

EXPERIENCE WORLD-CLASS HOT SPRINGS,  
RIGHT IN THE COMFORT OF YOUR BACKYARD

HOT SPRINGS

BY WELSPRINGS HOT POOLS



## MINERAL CONTENT OF BLUE LAGOON HOT SPRINGS (MILLIGRAMS PER KILOGRAM OF WATER)

- **Silicate (SiO<sub>2</sub>)** 251 Naturally detoxes and softens rough or dry skin. Helps persisting skin conditions like psoriasis, acne and eczema.
- **Sodium (Na)** 7643 Works with potassium in regulating fluid exchange in an out of cells. Sodium leads to proper water balance throughout the body.
- **Potassium (K)** 1117 Potassium helps balance out the negative effects of salt in the body, which can help lower blood pressure and reduce the risk of heart disease.
- **Calcium (Ca)** 1274 Calcium is essential for muscle function and helps strengthen bones. Also enhances blood circulation and relaxation.
- **Magnesium (Mg)** 6 Helps maintain proper blood volume, blood pressure and pH of body's fluid system.
- **Carbon Dioxide (CO<sub>2</sub>)** 114 Muscle relaxant, treats joint issues including arthritis, helps with respiratory problems and skin diseases.
- **Sulphate (SO<sub>4</sub>)** 318 Reduces stress and increases production of endorphins, promotes sleep and stimulates immune system.
- **Chlorine (Cl)** 15740 Keeps water clean and eliminates harmful bacteria and other contaminants in spa water.
- **Fluorine (F)** 18 Protects teeth from tooth decay.

## INSTRUCTIONS

These concentrates enable you to enjoy the same healthful and relaxing water immersion experience as sitting in Blue Lagoon Hot Springs.

This 8 lb jug of Blue Lagoon Hot Springs mineral concentrates provides concentrates for hot tubs up to 145 gallons capacity. If your hot tub's water capacity is more than 145 gallons, you have the option of purchasing more concentrate.

To calculate the exact amount of Blue Lagoon Hot Springs concentrates for your size of hot tub, multiply the number of gallons in your hot tub by .055 lbs per gallon (the percentage of minerals in Blue Lagoon Hot Springs). This total will be the exact number of pounds of concentrate you need to put in your hot tub to replicate the Blue Lagoon Hot Springs water immersion experience. This box includes an 8 ounce measuring cup for this purpose. After you have measured out the correct amount of concentrate (as per formula above) for your hot tub.

Make sure the temperature of the water is above 85 degrees so that the concentrates will dissolve (and stay dissolved) in your water. Once you have inserted the concentrates in your hot tub, your pool pump will evenly circulate the hot spring minerals. To sanitize the water, keep doing what you normally do including adding chlorine or other chemicals you use. The concentrates last for up to six months, when you need to drain the water, clean the hot tub and fill the hot tub with more water. Then you add the concentrates for the same hot springs or a different hot springs. Of course, you can change hot springs anytime you want.

Please note that WellSprings Hot Pools concentrates do not get trapped by your hot tub filter as these concentrates are in solution. Temperature of Blue Lagoon 98-102 F





## BLUE LAGOON HOT SPRINGS, ICELAND

Blue Lagoon Hot Springs is the most popular attraction in Iceland, drawing people from all over the world.

Starting as a pool of wastewater from the Svartsengi Geothermal Plant in 1976, the first person bathed in Blue Lagoon in 1981. Since then the Blue Lagoon facility has grown to include multiple pools, hotels and a spa boasting many amenities including treatments, health products and a restaurant. Blue Lagoon is considered to have notable regenerative qualities as the water is rich in silica and sulphur.

Psoriasis is the most common ailment treated by Blue Lagoon waters. Traditional psoriasis treatment requires excessive UV light exposure, so the Blue Lagoon offers a safer, more relaxing alternative to this method.

Winter is noteworthy as the season when the Northern Lights are visible from the Blue Lagoon pools. This wondrous natural phenomena has amazed viewers for centuries. Known for its volcanoes and extensive geothermal activity, Iceland powers and heats itself primarily from hot water bubbling up from underground.



