

Time for
Health.

The Power of Gastein Thermal Water.

Natural treasure from the depths of the
Tauern mountains

At the Alpentherme Gastein Health Center and in the Alpentherme, you are able to enjoy the invigorating power of Gastein thermal water. With a temperature at source of around 46°C and a unique combination of natural elements, the thermal water emerges from deep inside the Gastein mountains.

Use for therapeutic purposes

The effectiveness of Gastein thermal water from a medical perspective comes from the unique combination of heat and radon. At the Health Center, the radon thermal water is utilized in the form of bathing and sub-aqua therapies. In the process, the noble gas radon enters the body through the skin and lungs, where it then unfolds its health-giving benefits:

- ▶ Cellular repair inside the body is stimulated while the number of free radicals is reduced.
- ▶ Cytokine TGF-beta is activated, promoting healing and reducing inflammation.
- ▶ The migration of inflammatory cells through vascular walls is reduced.

This combats chronic inflammation and allergies, restoring an immunological equilibrium. Furthermore, the pain neurotransmitter 'Substance P' is inhibited while beta-endorphins are released in increased amounts. Serotonin metabolism is influenced positively.

This effect leads to long-lasting relief of pain & inflammation, such as that associated with arthrosis or inflammatory rheumatism. Complaints affecting the respiratory passages & skin are likewise positively affected.

Use at the Alpentherme

For therapy use at the Alpentherme, which does not require a doctor's examination, the radon is removed from the thermal water by means of a gentle process involving compressed air.

However, the positive benefits of the thermal water remain:

- ▶ relaxes muscles, regenerates
- ▶ supports therapies to treat tension and pain conditions affecting the spine and joints



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Because the thermal water has been de-radonized, the water can be used safely by pregnant women as well as children.

Tip: Due to the effects of the thermal water, guests are recommended to take a break after 20 minutes in the water in order to avoid potential circulatory problems.

Exclusively positive health benefits

During radon therapy, radiation exposure is minimal and therefore not a cancer agent. Likewise, existing malignancies will not be adversely affected either. Due to the heat, thermal therapies and visits to a thermal spa are quite physically strenuous. That said, always consult a physician before commencing a program of therapy.

Analysis of the thermal water

Gastein thermal water emerges from 16 springs at the foot of the Graukogel. Bad Hofgastein draws its thermal water – 1 million liters per day – from the Elisabethquelle.

The results of the analysis of Gastein thermal water conducted in 2018 by the water laboratory of Salzburg AG in compliance with §9 of the "Salzburger Heilvorkommen- und Kurortegesetz" (1997) are as follows:

Source temperature: 45.8°C

Outflow: 2400 m³/24h

Radon content: 55 nCi/liter

Chemical analysis - in 1 kg of spring water:

Cations:

Sodium 77.40 mg
Potassium 3.10 mg
Calcium 21.80 mg
Magnesium 0.37 mg

Others:

Silicon 20.10 mg
Iron, boron, trace elements

Anions:

Hydrogen carbonate 58.70 mg
Chloride 24.20 mg
Fluoride 5.21 mg
Sulfate 126.00 mg
Nitrate 0.10 mg

Organic substances are only present in very small amounts. The Gastein thermal springs meet the requirements laid out in the Austrian "Heilvorkommen- und Kurortegesetz" statutes for recognition as healing water based on two grounds: The source temperature as well as the temperature where the water is used (ca. 46°C) both lie significantly above the minimum value;

With a radon-222 concentration of 55.00 nCi/l at the Elisabethquelle, the healing water exceeds the minimum value of 10 nCi/l required of special active ingredients involved in bathing therapies.



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