

Download The Japanese Bath

The Japanese Bath delves into the aesthetic of bathing Japanese style?the innate beauty of the steps surrounding the process along with sixty full-color illustrations of the light and airy baths themselves. A Zen meditation, the Japanese bath cleanses the soul, and one emerges refreshed, renewed, and serene.

In the West, a bath is a place one goes to cleanse the body. In Japan, one goes there to cleanse the soul. Bathing in Japan is about much more than cleanliness: it is about family and community. It is about being alone and contemplative, time to watch the moon rise above the garden. Along with sixty ...

The Japanese Bath. Taking a bath in Japan is serious business. The Japanese bathtub, known as ofuro in Japanese, plays a role in three distinct aspects of Japanese culture: the private home, the public Japanese bath house, and onsen hot spring resorts. In each case the Japanese bath experience amounts to much more than simply washing off.

Onsen, The Japanese bath is based on soaking in scalding bath water and sweating to achieve good health and relaxation.

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The Japanese bath is one of the most relaxing experiences a person can have. A Japanese bathtub is much deeper than a Western one, and the water is heated to a very warm, almost hot temperature. You feel a pleasant floating sensation in the tub.

The Japanese Bath by James Tissot. Japonism. nude painting (nu)

The Japanese Bath Enjoying a Japanese bath is an unique cultural experience. For first timers it may be a little intimidating, but once you get used to it, the Japanese bath often becomes an addiction; relaxing, healing, and regenerating its followers.

Wood is a common feature in Japanese baths. The generous wet room is lined in hinoki wood which naturally resists rot and mold. An outdoor bath is called a rotenburo in Japanese. This one is enclosed in its own small precinct by a wooden fence.

The Art of the Japanese Bath Photographer Mark Edward Harris has traveled the world — 98 countries and counting — in the name of documentation, photographing everyday life in less-traversed destinations like North Korea and Iran.

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