

HEALING THERMAL MINERAL WATERS
THERMAE SYLLA SPA WELLNESS HOTEL – EDIPSOS, GREECE

By
K. Karagounis, Professor NTUA
M. Karagounis, Medical Dr.
P. Kollias, Hygien. Mech. Dr.
B. Kollias, Physics Dr. USA

Edipsos Thermal Water Mineral Springs, Thermae Sylla Spa Wellness Hotel

According to the current international regulations (by FRESENIUS) Edipsos thermal mineral springs are ranked, on the basis of their physiochemical composition, in the saline spa category. They have a temperature of A)70°C - 84°C, B) 40°C - 50 °C and they are rich in valuable minerals and microelements.

Chemical analysis of the water from the two springs that are used by Thermae Syll Spa Wellness Hotel

PHYSIOCHEMICAL COMPOSITION*

A' EDIPSOS DAMARIA SPRINGS*		B' THERMAE SYLLA BEACH SPRING*	
Classification: Saline Spas		Classification: Saline Spas	
Physiochemical constants:		Physiochemical constants:	
Temperature:	70,5°C-71,2°C	Temperature:	40,5°C
Density 10 ° -15°:	1,02477	Density 15 ° -15°:	1,02209
Electrolytic conductance k18:	0,04459	Electrolytic conductance k18:	0,04031
Freezing point descendance:	-1,89°	Freezing point descendance:	-1,67°
Osmotic Pressure:	28,8atu	Osmotic pressure:	28,8ατμ
Radon	0,18 Mache units	Radon:	0,58 μov.Mache
Puissance Hydrogen pH:	6,65	Puissance Hydrogen pH:	6,75
Chemical analysis:		Chemical analysis:	
One kilogram of water contains:		One kilogram of water contains:	
Cations		Cations	
Potassium (K)	0,503300 gr.	Potassium (K)	0,397400 gr.
Sodium (Na)	9,887000 gr.	Sodium (Na)	9,001000 gr.
Lithium (L)	0,000560 gr.	Lithium (L)	0,000100 gr.
Ammonium (NH4)	0,001100 gr.	Ammonium (NH4)	0,000300 gr.
Calcium (Ca)	1,642500 gr.	Calcium (Ca)	1,454000 gr.
Magnesium (Mg)	0,338400 gr.	Magnesium (Mg)	0,305700 gr.
Iron (Fe)	0,007500 gr.	Iron (Fe)	0,000250 gr.
Manganese (Mn)	0,000013 gr.	Manganese (Mn)	0,000004 gr.
Aluminium (Al)	0,000160 gr.	Aluminium (Al)	0,000080 gr.
Anions		Anions	
Chlorine (Cl)	18,64000 gr.	Chlorine (Cl)	16,62900 gr.
Bromium (Br)	0,055800 gr.	Bromium (Br)	0,032500 gr.
Iodine (J)	0,000040 gr.	Iodine (J)	0,000011 gr.
Sulfuric ion (SO4)	1,111100 gr.	Sulfuric ion (SO4)	1,009200 gr.
Hydrophosphoric ion (HPO4)	0,000332 gr.	Hydrophosphoric ion (HPO4)	0,000028 gr.
Hydrocarbonate ion (HCO3)	0,197900 gr.	Hydrocarbonate ion (HCO3)	0,542200 gr.

*Excerpt of chemical analyses A and B from GNTO's official book.

THERAPEUTIC INDICATIONS OF BATH THERAPY

(Duration of bath: generally 15-20 minutes, accompanied also by 15-20 minutes of rest. The water temperature and the time are defined by the doctors of Thermae Sylla Spa Wellness Hotel).

- i. Degenerative arthropathies (chronic and deforming cases)
- ii. Chronic Rheumatism
- iii. Spondylo-arthritis (chronic and ankylotic cases)
- iv. Neuritis
- v. Lumbago
- vi. Sciatica
- vii. Post-traumatic deformities and anchyloses
- viii. Peripheral neuritis (neuralgia - myalgia)
- ix. Tendon complaints
- x. Chronic gynecological complaints (salpingitis, endometriean infections, ovarian deficiency, leucorrhea, as well as some cases of sterility – use of baths and vaginal douches)
- xi. Circulatory complaints (peripheral circulatory deficiency – due to carbon dioxide, use of some bath types)
- xii. Endocrinological cycle disorders (due to the revitalizing effect of radon)
- xiii. The thermal water swimming pool is to be used only after consultation with the spa doctor (intense energetic hydrokinesitherapy)
- xiv. Beauty and rejuvenation