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美肌温泉 ビューティストーリー

Skin-Beautifying Onsen Beauty Story

The sacred city of skin-beautifying onsen-
 Tamatsukuri Onsen, Matue City, Shimane Prefecture.

Tamatsukuri Onsen



Make a wish to achieve beautiful skin by soaking in the skin
 tonic-like onsen water. ♪

Feel the bounty of the earth through your skin!

Skin-beautifying onsen face mask towel, skin-beautifying prayer,
 a stroll through town, cosmetics...

Tour the many skin-beautifying spots of Tamatsukuri Onsen
 Resort and enjoy soaking in the onsen.



Skin check



Skin-Beautifying
 Onsen Bottle



Skin-beautifying
 onsen
 face mask towel



Onsen Guide
 (onsen body-
 beautifying exercise)



About Tamatsukuri Onsen

The authentic “skin-beautifying onsen”
backed by history and science!

■History

Tamatsukuri Onsen is one of the oldest hot springs in Japan, which is said to have existed since the early Nara period about 1,300 years ago. It is stated in the Culture and Geography of Izumo Province, “Once you bathe in the onsen, your skin rejuvenates, and you will be cured of any ailment you have if you bathe twice. Since the water never fails to cure, people call it the water of the Gods.”

■Spring quality...Sodium, calcium, sulfate salt, chloride (alkaline)

*Different inns will have varying spring quality.

<Provides hydration! It makes the skin firm and moisturized>

The sulfate ion, the predominant ingredient of Tamatsukuri Onsen, thoroughly hydrates the skin and is expected to provide anti-aging action by making the skin firm and moisturized.

<The veil of salt provides hours of moisturization>

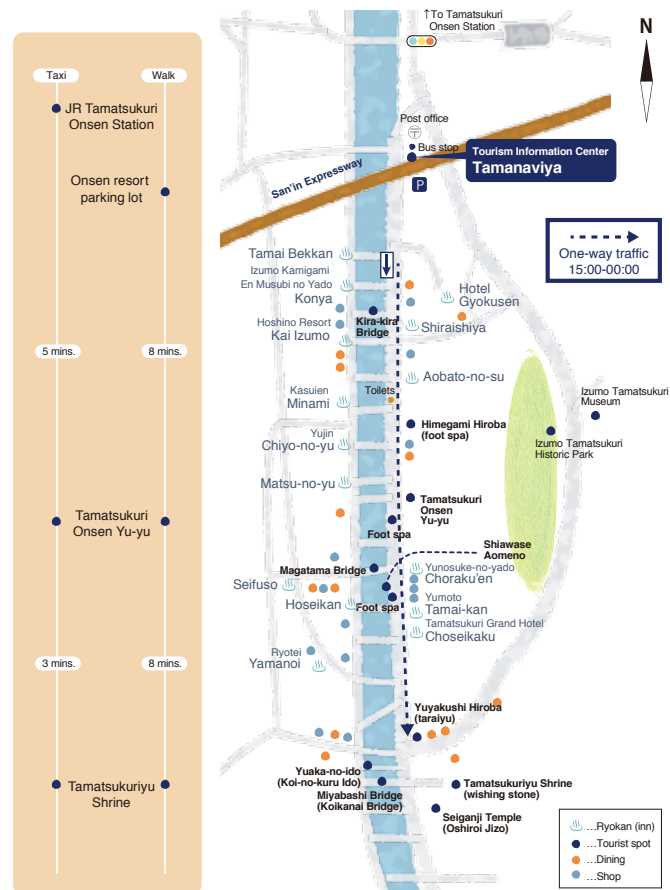
The chloride, the second most predominant ingredient, creates a film of salt on the surface of the skin, and guards against the loss of skin-beautifying ingredients and moisture absorbed through the onsen.

<The cleansing action removes dead skin cells>

Alkaline spring water acts like soap to remove dead skin cells and grime, making the skin cleaner.



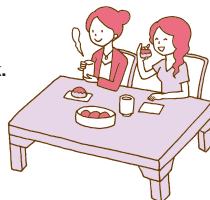
Tamatsukuri Onsen MAP



Guide to Enjoying the Onsen

1 After you arrive at your accommodation, have a snack. (A beauty rest for your skin.)

Your body will be tired by the time you come to the onsen resort. Your blood will have thickened, too. Hydrate and energize with tea and snacks.



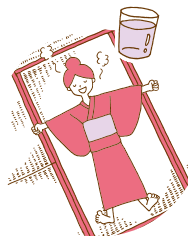
2 Explore the town to get into the flow of achieving beauty. (Walk to get beautiful skin.)