## MINERAL CONTENT OF AINSWORTH HOT SPRINGS (MILLIGRAMS PER KILOGRAM OF WATER)

- **Potassium Chloride (KCL)** 54.2 Potassium helps balance out the negative effects of salt in the body, which helps lower blood pressure and reduce the risk of heart disease. Chloride helps maintain proper blood volume, blood pressure and pH of body's fluid system.
- **Lithium Chloride (LiCL)** 280 Lithium protects from neurodegenerative diseases including manic depression and brain injury. Known for its calming effects, chloride helps maintain proper blood volume, blood pressure and pH of body's fluid system.
- **Silica (Si)** 117 Naturally detoxes and softens rough or dry skin. Helps persisting skin conditions like psoriasis, acne and eczema.
- **Iron and Aluminum (FeAl)** 24.4 Iron alleviates symptoms of anemia, an iron deficiency. Small amounts of aluminum are considered a natural part of a healthy diet, growing in foods and other plants.
- **Calcium Carbonate (CaC)** 352.5 Calcium is essential for muscle function and helps strengthen bones. Also enhances blood circulation and relaxation. Carbonate stimulates breathing, helps with vascular issues, calms the nervous system, slows the heart rate and helps the body produce new blood vessels.
- **Calcium Sulphate (CaS)** 680 Calcium is essential for muscle function and helps strengthen bones. Also enhances blood circulation and relaxation. Sulphate reduces stress, enhances physical and mental relaxation, promotes sleep and provides pain relief.
- **Magnesium (Mg)** 109 Helps reduce inflammation, calms the nerves and improves sleep.
- **Sodium (Na)** 94.68 Works with potassium in regulating fluid exchange in an out of cells. Sodium leads to proper water balance throughout the body.

## INSTRUCTIONS

These concentrates enable you to enjoy the same healthful and relaxing water immersion experience as sitting in Blue Lagoon Hot Springs.

This 8 lb jug of Blue Lagoon Hot Springs mineral concentrates provides concentrates for hot tubs up to 145 gallons capacity. If your hot tub's water capacity is more than 145 gallons, you have the option of purchasing more concentrate.

To calculate the exact amount of Blue Lagoon Hot Springs concentrates for your size of hot tub, multiply the number of gallons in your hot tub by .055 lbs per gallon (the percentage of minerals in Blue Lagoon Hot Springs). This total will be the exact number of pounds of concentrate you need to put in your hot tub to replicate the Blue Lagoon Hot Springs water immersion experience. This box includes an 8 ounce measuring cup for this purpose. After you have measured out the correct amount of concentrate (as per formula above) for your hot tub.

Make sure the temperature of the water is above 85 degrees so that the concentrates will dissolve (and stay dissolved) in your water. Once you have inserted the concentrates in your hot tub, your pool pump will evenly circulate the hot spring minerals. To sanitize the water, keep doing what you normally do including adding chlorine or other chemicals you use. The concentrates last for up to six months, when you need to drain the water, clean the hot tub and fill the hot tub with more water. Then you add the concentrates for the same hot springs or a different hot springs. Of course, you can change hot springs anytime you want.

Please note that WelSprings Hot Pools concentrates do not get trapped by your hot tub filter as these concentrates are in solution. Temperature of Blue Lagoon 98-102 F





## AINSWORTH HOT SPRINGS, BRITISH COLUMBIA

Currently owned by the Lower Kootenay Indian Band, Ainsworth Hot Springs has been used for centuries as a place for healing. After battle, warriors would soak in the spirit waters to ease the wounds sustained in the fight to defend this beautiful territory. George Ainsworth became the first white man to own Ainsworth Hot Springs in 1882, and the first commercial pool (cost 10 cents per swim) was completed in the early 1930's.

The latest renovations to the Ainsworth Hot Springs Resort were finished in 2012, with the pool and limestone caves drawing thousands of visitors each year. The facility also includes rooms, a restaurant and the Spirit Waters Spa.

Ainsworth Hot Springs are nestled in the Kootenay region, overlooking the majestic Kootenay Lake.





