



Geothermal bath design in Changbai Mountain, China

A Bath of Ice and Fire

The naked bath history

Yan Zou

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Spring, 2017

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OCCIDENT
COLD WATER



Mixed bathing in Greece, and cold water is a symbol of health

In Greece, before the advent of thermal baths, athletes bathed in the open air in an area near the gymnasium.

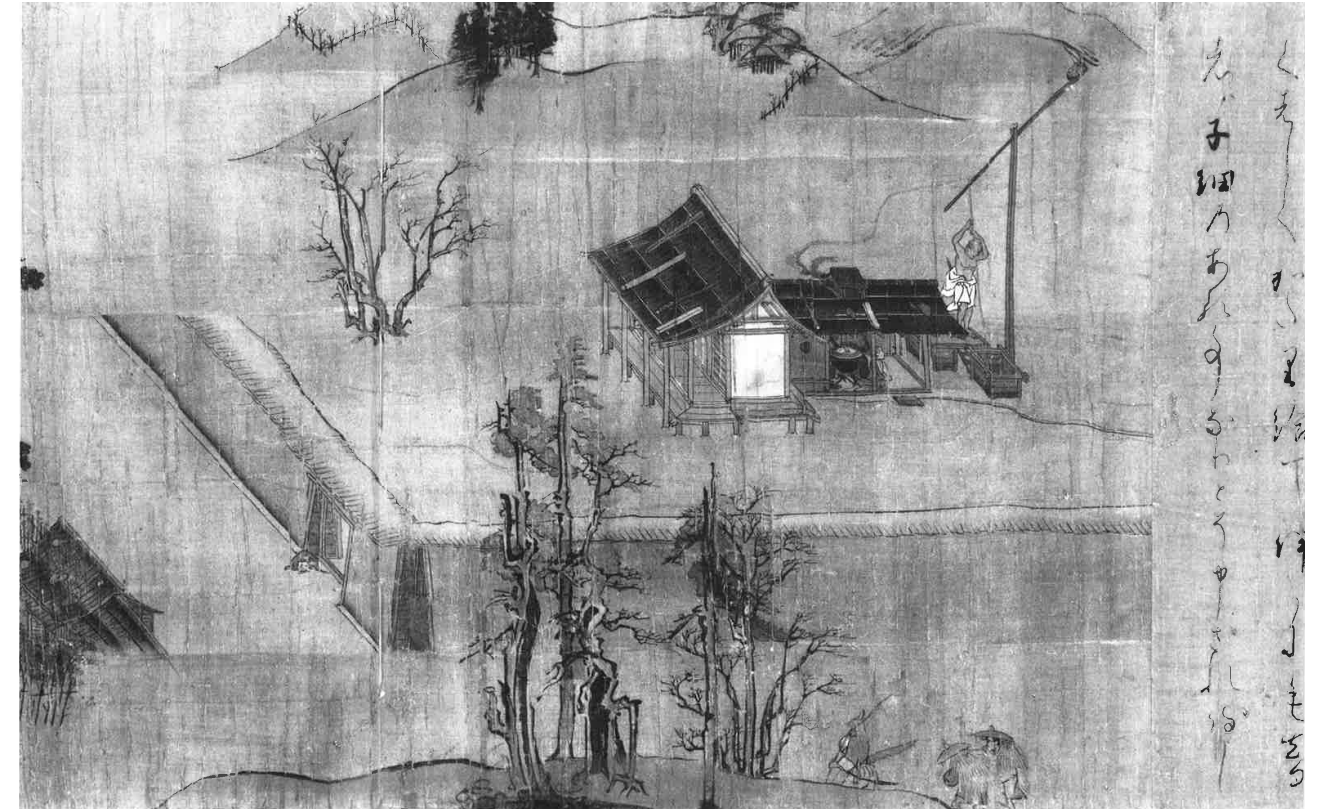
They splashed themselves with water from **louterions**, large basins supported on central pedestals.

Bathing was mixed, as may be seen in the stamnos painted in circa 440 BC, which shows three women performing the eternally graceful gestures of bathing.

Cold baths were associated with sport or military training.

For the Greeks, bathing was not simply a matter of relaxing after muscular exertions, but of keeping mind and body in harmony.

ORIENT
HOT WATER

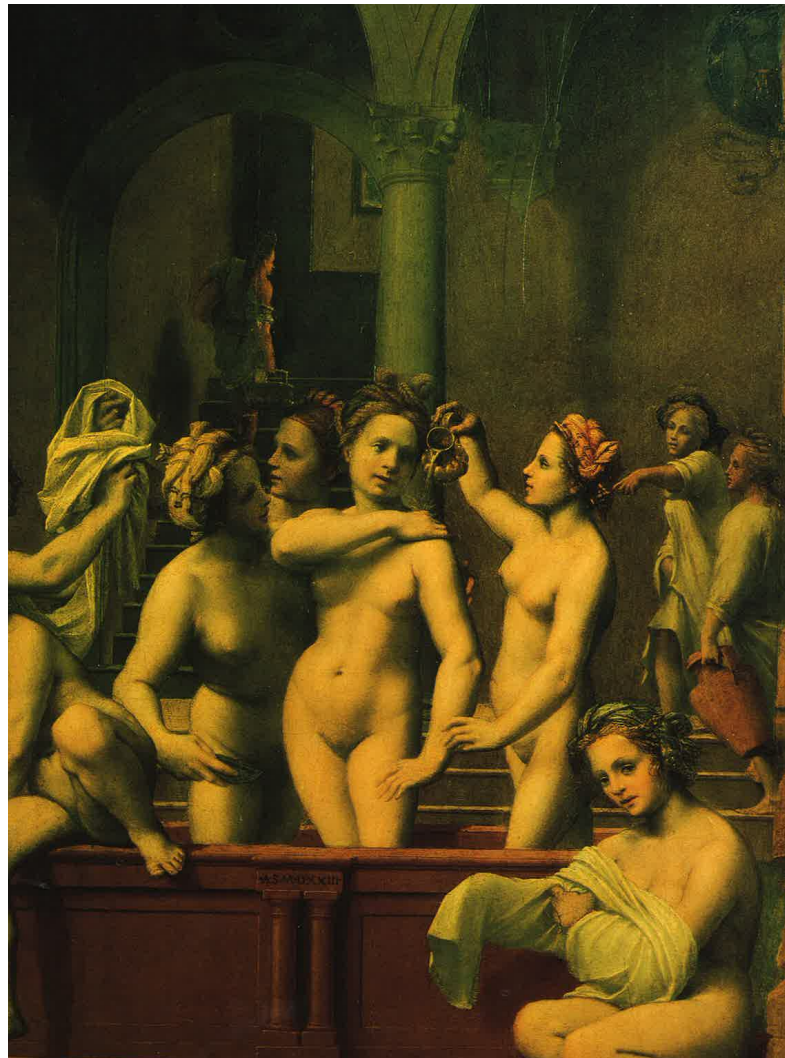


Purity and personal cleanliness were important aspects both of religions and everyday behavior

A rustic bathhouse of the Kamakura period (1185–1333).

