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Mineral water of Truskavets



Ukraine — is one of the richest natural spa resources of the world. On its territory there are more than 200 deposits of mineral waters, 75 deposits of curative mud, and one of the world's largest deposits of ozokerite.

Treasury of Ukraine is a balneological resort Truskavets, in which successfully combines ecofriendly environment and a variety of mineral waters. Rarely a resort can be proud for so many different sources, which are so generously endowed by nature of Truskavets. It is no coincidence that treatment in Truskavets with the help of mineral waters is practiced long enough. It is surprising that on such a small area, there are different mineral waters. This world-famous water «Naftusya», a source of beauty «Yuzya» salty-tasting sources «Maria» and «Sophia», the source «Bronislaw», as well as brine mineral water for bathing.

Truskavets (Lvivskiy region) – one of the biggest balneological resorts in Ukraine, situated in 100 km from Lviv. There are huge reserves of different types of mineral water concentrated in the resort area– 14 natural baths, as well as minerals of «mountain wax», Ozokerit. The most famous Truskavets waters are “Naftusya”, “Maria”, “Sophia”, “Bronislava” and “Yuzya”.

The most popular is «Naftusya». Its structure includes substances of oil origin, which determines its unique treatment properties. After contact with air, the organic substances of «Naftusya» are destroyed - that's why it is strongly recommended to drink the water directly near the spring the «Mountain wax», Ozokerit is also actively used as one of the treatment properties. It is mined a few kilometers from Truskavets. Ozokerito-therapy has been used from 1947. Wax is used in heat treatment as an anti-inflammatory agent, as well as for most effective treatment of degenerative diseases.

Mineral water of Truskavets



Since ancient times, we know that mineral water from natural sources has healing properties. Such water will not only quench the thirst, but also help to get rid of diseases.

The queen of mineral water of Truskavets resort is «Naftusya». It is original both in content and in its physiological effects on the human body. «Naftusya» due to the low mineralization (up to 0,78 g/l) and rich content of organic matter (8,35-23,8 mg/l), stimulates the discharge of small stones and sand from the kidneys, gall bladder, urinary and biliary tract, reduces lithogenicity (the tendency to form stones) of urine and bile, ie eliminates the risk of stone formation. Due to the immunological action renews body defenses, promotes the elimination of inflammatory processes in organs and tissues, helps removal of metabolic products and toxic substances, and thereby prevents premature aging of the organism.

The source number 1 – mineral water «Maria» complements the list of mineral waters of Truskavets. This is chloride-sulphate-sodium water, which contains from 4 to 7 g/l of mineral salts, 42 mg/l of free carbon dioxide. Mineral water normalizes gastric secretion, depending on the method of drinking water treatment, contributes to liquefaction of mucus and its evacuation from the stomach, increases choleresis and bile, and reduces inflammation and spasticity of the gastrointestinal tract.

Source number 2 – mineral water «Sophia» – is chloride-sulphate-sodium water with a salinity of 10-12 g/l. Stimulates gastric secretion, has low choleric action, normalizes motor function of the stomach and intestines. It is used in the

accompanying diseases of the gastrointestinal tract: chronic gastritis with decreased secretion, chronic colitis, with a tendency to constipation.

In the central pump room, you can use the source number 3 — mineral water «Bronislava» for rinsing the mouth, throat, nose and nasopharynx (chronic tonsillitis, periodontitis).

In the park, two minutes' walk from the complex «Chale Graal» is a true source of beauty, which, due to its composition, is very refreshing for skin, gives it a natural shade and a special elasticity. This is the water source № 11 «Yuzya» — carbonate-calcium magnesium with a mineralization of about 0.7 g/l, contains a considerable amount of organic matter and up to 40 mg / liter of free carbon dioxide, and substances of glycerin origin.

Source № 4 C — mineral water «Soda» - is a unique type of alkaline mineral spring «Borjomi» originally from Shodnica. Mineral water in its composition carbonate, bicarbonate, sodium, high salinity (8-11 g/l), neutral, and cold. It includes a therapeutic concentration of fluorine, boron, and hydrogen carbonate 1, 4-3, 8 g/l. Soda mineral water — is a natural antacid, reduces gastric acidity, and normalizes liver, gallbladder and biliary tract. This mineral water wins one of the main places in the prevention of oxalate, urate and cystine nephrolithiasis (stone formation) and the treatment of gastric ulcer and duodenal ulcer.

