

Healthy Waters in Slovenia

The Mystery of Slovenian Natural Spas and Other Stories about Slovenian Waters

Water is the source of life, and in Slovenia everything murmurs in the midst of unspoilt nature between the Alps and the Mediterranean Sea, the Pannonian plains and the mysterious Karst. The old folk tale tells of how a certain Slovenian lady of a castle kindly treated a traveller once upon a time. In return for her hospitality, he delighted her with medical plants and whispered to her to which source she should go to drink water. The lady of the castle went for a walk and drank three cups. As it turned out, the source was miraculous. Not only did she regain her health, but she also regained her youth! To this day, Slovenia has one of the best quality potable waters in the world. Slovenian natural spas in the midst of green views and by the sea combine the best of what happened to the two heroes in this tale. They are an oasis of genuine hospitality and safety, where the thermal and mineral waters are proven effective. In Slovenia, people have always known that health, vital strength and good energy are hidden in water.

- Slovenia has 14 natural spas that are located from the Pannonian plains to the Mediterranean Sea and invite you to an authentic experience in the embrace of healthy waters and green nature.
- In 2016 and 2017, the Slovenian Tourist Board shall make the healthy waters its priority.
- Considering the number of water sources and the amount of annual water flow per capita, Slovenia is placed among the richest countries in the world.
- In Slovenia, nature works for the well-being of humans. Healthy waters are proven effective and therefore, in Slovenian natural spas, top medical and rehabilitation centres were developed.
- Slovenia has as many as 26,000 km of watercourses. Mountain torrents, as crystal waters, full of life, rush into the valleys. On the map of Slovenia, the word “*bistrica*”, which means “crystal clear water”, is applied as a topographical name as many as 41 times.
- Clean waters wind through cities as water veins and assure an important source of potable water that can be poured out of a tap and even out of public drinking fountains in the middle of Ljubljana, the Green Capital of Europe 2016.
- Once you refresh yourself with natural potable water that is not treated with technological procedures or you indulge yourself by floating in water, your health is literally in your hands.
- Browse for healthy secrets and places in the new catalogue of Slovenian Healthy Waters and in the photo stories of Slovenian tourism, displayed on the multimedia.slovenia.info portal.

Cheers! Natural mineral waters are proven to be effective

The underground world of Slovenia is magical, since deep underground, numerous **mineral and thermal springs** have their source. Throughout the millennia, their waters have, under the influence of temperature and earth pressures, been dissolving rocks and thus enriching themselves with the best combination of minerals. In Slovenian natural spas you can try out all of their beneficial effects within the well-being, medical wellness and selfness programmes. If **the ordinary water with**

bubbles, served in restaurants, is compared to the natural mineral water, the differences are significant. Thus, the tale of the lady of the castle is easy to relive in Slovenia. Mineral springs contain a **minimum of 1000 mg of dissolved solid and/or 250 mg of naturally dissolved CO₂ per litre of water**. The springs of **Radenska** in the **Radenci** Health Resort and **Donat Mg** in the **Rogaška** Health Resort have been providing refreshment and stimulation for centuries. **Donat Mg is the world's most magnesium-rich mineral water, for which it is clinically proven that it helps regulate digestion**. The first analysis of the water in Rogaška Slatina was made as early as 1572. The spring water in depths from 280 to 600 metres underground is enriched with minerals of dissolved rocks and other elements (CO₂). Radenske tri srca, the first official water of the Vienna Court and the Vatican, is also a refreshing mineral water, rich in calcium and magnesium that, according to legend, comes to the surface with the help of dwarves. The label still carries three hearts and it is no secret that in the Health Resort of **Radenci**, they know how to help with cardiovascular diseases.

