

# Hot Spring Information

## Hot Spring Source |

Atami Onsen

## Properties |

Sodium and calcium chloride spring  
(hypotonic, weak acidic, high temperature)

## Indications |

Neuralgia, muscle pain, joint pain, frozen shoulder, motor paralysis, stiff joints, bruising, sprains, chronic digestive disorders, haemorrhoids, sensitivity to cold, convalescence, fatigue, general health promotion, cuts, burns, chronic skin conditions, weakness in infants, chronic gynaecological disorders

## Contraindications |

Acute diseases (especially those involving a fever), active tuberculosis, malignant tumours, severe cardiovascular disease, respiratory failure, renal failure, bleeding disorders, severe anaemia, other progressive conditions, pregnancy (especially early and late stages)