

World  
Renowned  
Mineral  
Hot  
Springs  
Total  
Dissolved  
Solids  
(TDS)  
In Parts  
Per Million

(TDS)	NAME	LOCATION	COUNTRY
46,093	Crystal Hot Springs	Utah	USA
38,396	Pausanias	Methana Peninsula	Greece
25,800	Blue Lagoon Geothermal Spa		Iceland
21,500	Glenwood Springs	Colorado	USA
13,462	El Tatio	Antofagasta	Chile
8,310	Jemez Sulphur Springs	New Mexico	USA
8,192	Hammam Mousa	West Sinai	Egypt
7,739	Ipati		Greece
7,400	Saeckingen	Baden-Wuerttemberg	Germany
5,993	French Lick Resort	Indiana	USA
5,306	The Libuše Spring	Karlovy Vary's	Czech Republic
3,700	Nalychevo	Kamchatka Peninsula	Russia
3,310	Pagosa Springs (Big Spring)	Colorado	USA
3,300	Bellingen	Baden-Wuerttemberg	Germany
3,152	Ciechocinek		Poland
2,814	Chinoike	Beppu	Japan
2,660	Terwilliger HS	Oregon	USA
2,562	Tyumen		Russia
2,502	Thermopolis	Wyoming	USA
2,500	Hercules Spring	Cerna Valley	Romania
2,439	Fairmont Hot Springs	British Columbia	Canada
2,438	Ojo Caliente	New Mexico	USA
2,250	Schinznach-Bad	Aargau	Switzerland
2,179	Thermae Bath Spa	Bath	England
1,907	Karantani	Methana Peninsula	Greece
1,744	Termas de Papallacta	Quito	Ecuador
1,553	Evans' Plunge	South Dakota	USA
1,500	Spa Piešťany		Slovakia
1,475	Ganespuri	Konkan Coast	India
1,427	Nagwa	Uttar Pradesh	India
1,398	Khosrov-su	Sabalan	Iran
1,385	Evangelina	Limpopo Province	South Africa
1,190	Bormio	Lombardie	Italy
1,186	Kimura	Beppu	Japan
1,179	Lava Hot Springs	Idaho	USA
1,164	Living Waters Spa	California	USA
879	El Dorado Hot Springs	Arizona	USA
852	Al-Qassem		Saudi Arabia
840	Neuwiller	Haut-Rhin	France
836	Diamond Fork Hot Springs	Utah	USA
754	Hévíz Medicinal Spa		Hungary
670	GRANITE HOT SPRING	Wyoming	USA
651	NORRIS HOT SPRINGS	Montana	USA
624	Radium Hot Springs		Canada
564	Tabacon Grand Spa	LA Fortuna De San Carlos	Costa Rica
531	Mammoth Hot Springs	Wyoming	USA
500	Harbin Springs	California	USA
486	Aldub Elguri	Snf Area	Jordan
455	BOZEMAN HOT SPRINGS	Montana	USA
440	Otgong Tenger	Zavkhan Province	Mongolia
430	Miranda Hot Springs	Thames	New Zealand
422	Tshipise	Limpopo Province	South Africa
407	Chena Hot Springs Resort	Alaska	USA
368	BEATTY MINERAL SPRINGS	Nevada	USA
360	Bugok Hot Springs		South Korea
342	CHICO HOT SPRINGS	Montana	USA
310	Craveggia	Piemont	Italy
302	Vischgat	Limpopo Province	South Africa
287	Miracle Hot Springs	Idaho	USA
278	Caldeira ˆo	Azores archipelago	Portugal
271	Caldas Novas	Goiás	Brazil
264	Hot Springs National Park	Arkansas	USA
244	Olympic Hot Springs	Washington	USA
236	Daban fulani	Gombe	Nigeria
231	Bagby Hot Springs	Mt Hood National Forest	USA
215	Guadalupe Canyon Hot Springs		Mexico
122	Daqaidam	Qinghai	China

## BATHING IN MINERAL WATER

THROUGHOUT HISTORY IN ALL CORNERS OF THE WORLD MINERAL WATER HAS BEEN USED FOR THERAPUTIC PURPOSES

THERE ARE MANY DIFFERENT REASONS FOR SOMEONE TO USE A MINERAL SPRING

SOME SIMPLY WANT TO DESTRESS, BALANCE, AND RECUPERATE

WHILE OTHERS SEEK A NATURAL WAY TO REPAIR DAMAGED SKIN

THERE ARE EVEN THOSE WHO USE THERMAL MINERAL WATER AS AN ALTERNATIVE MEDICINE FOR A LIFE CHANGING DISEASE

HERE AT CRYSTAL HOT SPRINGS WE ARE VERY LUCKY TO HAVE THE HIGHEST MINERAL CONTENT SPRING IN THE WORLD

THIS IS A LIST OF WHAT MINERALS ARE IN THE WATER AND WHAT HEALTH BENEFITS EACH MINERAL PROVIDES

**CALCIUM** - This is a mineral that serves a major structural and physiological role in many metabolic processes. Benefits: Bone and tooth formation, Heart rhythm and blood clotting, Nerve transmission, Foot/leg cramps, Menstrual and menopause issues, and Helps prevent osteoporosis in women, promotes stronger tooth enamel and bones. 826 mg/l