Cheers to regeneration! Slovenian thermal spas in the midst of unspoilt nature

Approximately 100 natural thermal springs with a water temperature of between 20 and 73 degrees Celsius are one of the biggest attractions of Slovenia. They are located from the Pannonian plains in the east to the vine-bearing hills in the south and the Adriatic Sea in the west of the country. They offer the best in terms of nature and tradition that is centuries or millennia old. Even the ancient Romans visited the **Rimske Toplice** Thermal Spa, while the **Dolenjske Toplice** Thermal Spa was one of the eminent spas in the Austro-Hungarian Empire. An interesting type of water is the green **paraffin water** that invites you to **Lendava Thermal Spa** in the east of Slovenia, where the highest number of holes of thermal water can be found in one location. The warmest spring of thermal mineral water in Slovenia, which has as many as **73 degrees Celsius** at its source, is also located in the east of Slovenia in Moravske Toplice. Comfort and relaxation in bathing are not the only advantages of the Slovenian thermal waters. For reasons of **pain relief** and **effects on the immune system**, the spas use them in the **rehabilitation of locomotor and nervous systems**. Health tourism has a long tradition in Slovenia, while the modern medical centres are famous all over and beyond Europe. The baths and therapies with thermal mineral water often include **healing anti-inflammatory wraps**, such as is the case with the **peat from Zreško Pohorje** that has been depositing for thousands of years on the peat bogs wrought with middle-mountain fresh air. Slovenian spas and wellness centres by the sea, such as the **Thalasso Centre Strunjan**, trust the beneficial effects of **brine or mother water** that remains at the bottom of the salt evaporation pools after the hand-harvesting of the sea salt. Due to its rich content of minerals, natural whiteness and traditional production it has been highly valued for centuries.

Cheers to love! Dating beside water fountains in the middle of parks

Although they say that salty love by the sea can be the most beautiful, Central Slovenia does not lag far behind seaside romance. When fresh air and romantic words dry out the mouth on dates in the middle of parks, a fountain or drinking **fountain of natural potable water** is almost always at hand. Also in the cities, this is something completely ordinary in Slovenia. **Ljubljana**, this year's **Green Capital of Europe 2016**, is one of a few larger cities in Europe and worldwide, where natural potable water that is not treated with technological procedures flows from the taps. In Ljubljana, there are **31 urban public drinking fountains** available in the warmer months, from which perfectly cooled water flows that you can

catch in your hand or in a bottle. You can also find drinking fountains in the parks of other Slovenian towns, like **Maribor**, **Velenje**, and others.

Cheers to life! Sources of potable water under the Alps

In the **Tunjice** Natural Health Resort in the arms of the **Kamnik-Savinja Alps**, lies the source of **living water** that contains as many as **75 stable and important elements for the body**, and inspires with its **vital energy**. In terms of content, it resembles most the water in the body, thus it has such a lively name. It will give you a special boost to conquer the nearby peaks and high mountains. At the foothills of **Olševa** mountain in the Kamnik-Savinja Alps, the rocks are orange-brown due to the source of **iron water or iron sorrel** that stimulates the functioning of the internal organs. **Its mineral spring is rich in iron, magnesium and potassium and is the only one of its kind in Slovenia.** Compared to the other sources of iron sorrel in **Karavanke**, it contains significantly higher levels of minerals.

Cheers to high spirits! Clear rivers and lakes embraced by unspoilt nature

Since it is highly covered in forests and clean waters, Slovenia is a **green, healthy and active destination**. More than one third of its surface area is included in the **Natura 2000** European programme and you can breathe in the fresh air everywhere. In particular, along the torrential rivers and clean Slovenian Alpine lakes, such as **Lakes Bohinj** and **Bled**, where a jump into the blueness feels good in the warmer months. In the northwest of the country, one of the most beautiful rivers in the world, full of refreshing pools of emerald water, invites you into the **Soča Valley**. Tolmin beside the Soča river has, due to its efforts for sustainable development, received the title Alpine Town 2016. In the south of the country, swimming and fishing are very popular activities in the **green Kolpa river**. A variety of Slovenian destinations that excel in **clean and healthy waters** were awarded the title of **European Destinations of Excellence (EDEN)**.

Greenings from Slovenia, where we invite you among healthy waters. Guests who come to Slovenia for well-being claim that their joy of life returns. Welcome!

ADDITIONAL INFORMATION

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