In the illustration from the 13th century narrative scroll *Ippen-shonin Eden*, the itinerant monk Ippen visits one of his spiritual teachers and is immediately offered a bath. Clear cold water is drawn from a well and carried into the adjoining bathhouse, where it is heated in an iron cauldron.

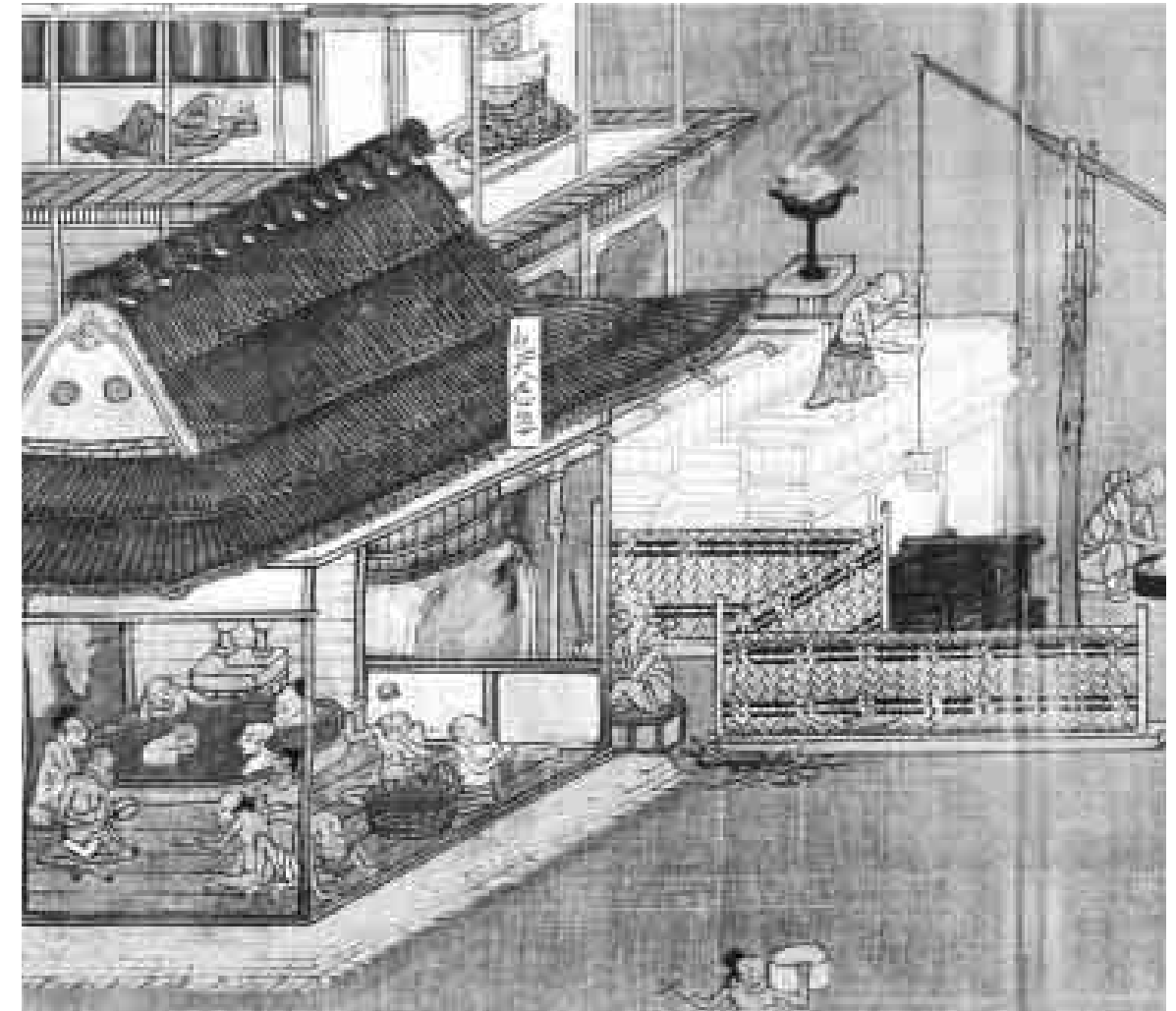
OCCIDENT
BATH AS HYGIENE



Jewish ritual bath, MIKVEH

The letter from Uriah or Bathsheba and Her Followers in the Bath,
by the Mannerist painter *F. Di Cristofani Bigi (1485-1525)*,
represents the Jewish ritual bath called the mikveh,
it requires pure water flowing from a natural spring and was for that reason
frequently installed in a basement,
as is shown in the painting.

ORIENT
BATH AS THE CHARITY



A Japanese medieval charity bath at a Buddhist temple, 1326

A second type of religious bath had charity or social welfare as its aim.
This custom originated in the occasional baths that temples offered for lay members,
which in time were opened to the poor.
Wealthy patrons provided funds for heating the bath and for supplying bathers with loincloths

OCCIDENT
WOMEN



Open-air Spring, Allegorical Scenes

Open-air Spring provided delightful natural bathing spots, such as the one in the fresco of **Women bathing** by *Bernardino Luini (1480-0532)*. The Renaissance painters took much of their inspiration from classical antiquity and set many allegorical scenes in ancient baths.

ORIENT
MIXED GENDER



No Border Between Males and Females

The first issue of a bathtub opened in Tianmen 1591 at Queqing Bridge in Edo (Keshiba Takebar). The structure of the bathtub in the late Edo period is that only the bathtub is separate for men and women, the clothing room, the washroom has no border between males and females, almost like a mixed bath.

OCCIDENT
THE STORY OF WATER

*“He begins by leaving his clothes in a niche, where they are looked after by a slave.
He then passes into the warm-air room, where he can sit and relax and apply oil and
ointments. He can then choose between the dry heat of the laconicum, where water is
thrown onto heated pebbled so as to make the air breathable, and the humid heat of the
sudatorium.*

He then progresses to the hottest room of all

...

*If he wishes to cool down, he can move into an alcove lit by a shaft of light from above,
where he can splash himself with the cold water*

...

*After his vapour bath, the bather enters a round alcove containing a pool capable of holding
a dozen people.*

*There he sits on the second-to-last step,
just like a greek,*

*and cleans his skin with the aid of a strigil, before rinsing himself with repeated splashes
of water*

...

In certain establishments, he may be provided with an individual bath.

...

Finally, he moves on to the cold room.

...

He can return first to the warm room in order to ease the transition.”

