 minutes. For the best results, it's best not to rinse after coming out of the baths. This allows more time for the body to absorb the spring's minerals.

The hot spring was first tapped in 2014, around 40 years after the inn first opened. It was discovered at a depth of 1,175 meters and flows to the surface at a rate of 120 liters per minute. The water rises at 27.9° C, and heated to 40° C before being used in the baths.

There are separate baths for men and women. Beyond the *noren* (curtain) on each side, users undress and leave their clothes in baskets. They then enter the bathing area and shower thoroughly before stepping into the bath.

Both men and women can access an indoor bath, an outdoor bath, and a cauldron-type bath that is heated by an open fire and can fit up to four people.