



## **Over 500 mineral springs await you in Bulgaria**

Since the time of the Thracians, mineral springs in Bulgaria have been renowned for their healing properties. The Romans also revered these "Sacred Springs of Thrace," which spread across the entire territory of the empire. For over 2,000 years, Bulgaria's thermal springs have been used both for relaxation and for the prevention and treatment of various illnesses and ailments. Several Roman baths, now part of the country's historical heritage, testify to the fact that even centuries ago, mineral water attracted people from all corners of the Roman Empire.

A curious fact is that, today, with over 220 known deposits and more than 520 mineral springs of varying temperatures, Bulgaria has established itself as a leading year-round destination for SPA and wellness tourism in Europe. The country offers a range of natural resources that can be utilized for treatment, prevention, and relaxation.

Today, Bulgaria remains one of the few European countries that can offer such a wide variety of thermal waters and mud deposits, making it a perfect year-round destination for wellness, preventive treatment, and recreation.

One of the most impressive aspects of Bulgaria as a SPA destination is the vast number of mineral springs with different properties, scattered across its entire territory. The country is abundant in low-mineralized springs (66.7%), mineralized waters (14.4%), and carbonated waters (17.9%). The geyser in Sapareva Banya, with a temperature of 103°C, is one of the

hottest in the world and the only geyser in continental Europe. Other popular destinations are Velingrad, Hisarya, and Sandanski, where the mineral waters are milder and suitable for people with skin and joint issues.

Apart from mineral waters, Bulgaria is also known for its deposits of healing mud, such as those in the areas of Pomorie and Shabla. This mud has a unique chemical composition and is widely used in various therapies for skin conditions, joint problems, and rheumatism.

Bulgaria's appeal as a spa destination goes beyond its natural resources alone. The country also offers high-quality services and specialists with extensive experience in balneology, rehabilitation, and wellness procedures. Leading resorts like those in Sandanski, Velingrad, the Belchin Banya village, Banya village, and Hisarya have modern facilities and offer a wide range of programs, from therapeutic treatments to relaxing massages and cosmetic therapies. Many of these resorts also offer anti-stress programs, weight-loss programs, and fitness packages, making them suitable for both active and relaxing vacations.

Bulgaria's climate also contributes to its popularity as a year-round SPA destination. The country has a diverse climate—from the mild Mediterranean in the south to the fresh mountain climate in the north and central regions. This diversity allows visitors to combine SPA treatments with other types of tourism, such as mountain, seaside, and eco-tourism.

Bulgaria has a total of 38 balneological resorts, offering visitors the chance to enjoy the healing properties of mineral water, mud, and other natural resources throughout the year. Among the most popular are Velingrad—the SPA capital of the Balkans, Hisarya—with a long-standing tradition of mineral spring use, and Sandanski—known for its ideal climate for respiratory disease treatment. Other attractive SPA destinations include Kyustendil, Varshets, Pavel Banya, and Kazanlak, where healing mineral springs and unique nature provide visitors with the perfect opportunity for relaxation and recovery.

In addition to wellness tourism, Bulgaria offers a rich cultural heritage that can be combined with SPA resort visits. Visitors have the chance to explore ancient Roman baths, medieval monasteries, and unique landmarks like the UNESCO World Heritage Sites of the Rila Monastery, The old town in Plovdiv, and many others. These additional opportunities make Bulgaria not only a wellness but also a cultural destination that can be visited year-round.

Bulgaria's seaside resorts, including "Albena," "Golden Sands," and "St. Constantine and Elena," also offer balneotherapy and SPA services, combining them with seaside relaxation. The mineral waters on the Black Sea coast are used in combination with the sea climate and healing mud, providing unique opportunities for treating various conditions.

The reason Bulgaria ranks among Europe's top destinations for spa and wellness is clear: its unique natural resources, high-quality services, and exceptionally favourable climate. Bulgaria is not only a place for treatment and prevention but also a destination for cultural and natural tourism, making it ideal for every season of the year. Additionally, Bulgaria's beautiful nature, unique cuisine, and the hospitality of its people contribute to a complete and fulfilling experience in the country.