

Our swimming pools are filled only with mineral water which is filtered and renewed constantly. The water is characterized as hyper-thermal, low mineralized, hydrocarbon-sulphate, sodium and silicic water containing fluoride with no sanitary-chemical and microbiological signs of contamination.

Therapeutic and prophylactic properties of the water are determined by its low mineralization and the presence of fluorine, hydrocarbon, sulphate and sodium ions, as well as the presence of colloidal meta siliceous acid.

CONSTANT CHEMICAL AND MINERAL COMPOSITION OF MINERAL WATER

| Anions: | | | Cations: | | | Microelements | |
|--------------------|-------|--------|---|------------------------------|--------|---------------|--------|
| | mg/l | eq% | | mg/l | eq% | | |
| F | 82.28 | 11.603 | NH ₄ | 0.07 | 0.121 | Aluminum | 0.080 |
| Cl | 4.61 | 3.462 | Li | <0.05 | 0.000 | Arsenic | <0.010 |
| SO ₄ | 48.76 | 27.027 | Na | 71.44 | 96.925 | Antimony | <0.005 |
| CO ₃ | 30.01 | 26.634 | K | 0.95 | 0.758 | Cadmium | <0.005 |
| HCO ₃ | 67.12 | 29.297 | Ca | 1.40 | 2.179 | Chromium | <0.005 |
| HSiO ₃ | 5.72 | 1.976 | Mg ² | <0.12 | 0.000 | Copper | <0.050 |
| NO ₃ | <5.00 | 0.000 | Fe | Обща (³)0.03 | 0.017 | Nickel | <0.005 |
| NO ₂ | <0.05 | 0.000 | Mn ² | <0.01 | 0.000 | Lead | <0.010 |
| Sum 164,50/~100.00 | | | Sum 73,89/~100.00 | | | Selenium | <0.010 |
| | | | H ₂ SiO ₃ – 57.18mg/l | | | Mercury | <0.001 |
| | | | Total mineralization – 295.57mg/l | | | Zinc | 0.027 |
| | | | | | | Barium | <0.010 |
| | | | | | | Boron | 0.117 |
| | | | | | | Cyanides | <0.010 |

MEDICINAL PROPERTIES of mineral waters in Banya

- Medicinal and prophylactic treatments of the musculoskeletal system
- Postoperative prophylaxis of old injuries of the bone system
- Gynecological disorders
- Urologic and dermatologic illnesses
- A number of internal illnesses

EXTERNAL

Applied externally the mineral waters in Banya are proven to assist in curing many health issues.

INTERNAL

Drinking balneology – only under medical supervision – could be administered to numerous internal intoxications and internal illnesses.

INHALATION THERAPY

The therapy has beneficial impact on chronic nonspecific respiratory system illnesses.

The Mineral water can be used for hygiene and sport and recreation purposes.

DETAILED LIST OF HEALTH CONCERNS TREATED WITH THE MINERAL WATER IN BANYA

DRINKING BALNEOTHERAPY

Drinking balneotherapy has beneficial impact primarily on the gastrointestinal tract, liver, biliary and renal excretion systems. The water mildly reduces hyperacidity of the stomach and promotes the kinetics of the biliary tract. The low mineralization and the presence of meta-siliceous acid have direct diuretic and detoxicating effects.

Beneficial impact on the following illnesses:

- Gastrointestinal tract illnesses (chronic gastritis, gastroduodenitis, ulcer, enterocolitis, etc.)
- Hepatobiliary illnesses (gallstones, chronic cholecystitis, cholangitis, cholangiohepatitis, chronic hepatitis, dyskinesia of the biliary tract)
- Renal and urological illnesses (chronic pyelonephritis, chronic cystitis, nephrolithiasis, urolithiasis, post lithotripsy etc.)
- Metabolic illnesses (gout, obesity, diabetes, etc.)
- Atopic dermatitis

It is recommended that drinking balneotherapy is only conducted under medical supervision and is subject to certain methods and dosage.

EXTERNAL BALNEOTHERAPY

External balneotherapy has beneficial impact on the musculoskeletal system and peripheral nervous system while reducing the tendency to muscle spasms and suppresses pain syndrome, improves tissue trophics and increases metabolism in the body

Beneficial impact on the following illnesses:

- Degenerative and inflammatory (in remission)
- Joint illnesses (artrozoarthritis, spondylarthritis, coxarthrosis, rheumatoid arthritis, ankylosing spondylarthritis, etc.)
- Illnesses of the peripheral nervous system (discopathies, radiculitis, plexitis, poliradikulonevritis etc.)
- Orthopedic diseases (post-traumatic and post-operative conditions)
- Occupational disabilities (disease and stress of the joint-muscle apparatus)