## MINERAL CONTENT OF BATH HOT SPRINGS (MILLIGRAMS PER KILOGRAM OF WATER)

- **Sulphate (S)** 1015 Reduces stress, physical and mental relaxation promotes sleep, pain relief.
- **Calcium (Ca)** 358 Enhances blood circulation and relaxation, regulating organs including heart, muscle function and strengthens bones.
- **Chloride (Cl)** 340 Helps maintain proper blood volume, blood pressure and pH of body's fluid system.
- **Sodium Bicarbonate (NaHCO<sub>3</sub>)** 388 Muscle relaxant, joint issues including arthritis, respiratory problems and skin diseases.
- **Silicate (Si)** 21 Boosts oxygen flow and relieves pain.
- **Iron (Fe)** .5 Alleviates symptoms of anemia, an iron deficiency

## INSTRUCTIONS

These concentrates enable you to enjoy the same healthful and relaxing water immersion experience as sitting in Bath Hot Springs. This 8 lb jug of Bath Hot Springs mineral concentrates provides concentrates for hot tubs up to 320 gallons capacity. If your hot tub's water capacity is more than 320 gallons, you have the option of purchasing more concentrate. To calculate the exact amount of concentrates for your size of hot tub, multiply the number of gallons in your hot tub by .025 lbs per gallon (the percentage of minerals in Bath Hot Springs). This total will be the exact number of pounds of concentrate you need to put in your hot tub to replicate the Bath Hot Springs water immersion experience. This box includes an 8 ounce measuring cup for this purpose.

After you have measured out the correct amount of concentrate (as per formula above) for your hot tub, make sure the temperature of the water is above 85 degrees so that the concentrates will dissolve (and stay dissolved) in your water. Once you have inserted the concentrates in your hot tub, your pool pump will evenly circulate the hot spring minerals. To sanitize the water, keep doing what you normally do including adding chlorine or other chemicals you use. The concentrates last for up to six months, when you need to drain the water, clean the hot tub and fill the hot tub with more water. Then you add the concentrates for the same hot springs or a different hot springs. Please note that WelSprings Hot Pools concentrates do not get trapped by your hot tub filter as these concentrates are in solution. Temperature of Bath Hot Springs 95.9 F



## BATH HOT SPRINGS, ENGLAND

According to legend, Prince Bladud was cured of leprosy after bathing in the hot, steamy Bath waters and founded the City of Bath in 863 BC.

In AD 43 the Romans developed 'Aquae Sulis' in Bath as a sanctuary of rest and relaxation for Roman soldiers and citizens. In AD 70, the Romans built a reservoir around Bath Hot Springs including a sophisticated series of baths and a temple dedicated to the goddess Sulis Minerva.

In 1088, Bishop of Bath and Wells John of Villula, a physician, purchased from the King the royal property in Bath and rebuilt the baths:

"Through hidden pipes, Bath Hot Springs supplied waters, heated not by human skill or art, from deep in the bowels of the earth to a reservoir in the midst of arched chambers. From all over England sick people came to wash away their infirmities in the healing waters."

In recent years Bath has become one of the most popular attractions in England. Renovated in 2006, Thermae Bath Spa includes two large thermal water pools including the iconic rooftop pool, plus a large swimming pool in the basement. There's also a wellness suite with steam rooms, a sauna and other relaxing and rejuvenating experiences.





## MINERAL CONTENT OF THE SPRINGS RESORT AND SPA (MILLIGRAMS PER KILOGRAM OF WATER)

- **Bicarbonates (HCO<sub>3</sub>)** 751 Boosts overall oxygen flow and provides natural pain relief.
- **Calcium (Ca)** 95 Essential for muscle function and helps strengthen bones. Also enhances blood circulation and relaxation.
- **Sodium (Na)** 327 Works with potassium in regulating fluid exchange in an out of cells. Sodium leads to proper water balance throughout the body.
- **Potassium (K)** 28 Helps balance out the negative effects of salt in the body, which helps lower blood pressure and reduce the risk of heart disease.
- **Boron (B)** 7.8 Strengthens bones and aids in brain function.
- **Magnesium (Mg)** 55 Helps reduce inflammation, calms the nerves and improves sleep.
- **Iron (Fe)** 3 Alleviates symptoms of anemia, an iron deficiency.
- **Sulfur (S)** trace Reduces stress, physical and mental relaxation promotes sleep, pain relief.

