

The effect and feature.

Jikan-yu is effective for improving lower back pain, arthralgia, over sensitiveness to cold, rheumatism, neurosis and rehabilitation after the accident. In recent years, we have also seen many results for cases of, hay fever, eczema and chemical sensitivity.

Jizo-no-yu contains acidity, sulfur, aluminum, sulfate, chloride spring and has a strong sterilizing power.



It is a first-rate hot spring even within Kusatsu and has distinction that tends to become clouded, and keeps you warm after the bath. We use 38 to 48 degree Celsius hot water depending on each person's condition, age and strength. Long period Toji will gradually affect through the immune system, autonomic nervous system and endocrine system. Also keeping a steady daily routine makes your body function correctly and leads to a good result.

Advice for toji

To do an effective toji: you need to consult with Yucho and follow the instructions in a mindful manner. Jikan-yu is not a place that treats you, it is a self-management system and you must be responsible for yourself, your feeling to make an effort will bring autonomy and they will have positive influence to the impact of the toji on your health. The key to rehabilitation is you.

Why we recommend Toji.

Jikan-yu is the one and only bathing method that was born from the blessing of Kusatsu onsen. Predecessor devoted to cultivate the technique and the knowledge and it still shines in modern days. For the people suffering from diseases, Jikan-yu might help you. Your health recovery will bring you happiness. When your health is recovered, you'll be able to return to everyday life, and recapture your happiness, you can say your Toji was successful. Making people happy is the reason why we recommend Jikan-yu.

Contact

0279-88-2508 (9:00~17:00)

Homepage

<http://www.jikanyu.net/>



Production

Kusatsu Onsen Jikan-yu Preservation Society

Production Cooperation

NPO Kusatsu toji organisation
Kusatsu Onsen tourist association

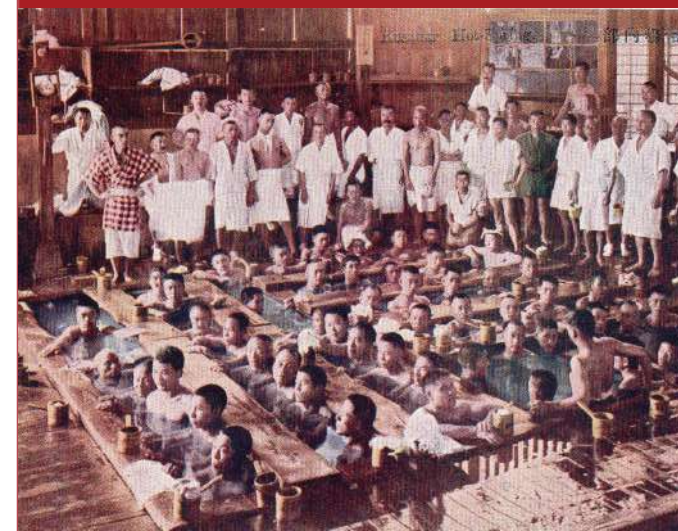
Cooperative clinic (Onsen therapy doctor)

Fuse Clinic
Kusatsu surgery & internal medicine Clinic



Hot-spring therapy in Kusatsu

Recover from your aches and
pains at Chiyono-yu and Jizo-no-yu.



~ Jikan-yu ~ Experience the hot spring at Chiyo-no-yu and Jizo-no-yu and refresh your body. Jikan-yu is a general term of Kusatsu onsen's special method of taking a bath. 3 minutes of bathe on a certain hour and number of times will heal your body and help regain your health. Chiyo-no-yu is for easy experience, Jizo-no-yu is for health care. Recently many women come here for expectation of detoxification effects. Please pay a visit to Jikan-yu!

starts here, experience **toji**

At **Chiyo-no-yu**, anyone can experience Toji (hot spring cure) with high quality hot spring. In order to experience the traditional method, you need to follow the manners of preparation and procedure. It will be a special experience you cannot enjoy elsewhere. Also you can experience yumomi! Yumomi is a special method to cool hot spring without diluting with cold water. Please feel free to drop by Chiyo-no-yu. The real toji also starts from here.

Guidance for bathing

Price ¥560 one time

Tickets are available at Chiyo-no-yu or Otaki-no-yu.

Starting Time 9:00AM 11:00AM 2:00PM 5:00PM

Please assemble 5 minutes before starting time at the doorway of Chiyo-no-yu.

Required time is about 50minutes (depends on busyness)

Closed on Monday, 2nd & 4th Tuesday every month.

(When it is a national holiday, a weekday will be replaced)

Things to bring

One facecloth and at least 2 bath towels (Jikan-yu original facecloth (¥220) and bath towel (¥880) are available)

Mineral water or tea (for rehydration before and after the bathing)

Manners preparation procedure

worship

Bow to household shinto shrine Two bows, two claps, one bow.

Yumomi

Along with the song, Kusatsu-bushi, stir the hot water with yumomi-ita made by wood.

Yu-kaburi

Drink more water than usual. Prepare for entering the bath. Pour 10 buckets of hot water on you feet, and 30-40 buckets over your head.

Entering the bath

With the Yucho's order, soak in the bath all at once. Within the 3 minutes of bathing time, respond to Yucho's words by saying "Oh--!!". While bathing, keep your eyes half closed and breathe from abdomen.

After bathing

When you get out of the bathtub, do not stand up immediately, but kneel down and lower your head for a while to prevent falling down by dizziness. Then go back to your dressing room and cover your body with your towels. Sit quietly and rest for at least 10 minutes. You will become really sweaty even if you don't usually sweat much. When the sweat dries, it's time for an end. You will notice that your calf is softer than before.



For the ones who want to take time and bathe for medical purposes

At Jizo-no-yu, you bathe certain number of time on a daily basis, and keep yourself in shape. This will strengthen your natural healing power and improve your physical condition.

Toji isn't just about bathing. Considering your habits such as taking a good sleep and food is also important.

Yucho, the person who looks after your condition, guides you directly and aims to improve the symptoms until they do not affect your daily life and then maintain it.

Applying for long period toji.

Before applying for long period Toji, first experience jikan-yu at Chiyo-no-yu. At Chiyo-no-yu, you will get an advice for how to live a toji life. Then you will have an interview with Yucho and decide whether you will do the long period Toji. (you need to make reservation for an interview)

Things to be careful.

Kusatsu onsen is high temperature and dangerous. Jikan-yu is especially high temperature and high concentration so getting hold of your body and mind condition is very important. If you have chronic illness, be sure to inform us. Depending on the situation, we ask for a decision from a hot spring therapist.

In a long period Toji, respect each other and keep your privacy. There are rules such as cleaning by yourself. It is the wisdom for being comfortable so we appreciate your understanding.