

# 幸せにつながる入浴ルーティン 5か条

## "Five-Point Bath Routine" to bring about well-being

1. 考え事をいったん手放す  
Let go of your thoughts for a moment
2. 自分を慈しむ気持ちになる  
Feel a sense of benevolence toward yourself
3. 湯船に浸かり、手で身体をゆっくりとさする  
Soak in the bathtub, and slowly rub your body with your hands
4. 身体を手で洗う  
Wash your body with your hands
5. 入浴ルーティンを通じて自分の状態・気持ちに気づく  
Through the Bath Routine, gain awareness of your own state and how you feel

### 慈しみ入浴メソッド Benevolent Bath Method



- ① 胸に手をあてる  
(自分に意識を向ける)  
Place your hands on your chest  
(Direct your consciousness toward yourself)



- ② デコルテ  
(呼吸が深くなる)  
Rub horizontally  
across your decollete  
(Deepen the breathing)



- ③ 腕  
(セルフハグ: 慈愛)  
Rub across the whole arm  
(Self-hug: Benevolence)



- ④ 肩～首の往復  
(ほぐすように～ながすように)  
Rub back and forth between  
your shoulders and neck  
(Relieve and clear)



- ⑤ 顔  
(顔をひきあげるように)  
Rub your face gently while lifting it  
(Lift both your face  
and your spirits)



- ⑥ 腕  
(セルフハグ: 慈愛)  
Rub across the whole arm  
(Self-hug: Benevolence)

さする時のPOINT! Points to consider when rubbing the body

- ・手の平全体を肌に密着させる。 Keep the entire palms of your hands firmly adhered onto the skin
- ・ゆっくり。(1秒に5cmほど進む) Rub slowly (proceeding at about 5 cm per second)