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MINERAL WATERS IN BULGARIA

multimedia



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GENERAL INFORMATION



Bulgaria is one of the leading spa destinations in Europe. There are over 700 mineral springs, the water of which varies in chemical composition, temperature and properties.



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Some of the oldest settlements in Bulgaria were based around thermal springs ever since the ancient Thracians. Thracians were the first to discover the healing properties of water and to build their towns in the vicinity of such springs. Thus were founded the first cities - Sofia, Hisar, Sandanski, Kyustendil and many others.

Later these lands were conquered by the Romans, who continued the Thracian tradition and built their Roman therms (baths). The mineral water was used for treatment of various diseases and for fitness.

Nowadays, mineral water donates its healing and restorative properties in modern SPAs and sanatoriums and is included into a variety of procedures. When combined with a favorable climate and fresh mountain or marine air, mineral water gives health and fitness in various climatic and spa resorts in the country.



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Velingrad is known as the spa capital of the Balkans. The small mountain town, located in the Rhodope Mountains, is first in Bulgaria in the abundance and diversity of its mineral waters, which temperature ranges between 28°C and 91°C. Mineral baths, swimming pools, beaches, health resorts, spa hotels

are available to tourists. The hottest water is in the Kamenitsa residential section – with temperatures of up to 91 °C. Here is the largest karst spring in Bulgaria – Kleptuza. It has a capacity of 600 to 1,200 liters / second; it feeds two ponds, and besides this, it is a separate recreation area with water wheels. The mineral





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water of Velingrad has beneficial impact on the musculoskeletal system, which improves the condition of patients with neurological diseases, hypertension, gynecological diseases, kidney and urological diseases, respiratory and gastrointestinal diseases.





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Another famous spa resort is Sandanski. It is situated in southwest Bulgaria. Its combination of healing waters and a specific climate with Mediterranean influence has a favorable effect on patients with respiratory diseases, arthro-rheumatism,

musculoskeletal system, peripheral nervous system and other diseases. The region has 80 springs with temperatures ranging from 42°C to 81°C. The mineralization of water is low and it has a rich chemical composition. The town of Sandanski is also rich in historical



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landmarks. According to the legend, this is the place of origin of the Thracian Spartacus, who headed the largest slave uprising against the Roman Empire.

Sandanski is a developed resort which offers its guests a wide range of accommodation and

entertainment options.

Hisarya is situated 40 kilometers north of Plovdiv.

The town is one of the oldest and most popular SPA centers in Bulgaria. The mineral waters for which Hisarya is famous, are used for renal and urological, biliary, gastrointestinal,





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liver diseases and diseases of the musculoskeletal system treatment. Water treatments for prevention and rehabilitation of various diseases are also used quite often. The resort has small hotels, as well as large 4-star hotels with spa centers.





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Devin is located in the Rhodope Mountain. The town is famous for its mineral springs, whose temperature varies from 16 ° to 76 ° C. Its mineral waters are suitable for treatment and prevention of various diseases. The external application of water is used for treatment of

diseases of the musculoskeletal system, nervous system, reproductive system and skin diseases. The drinking of Devin water is used for treatment of gastrointestinal, liver gallbladder, kidney, urologic and metabolic-endocrine diseases. Respiratory system diseases



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can also be treated with Devin water. In Devin you can enjoy peace and quietness, and the mountain air contributes to the rapid recovery and improves physical tone.

Varshetz is located at the foot of the Western Balkan

Mountain, 90 kilometers from Sofia. It is the oldest spa resort in Bulgaria. The lack of limestone in water here makes it one of the mildest in Bulgaria. The mineral water in Varshets is used for treatment of diseases of the nervous, cardiovascular and musculoskeletal systems.





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The clean air and healing water have a positive influence on diseases of the gastrointestinal tract, urinary system, eye problems and skin diseases, etc. The town offers excellent conditions for a rejuvenating holiday, and the beautiful park and clean nature provide additional opportunities for tourists.





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Shipkovo is a village in the Troyan Balkan Mountain, where mineral water and its specific climate have turned it into a climatic and spa resort. The water in Shipkovo has a sulphate and calcium composition

and its temperature varies from 18 ° to 35 ° C. It is used in the treatment of diseases of the gastrointestinal tract, liver, bile, kidney diseases, and problems with the musculoskeletal system and of the peripheral nervous system.





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The sea resort of Albena is also a popular spa destination. This is due to the availability of mineral waters with healing properties and firth mud.





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Another resort with mineral springs is Golden Sands. The combination of specific climate and mineral waters is used successfully in the treatment of arthritis, stress, neuroses, chronic pharyngitis, bronchitis, asthma.



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Pomorie is the most popular spa resort on the sea shore. Firth mud is extracted from the lake of Pomorie, which has undeniable healing properties. It is rich in hydrogen, magnesium, chlorine, calcium, sodium and sulfates. The combination

with the mineral water in the resort and the fresh air, saturated with iodine have a favorable impact on diseases of the locomotory system, gynecological, surgical and traumatic, skin, peripheral nerves, heart, liver and other diseases.





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Bankya is the closest to the capital SPA center – it is located only 17 kilometers from Sofia. The town is famous for its mineral water, whose temperature is 36.5 – 37C. The mineralization of water is low, it is hypothermal, with low hardness, clear, odorless,

with a very pleasant taste and is suitable for everyday use. It is used successfully for cardiovascular disease treatment and treatment of injuries of the nervous system. The name Bankya was given as a reference to the mineral water – Bankya means small spring.



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The resort Sapareva Banya is located in western Bulgaria, 70 kilometers south of Sofia, in the northern slopes of Rila mountain. The highest temperature hot spring in Bulgaria is located here. This is the only in Bulgaria and continental Europe geyser fountain (103 °C). Its water column pressure periodically pushes hot water over the surface at a height of 18 meters. The water in Sapareva Banya treats diseases of the musculoskeletal system, peripheral nervous system, gynecological diseases, acute and chronic poisoning with



salts of heavy metals, skin diseases, upper respiratory tracks and others.

Other popular spa resorts in the country are Pavel Banya, Kostenets, Burgaski Mineralni Bani, Momin Prohod, Slivenski Mineralni Bani, Starozagorski Mineralni Bani, Haskovski Mineralni Bani, Banya and others.



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