

〈教育セミナー〉

入浴：日常生活におけるストレスの対処法

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Bathing : One Method to Combat Stress in Daily Life

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Abstract

One way to ease daily fatigue and also relax and revitalize both mind and body is the simple method known as the daily bathing. The effects of bathing are something we are all familiar with and enjoy without worry. A hot topic in the bathing lately is the aromatherapy boom, a new addition to the healthy and hot spring booms that have appeared in recent years. When we enter the bath, physiological effects occur from the hot water on our bodies and psychological effects from the feeling of release and relief on being without clothes. Bath additives enhance these effects still further. Making full use of the bathing in our daily lives is essential to help eliminate chronic stress.

Key words: fatigue, relax, bathing, bath additive.