

美容や疾病に効能あり

「鹿の湯」の名が示すとおり、傷ついた鹿を癒した効果には科学的な根拠があります。白濁した湯に入るとピリッときて、身体がヌルヌルした感じになりますが、湯上がりは肌がスベスベしてきます。これは硫黄を豊富に含んだ強い酸性の泉質のためで、いきなり湯に入ると刺激が強く、しかも高温なので湯あたり防止に“入浴の心得”が定められています。肌を漂白し、シミや小じわに著しい効果があり、疲労回復、胃腸病、血行障害、婦人病、皮膚病などにも効果が認められています。

Benefits Toward Beauty and Disease

As the name "Shikanoyu" indicates, there has been scientific evidence to support the bath's effectiveness in healing wounded deer. When you immerse yourself into the cloudy water, you will experience a tingling sensation, your body will feel a silkiness, your skin will feel smooth after the bath. As the water is highly acidic and rich in sulfur, the water could be overly stimulating if you enter abruptly, plus to prevent exposure to hot water, a "Bathing Guide" has been established. It is also known to have remarkable effects on blemishes and fine wrinkles and also proved to relieve fatigue, gastrointestinal disorders, blood circulation disorders, women's diseases, and skin diseases.

3. 入浴時間

1回にお湯に浸かる時間は2~3分程度とし、上がって休み、またお湯に浸かるを繰り返し、全体で15分間が適当です。鹿の湯は「短熱浴」の浴法なので、長湯は避けてください。

3. Bathing time

Immerse in hot water for about 2 to 3 minutes at a time, then get up, rest, and re-enter the hot spring for a total of 15 minutes. Shikanoyu is a "Short-hot-bath" method, so please avoid taking long baths.

2. 半身浴

普通の温泉でも全身をつけると血行がよくなり、一時的に血圧が上がりますが、鹿の湯は特に高温で薬分も強いので、最初の2分ほどは胸あたりまで身体を沈め、その後に全身を沈めると身体への負担を軽減できます。

2. Half-body Bath

Even in a general hot spring, bathing the entire body will improve blood circulation and temporarily raise blood pressure, but Shikanoyu is particularly hot and has medicinal properties, so immersing the body up to the chest for the first two minutes and then the entire body will reduce the burden on the body.

湯けむりたなびく湯川のほとり 天然の霊泉が湧いている

もうもうと煙をあげる湯川のほとりに、那須温泉の元湯があります。硫黄の香りが風に運ばれてツーンと鼻孔をくすぐり、まさに天然の霊泉らしい風情が漂っています。

ひなびた木造の建物は、はるか昔にタイムスリップしたかのような錯覚を起こさせるほど。日本の原風景と呼ぶにふさわしい自然のなかに、時の流れを拒んだかのような頑なな佇み。その魅力は多くの人々の心を捉えて離さず、いまでも年間多くの入浴客が訪れています。

On the Banks of the Yukawa River, a Natural Spring Gushes Forth.

The Nasu Onsen is located by the misty Yukawa River. The scent of sulfur, carried by the wind, tickles your nostrils and informs of nearby natural hot springs.

The rustic wooden buildings make you feel as if you have slipped back in time. Amid the original natural landscape of Japan, it feels like time stops flowing. The charm of this place has never left the hearts of many people, and many bathers still visit the resort every year.

1. かぶり湯(入浴前)

ひしゃくにて大人は約200回、子どもは約100回ほど後頭部にかぶると薬分を吸収でき、入浴後のめまい、吐き気などを防げます。 ※お湯が目に入らないようご注意ください。

1. Rinsing the Head (before bathing)

Use the ladle to drench the back of the head up to about 200 times for adults, and 100 times for children. This wards off dizziness and nausea after bathing and enables you to fully absorb the healing properties. Take care not to let the water get into your eyes.

入浴の心得

