

Hot Springs



What's In Our Mineral Water

SODIUM

Salt soaks have been known to help in relieving the symptoms of arthritis as well as awakening the lymphatic system.

MAGNESIUM

Maintains normal heart rhythms, converts blood sugar to energy and promotes healthy skin.

SULFATES/SULFUR

Sulfur is an anti-inflammatory; rids the body of toxins; promotes health of bones, hair, nails, fluids in joints and vertebral discs.

POTASSIUM

Normalizes heart rhythms; assists in reducing high blood pressure; eliminates body toxins.

CHLORIDE

Musculoskeletal benefits, helps with rheumatic and arthritic symptoms.

FLUORIDE

Calcium fluoride is a component of elastic fibers of the skin, bones and teeth— promotes hardness.

SILICA

Boosts immune system, promotes healthy nerves, mucous membranes, hair and nails and strengthens bones.

BORON

Boosts brain activity builds muscle mass, strengthens bones.

IRON

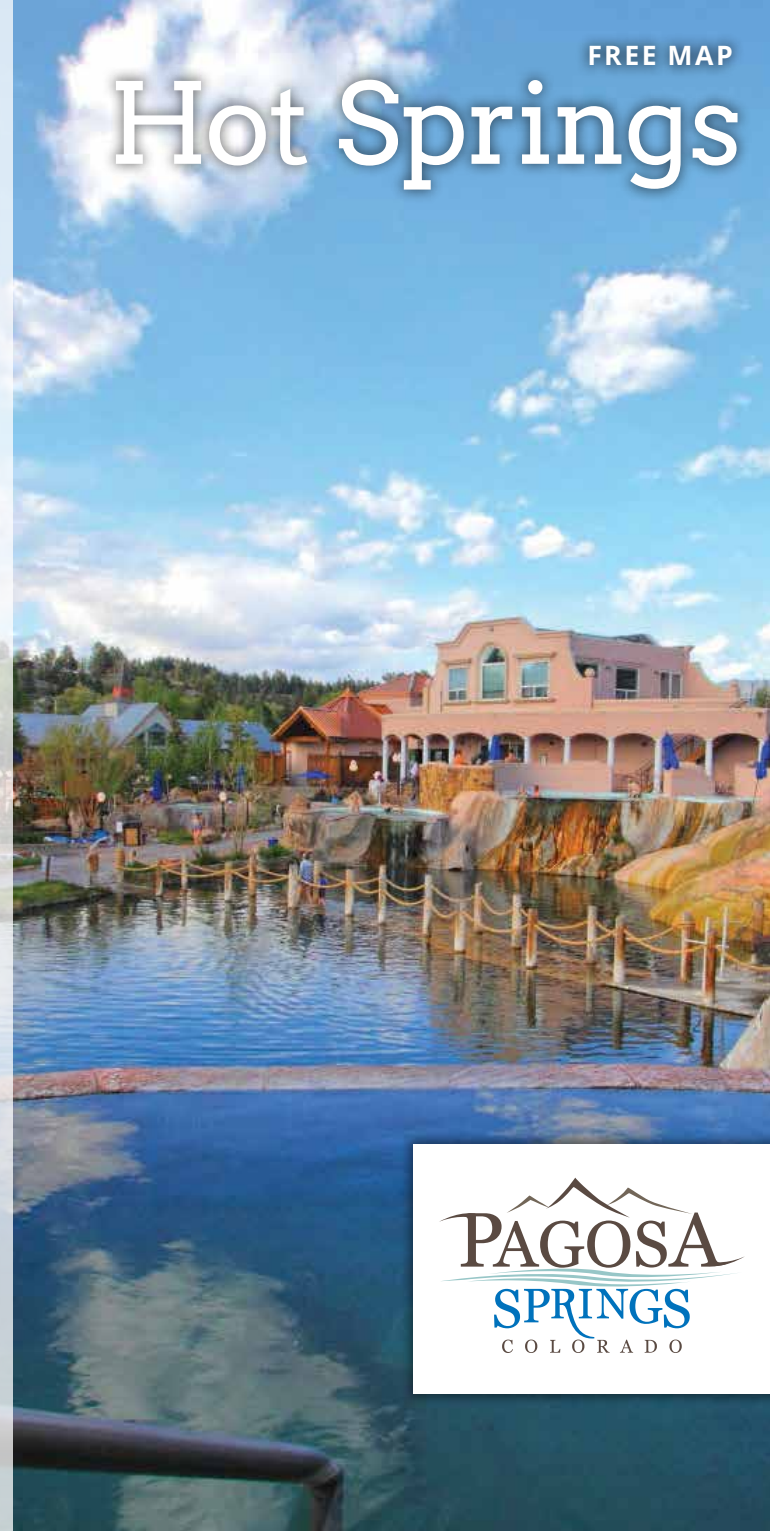
Increases resistance to disease and stress. Prevents fatigue and promotes good skin tone.

