



COVASNA

Land of Mineral Water



THE LAND OF MINERAL WATER

Covasna County, in central Romania, was serving as a buffer zone, protecting Europe from Turkish invasion in the middle ages. Nowadays it is one of Europe's most preserved natural environments. People here still know how to bake in beehive-ovens, craftsmanship is passed on from father to son and nature is genuinely untouched. The region boasts with hundreds of mineral water springs with a great variety in composition.

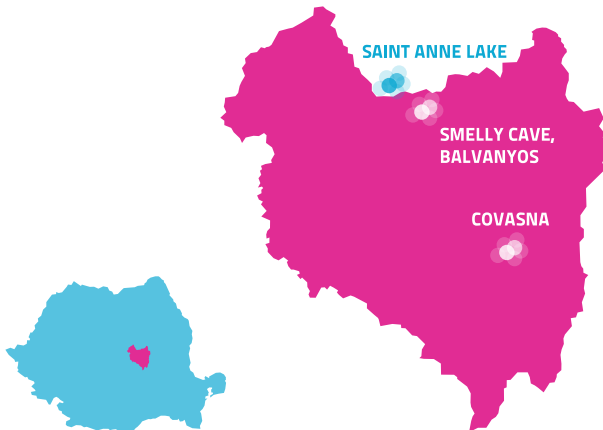
Mineral water and dry CO₂ uprushes are due to the volcanic origin of the area. Post volcanic gases, unlike elsewhere in the world, are approx. 90% CO₂ without toxic admixture. Due to this fortunate situation the gases are used as MOFETTAs.





Did you know? The St. Anna Crater is South-Eastern Europe's most preserved volcanic crater.

In the Neogene-Quaternary age (23 mill-11 thousand years ago) a long chain of volcanoes erupted forming a volcanic ridge in the inner part of Eastern-Carpathians. The Southernmost eruption formed the Ciomad Mountain that gave birth to the famous Mohos and Saint Anne craters. This is the epicenter of the volcanic repercussion. Gases and water travel underneath the surface tens of miles to gain the medicinal effect what has been used for decades.





WHAT IS

MINERAL WATER?

Due to the volcanic activities one can find highly mineralized water (some with 10 g/l) alongside the Eastern range of the Carpathian Mountains. These sources are used both for internal and external cures. Water stored in the depth of the Earth for centuries passing through different rock dilutes various matter gaining a diverse 'anatomy'. The presence of CO₂ boosts the diluting power of water. According to the different mineralization, you will meet various types of fizzy and still mineral water in Szeklerland: they differ in color (brownish, yellowish, lime white, green), smell (sulphurous, ferruginous), and taste (ferruginous, sulphurous, sour, bicarbonate, salty).





Some of the water is bottled, but there are dozens that are filled from the spring by locals and used regularly in the households.

Know the expression "You are what you eat"? The same goes for mineral water. Many of modern life related diseases can be cured or prevented with the right type of mineral water.



Did you know? A great deal of Europe's mineral water resources can be found underneath Covasna County.

Did you know? The spring behind the School in Covasna Resort has an output of 11.250 l of mineral water in 24 hours. A lot of healthy water to drink for free, don't you think?





THE MOFETTA

Being heavier than air, the uprushing CO₂ is captured in pits and used for healing purposes. Patients are taking a mofetta whilst standing or sitting in the gas for approximately 15-20 minutes a day, while the CO₂ takes its effect through the skin. Due to the vasodilation it causes, the patients' blood circulation is enhanced and blood pressure is lowered. Best results are achieved after 3 weeks of treatment. The enhanced blood flow gives you a feeling of warmth in your limbs and pelvic. This is why mofettas are nicknamed "the Natural Viagra". Indicated in cases of vasoconstriction, high blood pressure and rheumatic complaint.





ATTENTION!

CO₂ IS A SUFFOCATING GAS. YOU SHOULD BE CAREFUL NOT TO BEND BENEATH THE LEVEL OF IT WHILST GIVING IT A TRY. TEST THE LEVEL OF THE GAS WITH AN OPEN FLAME BEFORE STEPPING INSIDE. DO NOT SINK LOWER THAN THE PLACE WHERE THE FLAME GOES OUT.



IT'S MAGIC: FOR A LITTLE POW-WOW TRY TO BLOW SOAP BUBBLES IN THE MOFETTA.



Did you know? The Smelly Cave of Turia exhales cca. 2000m³ of CO₂ each day. The place has been named after the prickly smell of the sulphur present in it.





THE COVASNA METHOD

The inventor, Géza BENEDEK MD, combined traditional healing procedures used for treating heart diseases with the beneficent effects of natural resources of Covasna. The procedure is based on the use of mineral water bath, mofetta, low-fat and low-salt diet, regular exercise and active relaxation. The aim is to overcome classical risk factors through blood pressure regularization, giving up smoking and overcoming obesity through exercise.

Did you know? The Benedek Géza Cardiovascular Rehabilitation Hospital in Covasna is the largest establishment of its kind in Romania with a 100 m² mofetta that can host up to 100 people at a time.





In what cases is the Covasna Method recommended for you?

Cardio-vascular diseases: Arteriosclerosis induced vasoconstriction, Vascular and connective tissue inflammatory disease, Raynaud's disease, Hypertension, Stable angina pectoris, Rehabilitation after myocardial infarction, Post-operative heart condition, Stroke, Chronic condition of cerebral thrombosis

Other indications: Chronic degenerative joint diseases, Psoriasis, Neurodermatyitis, Chronic pelvic inflammatory disease, Infertility



CONTRAINDICATION: ASTHMA, PREGNANCY, MALIGNANT TUMOUR



PLEASE CONSULT A DOCTOR BEFORE USING THE MOFETTA AS A TREATMENT.

Did you know? The Covasna Method has been used with success by approx. 50.000 patients each year for the past 50 years.



TRADITIONAL SEKLER MINERAL WATER BATHS

THE REAL ECO FEELING

Legends tell about waters that miraculously healed those who took a replenishing bath in them. This has nothing to do with witchcraft. The truth lies in chemistry. Locals have been using the little rudimentary spas for wellness and curing purposes and the healing effect of the different waters have been discovered in an empiric way. Scientific explanation for the many "miracles" came only in the 50's.

Eco baths are rather small wooden basins containing cold water placed directly on the mineral water uprush. Thus the curative effect is the highest because heating or piping the water would cause its chemical dismantle. In spite of the water being cold the CO₂ from it depositing on the body insulates the surface creating the same enhancing effect as the mofetta. In addition the blasting bubbles gently massage and tonify the skin.





Did you know? In some cases the rags used for compresses are left on the twigs of the trees metaphorically leaving back the illness itself.



GOT HUNGRY WHILST TAKING THE WATERS?

In the area you will find a fine mixture of Balkan and European food from the Romanian and Hungarian cuisine. We talk of real slow food with unsophisticated ingredients. Dairy products, bread with potatoes, kürtőskalács and palinka is a must for every Feaster!





Co-founded by the
COSME programme of the
European Union



If keen on more information,
please visit:
www.info-covasna.ro
www.offtospas.eu



Editor in chief: ALBERT Zoltán
Photos: ALBERT Zoltán, Bălványos Resort, Hotel Clermont,
Hotel Mercur, KISPÁL Attila, PAPUCS András, SZEKERES Szabolcs
Published by: Covasna County Tourism Association within the
Off To Spas project
Design and Layout: Prest-Arte Ltd.
Printed: T3 Printing-house, Sfântu Gheorghe, 2016