Beneath the Elegant Cupolas of the Roman Baths

The Romans had always adored water.

The bath-house, or *balneae*, were originally small, private commercial establishments, often financed by wealthy individuals.

Romans first discovered the pleasures of alternate hot and cold baths on the greek model.

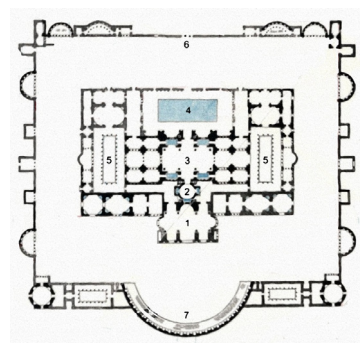
ORIENT
THE STORY OF WATER



Praying Beneath an Icy Waterfall

Japanese cleansing rituals may be as simple as rinsing one's mouth and hands with a ladle of fresh water at the entrance of a shrine, or as awesome as praying beneath an icy waterfall at a sanctified site deep in the mountains.

OCCIDENT
INTERIOR

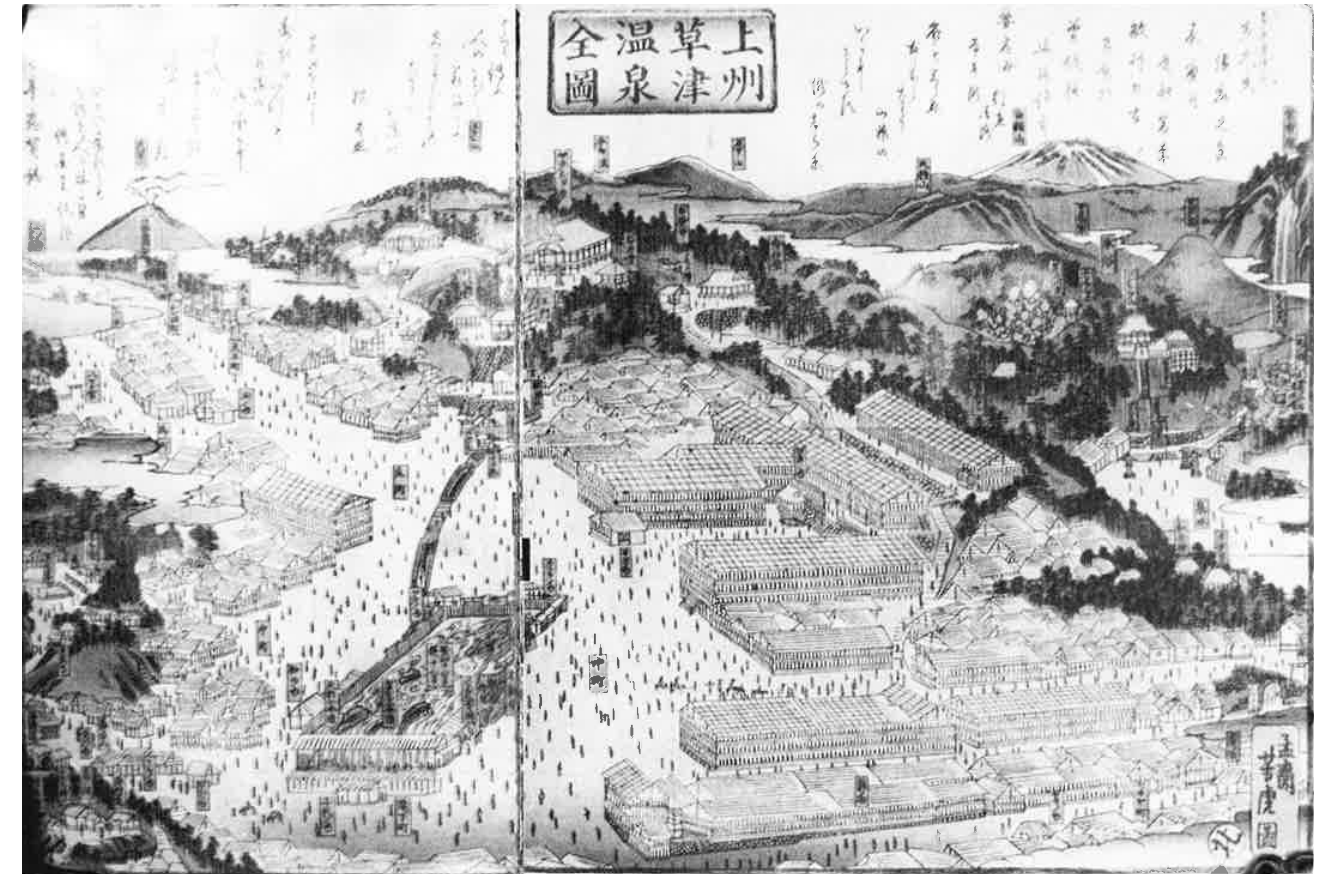


The Bath of Diocletian, a Theme Park

The Baths of Diocletian (Thermae Diocletiani) were public baths in Rome and built from 298 to in 306. It was the largest and most impressive of the imperial baths.

Over the years, many other amenities were added to the baths, making them something like a cross between an quacentre and a theme park-- there would be open-air pools, sports and games roos, gardens, porticoes and walks embellished with statues, bars, restaurants, relaxation rooms and , finally, cultural amenities such as libraries and theatres, where one could choose bewtween plays, poetry readings, debates and concerts.

ORIENT
EXTERIOR



100 hot-springs in Kusatsu

The hot-spring twon of Kusatsu, in the mountains of Gumma Prefecture, has been attracting visitors and pleasure seekers for more than a thousand years.

The print shows a bird's viov of the bustling resort, surrounded by the mountains of Gumma, with volcanic Mt. Asama at the upper right and distant Mt. Fuji on the left.



Hygiene in the Middle Ages, Mixed Bath for Festivity and Celebration

From the 12th centry onwards, Western life began to acquire certain trappings of sophistication. There are many miniatures that show the rituals of the bath, indicating the attention paid not only to bodily hygiene, but to festivity and celebration.

In the public bathhouses, people of both sexes bathed together in water infused with medicinal herbs.

