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ANA Inspiration of JAPAN | A STAR ALLIANCE MEMBER

4 The Inflight Magazine
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Hokkaido

A Luxurious Snow Sauna Retreat

Wings Style
A Veteran Cabin Attendant's "Style of Operation"
Over 23,000 Flight Hours!

Deportare Trip: Traveling to Enrich Life
Genuine Hot Spring Mist Sauna in Sukagawa, Fukushima

北海道 雪中桑拿的奢侈静修

翼之流仪
飞行时间2万3千小时!资深空乘人员“业务的流仪”

诗和远方旅途 滋养身心之旅
源泉100%的雾桑拿:福岛县须贺川温泉



Take me home!

MAKKARI

真狩



Luxuriate with a private, wood-fired sauna

私人 木柴桑拿



Sauna stones are heated by fire, not electricity or gas. The extraordinary contrast of fire against white snow is hypnotizing and soothing. 用火代替电或煤气加热桑拿石。光是面对篝火和雪景这些非日常的情景，就感到获得了疗愈。

Saunas often provide a window into human behavior and the local community. Even if this scope is limited, many young people today say they are somewhat apprehensive when hitting the sauna, claiming that enjoying löyly can be difficult in the presence of large groups. Others may claim that "Communication is what makes the sauna interesting," while many prefer to immerse themselves in the sauna alone. For this reason, private saunas are becoming more and more popular. Private saunas are booming especially in the cities, but when this is married with the great outdoors, the most luxurious sauna is completed.

MAKKARI is a brand-new lodging created from shipping containers, including saunas, established at the foot of Mt. Yotei (Yotei-zan). The owner, Shinya Abe, runs a printing company specializing in recycled paper, and is also an ardent camping and sauna aficionado. This location is his idea of ideal lodging, where guests can enjoy both saunas and bonfires. Seeing the facilities, it's immediately apparent that Mr. Abe loves saunas and camping. The sauna is extremely comfortable, including large sauna stones

heated by an open fire. The power of fire is staggering – the firewood added burns harmoniously and warms you to the core. Pile on the löyly generously and the sauna's humidity surges – before you know it, you'll be sweating like a waterfall.

Glancing out the window, I see a snowy landscape and the towering Mt. Yotei. Outside, dive into the snow while taking in Mt. Yotei again while relaxing on chairs lining the terrace. A profound sense of happiness washes over me – this is truly a one-of-a-kind location. When asked about his motivation behind opening these accommodations, Mr. Abe replied, "I was born in Sapporo, and I've camped all over Hokkaido, but this is my favorite, most comfortable location. The idea of building a sauna here came to me recently, in the spring of 2022, and we completed it in autumn of the same year. You only have one life to live, so why not? Enjoy daily work, enjoy deep human interaction, and only do things you'll never regret – this is how I've chosen to live moving forward." MAKKARI is close enough to Niseko that many international guests are sure to visit in the coming years.



SAUNA & VILLA takibi

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Shinya Abe: Born in Hokkaido in 1971, he joined Maruyoshi Nissindou Printing Co., Ltd. in 1992 and was appointed as the CEO of the company in 1995. He developed a mail-order business for eco-friendly business cards using materials like Zambian banana paper from Africa, which contributes to natural conservation and creates new jobs. In 2017, he established the camper rental business Hokkaido Nomad Rent-a-Car Co., Ltd. to promote Hokkaido's attractions both domestically and internationally. In 2022, he opened "SAUNA & VILLA takibi."

阿部晋也: 1971年出生于北海道。1992年入职丸吉日新堂印刷株式会社。1995年就任该公司代表董事。使用旨在保护自然、创造就业的非洲赞比亚香蕉纸等，从事关爱地球环境的环保名片邮购业务。为了向世界传播北海道的魅力，从2017年起，成立了北海道 Nomad 租车株式会社，经营露营汽车的租赁业务。2022年，"SAUNA & Villa Bonfire"开业。

桑拿似乎有时可以体现出社区及人际关系的状况。即便不到这个程度，很多现代人还是会觉得，“或多或少会顾及他人”“人很多的话就无法放松，而且不好意思往桑拿石上面浇水”。当然一定会有这样的意见，“跟他人的交流才是最有趣的啊”，确实如此，但也不能忽视那些想要独自蒸桑拿的人。于是“私人桑拿”便有所增加。即使在东京都的闹市区，包间桑拿也极为流行，但如果将其与大自然相结合，那就会成为顶级奢华的享受。

在面朝羊蹄山的位置，一座附带集装箱式桑拿的旅馆诞生了。店主阿部晋也同时经营着一家专门从事再生纸业务的印刷公司，他同时也是野营和桑拿的资深玩家，于是就根据自己的理想，创建了这座可以享受桑拿和篝火的旅馆。桑拿无比舒适。桑拿室内有一块硕大的桑拿石，用篝火将它烧热，火的威力是很惊人的。当你把木柴放进去时，一下子就会火焰熊熊烧得很旺，人开始从身体深处变暖。若在石头上浇上一大盆水，一开始会感到细密的汗珠冒出来，又过了一会儿，汗水就会像瀑布一样喷涌而出。蓦然抬头，只见整个窗户是雪景和耸立的羊蹄山。走到外面，你可以一个猛子扎进雪里，然后坐在露台的椅子上再次眺望羊蹄山的景色并沉浸在幸福中。这样的环境绝不可能在其他地方找到。当我向阿部先生询问开店的原因时，他说，“我出生在札幌，曾在北海道各地露营，但感觉这里是最舒服的。我想要建造桑拿还是最近的事，2022年春季作出决定，秋季就竣工了。人生无法重来。所以我想享受工作，拥有丰富的人际关系，为此我想努力去做，让自己不留下遗憾。”这里距离二世谷（Niseko）也不远，今后可能也会吸引外国游客蜂拥而至吧。



The sizzle of rising löyly combined with the panorama of Mt. Yotei is unmatched. Visitors can go back and forth from their rooms to the sauna at any time.

浇水声×蒸汽×羊蹄山的广角画面均为极致享受。客房跟桑拿室之间可以来去。

Hokkaido does it best: The wonderful world of private saunas 在北海道！享受私人桑拿的极致体验



1 Relax however you like, without worrying about anyone else

不用担心他人的目光
宽敞自由 随心所欲！

The sauna here is very spacious, including wide windows and large sauna stones. Without anyone else getting in your way, forget about the time and enjoy yourself in a way not possible in typical paid saunas.

桑拿室的面积真够大！窗户和桑拿石都特别大。不用担心别人的目光，随心所欲。不同于按小时出租的包间桑拿，无需考虑时间尽情享受吧。



2 All-you-can löyly 任意往桑拿石上浇水！

Enjoy löyly at your own pace, without needing to hold back due to others being present. If you add too much löyly, the temperature will drop, so be careful. Special Hokkaido aromas can also be purchased, and adding tea aroma to the löyly is also amazing.

往桑拿石上浇水，平时需要留意他人反应，但在这里全看你喜欢。不过小心浇水过多温度会下降哦。还出售北海道产的香氛，也可以根据自己的爱好浇上茶水。



3 Dive into the snow instead of a cold-plunge water bath 直接扎进雪堆里，代替冷水浴！

Wintertime means enjoying the sauna with snow! Dive into fresh snow and totonou before heading back in. During this wonderful season, if bonfires are your thing, get one roaring outside to enjoy post sauna, too!

冬季可以领略雪中桑拿的妙处。如果有新雪，可以一头扎进去，在雪里静修也很不错。假如是气温相宜的季节，喜欢篝火的人可以在蒸完桑拿后，去室外燃起篝火。