



## The Japanese Bath

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In the West, a bath is a place one goes to cleanse the body. In Japan, one goes there to cleanse the soul. Bathing in Japan is about much more than cleanliness: it is about family and community. It is about being alone and contemplative, time to watch the moon rise above the garden. Along with sixty full-color illustrations of the light and airy baths themselves, *The Japanese Bath*, delves into the aesthetic of bathing Japanese style and the innate beauty of the steps surrounding the process. The authors explain how to create a Japanese bath in your own home. A Zen meditation, the Japanese bath, indeed, cleanses the soul, and one emerges refreshed, renewed, and serene.

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