

Hot Spring Fever

Article 1

Although winter is nearly over, hot springs remain a popular way to relax and recharge. Soaking in hot mineral water helps warm the body, relieve tension, and soothe the skin. With more than 100 hot springs across the island, Taiwan is well known for its rich hot spring culture. Beitou, Yangmingshan, Guanziling in Tainan, and Sichongxi in Pingtung County are considered the four main hot spring areas.

It is common to see people enjoying roadside hot springs, while those seeking something more unique can visit Green Island, home to one of the world's three seabed hot springs. There, milky mineral water flows from the ocean floor and mixes with the Pacific Ocean.

Taiwan's hot springs are believed to offer many health benefits, including boosting energy and easing exhaustion, skin conditions, and sore muscles. Unsurprisingly, they are also an ideal way to relieve stress.

Hot springs became deeply rooted in Taiwanese culture during the Japanese colonial period. While mud baths are popular in Taiwan, Japan is famous for its creative spa experiences, such as red wine, green tea, sake, coffee, and even chocolate baths, each believed to offer unique health or relaxation benefits.

No matter the type, few experiences are more comforting than soaking in a hot spring—especially since many of Taiwan's hot springs are located just a short distance from Taipei.

*sake 日本清酒