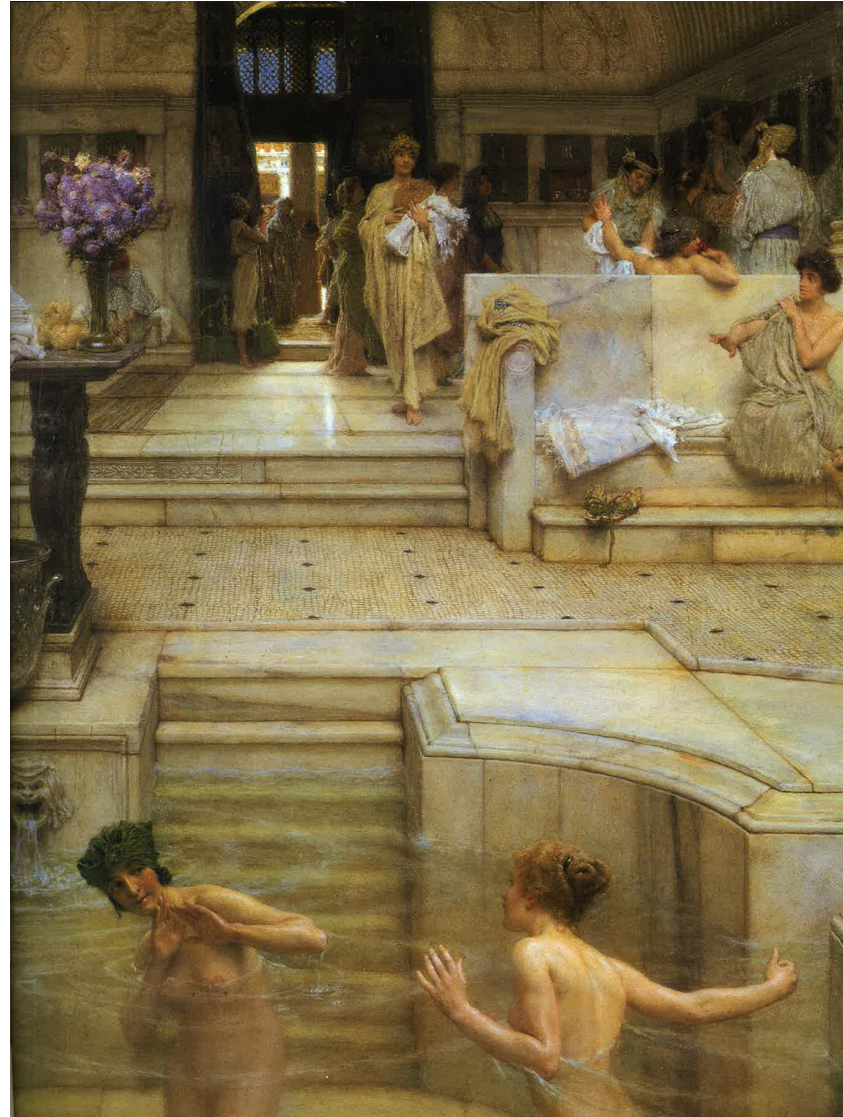
Naked but elaborately jewelled and coiffed, a large bathtub with a tray across the middle covered with a linen runner, on which food was set out.

The alcoves were for resting but also encouraged the amorous indiscretions that mixed bathing inevitable brought.



Pilgrims Bathing in the Roben Waterfall at Oyama in Sagami Province. From the Waterfalls in All Provinces series.

OCCIDENT
MARBLE



A Favourite Custom, Serenity Atmosphere

This scene, by Sir Lawrence Alma-Tadema 1909, is set in the baths at Pompeii to show slender young women fully naked in transparent water with marble surrounding, in a atmosphere of serenity.

The artist based this work on photographs of the ruins of the Stabian baths (1824).

Up to the eve of the First War, bathing scenes were the only way for painters of representing nudity without bring down the wrath of the moral majority.

ORIENT
WOODEN



Gender-seperation

Onna yu ,“Bathhouse Women”,by Torii Kiyonaga (1752–1815)

At the end of the Edo period, the Tokugawa shogunate (1603–1868) at different times required baths to segregate by sex in order to ensure public moral standards. However, many bath house owners merely partitioned their baths with a small board, allowing some voyeurism to persist. Other baths avoided this problem by having men and women bathe at different times of day, or by catering to one gender exclusively.

In spite of this, laws regarding mixed-sex bathing were soon relaxed again.

OCCIDENT
BATH WITH FRIENDS



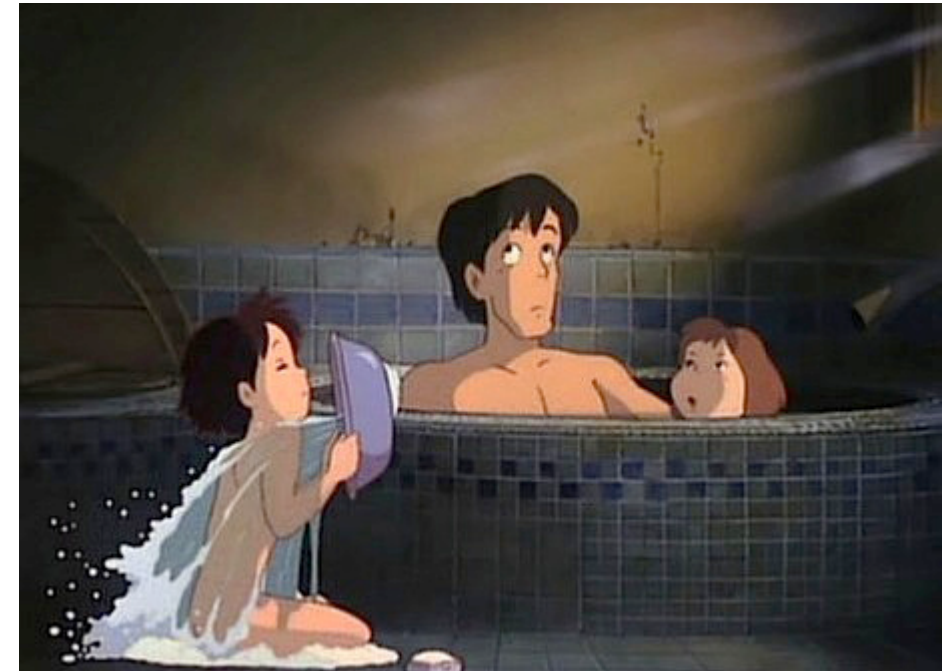
Mixed bathing and nudity during the Reformation

With a beautiful mountainous landscape in the background, this scene painted by *Hans Bock* in 1797 represents the tranquil atmosphere of the open-air baths at the mineral springs in Switzerland.

“...the red wine is flowing, and the sounds ring out of flutes, crumhorn, lute and children’s voice...”

After 1548, bathers not wearing drawers or a cloth around the waist were liable to a heavy fine, as in Germany, where they might have their clothes confiscated.

ORIENT
BATH WITH FAMILY



Family Onsen, Cartoon,

Onsen (hot-spring) is a major tourist attraction drawing Japanese couples, families, or company groups who want to get away from the hectic life of the city to relax.

Japanese often talk of the virtues of “naked communion” for breaking down barriers and getting to know people in the relaxed atmosphere

OCCIDENT



The Women's Sauna, 1841

The Women's Sauna was painted by Russian painter, Peter von Lethbrunden, 1841. It shows a room heated by a large stove clad in glazed ceramic tiles.

