



Mineral elements	mg / L
Sodium	360 mg / L
Potassium	5,0 mg / L
Lithium	0,03 mg / L
Calcium	5,6 mg / L
Magnesium	2,0 mg / L
Iron	0,77 mg / L
Bicarbonate	933 mg / L
Manganese	< 0,02 mg / L
Chlorine	24 mg / L
Iodine	0,06 mg / L
Fluorine	0,9 mg / L
Ammonium	4,2 mg / L
Barium	130 mikrogramm / L
Zink	30 mikrogramm / L
Chrome	< 2 mikrogramm / L
Cadmium	< 0,2 mikrogramm / L
Bromide	< 0,2 mikrogramm / L
Sulphate	< 10 mg / L
Arsenium	< 2,0 mikrogramm / L
Free carbon dioxide	45 mg / L
Meta boric acid	0,35 B mg / L
Meta silica	24 SiO <sub>2</sub> mg / L
Stibium	2,5 mikrogramm / L
PH rate	7,9
Water temperature	49.8 °C

The thermal water is suitable to help with problems with organs of locomotion, chronic gynaecological complains, to cure the vegetative innervation's harms and to after-care casualty. Healing cure by thermal water is medically recommended.

[www.karos-spa.hu](http://www.karos-spa.hu)

**Hotel Karos Spa** ++++

8749 Zalakaros, Alma u. 1. · Tel.: +36 93 542 550 · E-mail: sales@karos-spa.hu



## Indication and contraindication of the thermal water

### Indication

- all degenerative mutations
- limbs and backbone harm
- chronic inflammation of the joints
- connective tissue rheumatism
- rehabilitation after operations and breaks
- pre and post treatments of surgeries of joints and vertebral disc
- brain fag
- chronic and peripheral disease of the nerve system
- chronic gynaecologic disorder

### Contraindication

- malignant tumours
- heart harms
- disease of the vascular system
- all acute inflammation cases
- blood circulation disorder
- disease of the hematic organs
- thrombosis
- chronic alcoholism
- heavy liver cirrhosis
- infectious diseases, fever
- open wounds
- pregnancy