

SENTO

"SENTO" is a public bath. It has been thought that the bathing started in temples as a duty for those who serve the Buddha. Later around 1460, it is recorded that "Busho" (military commanders) invited their relatives and treated them with a bath, banquet and tea ceremony. Then around 1600, it is known that commoners had gatherings called "Furoko" where they met in "Kannon-do" (Buddhist temples), took a bath and held a banquet. It is said that they entertained themselves with "Rakugo", "Go", and "Shogi".



"Ukiyo-buro" By Sanba Shikitei

The "SENTO" culture in Japan is not just a place to bathe but plays a role of "a social meeting place." Now there are 14 public baths in Meguro.

Meguro public bath map
http://www.city.meguro.tokyo.jp/smph/kurashi/shigoto/shotengai/koshuyokujo/yokujo_ichiran.html

One of them, "Bunka Yokusen," which is located near Ikejiri-Ohashi station, has "nano" bubble bath and Chinese medicine bath. Modern bath facilities seem to be focusing on the extra benefits of bathing such as aesthetic effect and metabolism activation.

Every facility has its own style and originality, such as the wall paintings of Mt. Fuji in the bathing area, and this is becoming their traditional culture.



From "Bunka Yokusen" website

They are definitely worth seeing. We also recommend going to "SENTO" early in the morning or after a jog.

Meguro SENTO Special Services

"Welcome SENTO Runners" service is to keep your belongings without any extra fee, while you are running.

"Meguro Refresh Bath" service allows Meguro residents aged over 60 years old to enjoy SENTO for 220 yen. Your ID is required to register on the first visit, and this discount is applied maximum four times a month.

"Parent-child Bathing Day" offers a pair of a parent and a small child (school children not allowed) a free entry every second Sunday.

"Respect for the Aged Bathing Day" is to let Meguro residents aged 60 years or older enjoy SENTO for free on or around September 15th. Maximum two small children (school children not allowed) can be accompanied.

THE BATHING MANNERS

Let's enjoy SENTO keeping the manners!

入浴する前にごらんください

Look! Before you go in...



浴室に入るときには
パンツを脱いでください
Please take off your underwear
before you go in.

请脱掉内裤后进入浴室

목욕탕에서는 팬티를
벗어 주십시오



湯船に入る前に汚れた体を
洗い流してください
Please wash yourself well before
getting into the tub.

请洗干净身体后进入池内

탕 안에 들어가실 때는 간단히
몸을 씻어 주십시오



湯船にタオルは
入れないでください
Please keep your towel
out of the tub.

请不要把毛巾带入池内

탕 안에서 타올을
사용하지 마십시오



シャワーは座って使い、
使わないときは湯水を止めてください
Please use the shower while sitting,
and turn it off when you don't use it.

请坐着使用淋浴
在不用时请关掉热水

샤워는 앉아서 사용하고, 사용하
지 않을 때는 온수를 꺼 주십시오



洗濯は
ご遠慮ください
Please refrain from washing
your clothes or underwear.

请不要在浴室内洗衣服

세탁은 금해 주시기 바랍니다



更衣室に戻る際には
濡れた体をふいてください
Please wipe yourself off before
coming out to the dressing area.

请擦干身上的水后回到更衣室

탕안에서 나오실 때는
젖은 몸을 닦아 주십시오