
Benefits of using electronic cigarettes

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E-cigarettes have become a popular item for both smokers and nonsmokers in recent years. So, what are the attractions of e-cigarettes and what are the advantages of starting to use them?

Here, we will introduce the appeal of e-cigarettes from various perspectives, including health, cost, and taste.

Can be expected to help you quit smoking and reduce your smoking

Although often misunderstood, electronic cigarettes do not contain nicotine or tar, unlike heated cigarettes such as Icos.

E-cigarettes are devices that heat a flavored or scented liquid called “liquid” and enjoy the vapor that is produced. This “liquid” is only allowed to be sold in Japan as nicotine- and tar-free products under the Pharmaceutical Affairs Law. Therefore, while calling themselves cigarettes, they are more akin to aroma diffusers.

By replacing or combining e-cigarettes with paper cigarettes or heated cigarettes, users can quit smoking or reduce smoking without changing their smoking habits.

By far the most cost-effective compared to paper cigarettes and heated cigarettes.

In the case of e-cigarettes that are refilled with liquid, the cost per month is approximately as follows.

- 30 mm of liquid (equivalent to 30 boxes of paper cigarettes): ¥3,000 to ¥6,000
- Consumable coil (mechanism to heat liquid): ¥600-700
- Cost of the main unit (for the first month only): ¥3,000 yen to 10,000

In contrast, the cost of a pack of paper cigarettes smoked per day is as follows

- 30 packs of cigarettes: ¥15,000 to ¥18,000

In addition, in the case of heated cigarettes, the cost of the cigarette itself is added to this amount.

The difference in cost performance is obvious. Those who smoke a lot of cigarettes can benefit economically by switching to e-cigarettes, so those who want to keep costs down may want to consider introducing e-cigarettes.

For non-smokers who like shisha

E-cigarettes, which allow smokers to enjoy liquid vapor, can produce a volume of smoke that is not possible with cigarettes or heated cigarettes. Therefore, e-cigarettes can also be used like shisha, which has become popular in recent years as a projection item and relaxation item.

There are also liquids that contain CBD, which is believed to have a relaxing effect, and the actual effect as well as the sensation of exhaling the smoke will be like chilling in a shisha.

Also, while a shisha at home would require a rather large device, an e-cigarette is a device that fits in one's hand, making it easy to use.

A wide choice of flavors

E-cigarettes do not use tobacco leaves, but instead heat an artificially produced nicotine salt e-liquid, which means that there are countless flavor options. It is said that there are more than 10,000 flavors to choose from, so even the most picky e-cigarette smoker can find a favorite flavor!

And because there is no need to rely on the taste of the tobacco leaf, there are flavors that could never be replicated with paper cigarettes or heated cigarettes. A few examples are fruit flavors such as mango and apple mint, energy drink flavors, cocoa, coffee, mocha flavors, and custard cream, just to name a few.

Also, because the liquid can be artificially produced, energy drink flavors can actually contain caffeine, vitamins, collagen, and other ingredients that can be enjoyed as supplements.

This wide selection of flavors is what makes e-cigarettes attractive as an item rather than a mere substitute for cigarettes.

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