Move your body by strolling through the onsen resort to improve your circulation. Your body and mind will be refreshed as you bathe in the forest mist (oxygen) at Tamatsukuriryu Shrine.



3 Hydrate thoroughly. (Prep your skin for improved moisture penetration.)

Hydrate thoroughly before bathing. Be sure to hydrate after a bath as you will continue to perspire. Stretch out on the tatami mat to relax for half an hour after a bath!



4 Charge your skin and bathe! (Take to the onsen to beautify your skin.)

1. Start by pouring warm spring water over your body ten times. (prep for bathing)

Follow in order: right leg, left leg, right knee, left knee, right hip, left hip, tummy, back, right shoulder, and left shoulder.



2. Warm your body to its core.

Soak for a moderate (5 mins.), long (8 mins.) or short (3 mins.) period until you get beads of sweat on your forehead.

3. Never scrub. Wash gently.

The onsen water at Tamatsukuriryu is mildly alkaline. It has a soap-like cleansing effect. Gently, gently...



4. Towel-dry softly after bathing.

Be sure to towel-dry softly to keep the ingredients of the onsen water working. If your skin feels sensitive or you feel a little lightheaded, wash down your body with plain warm water or a shower. Don't forget to moisturize.

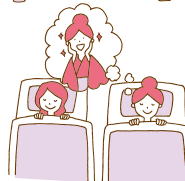
5 Nourish your body when it wants nutrients most. (Eat to get beautiful skin.)

Enjoy a balanced diet of local foods according to your body's internal clock. We recommend a light exercise or bathing before breakfast!
Breakfast 7-8:00 (morning = elimination)
Lunch 12-13:00 (afternoon = burn calories)
Dinner 18-19:00 (from 22:00 = growth)



6 Engage in girl-talk. (A smile makes beautiful skin.)

Enjoy a fun chat, looking back on your day and making plans for tomorrow. Laughing refreshes the mind.



7 Bedtime for your skin; goodnight, skin. (Rest to achieve beautiful skin.)

Nod off to dreamland as you make a wish for gorgeous skin. The time you sleep is essential for your skin's regeneration. It is also when the skin stores nutrients. It is a very crucial time for the skin.



About the Onsen Beauty Advisers

They are staff members of Tamatsuki Onsen who took a course in "The Beauty Secrets of Tamatsuki Onsen" supervised by Dr. Hiroko Ishii, the onsen beauty investigator.

Onsen Beauty Exercise / Facial Gym

Why not try the Onsen Beauty Exercise?!

① Drain the lymph fluid built up in your legs.

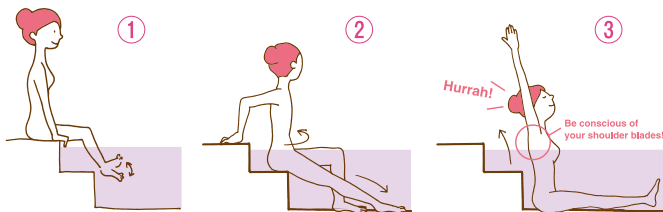
Sit down at the edge of the bathtub and soak your legs up to your knees in hot spring water. With your legs in the water, flex your ankles ten times.

② Stretch your lower body, soaking it in the bath up to the waist.

Sit on the first step of the bathtub up to your waist. Twist your waist by supporting your body with your hands on the edge of the tub.

③ Finish with an upper body stretch.

Sit on the floor of the bathtub to soak your body up to your shoulders. Raise your arms upward and stretch your back. Bring your arms down to the horizontal position. Be conscious of moving your shoulder blades.



The combination of hot springs and stretching will improve the circulation of blood and lymphatic fluids and may have a slimming effect. After stretching, relax in the tub and enjoy the hot springs.

*Please perform your exercise quietly to avoid causing a nuisance to people around you.



Facial Gym

Perform the facial gym to stimulate the lymph nodes and blood flow. You perform it by lighting pushing or pinching areas of your face for 10 seconds each. Take this chance to give it a go, while soaking in the onsen bath as you use the Face Mask Towel on your face!



Pressing just below the cheekbones improves the circulation and alleviates puffiness.



Pressing the depression at the inner ends of the eyebrows will alleviate eye strain and make the eyes feel refreshed and widened.



Press the underside of your chin and the areas below your earlobes to stimulate the flow of lymphatic fluids to improve the contour of your face.



*温泉ビューティ® is a registered trademark of Hiroko Ishii.

Skin Check

At the front desk of inns that have the diagnostic device
(where you have had your skin checked before bathing)!

