

天然温泉大浴場「相望の湯」

Natural Hot Spring Baths "SABOU NO YU"

ヒルトン小田原リゾート & スパの天然温泉大浴場の源泉は、地下 1,500 メートルから汲み上げられる「小田原温泉」です。泉質は海水成分に似た食塩を含んだ「ナトリウム - 塩化物強塩泉」となっており、30.5℃の源泉を濾過循環させながら 42℃まで加温し、浴槽へ運んでおります。無色透明で保温効果が高いことから「熱の湯」とも言われています。

The source of the natural hot spring of Hilton Odawara Resort & Spa is called "Odawara Onsen" pumped up from 1,500 m deep underground. Odawara Onsen is classified as the strong sodium chloride spring which contains salt similar to seawater. The hot spring water (30.5° C at the source) is filtered and heated to 42° C to pour into the bathtub. Odawara Onsen's crystal-clear spring is also known as "the water of heat" as it is famous for improving your resistance to cold temperature.

効能

Efficacy

神経痛、筋肉痛、関節痛、五十肩、運動麻痺、関節のこわばり、うちみ、くじき、慢性消化器病、痔疾、冷え性、疲労回復、切り傷、やけど、慢性皮膚病、虚弱児童、慢性婦人病など

Neuralgia, muscle pain, joint pain, shoulder pain, motion paralysis, joint stiffness, bruises, sprains, chronic digestive disorders, hemorrhoids, poor blood circulation, recovery from fatigue, cuts, burns, chronic skin conditions, weak constitution, chronic gynecological diseases

入浴方法

Onsen bathing method and manners

下記の入り方をご参照いただき、楽しい温泉タイムをお過ごしください。

Please see below for your reference.

温泉の入り方

How to enjoy ONSEN

Step 1

湯ぶねに入る前には必ず洗い場にて全身を洗って汚れを落としてください。

Wash your body before entering the bath.



Step 2

体の末端から頭に向かって「かけ湯」をし、お湯の温度に体を慣らしてください。

Do "Kakeyu", rinse your body with hot water. "Kakeyu" is like a warm-up for Onsen to get used to the water temperature.



Step 3

湯ぶねには静かにお入りください。最初はみぞおちまで湯につかる「半身浴」をおすすめいたします。

Do "Hanshin-yoku", soak half of your body.



Step 4

「全身浴」では体を浮かせたり、手足を動かして血行を促進させるとよいでしょう。

Try "Zenshin-yoku", soak up to your shoulders.



Step 5

額が汗ばむ程度で湯ぶねから出ましょう。

温浴効果を保つため、体を洗い流さない方が良いですが、敏感肌の方は洗い流すことをおすすめいたします。

The appropriate timing to get out is when you have sweat on your forehead. Leave the bath without rinsing your body. Leaving the minerals of the Onsen water on your body is good to keep you warm. If you have sensitive skin, you can rinse off.



Manners at Onsen

Please follow these rules to keep the Onsen(Hot spring) relaxing and enjoyable for everyone.

 NO PHOTO or VIDEO	 NO FOOD or DRINK	 NO SWIMMING	 BE QUIET
 WASH BODY BEFORE SOAKING IN	 NO TOWEL IN WATER	 NO SWIM SUITES, UNDERWEAR, BATH TOWEL	 BUNDLE LONG HAIR