

BACKGROUND INFORMATION ON HOT SPRINGS OR “SPAS”



*In ancient times, **Adsullata** was the Goddess of Hot Springs who came to Brittany from Celtic Gaul.*

Spas, or those incorporating the healing waters into common practice, are thought to date back thousand of years. Though the Romans are well known historically for their “baths,” evidence exists that the Greeks, Egyptians, Mesopotamians and Minoans had also discovered the benefits of hot mineral baths. And given that the early Britains and Celts revered a hot springs goddess (see above), the Northern European tribes likely had knowledge of and enjoyed the benefits of therapeutic mineral pools as well.

The word “spa” is derived from the Latin verb “spargere,” or “to pour forth.” Roman legions purportedly established their military camps at hot springs (such as the village of Spa in Belgium), where the healing waters were said to “pour forth” and maintain the health and fitness of the troupes. Also, it is said, *salus per aquam*, or health through water, and its acronym SPA was inscribed on the walls of Roman bathing facilities. In the mid-1500s, the first sulfur springs were discovered at Tewhit near Harrogate, England, and were compared to those renowned in Spa, Belgium – thus the evolution of the English term spa.

In the Americas, tribal history records that the Native Americans throughout the “new world” enjoyed the benefits of hot spring therapy to enhance their physical and spiritual health. The legends of these healing springs drew the Spanish conquistadors, such as Ponce de Leon, in search of the so-called fountain of youth. This was further substantiated by Walter S. McClellan, MD, the first medical director at the Saratoga Spa in Saratoga Springs, NY, who took a more clinical view of the healing waters and administered them under medical control.





Background Information.....cont'd

The Mohawk tribe, however, were the people who first christened Saratoga Hot Springs “the place of the medicine waters of the great spirit” long before McClellan came along.

“Taking of the waters” has emerged through history as fully experiencing the waters through soaking, bathing, drinking and more, and evolved into the modern day spa, where one goes to relax, regenerate the body and restore the soul through association with the healing waters.

The hot springs generated by the Great Pagosa Hot Spring create, by definition, an authentic “spa,” for the waters remain completely natural, without additives, and have been analyzed to reveal the extensive mineral content. Contemporary research reveals that all minerals found in the waters at The Springs are known to have healing and restorative properties for the human body (visit www.pagosahotsprings.com and click on “About our Water”).

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