The Vapour Bath, or so-called Russian Bath., actually came to Russia from the north when it spread from Central Asia thousands years ago.

The route, Asia -- North Russia -- Eastern Europe -- Germany -- Finnish Sauna

ORIENT



Bathhouse as social place

By the 18th century, bathhouses had already established themselves as neighborhood meeting places. Most were two stories high, with a spacious upstairs room where customers could relax over refreshments and friendly conversation after bathing. So important a feature setting for the lively popular fiction of the 18th and 19th centuries.

*“the injunctions issued by the church (Catholic and Reform)
became more and more urgent,
especially with the arrival of the great **plagues** and the spread of **syphilis**,
which, owing to medical and scientific misinterpretations,
gave water and hot baths a bad reputation.”*

*“In France,
as long as the plague was on the streets, the watchword was
‘bathhouses and bathing,
I beg you to shun them or you will die’...”*

*“In England,
the bathhouse were shut down by an order issued in the 16th century...or at least very strict
control for almost one hundred and fifty years...”*

*“In Germany,
there are indications of their continued existence up to the end of 16th century, but by
then times were beginning to change and one by one the towns closed down their baths.”*

For almost two centuries, bathing was a forgotten pleasure,

Two Hundred Years Without A Bath

When the bathhouses began to die out in the late Renaissance,
so did the use of water generally.

Nudity, so widespread in the Middle Ages, became less common.

1. You will go naked

2. Do not take pictures.

3. If you are on your period (girls), do not go.

4. If you have tattoos, cover them with a band-aid

*5. Drink lots of water before you go
and if you are starting to feel faint,
get out immediately*

*6. Shower first
Sit on the little stools and completely shower yourself
You must be clean before entering the onsen. Soap should never be allowed to pollute the
onsen bath.*

*7. Put the towel on your head
Your wash cloth shouldn't enter the onsen water. You also can't leave it sitting at the
showers.*

How to do Japanese Onsen without offending anyone ?

Everyone likes Japanese hot spring baths (onsen). In fact, Japanese people
are obsessed with them and foreign visitors almost always enjoy the experi-
ence.



Initial affinity between Water and Human Body

All that was left was swimming in rivers and ponds, as evidence of what *Bachelard* calls the “primitive sensuality” or affinity that exists between fresh spring water (in particular) and the human body.

The painting of 1640 by *Wolfgang Heimbach*, entitled **Young Girls after Bathing**, shows the moments of repose that follow the initial headlong rush to dive into the cool water, scattering shirts and shifts on the moss springing beneath bare feet.



Chikanobu Yoshu's "Ikaho Onsen Hanei no Zu,"

date unknown,
shows a luxurious hot spring in what is now Gunma Prefecture.

It depicts a bath in what is now Gunma Prefecture, northwest of Tokyo, during the Meiji period (1868-1912). Chikanobu Yoshu, a Meiji-era woodblock artist who was famous for his pictures of beautiful women, presents a scene of ladies bathing in cascading hot water, known as utaseyu. Other women are shown cooling off in the mountain air. If it makes the place

look tempting, that is what it was intended to do:

It was produced as an advertisement for inns in the Ikaho hot-spring town.

OCCIDENT
ADVERTISEMENT



The Extraordinary Growth of Public Baths

For the provision of cleanliness and pleasure in the first third of the 19th century, there existed a staggering total of 78 public baths in Paris. Gradually commercial baths were opened up to utilize the river and then came the first bathing boats that filtered the riverwater.

The Bains Vigier just below the Pont Neuf, engraving of 1830,

“accommodated the lower classes who just wanted to get the dirt off, while the vessel at the Pont Royal entertained the glittering society of the Faubourg Saint-Germain”.

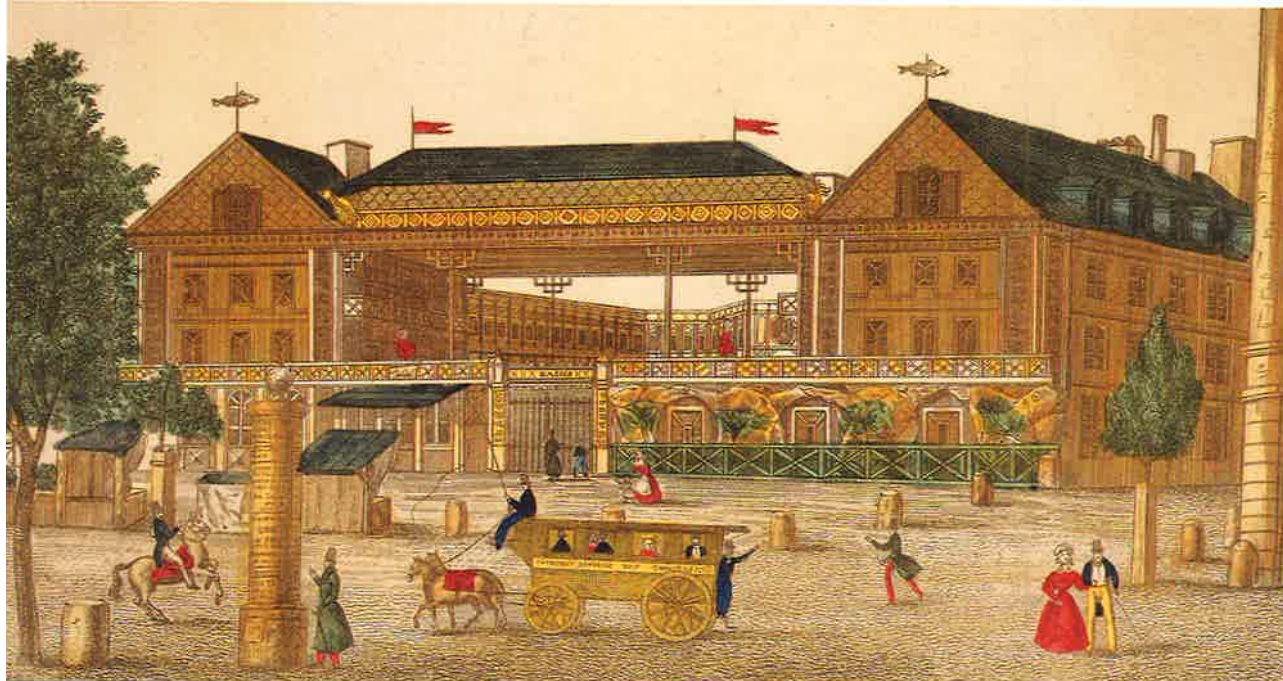
ORIENT
ADVERTISEMENT



Advertisement for the pleasure

Six women advertise the pleasures of the hot-spring resort at Kusatsu.

