



Hisarya - spring of life

Hisarya is one of the most famous balneo resorts. The first chemical analysis of the mineral water was made in Hisarya back in 1882, thus marking the beginning of the organized balneological treatment in the country. Here the winters are mild and the spring smells of flowers. One of the greatest riches of Hisarya are the mineral waters. Over 22 springs of different chemical composition flow on the territory of today's town. Their healing properties have been deservedly appreciated since antiquity, when Emperor Diocletian, attracted by this abundance, decided to found his fortress city and name it Diocletianopolis. Today, beautiful early Christian basilicas, Roman barracks and administrative buildings remind us of its greatness. The fortress walls of the former town have also been preserved, with the typical Roman builders' construction of hewn stone with belts of terracotta slabs. Walking around the architectural reserve, you will also see very well preserved remains of Roman baths. The baths of Hisarya used to be places for recreation and health recovery. Visitors underwent healing and beauty treatments performed by priestesses.

Here every water spring has its own story. The water in Hisarya heals and soothes, and some say that the water here is alive... that it has memory. Listen to the sound of the water and it will tell you of brave warriors, glorious battles and mighty rulers. All springs have different physico-chemical characteristics. This fact is unique not only for Bulgaria, but also for



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the world. Their temperature ranges from 31 to 52 degrees. Their healing properties are various. All the waters have different mineralization, hydrocarbonate-sulfate-sodium, with a high alkaline reaction, with low solidity, clear, colourless with pleasant drinking properties. The newest colonnade is called the „Fountain of Youth“. Its water has a high content of metasilicic acid, which slows down the aging processes at cellular level and has a detoxifying effect. The mineral water from "Momina Banya" spring is suitable for the treatment of kidney and urological diseases and diseases of the musculoskeletal system and the water from "Momina Salza" spring is suitable for the treatment of gastrointestinal diseases.

There is a lot to be written about the mineral water, the architectural and historical finds, the green parks and the fresh air, but the spirit of Hisarya and the wonderful tranquility that overwhelms you can only be experienced when you visit this piece of Paradise.

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