## INSTRUCTIONS

These concentrates enable you to enjoy the same healthful and relaxing water immersion experience as sitting in The Springs Resort and Spa.

This 8 lb jug of The Springs Resort and Spa mineral concentrates provides concentrates for hot tubs up to 800 gallons capacity. If your hot tub's water capacity is more than 800 gallons, you have the option of purchasing more concentrate.

To calculate the exact amount of concentrates for your size of hot tub, multiply the number of gallons in your hot tub by .010 lbs per gallon (the percentage of minerals in The Springs Resort and Spa ). This total will be the exact number of pounds of concentrate you need to put in your hot tub to replicate the Springs Resort and Spa water immersion experience. This box includes a measuring cup for this purpose.

After you have measured out the correct amount of concentrate (as per formula above) for your hot tub, make sure the temperature of the water is above 85 degrees so that the concentrates will dissolve (and stay dissolved) in your water. Once you have inserted the concentrates in your hot tub, your pool pump will evenly circulate the hot spring minerals. To sanitize the water, keep doing what you normally do including adding chlorine or other chemicals you use. The concentrates last for up to six months, when you need to drain the water, clean the hot tub and fill the hot tub with more water. Then you add the concentrates for the same hot springs or a different hot springs.

Please note that WelSprings Hot Pools concentrates do not get trapped by your hot tub filter as these concentrates are in solution.

Temperature of Pools 83 F to 104 F





## THE SPRINGS RESORT AND SPA, COSTA RICA

Embedded in scenic patches of rainforest, The Springs Resort and Spa Costa Rica provides great views of Arenal Volcano from the many hot springs pools in the facility.

The springs reveal an ideal natural combination of high bicarbonate and high chlorides with low sulfur content to provide a truly pleasurable soaking experience.

Also, The Springs possess many natural jungle features (including waterfalls) adjacent the numerous pools and other outdoor recreation activities are available including tubing, kayaking, horseback riding, rock climbing, nature tours and fishing.

The full service five star luxury spa includes body treatments, body wraps, massages and many other spa services.





## MINERAL CONTENT OF KUSASTSU HOT SPRINGS

(MILLIGRAMS PER KILOGRAM OF WATER)

- **Aluminum (Al)** 8.4 Small amounts of aluminum are considered a natural part of a healthy diet, growing in foods and other plants.
- **Chloride (Cl)** 126 Helps maintain proper blood volume, blood pressure and pH of body's fluid system.
- **Sulphate (SO4)** 721 Reduces stress and increases production of endorphins, promotes sleep and stimulates immune system.
- **Silicate (SiO2)** 88.2 Naturally detoxes and softens rough or dry skin. Helps persisting skin conditions like psoriasis, acne and eczema.
- **Hydrogen Sulphide (H2S)** 98.6 Anti-inflammatory benefits.
- **Sodium (Na)** 96 Works with potassium in regulating fluid exchange in an out of cells. Sodium leads to proper water balance throughout the body.
- **Potassium (K)** 25.2 Helps balance out the negative effects of salt in the body, which can help lower blood pressure and reduce the risk of heart disease.
- **Calcium (Ca)** 50.7 Calcium is essential for muscle function and helps strengthen bones. Also enhances blood circulation and relaxation.
- **Magnesium (Mg)** 49.1 Helps maintain proper blood volume, blood pressure and pH of body's fluid system.
- **Iron (Fe)** .54.6 Alleviates symptoms of anemia, an iron deficiency.

## INSTRUCTIONS

These concentrates enable you to enjoy the same healthful and relaxing water immersion experience as sitting in Kusatsu Hot Springs. This 8 lb jug of Kusatsu Hot Springs mineral concentrates provides concentrates for hot tubs up to 727 gallons capacity. If your hot tub's water capacity is more than 727 gallons, you have the option of purchasing more concentrate. To calculate the exact amount of Kusatsu Hot Springs concentrates for your size of hot tub, multiply the number of gallons in your hot tub by .011 lbs per gallon (the percentage of minerals in Kusatsu Hot Springs). This total will be the exact number of pounds of concentrate you need to put in your hot tub to replicate the Kusatsu Hot Springs water immersion experience.