In our pump room, you can take mineral water Morshinskaya, which is made from brine by the pump-room method of the famous Morshin resort. Drinking this water will perfectly complement and enrich the drinking water treatment in Truskavets, because water is rich in potassium and magnesium ions and in contrast to the source «Maria» and «Sophia», has a relatively low content of sodium chloride. Water is recommended for gastroduodenitis with high acid-forming function of the stomach, gastric ulcer and duodenal ulcer, chronic pancreatitis, is effective for constipation and functional disorders of the intestines.

For external use as for bath and for a washing purpose waters from other mineral sources are used, which are served in the Medical Spa Center «Avel» by own water-conduit.

Rules of drinking course of mineral water in Truskavets resort.

For effective treatment you should observe the following rules of drinking mineral waters:

to avoid unexpected reactions, Truskavets mineral water, is recommended to use only after consulting with a doctor, who, depending on body weight, age, cardiovascular and urinary systems will prescribe the amount of water to drink at one time and frequency of drinking,

mineral water is recommended to drink only from porcelain drinking bowl or cup of traditional form with a straw, motion is a part of drinking course. Therefore it is recommended to combine the use of water with a slow walking, training in the gym, swimming, to enhance the action of mineral water, is recommended to combine drinking course with water procedures and physiotherapy,

Drinking course should be held in a state of peace of mind and good mood, with no fuss.

The spectrums of diseases, which need a restorative spa treatment in Truskavets are:

Besides the urological and concomitant diseases, the digestive system, musculoskeletal system, cardiovascular system, diabetes, etc. are also treated at the resort.

Main treatment directions:

Urology

Gastroenterology

Metabolic diseases

Indications for treatments:

Kidneys diseases

Chronic pyelonephritis and cystitis;

Urinary calculus and diathesis;

Postoperative state, state after stones removal;

Congenital kidneys anomalies;

Chronic prostatitis.

Gastric diseases

Chronic hepatitis, state after transmissible hepatitis;

Cholecistitis, angiocholitis;

Gallstones, except the forms which have to be operated on;

Dyskinesia of common bile ducts, gall-bladder and intestines;

Delitescence of chronic pancreatitis without frequent exacerbation;

Chronic colitis and enterocolitis.

Other diseases

Adiposity;

Diabetes in state of stable compensation;

Respiratory apparatus (chronic bronchitis, laryngitis and pharyngitis, tracheitis, bronchial asthma, tonsillitis);

Circulation organs (atherosclerosis, hypertension, endarteritis, ischemia);

Skin diseases (allergic dermatitis, eczema, psoriasis, shingles, seborrhea);

Backbone diseases (osteochondrosis, kyphoscoliosis);
Joints and peripheral nervous system (colagenosis, rheumatism, neuritis, plexitis);



Accommodation:

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Miratel

STANDARD DOUBLE ROOM

Hotel and accommodation service "Full board"

Price includes the following services:

Accommodation

Breakfast, lunch and dinner (open buffet)

Therapist consultations at Med-Palace Medical Center

Dentist consultation at Med-Palace Medical Center

SPA-center facilities (swimming pool, gym, saunas)

Use of mineral waters pump-room

DoreMini, DoreMax kids rooms services

Wi-Fi Internet

"Sensual SPA"

Hotel and accommodation service "Sensual SPA"

Price includes the following services:

Accommodation

Breakfast, lunch and dinner (open buffet)

Dentist consultation at «Med-Palace» Medical Center

Two SPA-treatments per day at Mirotel Resort & Spa SPA-center and an oxygen cocktail

SPA-center facilities (swimming pool, gym, saunas)

Use of mineral waters pump-room

DoreMini, DoreMax kids rooms services

Wi-Fi Internet

Free parking

Karpaty Hotel

STANDARD DOUBLE ROOM

Hotel and accommodation service "Full board"

Price includes the following services:

Accommodation

Breakfast, lunch and dinner (open buffet)

Therapist consultations at Med-Palace Medical Center

Wi-Fi Internet