



HALCYON

— Hot Springs Resort —

Hot Spring Water: Mineral Content

Used for centuries by local First Nations, who called it "great medicine water," the superheated water that comes from deep underground into our pools contains a unique combination of minerals including: sodium, magnesium, calcium, strontium, and lithium – which are believed to aid in a variety of medical conditions.

It is the high lithium content in our waters that makes Halcyon Hot Springs BC's premier healing hot spring destination. Long known for its antidepressant properties, a variety of studies have shown that lithium has potent antioxidant and anti-inflammatory properties, including the capacity to regenerate pathways in the brain. When taken in low doses, lithium has the potential to treat and prevent a wide range of neurological diseases, including traumatic brain injuries, Alzheimer's, Parkinson's, ALS, chronic pain, depression, and anxiety, as well as addictions.

Our water is so potent it was once bottled as a health tonic and shipped as far afield as London, England. And its purity is such that Halcyon is one of the few hot springs in the world where the water is still bottled and drinkable today.



<u>Mineral</u>	<u>Total</u>
Aluminum	<0.2 mg/L
Antimony	<0.2 mg/L
Arsenic	<0.2 mg/L
Barium	<0.01 mg/L
Beryllium	<0.005 mg/L
Bismuth	<0.1 mg/L
Boron	0.2 mg/L
Cadmium	<0.01 mg/L
Calcium	51.8 mg/L
Chromium	<0.01 mg/L
Cobalt	<0.01 mg/L
Copper	<0.01 mg/L
Iron	<0.03 mg/L
Lead	<0.05 mg/L
Lithium	0.61 mg/L
Magnesium	0.62 mg/L
Manganese	0.009 mg/L
Molybdenum	<0.03 mg/L
Nickel	<0.02 mg/L
Phosphorus	<0.3 mg/L
Potassium	7 mg/L
Selenium	<0.2 mg/L
Silicon	34.3 mg/L
Silver	<0.01 mg/L
Sodium	148 mg/L
Strontium	2.43 mg/L
Thallium	<0.1 mg/L
Tin	<0.03 mg/L
Titanium	<0.01 mg/L
Vanadium	<0.03 mg/L
Zinc	0.026 mg/L