This box includes an 8 ounce measuring cup for this purpose. After you have measured out the correct amount of concentrate (as per formula above) for your hot tub, make sure the temperature of the water is above 85 degrees so that the concentrates will dissolve (and stay dissolved) in your water. Once you have inserted the concentrates in your hot tub, your pool pump will evenly circulate the hot spring minerals. To sanitize the water, keep doing what you normally do including adding chlorine or other chemicals you use. Please note that WelSprings Hot Pools concentrates do not get trapped by your hot tub filter as these concentrates are in solution. Temperature of pools: 100 F to 114 F





## KUSATSU HOT SPRINGS, JAPAN

Kusatsu Hot Springs were known as a resort for centuries, becoming popular for its health benefits in the late 19th century by Erwin von Baelz, a German doctor who taught medicine at Tokyo University and co-founded modern western medicine in Japan. Blessed with the highest volumes of mineral rich waters in Japan, Kusatsu Onsen (Japanese word for hot springs) provides 13 public baths including free baths for local residents.

One of Japan's most acidic hot springs, Kusatsu Onsen kills almost all bacteria and microorganisms and has superior antibacterial power.

Located 120 miles northwest of Tokyo, Kusatsu is a small town nestled in mountains with great natural vistas and features. A hotel, restaurant and other amenities provide services for travelers.





## MINERAL CONTENT OF FAIRMONT HOT SPRINGS

(MILLIGRAMS PER KILOGRAM OF WATER)

- **Sodium Chloride (NaCl)** 63.2 Sodium leads to proper water balance throughout the body. Chloride helps maintain proper blood volume, blood pressure and pH of body's fluid system.
- **Sodium Sulphate (Na<sub>2</sub>SO<sub>4</sub>)** 38.3 Sodium leads to proper water balance throughout the body. Sulphate reduces stress, enhances physical and mental relaxation, promotes sleep and provides pain relief.
- **Silica (Si)** 27.4 Naturally detoxes and softens rough or dry skin. Helps persisting skin conditions like psoriasis, acne and eczema.
- **Potassium Chloride (KCL)** 10.4 Potassium helps balance out the negative effects of salt in the body, which helps lower blood pressure and reduce the risk of heart disease. Chloride helps maintain proper blood volume, blood pressure and pH of body's fluid system.
- **Calcium Bicarbonate (Ca-HCO<sub>3</sub>-2)** 1024 Calcium is essential for muscle function and helps strengthen bones. Also enhances blood circulation and relaxation. Carbonate stimulates breathing, helps with vascular issues, calms the nervous system, slows the heart rate and helps the body produce new blood vessels.
- **Calcium Sulphate (CaS)** 782 Calcium is essential for muscle function and helps strengthen bones. Also enhances blood circulation and relaxation. Sulphate reduces stress, enhances physical and mental relaxation, promotes sleep and provides pain relief.
- **Magnesium Sulphate (MgSO<sub>4</sub>)** 494 Helps reduce inflammation, calms the nerves and improves sleep. Sulphate reduces stress, enhances physical and mental relaxation, promotes sleep and provides pain relief.

## INSTRUCTIONS

These concentrates enable you to enjoy the same healthful and relaxing water immersion experience as sitting in Fairmont Hot Springs.

This 8 lb jug of Fairmont Hot Springs mineral concentrates provides concentrates for hot tubs up to 381 gallons capacity. If your hot tub's water capacity is more than 381 gallons, you have the option of purchasing more concentrate.

To calculate the exact amount of concentrates for your size of hot tub, multiply the number of gallons in your hot tub by .021 lbs per gallon (the percentage of minerals in Fairmont Hot Springs). This total will be the exact number of pounds of concentrate you need to put in your hot tub to replicate the Fairmont Hot Springs water immersion experience. This box includes an 8 ounce measuring cup for this purpose.

After you have measured out the correct amount of concentrate (as per formula above) for your hot tub, make sure the temperature of the water is above 85 degrees so that the concentrates will dissolve (and stay dissolved) in your water. Once you have inserted the concentrates in your hot tub, your pool pump will evenly circulate the hot spring minerals. To sanitize the water, keep doing what you normally do including adding chlorine or other chemicals you use. The concentrates last for up to six months, when you need to drain the water, clean the hot tub and fill the hot tub with more water. Then you add the concentrates for the same hot springs or a different hot springs.

