

銭湯の玄関に架かる「暖簾」。ほとんどの銭湯に男湯は青、女湯は赤の暖簾がかかっており、暖簾をくぐると男女別の脱衣所につながっている。

"Noren" is a short curtain with symbols on it that is found hanging at the entrance of the Sento. In most cases, the men's bath has a blue curtain and the women's bath has a red curtain, and each is connected to its respective dressing room.

Welcome empty-handed!

石鹸やシャンプーは番台で販売しています
Soap and shampoo are sold by BANDAI.



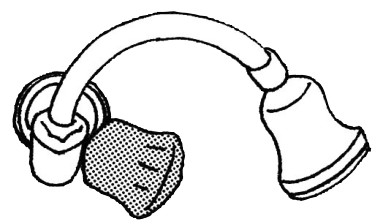
番台

BANDAI



暖簾をくぐったら、まずはじめに番台でお金を支払う。番台に座るのはおばちゃんだったりおじちゃんだったり、たまに子どもだったり。番台には湯温調整の機械の他、石鹸やシャンプー、貸タオルなどが据え付けられている。自分専用の湯桶や石鹸、タオルなどを銭湯に預けている人もいるが、それは「常連さん(顔なじみ)」になるまですることはできない。

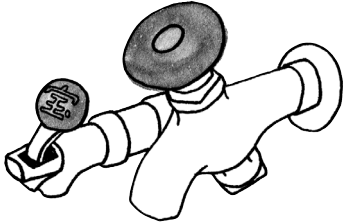
When you go through the curtain, you first make your payment at the "Bandai" (reception counter). There might be an elderly woman or man at the Bandai, or sometimes even a kid. The Bandai is usually equipped with a controller for adjusting the temperature of hot water, soaps, shampoos, or rental towels. Some people leave their own pail, soaps, or towels at the Sento, but you can only do so if you are a "Joren" or "Kao-Najimi" (regular customer).



青い方を押すと水、赤い方を押すとお湯が出る。カランの形状は銭湯毎に違うので、その変化をリサーチする楽しみもある。水とお湯の両方を桶に注いで丁度良い湯加減にするが、意外とコツがあるので注意が必要。シャワーはないところも多い。カランやシャワーの流しっぱなしはもちろん御法度だ。

カラン

WATER TAP



Cold water flows out from the blue tap, and hot water from the red one. The shapes of the water taps are slightly different in each Sento, so enjoy researching! You have to ensure that you have the optimum combination of cold and hot water pouring into your pail, but this is not as easy as you think. Not many Sento have showers. Don't forget to turn off the water tap or shower after using them.

ぬる湯
あつ湯

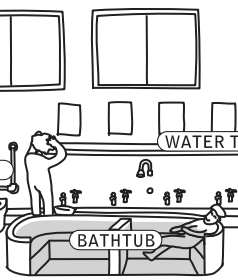
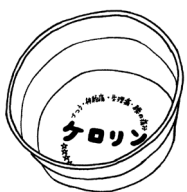
浴槽は「ぬる湯」と「あつ湯」に別れていることが多い。このほか、微弱な電気が流れており、入浴するとビリビリと電気を感じる「電気風呂」や薬草の浮かぶ「薬草湯」などがあり、疲れが取れるサウナが設けられた銭湯もある。

BATHTUB AND SAUNA
Usually, bathtubs are divided into "Nuru-yu" (tepid water) and "Atsu-yu" (hot water). In addition, there might be an "electric bath," in which a weak electric current is generated causing you to feel a tingling sensation, a "Yakuso-yu" with some medical herbs, or a sauna for detoxify your body.

湯桶と椅子

湯桶と椅子は銭湯に用意されている。浴槽からお湯を取る時は、他のお客さんの迷惑にならないように気をつける必要がある。なお、湯桶には「ケロリン」という文字が入っていることが多いが、これは頭痛薬の広告。

PAIL AND CHAIR
Use the pail and the chair placed in the Sento. When scooping hot water from the bathtub, be careful not to disturb other customers. You may wonder why the word "Kerorin" is so frequently printed on the pails in the Sento; it happens to be the name of a classic headache medicine.