<Device locations>

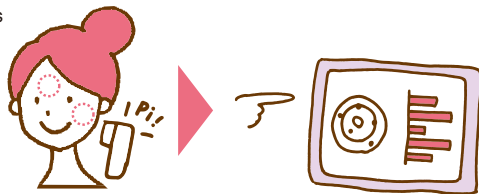
- Tamatsukuri Onsen Yu-yu
- Tamatsukuri Art Box, 1F

*Locations are subject to change.



Measure the skin's level of hydration.

- 1) Corners of the eyes
- 2) Cheeks
- 3) Around the mouth



*Remove makeup for
an accurate reading.



Each inn has
a hydration
check device!



Recommended spots

Guide to enjoying the town and foot spas.

The three best foot spas at the onsen resort! A complete guide.

①Foot spa 1 by the river – Very popular

The foot spa is situated in a spacious area with wood decking. There is a river flowing in front of it. You can soak your feet while enjoying a beverage or sweets purchased from a nearby store.

②Foot spa 2 by the river – Atmospheric

The foot spa is photogenic. Take pictures with the large magatama decking the bridge in the background for a quintessential Tamatsukuri Onsen foot spa experience!

③Himekami Hiroba Foot Spa – In all weather conditions

The roofed foot spa is excellent when the sun is blazing or when it is rainy! It is also easily accessible as it is situated on the roadside.

- The water in the foot spas may be hot as it is undiluted hot spring water.
- Take turns enjoying the foot spas if they are busy.
- The foot spas are open until 23:00.
- The river swells in poor weather and just after the rain.
- Foot spas ① and ② may be subject to closure.
- The foot spas are for everyone to enjoy. Please remember to keep them clean.
- Smoking is prohibited at the foot spas.



Recommended spots

Yuyakushi Hiroba



You are free to take away onsen water from the basin at Yuyakushi Hiroba. The Skin-beautifying onsen bottle comes in handy when you want to get some water but don't have a plastic bottle or water bottle! Fill a spray bottle for an instant, natural skin toner!



Skin-Beautifying Essentials

Skin-Beautifying Onsen Face Mask Towel

To try in large bathhouses

1 Fill a pail with fresh onsen water from a faucet.

*Beware of hot water.



2 Soak the towel in the pail.

*Wait until it cools a little if the water is very hot.



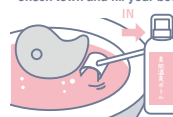
3 Wring out the towel lightly and place it on your face (about 3 min.)



*Never put the towel directly in the bathtub as it is considered inappropriate.

Stroll through town to get spring water from the source in Tamatsukuri Onsen

1 Find a basin filled with spring water from the source in the onsen town and fill your bottle.



2 Wet your towel with the water.



3 Place the towel on your face.



Recommended spots

Make a wish for a gorgeous skin at the Oshiroi Jizo.

1. Visit Seiganji Temple while exploring the onsen town.
2. Pay your respects in the main temple hall.
3. Pay your respects to the Oshiroi Jizo.
4. Write down your wish for achieving beautiful skin and your name on the Oshiroi Wish Tab.
5. Color the areas of concern on the Oshiroi Wish Tab.
6. Tie the Wish Tab on the Wish Tab Tree next to the Oshiroi Jizo.
7. Apply face powder on the Oshiroi Jizo and make a wish.

*See the packet that contains the Tab for details.

- 1) There are brushes and face powder below the Jizo.
- 2) Dip a brush in the face powder.
- 3) Apply the face powder to the areas on the Jizo's face which correspond to your areas of concern.
- 4) Join your hands together and make a wish.

8. Finish when you feel that your wish has been heard.

Oshiroi Wish Tab
(¥300 including tax)



Say "Hello" if you see anyone from the temple!



Recommended spots

Amulet-making at Tamatsukuriyu Shrine

1. Visit Tamatsukuriyu Shrine, which is dedicated to the god of onsen and the god of pomanders.
2. Get a Wish-making Stone at the shrine office.
3. Cleanse your hands at the water basin on the premises.
4. Pay your respects at the Hall of Worship in front of the Wishing Stone.
5. Take out the Wish-making Stone from the pouch and cleanse it in the holy water.
6. Touch the Wishing Stone with the Wish-making Stone.
7. At the Hall of Worship, write down your wish, address, and name on the Wish Tab (make two copies.)

*See the packet that contains the Tab for details.

Put one of the copies in the Wish Tab and place it in the tab box. The chief priest will offer it to God. Place the remaining copy in the amulet pouch with the Wish-making Stone to make your very own amulet.

[Tamatsukuriyu Shrine] The shrine with a long-distinguished history is dedicated to the God of Tamatsukuri, the God of nation-building and onsen therapy, and the guardian deity of onsen Sukunahikona.

Wish-making Stone
(¥600 including tax)

