

# The Water

Unique to the Western Hemisphere, the mineral concentration of the Manitou Springs Mineral Spa is astounding. The minerals possess natural therapeutic skin and body care properties found only at a few places in the world (Karlovy Vary in the Czech Republic and The Dead Sea of Israel).

*The following are the results of the study completed by Dr. William Last, Department of Geological Sciences, University of Manitoba, 1997.*

## **Magnesium** 9,505.0 milligrams/litre

An essential mineral with 70 percent of the body's supply located in the bones and 30 percent in the soft tissues and body fluids such as the lymphatics. Magnesium helps to maintain water balance in the cells and regulates the acid/alkaline (PH) necessary for proper functioning of the nerves and muscles. It also helps to regulate the body's temperature. Magnesium is a natural skin toner, tightener, refresher, allergy fighter and moisture retainer.

## **Carbonate** 180.0 milligrams/litre

## **Sulphate** 39,577.0 milligrams/litre

Helps to maintain the body's balance, meaning it regulates the distribution of fluid on either side of the cell walls. It works with potassium to preserve the alkalinity of the body's fluid and aids in keeping the skin healthy. It also maintains health of the nervous system, muscular system, blood and lymph systems. Sodium is a natural cleanser and rehydrater.

## **Potassium** 430.0 milligrams/litre

Preserves the proper alkalinity of body fluids and aids in keeping the skin healthy. Potassium is a mineral salt used for its antibacterial and astringent effect in natural deodorants and antiperspirants.

## **Mineral Salts**

Natural ingredients that stimulate the skin to perform functions such as oil production and hydration. As the skin sags with age, mineral salts help bring blood and oil to the skin's surface. Mineral salts aid hydration which helps firm the skin by balancing moisture beneath the surface. It keeps mucous membranes moist and increases cell regeneration, giving skin greater elasticity. In addition, mineral salts boost the immune system by penetrating into the skin, strengthening blood vessel walls.

## **Sodium** (Table Salt) 6,138.0 milligrams/litre

## **Chloride** 8,969.0 milligrams/litre

## **Calcium** 480.0 milligrams/litre

Used in the treatment and prevention of sunburn in addition to providing protection against the effects of sun damage such as redness and subsequent peeling. It also

protects against sun-caused skin cancers and helps skin to remain healthy. The combination of Vitamin A and calcium are good protection for the skin. Calcium is a natural anti-allergen.

#### **Oxide of Iron and Aluminum** 4.0 milligrams/litre

Iron is necessary for hemoglobin and myoglobin formation. A deficiency of iron results in paleness of the skin. Aluminum is used in foil, deodorants, and baking powder as an emulsifier, in some processed cheeses and as a bleaching agent to whiten flour. There are no known beneficial effects of aluminum.

#### **Silica** 9.9 milligrams/litre

Plays an important part in the formation of bones, nails, teeth and connective tissue. Some of the highest levels of silica are found in cartilage, tendons, and blood vessels. Silica is a natural skin toner and tightener.

#### **Sulphur**

Often called "Nature's Beauty Mineral" because it keeps the hair smooth and glossy and the complexion clear and youthful. Sulphur is stored in every cell with the highest concentration found in the joints, hair, skin and nails. It is reabsorbed by the skin and hair and stabilizes a too-strong sebaceous gland. It has the ability to alleviate itching and plays a part in tissue respiration. Sulphur is necessary for collagen synthesis and naturally eases aching joints.

#### **Specific Gravity** 1.06

The specific gravity of tap water is 1.0. When you add minerals, the minerals dissolve in the water and make it more buoyant.



# **Manitou Springs**

*The Dead Sea of Canada*

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