

A guide to Japanese hot springs

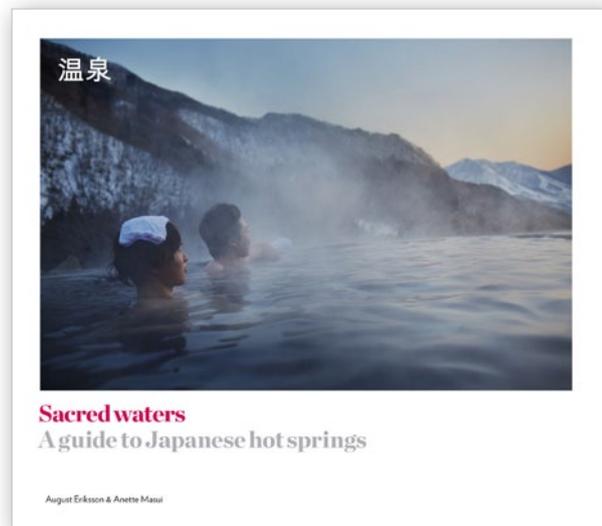
*A shower rids the body of dirt,
but a bath cleanses the soul.*

This maxim has been believed by the Japanese for centuries, and explains why bathing – in everything from volcanic springs to sitting bathtubs – is such a fundamental and indispensable part of Japanese culture. Much of the mystique of the bath and its salubrious effects lies in its setting and the temperature of the water. Ideally, the former should echo nature and the seasons, while the latter should be hot enough to attain a genuine state of relaxation or catharsis...

“Sacred Waters – a guide to Japanese hot springs” is a book that describes in words and pictures Japan’s fascinating, millennia-old bathing culture and how it can enrich the life of everyone who samples it.

Inside you will find some never-before seen photographs of Japan’s hot springs, revelations about their alleged healing effects and commentaries on their reputation as fonts of youth. Factual sections and interviews tell of hot springs as meeting places where intimate friendships are made, and as cherished retreats for rest, meditation and reflection.

The world of hot springs encompasses sand baths, steam baths, mud baths, steam-cooked food and baths that have been flavoured with beer, wine, tea or sake: in short, almost every aspect of the Japanese culture, which makes them such a great way to experience the people and natural beauty of Japan. The book also includes a guide to Japan’s hottest and most secluded springs, and instructions on how to take a healing bath in the Japanese manner: immersed in a hot spring surrounded by blossoming cherry trees or at home, in your own bathtub.



Sacred Waters

A GUIDE TO JAPANESE HOT SPRINGS

HARD COVER, 240X210 MM, 144 PAGES
ISBN: 978-91-87283-33-8



AUGUST ERIKSSON (photographs) combines regular commissions for interior magazines with his own photography projects. He has exhibited at contemporary photography galleries, designed wallpaper patterns and run the art photography magazine Motiv. His first, unforgettable hot-spring bath was in Japan in 2007; but he considers his best bathing experience so far to be the one he took with a group of sake-quaffing men up in the mountains outside Beppu.



ANETTE MASUI (text) is a cultural journalist, currently covering Japan for the Swedish National Radio. In 2005-2009 she was the Swedish Embassy’s Cultural Counsellor in Tokyo. She has previously published three non-fiction books in Sweden, two of them about Japan. As half Japanese, she has done a considerable amount of hot-spring bathing, and enjoys it most when surrounded by snow and ice.

Votum Förlag, Skårevägen 60, 653 50 Karlstad, Sweden
Tel: +46 54 15 16 18 or +46 708 90 30 30
info@votumforlag.se • www.votumforlag.se

votum.
VOTUM & GULLERS FÖRLAG