

## 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, one of the world's leading sanitary ware companies with 36,000 employees world-wide, has an unwavering focus on people and their well-being. Since its foundation in Kitakyushu, Japan in 1917, TOTO has been developing, producing and marketing its comprehensive high-end bathroom concepts – entering the European market in 2009. The company aims to create a new attitude towards life through regeneration, comfort and hygiene, integrating easy-to-use technologies into their product designs in a smart, nearly invisible way. Japan's leading manufacturer in the sector, TOTO offers a comprehensive range of products including ceramic sanitary ware, faucets and accessories. The company can look back on over 40 years of success in developing and manufacturing WASHLET, having sold over 60 million of them world-wide so far.

TOTO is strongly committed to improving people's well-being – as well as that of our planet. TOTO joined Initiative RE100 with the goal of becoming an emission-free company and is working towards achieving carbon neutrality at all its locations by 2050 – primarily through the consistent use of renewable energies. In 2021, TOTO received certification from the Science Based Targets Initiative (SBTi) for adopting targets in line with Paris Climate Accord. By selling and developing products that save water, the company is helping conserve resources each and every day. Sustainable products will make up 83% of TOTO's portfolio by 2030 – with innovative technologies dramatically cutting water consumption. With these steps, TOTO is pursuing complete climate neutrality by 2050 – see our Integrated Report 2024 for more details.

More about TOTO: [eu.toto.com](https://eu.toto.com)