

Daily Wellness – Good Health Starts on the Toilet

TOTO has introduced a new wellness toilet to improve people's health and quality of life in Japan. It is another excellent example of the company's leadership in the field of smart sanitary technologies.



Japan's healthcare system is among the best in the world – and is also one of the most efficient. Unlike most other countries, the Japanese healthcare system focuses on preventative care. As such, there are more opportunities for health screenings and checkups. Japanese sanitary expert TOTO is contributing to this understanding of healthcare by launching a new wellness toilet in Japan in 2025. In addition to established WASHLET features like the heated seat, automatic lid, odour absorption and intimate cleansing functionality, the wellness toilet visually analyses the stool: Optical sensors and smart technology scan the stool, analysing its shape, colour and quantity according to defined standards like the Bristol Stool Form Scale. It then transmits these details to an app. Users receive simple tips on healthy nutrition and lifestyle habits to promote good intestinal health based on this analysis. The combination of wellness toilet and lifestyle advice app is a technological innovation still in its infancy outside of Japan.*

*The Bristol Stool Form Scale is a clinical evaluation tool that allows medical professionals to categorize the shape and consistency of human stool. It is used to document and evaluate the amount of time required to pass through the intestines and can provide information on potential digestive issues.

Health Checkup in Your Private Bath

Many people are concerned about their intestinal health. Until now, it has been impossible to detect irregularities in this area and seek prompt medical attention with tech like smartwatches, for example. Despite people's increased interest in intestinal health, tracking objective data on their digestion and stool has proven

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tedious and difficult. Intuitive and simple for people of all ages to use, the app easily and continuously monitors people's health in the privacy of their own bathrooms without requiring them to enter complicated details.

Innovative Combination of Hygiene, Design and Digital Healthcare

The product is an innovative combination of hygiene, design and digital healthcare that naturally supports people's everyday habits while helping them keep an eye on their intestinal health.

TOTO is known around the world as a pioneer of advanced sanitary solutions. Introduced in the 1980s, WASHLET has already transformed the lives of millions – and is currently on the rise in Europe as well. More and more people are appreciating the comfort and hygiene that comes with using warm water to clean the intimate areas.

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1 In Japan, the latest TOTO WASHLET features optical sensors and smart technology to analyse stool and transmit these findings to an app. Photo: TOTO

2 Healthcare in the privacy of one's own bathroom: Preventative care is a priority in the Japanese healthcare system. The wellness toilet and corresponding app can help people improve their lifestyles, especially their nutrition habits. Photo: Shutterstock

3 Once again, the latest sanitary innovations are coming from Japan thanks to the product development teams at TOTO. The combination of wellness toilet and lifestyle advice app is entirely new – a technological breakthrough still in its infancy outside of Japan. Photo: TOTO

4 A look inside an exclusive bathroom with the new wellness toilet, which looks identical to TOTO WASHLET. This photo shows a floorstanding model like those commonly found in the United States. The technology is more advanced in Japan and the United States. Photo: TOTO

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About TOTO Europe

TOTO brings luxury to bathroom culture, creating innovations that deliver the ultimate in design, comfort and hygiene without revealing the sophisticated technology integrated within. Japan's leading supplier of bathroom products, TOTO develops comprehensive solutions for high-end private and public spaces around the world, including the European market since 2009. The company is shaping bathroom design with innovative sanitary ware, faucets, and, most importantly, WASHLET – selling over 70 million worldwide. TOTO's Japanese design philosophy reflects a respect for others. It centres on people and their needs, inspiring intuitive, easy-to-use products and elegantly understated designs.

More about TOTO: eu.toto.com