Please note that WelSprings Hot Pools concentrates do not get trapped by your hot tub filter as these concentrates are in solution.

Pool Temperature 102 F





## FAIRMONT HOT SPRINGS, BRITISH COLUMBIA

Located in the majestic beauty of the Rocky Mountains, Fairmont Hot Springs Resort is the largest hot springs in Canada, featuring rooms, cottages, and cabins to stay at while enjoying the hot springs.

With a daily flow of 1.2 million gallons of fresh hot mineral water, Fairmont Hot Springs odorless pools promise a serene and tranquil experience.

In the early 1900's, visionary John Hankey purchased Fairmont Hot Springs from the original owner, Sam Brewer. Hankey renamed it Fairmont Hotel Springs and offered accommodation for \$2 per day, which included access to the hot springs

Often referred to as a 'palatial sanitarium', the resort established itself as a center for health, wellness and hospitality.



## MINERAL CONTENT OF CHENA HOT SPRINGS

(MILLIGRAMS PER KILOGRAM OF WATER)

- **Carbonate (CO<sub>3</sub>)** 28 Stimulates breathing, helps with vascular issues, calms the nervous system, slows the heart rate and helps the body produce new blood vessels.
- **Bicarbonate (89)** Boosts overall oxygen flow and provides natural pain reduction.
- **Sulphate (S)** 56.1 Reduces stress, physical and mental relaxation promotes sleep, pain relief.
- **Chloride (Cl)** 340 Helps maintain proper blood volume, blood pressure and pH of body's fluid system.
- Nitrate (NO<sub>3</sub>) trace Opens up blood vessels and helps your blood flow better.
- **Silicate (SiO<sub>2</sub>)** 72 Naturally detoxes and softens rough or dry skin. Helps persisting skin conditions like psoriasis, acne and eczema.
- **Calcium (Ca)** 2.75 Calcium is essential for muscle function and helps strengthen bones. Also enhances blood circulation and relaxation.
- **Sodium (Na)** 107 Works with potassium in regulating fluid exchange in an out of cells. Sodium leads to proper water balance throughout the body.
- **Potassium (K)** trace Potassium helps balance out the negative effects of salt in the body, which helps lower blood pressure and reduce the risk of heart disease.

## INSTRUCTIONS

These concentrates enable you to enjoy the same healthful and relaxing water immersion experience as sitting in Chena Hot Springs.

This 8 lb jug of Chena Hot Springs minerals provides concentrates for hot tubs up to 285 gallons capacity. If your hot tub's water capacity is more than 285 gallons, you need to purchase more concentrate.

To calculate the exact amount of Chena Hot Springs concentrates for your size of hot tub, multiply the number of gallons in your hot tub by .029 lbs per gallon (the percentage of minerals in Chena Hot Springs). This total will be the exact number of pounds of concentrate you need to put in your hot tub to replicate the Chena Hot Springs water immersion experience.

This box includes an 8 ounce measuring cup for this purpose. After you have measured out the correct amount of concentrate (as per formula above) for your hot tub, make sure the temperature of the water is above 85 degrees so that the concentrates will dissolve (and stay dissolved) in your water. Once you have inserted the concentrates in your hot tub, your pool pump will evenly circulate the hot spring minerals. To sanitize the water, keep doing what you normally do including adding chlorine or other chemicals you use.

Please note that WelSprings Hot Pools concentrates do not get trapped by your hot tub filter as these concentrates are in solution.

Pool Temperature 90 F.





## CHENA HOT SPRINGS, ALASKA

Chena Hot Springs Resort provides rooms, cabins, a restaurant and operates a big indoor pool and outdoor wading lake. Constantly replenished by pungent hot mineral spring water, the facility has authentic gold rush roots and was a premier destination in Alaska by 1912.

Visit Chena Hot Springs between September and April and view the Northern Lights, also known as the Aurora Borealis.

