

# Procedure for taking a warm sawdust enzyme bath. 入浴前の確認とおがくず酵素浴の入浴方法



## Read more... Please respond aloud.

続きを読んでください。声に出してお答えください。

Q,Have you ever tried Enzyme bath?

YES or NO

We are only able to provide services in Japanese.

スタッフは日本語でのみ接客いたします。

YES

We cannot assist you in languages other than Japanese even in cases of emergency.

緊急事態であっても、

日本語以外での対応は出来かねます。

YES

No mobile phones are permitted in the bath.

浴室での携帯電話の使用はできません。

YES

Please read terms and conditions and fill out consent form.

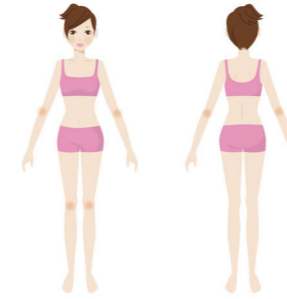
同意書の内容を読んで、署名してください。

YES



### ① drink an enzyme

Drink Super Ootaka which is our original Enzyme drink. Please check some allergy information before consuming. You will take 20 ml of the drink before taking the bath.



### ② Changing clothes.

Please get changed to bathing clothes provided and take ONLY your locker key to the bath.



### ③ Take bath

Your whole body will be covered by sawdust for 10 to 15 minutes, then your lower body for another 10 minutes. Please follow our staff's instructions and enjoy your bath.



### ④ Getting rid of the sawdust

Let's check your body parts where most sawdust have attached, these are the parts where you have sweated the most. Our staff will help you to get rid of the sawdust on your back.

Do not remove "oga powder" in the bathtub.



### ⑤ Taking a shower

You will take a shower in a cubic. Please do not use any body soap to wash your body.



### ⑥ Relax time.

You will still be sweating after the bath but this is quite normal. Relax and enjoy your cooling down time.