



Health Benefits of Mineral Hot Springs

2009, *Glenwood Springs, CO...* People have been “taking the waters” at the natural hot springs that feed the Glenwood Hot Springs for centuries. The Ute Indians were the first to discover the miraculous healing powers of the local mineral waters, calling them “Yampah” meaning “Big Medicine.” These early Colorado residents considered this a sacred place and used the waters to heal their sick and wounded.

In the late 1890’s, the hot springs mineral water was bottled by the Glenwood Hot Springs Company under the name “Yampah.” The beverage was served in the Denver & Rio Grande Railroad dining cars and eating establishments and was distributed by druggists. Hot mineral water from the “drinking” or “cocktail” spring, a stone structure built in 1888, was served up in goblets and still exists for those who can brave the pungent sulfur aroma.

The practice of using natural mineral water for the treatment or cure of disease is known as “balneology”. Soaking in highly concentrated mineral water is thought to have many health benefits such as increasing body temperature thus killing harmful germs and viruses, eliminating toxins, increasing blood flow and circulation, increasing metabolism, and absorption of essential minerals. Many have come to the Glenwood Hot Springs to treat their ailments. The famous gun-slinger, Doc Holliday, who suffered from tuberculosis, came to Glenwood Springs to ease his symptoms. During World War II, the Glenwood Hot Springs Pool was used as a therapeutic tool by physiotherapists to rehabilitate emotionally and physically disabled sailors and marines.

Today, heat from the waters continues to have a relaxing, soothing effect on muscles and the mind. The Yampah Spring flows at 3,500,000 gallons per day at a temperature of 122° F (51°C), one of the hottest in the world, and is cooled to 104°F (40°C) before it is piped in to the Glenwood Hot Springs therapy pool. Many come to the Glenwood Hot Springs to rejuvenate, revitalize and get back to nature. Visitors often feel healthier, happier and renewed. Perhaps it is the fountain of youth?

-more-



Ann Denney, Director of Sales & Marketing
Glenwood Hot Springs
970-945-3324
adenney@hotspringspool.com

GLENWOOD HOT SPRINGS

Vicky Nash, Public Relations
Resort Trends, Inc.
970-948-4923
pr@hotspringspool.com

For more information on Glenwood Hot Springs, call 1-800-537-SWIM (7946) or visit www.hotspringspool.com. Current press releases, a complete press kit, photos, videos, and a live web camera are available at www.hotspringspool.com/x.php?p=PressRoom. Glenwood Hot Springs is located in Glenwood Springs, Colorado, between Aspen and Vail, 165 miles west of Denver and 90 miles east of Grand Junction on Interstate 70 off exit 116 at 401 North River Road.

Physical Properties and Chemical Analysis of Yampah Spring

as determined by the Colorado Geological Survey Department of Natural Resources

Boron (B), (UG/L)	890
Calcium (Ca), (MG/L)	510
Chloride (CL), (MG/L)	11,000
Sodium (Na), (MG/L)	6,900
Sulfate (SO ₄), (MG/L)	1,100
Lithium (Li), (UG/L)	800
Potassium (K), (MG/L)	180
Magnesium (Mg), (MG/L)	91
Manganese (Mn), (UG/L)	80
Iron (Fe), (UG/L)	60
Silica (SiO ₂), (UG/L)	32
Zinc (Zn), (UG/L)	30
Fluoride (F), (MG/L)	2.3
Phosphate (PO ₄)	
Ortho, (MG/L)	.12
Ortho diss a P, (MG/L)	.04
Nitrogen (N), (MG/L)	.01
Alkalinity	
As Calcium Carbonate, (MG/L)	634
As Bicarbonate, (MG/L)	773
Hardness	
Noncarbonate, (MG/L)	1,000
Total, (MG/L)	1,600
Specific conductance	
(Micromohs)	36,800
Total dissolved solids, (TDS), (MG/L)	20,200
pH, Field	6.3
Discharge (gpm)	2,263
Temperature (Centigrade)	50

-end-