A natural light display in Earth's sky predominantly seen in high latitude regions. Auroras display dynamic patterns of brilliant lights that appear as curtains, rays, and spirals covering the entire sky.

Chena Hot Springs is also notable for its' geothermal power plants, the first geothermal facilities built in Alaska. The 56 mile scenic drive from Fairbanks to Chena Hot Springs provides ready access for travelers.



## MINERAL CONTENT OF CHENA HOT SPRINGS

(MILLIGRAMS PER KILOGRAM OF WATER)

- **Chloride (Cl)** 41 Helps maintain proper blood volume, blood pressure and pH of body's fluid system.
- **Sulphate (S)** 1130 Reduces stress, physical and mental relaxation promotes sleep, pain relief.
- **Bicarbonates (HCO<sub>3</sub>)** 127 Boost overall oxygen flow and provides natural pain reduction.
- **Boron (B)** .62 Strengthens bones and aids in brain function.
- **Iron (Fe)** .31 Iron alleviates symptoms of anemia, an iron deficiency.
- **Manganese (Mn)** .69 Benefits for thyroid, metabolism, fatigue, sex, inflammation, brain function, epilepsy and bone development.
- **Phosphate (P)** .02 Vital for energy production and storage as well as activating hormones, repairing tissue, producing DNA and RNA and recovering from soreness after a workout.
- **Zinc (Zn)** trace Aids digestion, reduces stress, boosts energy, improves metabolism and clears acne.
- **Fluoride (F)** 2.25 Prevents tooth decay, bone mineralization and development.
- **Selenium (Se)** trace Slows the aging process of skin and organs. Assists in treatment of strokes, muscular dystrophy, cancer, immune system and Alzheimer's disease.
- **Sodium (Na)** 124 Works with potassium in regulating fluid exchange in an out of cells. Sodium leads to proper water balance throughout the body.
- **Calcium (Ca)** Essential for muscle function and helps strengthen bones. Also enhances blood circulation and relaxation.
- **Magnesium (Mg)** 19 Helps reduce inflammation, calms the nerves and improves sleep.
- **Potassium (K)** 16.6 Potassium helps balance out the negative effects of salt in the body, which helps lower blood pressure and reduce the risk of heart disease.

## INSTRUCTIONS

These concentrates enable you to enjoy the same healthful and relaxing water immersion experience as sitting in Box Canyon Hot Springs.

This 8 lb jug of Box Canyon Hot Springs mineral concentrates provides concentrates for hot tubs up to 571 gallons capacity. If your hot tub's water capacity is more than 571 gallons, you need to purchase more concentrate. To calculate the exact amount of Box Canyon concentrates for your size of hot tub, multiply the number of gallons in your hot tub by .014 lbs per gallon (the percentage of minerals in Box Canyon Hot Springs). This total will be the exact number of pounds of concentrate you need to put in your hot tub to replicate the Box Canyon Hot Springs water immersion experience. This box includes an 8 ounce measuring cup for this purpose.

After you have measured out the correct amount of concentrate (as per formula above) for your hot tub, make sure the temperature of the water is above 85 degrees so that the concentrates will dissolve (and stay dissolved) in your water. Once you have inserted the concentrates in your hot tub, your pool pump will evenly circulate the hot spring minerals. To sanitize the water, keep doing what you normally do including adding chlorine or other chemicals you use. The concentrates last for up to six months, when you need to drain the water, clean the hot tub and fill the hot tub with more water. Then you add the concentrates for the same hot springs or a different hot springs. Of course, you can change hot springs anytime you want.

Please note that WelSprings Hot Pools concentrates do not get trapped by your hot tub filter as these concentrates are in solution.

Temperature of pools 103 F to 108 F





## BOX CANYON HOT SPRINGS, COLORADO

Box Canyon Lodge and Hot Springs is a popular Ouray hotel with natural, mountainside hot springs.

The seven outdoor redwood pools are terraced on the property with 360 degree views of the mountains.

With the high flow of hot spring water into the pools, no chemicals are needed.

Known as 'The Switzerland of America', Ouray provides additional activities including skiing, hiking, Ice Park, ice climbing and many other outdoor recreation opportunities.



HOT SPRINGS BY WELSPRINGS HOT POOLS

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