

# 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

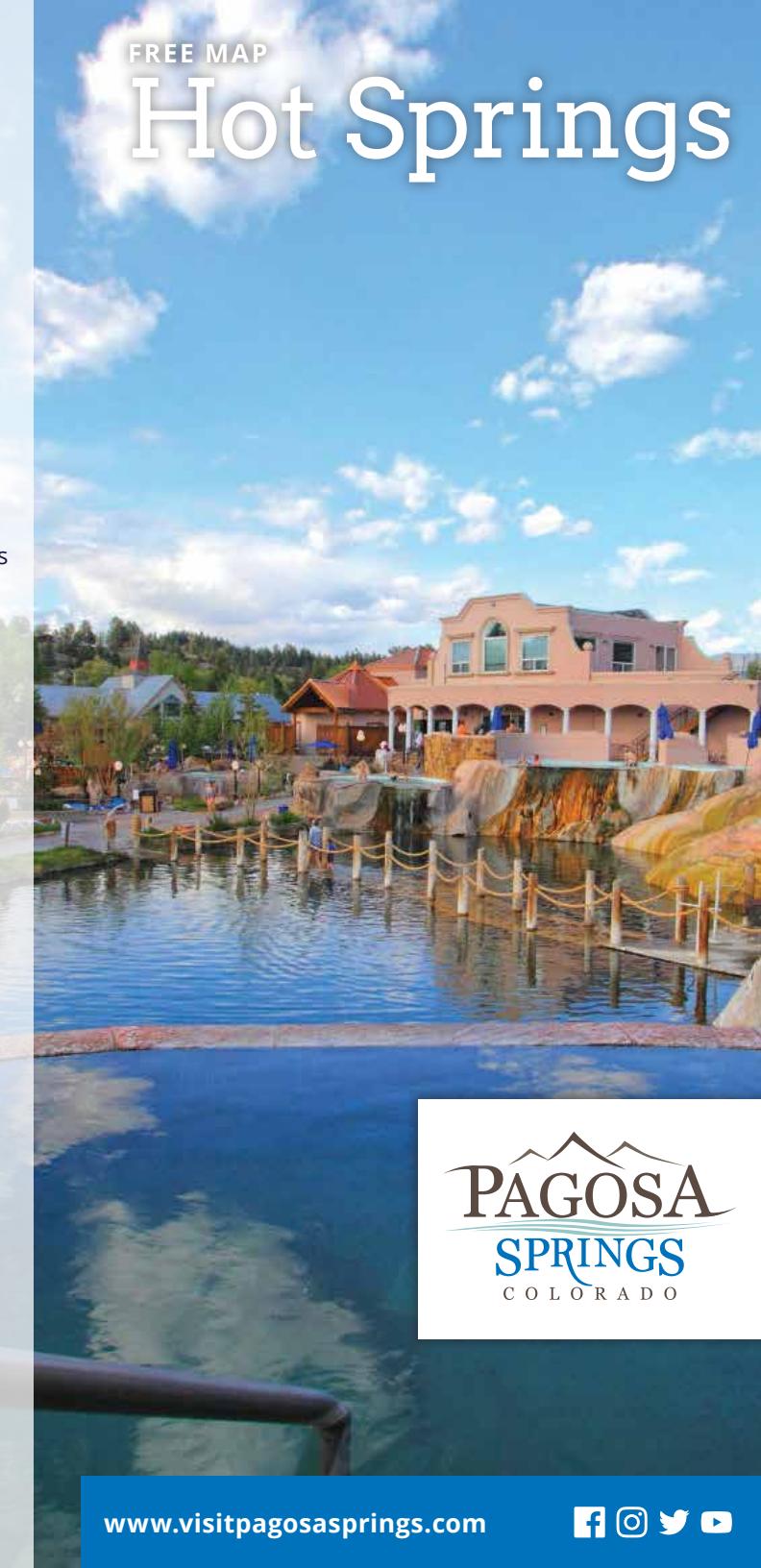
Increases resistance to disease and stress. Prevents fatigue and promotes good skin tone.

### ZINC

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

FREE MAP

# Hot Springs



**PAGOSA**  
**SPRINGS**  
COLORADO

[www.visitpagosasprings.com](http://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](http://pshotsprings.com) 800-832-5523



Enjoy the charming setting of The Healing Waters Resort & Spa, reminiscent of a simpler time. Their lodging features a 21 room motel, cabins and RV spaces with full hookups. A soothing and relaxing part of their Motel is the large public hot mineral water pool. 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. These are segregated men and women with steam room and benches to rest on for a quiet relaxation time. The spa features a variety of massage and body treatments.

**Average Temp. 105° – 112° F**

**Single Entry \$13\***

**Re-Entry Package**

**Swimming Pools 1**

**Soaking Tubs 3**

**Lodging**

**Towel Rentals**

**Robe Rentals**

**Suit Rentals**

**Changing Rooms**

**Lockers**

**Average Temp. 100° – 106° F**

**Single Entry \$16\***

**Re-Entry Package**

**Soaking Tubs 14**

**Private Tub**

**Towel Rentals**

**Robe Rentals**

**Changing Rooms**

**Lockers**

**Average Temp. 95° – 113° F**

**Single Entry \$30\***

**Re-Entry Package**

**Swimming Pools 1**

**Soaking Tubs 23**

**Adult Only Tubs 5**

## The Springs Resort & Spa

[pagosahotsprings.com](http://pagosahotsprings.com) 800-225-0934



The Springs Resort and Spa features 23 therapeutic hot springs mineral pools, a 79 room hotel and a full-service day spa along the banks of the San Juan River. The hot springs pools are terraced into the landscape along the river and each boasts its own unique experience through their individual size, designed views and varied temperatures. Hotel guests of the resort enjoy 24-hour unlimited access to the soaking pools. Non-resort guests can pay a daily pass fee to enjoy the benefits of the hot springs. The full-service day spa offers a complete and comprehensive line of skin, hair and body treatments which are perfect compliments to the therapeutic properties of the hot mineral waters.

\* Rates subject to change