

DAY TRUE

iQ



BATHROOMS

Japanese Bathing

Japanese Bathing: Rituals

Rituals of bathing are deeply embedded into Japanese culture. This is a nation whose landmass takes the form of an archipelago, and whose landscape is rich with the results of volcanic activity and with the rivers and coastlines that divide and define its beautifully diverse terrain. The heritage of a culture built in this topography is, quite naturally, one with a healthy respect for the power of nature – in all its elemental, environmental, and exceptional expressions – and a connection with natural forces a natural feature of the psyche of its people.

The ritual aspect that the Japanese bring to the art of bathing demonstrates their refined connection with water. Unlike in many other cultures, the ritual part is less connected with the process of washing or cleaning the body and is much more concerned with providing a sense of wellbeing – in the form of relaxing the body through warming it, improving blood circulation, and in reducing levels of stress.

Place

There are three distinct bathing places in Japanese culture

ofuro: in your own house ('furo' is the tub, the 'o' is an honorific)

senso: communal/public bathing

onsen: hot springs

Ofuro: ELEMENTS (domestic setting):

- The bathing area is always separate from the toilet area
- The body is washed and rinsed with clear water before entering the bathtub
- The temperature of water is between 38°C – 42°C (relatively high) – a hot temperature to help the body relax
- For this reason, a bath is normally taken before bedtime (to help with falling asleep, by removing stress from the body)
- Bathtubs are deeper than the norm (60cm – 70cm)
- The practice is to submerge yourself, neck deep, into the bathwater and to take the time to sit, warm the body, and soothe the muscles and the mind (30 mins)
- The bathwater, remaining clean and warm, is shared by family members along a scale of family hierarchy

Bathtubs based on Japanese Bathing Culture

Rexa, ['Dip' Bath](#)

Dimensions: L 135, D 75, H 70-85

Material: Corian

Japanese Inspired Bath ([Chelsea Showroom](#))

Dimensions: 120 x 120 H 54.5

Material: fibre resin

