

Home of the Natural Steam Sand Bath

Relax and recharge at Ibusuki Onsen, home to some truly unique hot springs. The seaside resort atmosphere, beautiful scenery, and fresh local cuisine make it a great option for visitors seeking a wellness boost. Besides the usual relaxing effects of soaking in hot springs, the natural spring water in the area is rich in sodium, which is said to be effective in treating rheumatism, neuralgia, and digestive problems.

Natural steam sand baths are located on the coastline. Change into a *yukata* (cotton kimono) provided by the hot-springs facility, lie down on the geothermally heated sand, and allow the staff to cover your body with hot sand. Ten minutes of this soothing treatment is said to improve circulation. While you unwind, you can enjoy views of the sea and Mt. Kaimon, or shut your eyes and listen to the waves lapping the shore.