百石湯 831-7097	中水道湯 875-2305	百石温泉 832-6654	司湯 883-6306	高砂湯 875-0621	城下湯 872-7652	清水湯 873-0050	角湯 832-6305	潮湯 831-2283	愛宕湯 824-8302
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銭湯入浴料金 charge
adult ¥360
Children From 6 years old to 12 years old ¥150
aged 6 and below ¥60

湯～モア新聞

銭湯のたしなみ

その歴史は古くは鎌倉時代にまで遡り、江戸時代には朝から宵まで続く社交の場として機能したという「銭湯」。特に戦後は山間部も含め全国各地に銭湯は設けられ、その数は高度成長期の頃には最多の時期を迎えた。しかし、高知市内だけでも90軒を数えたという銭湯も、現在営業を続ける銭湯はわずかに10軒。各家庭へのお風呂の普及と共に、その数は年々減り続けているのである。

Cultural Background of the "Sento" — Japanese Public Bath

The "Sento" (Japanese public bath) has a long history that dates back to the Kamakura period (1185-1333), and it functioned as an all-day community space as far back as the Edo period (1603-1868). Especially after World War 2, these public baths began to be built throughout the country, including mountainous areas; the number reached its peak during the high economic growth period. In Kochi city alone, there were about 90 Sento at the time; however, only 10 of them are currently operational. With the spread of baths in private homes, the number of public baths continues to decline with every passing year. Nevertheless, the "furo," or bath, continues to hold a special place in the hearts of the Japanese people. Many Japanese feel that the pouring of hot water on one's body to rinse themselves with before entering the bath ("kakeyu"), carries the connotation of purification in a slightly ritualistic sense, and involves more than just removing dirt from one's body.

脱衣所

DRESSING ROOM

ほとんどの場合、木製のロッカーに脱いだ衣服を入れて入浴する。鍵付きのものもあればそうでないものもあり、貴重品は番台に預けておく心安い。常連さんの中には籠に衣服を入れて入浴する人もいる。

In most cases, once you have undressed, you put your clothes inside a wooden locker before entering the bath. Some lockers have keys but not all of them; hence, it is safer to leave your valuables at the Bandai. Some "Joren" (regular customers) just leave their clothes in the basket.



さまざまなルール

RULES



浴槽に入る前には必ずお湯を体にかけるか、体を洗うこと。
KAKEYU
Pour some hot water on yourself or wash your body before stepping into the bathtub.

掛け湯する

浴室内で軽く体をふいてから脱衣所へ上がるよう注意する。
DRY OFF
Dry yourself off with a towel in the bathroom before entering the dressing room.

軽く拭く

洗濯はしてはいけない。もちろん、髪染めも禁止。

NO WASHING
No laundry, please! And of course, dyeing one's hair is also prohibited!

洗濯はしない



浴槽にタオルは持ち込まない。畳んで頭の上に載せるのが常連の所作とされている。

NO TOWELS
Do not carry towels into the bathtub. It is common practice to place a folded towel on top of your head.

マナー守って
きもちよく。
みんな楽しい
銭湯へ行こう
yumore.seesaa.net

SERVICE

銭湯のサービス



COFFEE WITH MILK
80-110 yen. It is considered "Iki" (stylish) to drink cold "coffee with milk" in one gulp after stepping out of the bath.

按摩機

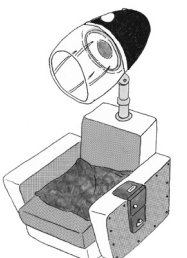


MASSAGER
You can ease your stiff shoulders with the help of a classic massager. 10-100 yen.



SEASONAL BATH
Seasonal baths include the "Shoubu-yu" with iris petals on May 5, "Lemon-yu" on August 15, "Yuzu-yu" on the winter solstice, and many more variants with which to enjoy the four seasons in Japan.

髪を乾かす ドライヤー



HAIR DRIER
20 yen. Be careful while using the helmet-shaped hair drier.

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