OCCIDENT
DECORATION



Westerners were fascinated by the Oriental bath

“...on the Boulevard des Italiens, about which there was nothing Chinese except their decor. It was a sophisticated place, with exquisite hostesses and service staff, and was famous for the luxurious beauty treatments it offered, as well as the products it imported from Asia.

...

Westerners were fascinated by the oriental bath and keen to experience for themselves the pleasure of the vapour bath. Indeed, in 1836, the establishment in question opened its own Turkish bath.”

ORIENT
DECORATION



Semi-Westernized bathhouse

Bathers of the Meiji era.

In the printing, bathers come and go for a semi-Westernized urban bathhouse.

OCCIDENT
WATER AS TOOL



Gymnase du Champs-Elysees, a fashion place

“As well as a wonderful pool, there were rooms for billiards, reading, conversation and resting, and there were private bathing cubicles.

A restaurant and cafe completed the amenities.

Sometimes great Oriental celebrations were held, or water tournaments with rowing and swimming competitions, regattas, trips in boats and skiffs, and concerts.”

ORIENT
WATER AS FAITH



Bathing/ Faith

Bathing, faith, and healing merge at the Imagami hot spring, deep in the mountains of Yamagata Prefecture. For more than a thousand years, the water of Imagami have been considered a potent cure for leprosy and other dread skin diseases. The single bathhouse there has become a shrine to the healing deity Imagami Sanjo Daigongen, worshipers immerse themselves in the waters and prays for as long as six or seven hours a day.

OCCIDENT
THE ATMOSPHERE



Calm atmosphere in 1910

With the arrival of private bathroom in wealthy households and the vogue for sea-bathing and public baths aimed at the upper levels of society closed their doors.

The photography (Admiralsbad in Berlin) shows the calm atmosphere and the Neo-classical architecture provided the ideal surroundings for the bathers to enjoy the pleasures of good conversation after treatment.

ORIENT
THE ATMOSPHERE



Men and Women in Japanese Bathhouse, 1960s
Interfoto, Alamy Stock Photo

The causes are manifold – from debate on hygiene to the hangover of Victorian prudery that cemented a modern fear of promiscuity and depravity (a fear that again arose in relation to gay bathhouses in the 1970s and 1980s, when the Aids epidemic led to the closure of many urban bathhouses in the US and Europe).

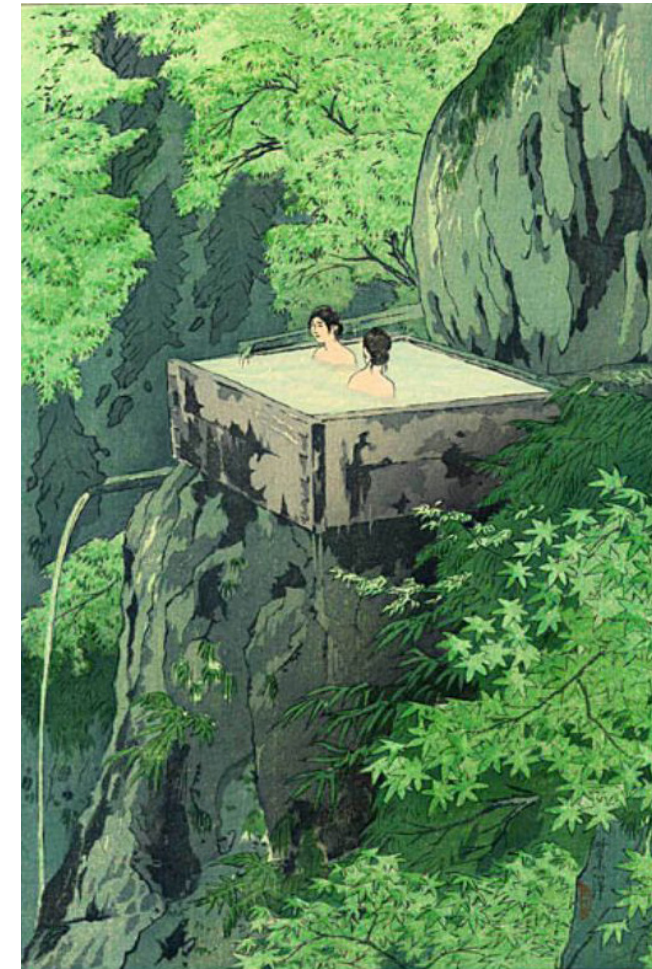
OCCIDENT
THE ATTITUDE TOWARDS WATER



Have Fun with Bathing

The advertisement extolling the virtues of the Bains Parisiens on the Rue Oberkampf seems still to emphasize the fun side of bathing, but that was gradually to change in the first decade of the 20th century with the induction of the municipal showerbaths, intended for purely practical and hygienic purposes.

ORIENT
THE ATTITUDE TOWARDS WATER



Shirahone Onsen, Shinshu by Kasamatsu Shiro (1935)

OCCIDENT
THE INTERIOR



The Modern Bathromm

The painting shows what a de luxe early 20th century bathroom looked like. The decor is the height of modernity and reflects the theme of water, both in respect of the central pool and in the use of shades of green and blue for the glazed tiles.

Radical in its conception, it placed the accent firmly on hygiene and ease of maintenance.

ORIENT
THE INTERIOR



Interior of a Public Bath

Interior of a Public Bath by Utagawa Yoshiiku (1833-1904) Edo Period 1615-1868 Japan, triptych of polychrome woodblock prints; Ink and color on paper.

A print of this charming picture was hanging in one of the two onsen communal bath rooms.

OCCIDENT
THE SYMBOL OF BATHROOM



Sex symbol of the late 1950s

The kitsch decorative style of the curvaceous Jayne Mansfield's bathroom, with its pink shag-pile carpet and gilded heart-shaped bath.

ORIENT
THE SYMBOL OF BATHROOM



Furo with a tiny garden

The Japanese bath called the furo is long enough for the bather to lie flat and has a lid to keep the water hot. Cypress wood is the material favoured for the modern furo. In a traditional dwelling, the bathroom was situated in a separate small building of its own, with a tiny garden adjacent.

The intrusion of the modern comfort has made very little difference to the traditional order.

