

The main reason for visiting the Aek Rangat Pangururan tourist attraction is to take a warm bath to reduce stress. Headaches can be relieved with warm water at the Aek Rangat tourist attraction because headaches can be caused by constriction in the blood vessels of the head. A warm bath at Aek Rangat Pangururan must become a culture in life because it can make life longer, healthier, and have a better quality of life. Shinya Hayasaka, a medical doctor and professor at Tokyo City University has studied the health benefits of bathing or soaking in natural hot spring "onsen" for over two decades. The culture of soaking in hot water causes the arteries to relax and expand, thereby increasing circulation. This boost in circulation is responsible for the therapeutic feeling you get when soaking in a hot tub as if the buildup of the day's fatigue is floating on a cloud of steam.