**CHLORIDE** - Chloride, dissolves in water and carries an electrical charge. Since the body is mostly made up of water, electrolytes are found everywhere in the body – inside the cells, in the spaces between cells, in the blood, in lymph glands and everywhere else. Chloride has a negative charge (while potassium and sodium both have a positive charge). Because electrolytes have electrical charges, they can move easily back and forth through cell membranes. This is important because as they move into a cell, they carry other nutrients in with them and as they move out of it, they carry out waste products and excess water through the cell membranes. 21,700 mg/l

**FLUORIDE** - Is useful in strengthening bones, reducing tooth decay and osteoporosis in women. Benefits: Good for bones, teeth, blood, skin, hair and nails. 1.15 mg/l

**IRON** - Helps with: Hemoglobin Formation, Muscle Function, Brain Function, Restless Leg Syndrome, Regulation of Body Temperature, Chronic Disorders, Oxygen Carrier, Iron Deficiency Anemia, Neurotransmitter Synthesis, Predialysis Anemia, Fatigue, Immune System, Energy Metabolism, Enzyme Systems, Insomnia, and Concentration .41 mg/l

**LITHIUM** - Lithium is one of the most powerful sources available for mood disorders. Lithium shows up in water notably in springs and spas where in earlier times people “took the waters” bathing in and drinking the lithium rich water for its soothing effects. Benefits: Active in promoting the formation of new brain cells. (neurogenesis) Protects against neurodegenerative diseases including: manic depression and brain injury. Known for its calming effects. Used in Antidepressants. 11.9 mg/l

**MAGNESIUM** - This element is essential for life and required for the formation of enzymes that release energy from food. Benefits: Plays major role in metabolism of glucose. Strengthens muscles and nerves, vital for the nervous system. Necessary for proper bone and teeth formation Helps protect against cardiovascular disease and lowers high blood pressure. Important to neuromuscular transmission 197 mg/l

**MANGANESE** - This is a trace element essential for life, called the “brain mineral” due to its’ importance in the utilization of all mental/functions. It is also an important antioxidant. Benefits: Thyroid and metabolism. Sex hormone, reproduction and growth. Good for allergies, asthma, diabetes, fatigue, osteoporosis. Enzyme activation. .019 mg/l

**POTASSIUM** - Potassium is the third most abundant mineral in the body and is an electrolyte, thus it maintains the bodies fluid levels. Benefits: Regulates blood pressure and heart function .Assists in controlling convulsions, migraines, allergies, alcoholism. Promotes faster healing of burns, cuts and bruises. 675 mg/l

**SILVER** - Before the invention of antibacterial soap, silver was used as a disinfectant. It is still most commonly used to kill bacteria. Silver is effective at both preventing and combating bacterial illnesses and infections because it does not corrode. In ancient times silver was used in wound dressings and it was frequently used for the same purposes in America following the Civil War. It is also why churches use silver chalices in Communion to stop disease spreading through the congregation. Silver fell out of favor with the advent of regulated synthesized medications but has become popular again along with lifestyle trends that promote natural organic food. Prevents infection .0075 mg/l

**SODIUM**- Sodium is an electrolyte that plays a crucial role in maintaining balance of positive and negative ions in body fluids. Benefits: Helps maintain blood pressure levels. Vital components of nerves, blood and muscle. Plays a role in neuro-electrical transmission of cells. Assists in controlling mental apathy. 15,200 mg/l

**STRONTIUM** - Strontium rich food items can prevent the individual from arthritis and other bone deformities. Strontium in combination with calcium is considered to be very effective against the process of osteoporosis. Strontium is considered to increase the bone mass and few people also say that strontium nourishes the bones. Traces of strontium are found in making bones of humans. Strontium may also be helpful in making cartilage and joint capsule. In a study, it was seen that strontium provide strength to the bones and help in providing support to the muscular mass of the human body 25.3 mg/l

**SULFATE** - Rids the body of toxins which helps the liver. Promotes healthy hair, nails and prevents skin inflammation and infection. Also helps with respiratory problems. .411 mg/l