OCCIDENT
THE SENSUAL DELIGHTS OF THE BATH

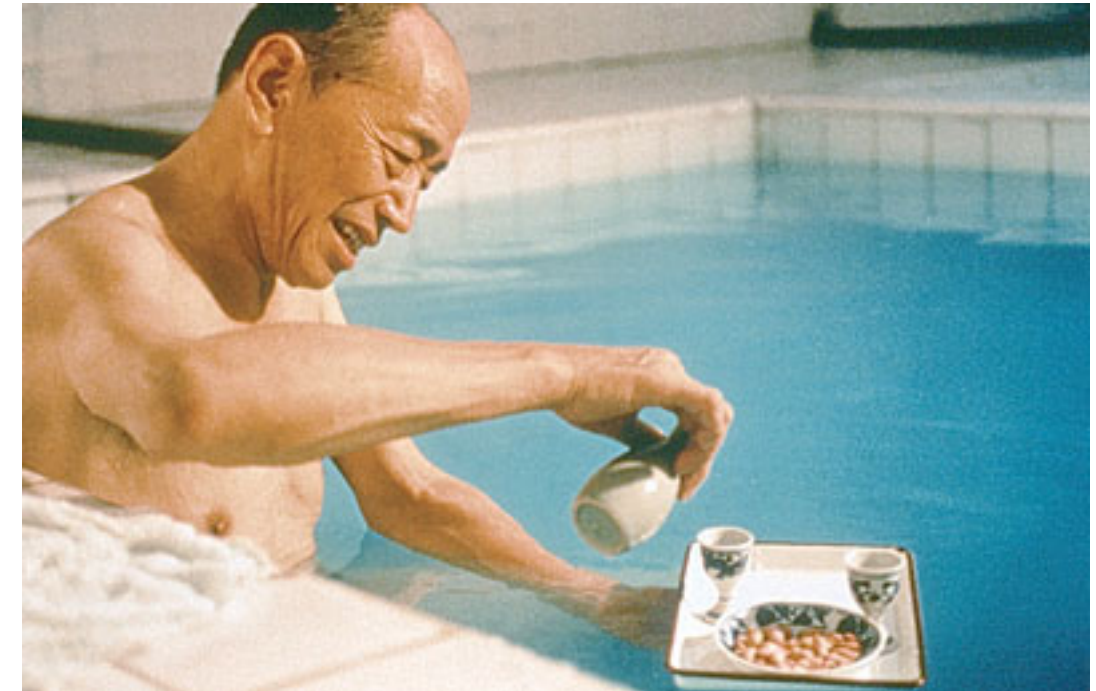


Sauna, delightful place

In the old days women gave birth in the sauna: the new born baby spent his first days in the mild warmth of the sauna, cared for by the mother and midwife. It was practical: the sauna was warm enough, and there was clean water for the needs of the mother and the baby.

Nowadays the instructions given by child care clinics recommend that infants over six months old be taken to the lower bench or after the sauna has cooled down, but never into the steam, because small babies do not perspire. only from the age of one onwards have the child's sweat glands developed and steam can be recommended.

ORIENT
THE SENSUAL DELIGHTS OF THE BATH



Shower, 2000, Movie, China

Presented as a light-hearted comedy, Shower explores the value of family, friendship, and tradition. The film revolves around a family-run bathhouse in Beijing.



Vihta

In Finland, no sauna is without its vihta.
 This is a small bunch of birch twigs used to “whip up the blood” and make the sweat flow freely.
 The bundles are assembled in springtime when the stem are still tender, and are hung up for storage in a cool and well- ventilated spot.

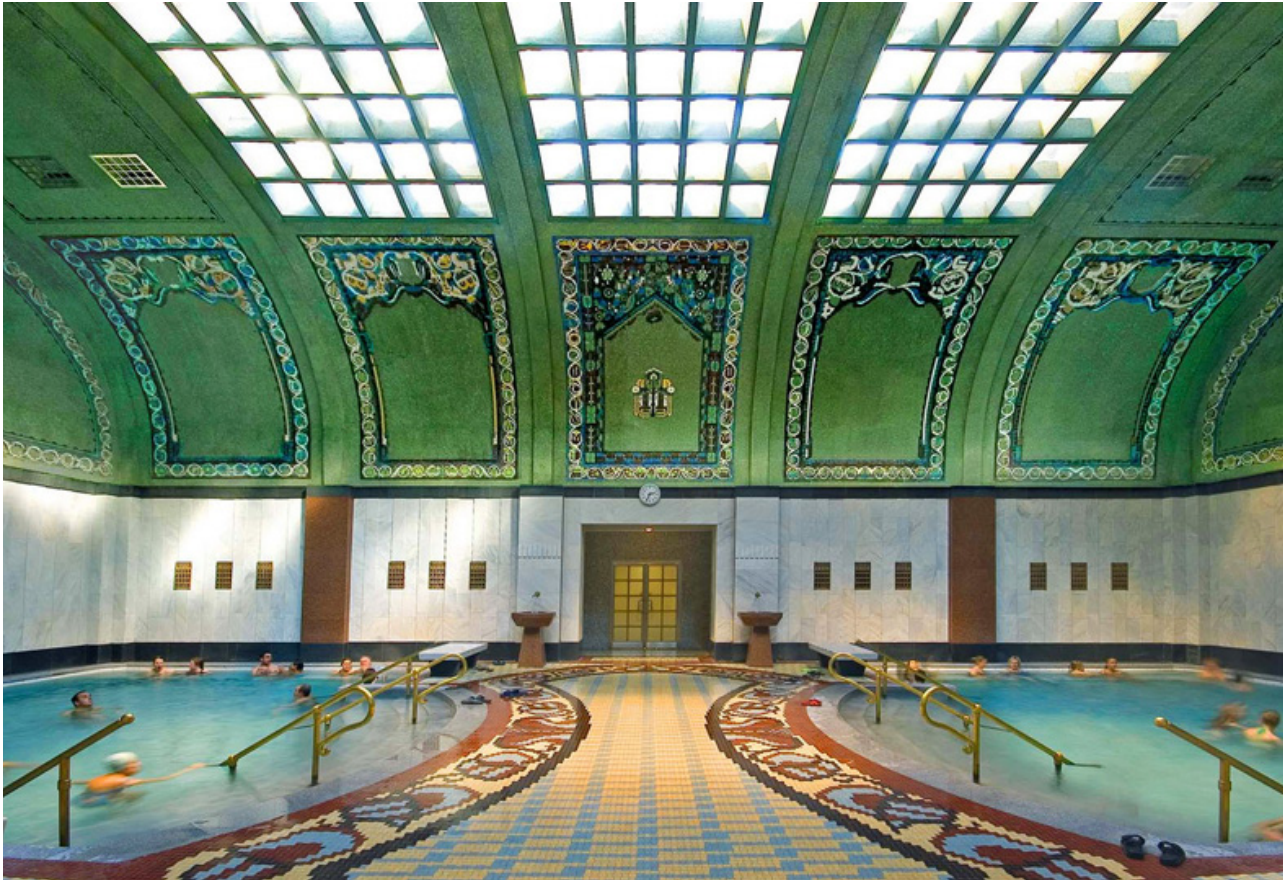


Companion in Nudity

The pleasure of the private bath notwithstanding, the Japanese still like to go into town to visit the sento, or to the hot spring to benefit from the onsen where they enjoy communal baths with their **hadaka no tsukiai** or “companions in nudity”.

