



# The Japanese Spa: A Guide to Japan's Finest Ryokan and Onsen

*Akihiko Seki, Elizabeth Heilman Brooke*

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**With over 180 color photographs and extensive commentary, this book showcases the beauty of Japanese inn, or *ryokan*.**

Featured are both old and new-from inns with a history dating back a thousand years to modern inns with the latest facilities that nonetheless capture the spirit of old Japan. Each of the properties has been handpicked by the authors for their strong design aesthetic, commitment to service and purity of their spring waters. The photographs showcase the resorts at their best, and accurately express the unique architectural design of each ryokan.

Each chapter begins by introducing the area surrounding the inns and their spas, or *onsen*, and provides a background of its local history, culture and traditions, as well as the natural environment. The text provides information on the design and development of each ryokan, and descriptions of the owners and their clientele.

For those planning a visit to an *onsen*, this book provides contact details and information on the number of rooms, type of facilities and food, as well as vital information on travel and booking procedures and whether English is spoken. For those fascinated by Japanese culture and design, this book is an absolute delight.

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