ZINC

Antioxidant nutrient; promotes wound healing, maintains hormone activity; aids in digestion.

FREE MAP

Hot Springs



PAGOSA
SPRINGS
COLORADO

www.visitpagosasprings.com





Overview of Hot Springs

Hot springs only occur where Mother Nature puts them. With their unique combination of geology and hydrology, Pagosa's springs are a natural and historical delight.

People have been soaking in Pagosa's naturally hot mineral water for thousands of years enjoying the health, healing and relaxation benefits. The mineral water's deep healing relaxes tired, achy muscles

and relieves pain and tension. Alternate soaking in a hot pool followed by a quick dip in a cold plunge stimulates circulation and dilates blood vessels to help promote healing. When you soak, hydrostatic pressure in the body is increased. This results in increased circulation and cell oxygenation.

Additionally, the hot water helps strengthen your heart by increasing your blood flow, your pores begin to open, which in turn helps increase mineral absorption and the release of toxins from your body. Finely dissolved minerals in the water are beneficial to the skin and don't dry out your skin like chlorine does in hot tubs and pools. Make sure to visit our three downtown hot springs facilities - you'll be glad you took the time to relax and enjoy!

Healing Waters Resort & Spa

pshotsprings.com 800-832-5523 | 970-264-5910



Enjoy the charming setting of The Healing Waters Resort & Spa, reminiscent of a simpler time. Their lodging features a 21 room motel and cabins. A soothing and relaxing part of their motel is the hot springs. Whether you want to swim, play or simply lounge, you'll enjoy their large swimming pool, heated by natural mineral waters. They also have an outdoor hot tub and European-style indoor hot bath facilities with individual steam rooms for men and women. The spa features a variety of massage and body treatments. Day passes available for non-lodging guests.

Average Temp. 90° – 105° F

Soaking Pools 3

Swimming Pools 1

Lodging

Towel Rentals

Robe Rentals

Changing Rooms

Lockers

RATES: Check with property

Overlook Hot Springs Spa

overlookhotsprings.com 970-264-4040



Located in historic downtown Pagosa Springs, the Overlook Hot Springs Spa features roof top tubs overlooking downtown and the San Juan River. You'll also enjoy Victorian style indoor tubs, individual and group size courtyard tubs, a private tub, massage services, steam and body spray showers.

Average Temp. 100° – 106° F

Soaking Pools 14

Cold Plunge 1

Private Tub

Towel Rentals

Robe Rentals

Changing Rooms

Lockers

RATES: Check with property

The Springs Resort

pagosahotsprings.com 800-225-0934

The Springs Resort features 52 geothermal and cold plunge pools, 157 guest rooms, and a full-service thermal spa along the San Juan River. Pools are terraced into the landscape, each offering a unique experience with varied temperatures, views, and soaking experiences. Hotel guests enjoy 24-hour unlimited soaking. Day visitors can choose from multiple soaking pass options, ranging from access to 20 pools to 47 pools, including wellness-focused areas like the Grotto cave pool, Contrast Waterfall, and Reflexology Walk.



Average Temp. 89° – 112° F

Soaking Pools 52

Cold Plunge 3

Adult Only Pools 22

Swimming Pools 1

Lodging

Towel Rentals

Robe Rentals

Changing Rooms

Lockers

RATES: Check with property