The Hoshi Onsen of Gummaken is equipped with a superb traditional wooden building.

OCCIDENT
THE ATTITUDE TOWARDS GENDER



Nude, Gender-seperation
vs
Swimming suif, Gender-mixed

The Dress Code in Gellert Spa has recently changed when the thermal baths has turned into a mixed spa bath complex on January 01, 2013. Before Jan 2013, men and women had separate thermal pools, so guests were often nude, or just wearing an apron.

Gallert Bath, Budapest

ORIENT
THE ATTITUDE TOWARDS GENDER

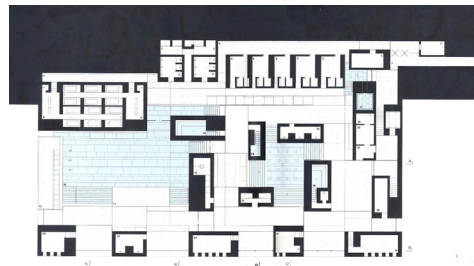


Purity, Nature and Beauty

Purity, nature and beauty are three fundamental concepts to Japanese ethic, and to the practice of bathing in particular.

To the north of Tokyo, the hot springs of Takagarawa provide an opportunity to bathe naked, as there are seperate baths for men and women.
The spa is situated in exceptionally beautiful countryside, with waterfalls and natural ponds, and swimming pools sheltering under roofs of a traditional design.

OCCIDENT
THE ATTITUDE TOWARDS NATURE

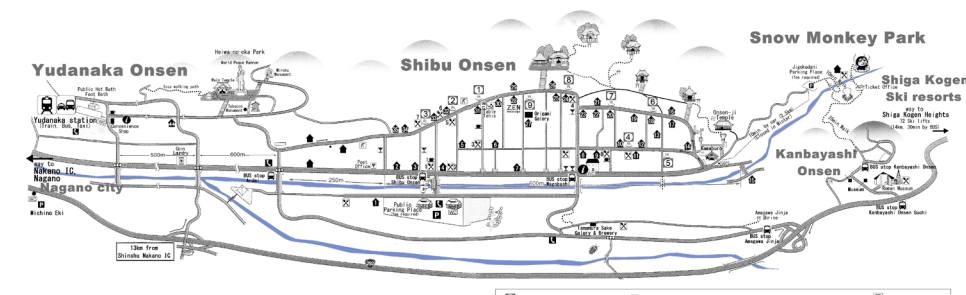


Therme-Vals, Switzerland

“Mountain, stone, water— building in the stone, building with the stone, into the mountain, building out of the mountain, being inside the mountain— how can the implications and the sensuality of the association of these words be interpreted, architecturally?”

by Peter Zumthor

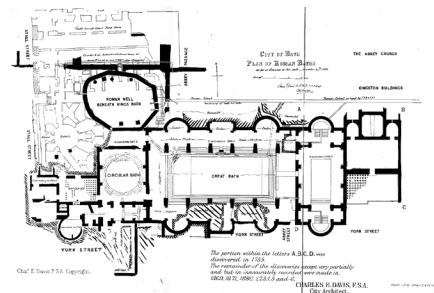
ORIENT
THE ATTITUDE TOWARDS NATURE



Snow Monkey

Japan's hot springs are not restricted exclusively to human bathers. Indeed, many springs were originally discovered by hunters tracking injured animals, which nursed their wounds in the soothing warm waters of nature spring.

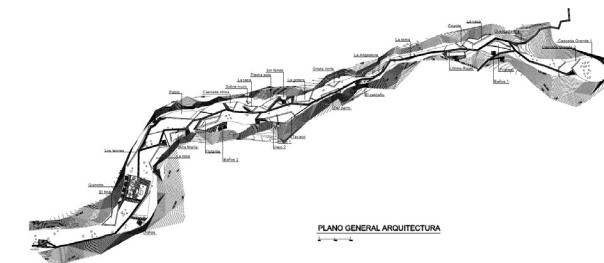
ANTIQUITY
THE ATTITUDE TOWARDS NATURE



Baths at Bath in England, 836 BC

Everywhere the Romans settled, they built thermal baths, evidence both of their love of water and their talent as builders. The water of the main spring emerges at a temperature of 45°C. The bath flourished for four centuries, and were later restored by monks in the 12th century, but it was in the 18th century that the town attained the height of its popularity, acquiring its magnificent urban architecture as the baths came back into fashion. Where they could not rely on the miracle of natural springs, the Romans had to build gigantic aqueducts to supply the large thermae in the woens.

TWENTIETH CENTURY
THE ATTITUDE TOWARDS NATURE



Termas Geométricas, Chile, 2009

They are named Termas Geométricas because it is a work of architecture built with strong primitive geometric elements that allows one to be captivated again by natural elements in the midst of the wild brutal nature. The geometric architecture of the Termas makes it possible to see and enjoy the good side of the unexpected events of nature.

OCCIDENT
THE ATTITUDE TOWARDS NUDITY



Nude Beach

America: National Nude Day is a chance to keep cool on hot summer days.

It is celebrated each year on July 14th.

It actually shares a date with a much more famous holiday: Bastille Day, and it's also the day License to Kill premiered.

ORIENT
THE ATTITUDE TOWARDS NUDITY



Nude Onsen

“Last splash: Immodest Japanese tradition of mixed bathing may be on the verge of extinction”

Bathers sit in a bath at **Sukayu Onsen**.

The relaxation afforded by a soak in the natural hot water of a geothermal spring induces revelry and high sprits.



OCCIDENT

The naked bath history

ORIENT

Middle ages

16s

18s

19s

20s

Catholic and Reform
Plagues
Syphilis,

Why Japanese take a naked gender-mixed bath?

- 1. **Tradition**
- 2. To show **friendly**
- 3. Being closed to the **nature**
- 4. **Family** pond

Do you want to soak in the nature hot-spring, naked,
if you are in a privited surrounding?

Y

Or in a gender-seperation but public surrounding?

N

Or in a gender-mixed and public surrounding?

Totoally NO

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Bathers sit in a bath at Sukayu Onsen, Aomori Prefecture, COURTESY OF SUKAYU ONSEN
Excerpt from
<http://www.japantimes.co.jp/life/2016/12/10/lifestyle/last-splash-immod-est-japanese-tradition-mixed-bathing-may-verge-extinction/#.WLP-BjvhAuU>

America: National Nude Day
Excerpt from
<https://www.bustle.com/articles/31448-national-nude-day-exists-11-ways-to-celebrate-without-getting-arrested>

Men and Women in Japanese Bathbouse, 1960s
Excerpt from
<http://www.kvadratinterwoven.com/soak-steam-dream>