

## **The Springs Resort Welcomes Dr. Marcus Coplin as Medical Director**

*The primary care Naturopathic Medical Doctor will provide guidance on soaking and other best practices for overall well-being.*

**PAGOSA SPRINGS, Colorado** (May, 2022) – The Springs Resort, a Colorado hot spring pioneer in water-based wellness, and home to the most soaking pools at one destination in Colorado has partnered with Dr. Marcus Coplin, a primary care Naturopathic Medical Doctor, Director of Hydrothermal Medicine for the Balneology Association of North America and the North American Liaison to the International Association of Balneology and Medical Hydrology. Dr. Coplin will serve as The Springs Resort Medical Director, advising the resort and its guests on the unique relationship of hot springs use to our overall health and well-being.

Dr. Coplin is an expert in balneotherapy, which is the evidence-based use of therapeutic thermal mineral spring bathing. As a first step in the new partnership with The Springs Resort, he facilitated the creation of water-based wellness guides that will familiarize visitors on how best to use hot springs for specific benefits, including: sleep enhancement, general wellness, sports recovery, and detoxification.

“It is incredibly beneficial for the person soaking to understand how the different temperature levels can affect their body,” explains Dr. Coplin, “so they can journey through multiple stages of Hydrothermal self-guided wellness to receive long-lasting and exceptional results.”

Dr. Coplin’s expert knowledge in chronic pain, fatigue, anti-aging, arthritis, diabetes, and inflammation helped The Springs Resort create guides containing overall soaking suggestions with explanations of what happens in the body during contrast bathing.

“The goal of the soaking guides is to give guests a deeper health resort experience. Our guests are able to use the self-guided tour through the pools to feel for themselves the benefits the waters have to offer.” Dr. Coplin. The Springs Resort offers a variety of packages and programs, including an exclusive 4-hour wind-down that is designed for a peaceful night’s sleep.

Dr. Coplin's work has spanned the areas of balneology, chronic pain management, physiotherapy, integrative oncology, intravenous nutrient therapy and clinical mechanics. He will visit the resort several times per year to continue offering guidance on soaking best practices, achieving better sleep, and more. Dr. Coplin has been invited to give talks on the health benefits of bathing in thermal mineral water, how to build integrative treatments enhanced by Hot Spring bathing, water as the cure for cellular degeneration, and more.

"We are thrilled to have Dr. Coplin on board to provide insight from his extensive experience and valuable knowledge for evidence-backed soaking guides, allowing our guests to get the most rejuvenation and benefit to their well-being from a visit with us," said Sharon Holtz, Director of Resort Wellness Operations at The Springs Resort.

#### About The Springs Resort:

The Springs Resort features seventy-nine welcoming rooms and suites steps from 25 soaking pools, fed by the deepest geothermal hot spring in the world. Whether you're close to the Mother Spring, with views of early morning steam rising from her mythical depths, or in our Lodge overlooking the San Juan River- wherever you stay, you'll enjoy 24-hour access to the pools, including VIP access to the adult-only Relaxation Terrace, daily wellness activities and experiences, and unlimited towel and robe exchange. For more, visit <https://www.pagosahotsprings.com/>.

#### About Dr. Marcus Coplin:

Dr. Marcus Coplin is a primary care Naturopathic Medical Doctor. For over 15 years he has focused his work in the world of Hydrothermal and Biophysical therapy for the treatment of complex and chronic health conditions. Dr. Coplin lectures and educates around the world on the therapeutic applications and benefits of Hydrothermal therapy and trains physicians and healthcare professionals on the proper application and technique of these therapies. He is the director of Hydrothermal Medicine for the Balneology (medicinal hot springs usage) Association of North America. In 2022 Dr. Coplin joined the team at The Springs Resort as Medical Director. Working together, The Springs is expanding our offerings to move our guest's health resort experience into the 21<sup>st</sup> century.

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