



**BALNEOLOGY**  
ASSOCIATION  
*of* NORTH AMERICA

A 501c3 mission-based Association

Research - Information - Education

A Wholistic Approach to Natural Mineral Waters  
for Health, Wellness and Therapies

[www.balneology.org](http://www.balneology.org)



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**"Balneology is what we all do, it is the common thread that connects us all"**

Balneology is

the study of bathing - soaking - drinking - steaming - inhaling - cleansing --it is the art of - light -sound -electromagnetic fields -movement - rituals -structures - hospitality - that influence human health - this is Balneology.

Balneology is

a science of water temperatures - thermal/ hot - warm - cool - cold  
- a science of applications and practices using natural mineral waters -natural gases and peloids(muds).

Balneology includes

scientific research as a wide and inter-disciplinary field, it encompasses site-specific analyses - and clarifications of natural mineral water sources, it includes local and regional geography - geology - mineralogy - chemistry - bio-molecular nature - structural forms - climates and seasons.



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## **BANA 2020**

National Community Calls and Webinars

Breitenbush Hot Springs Conference April 2020

BANA Consulting for your Water Source and Site



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THE TEN DOMAINS  
Integrated Fields and Systems of Wellness

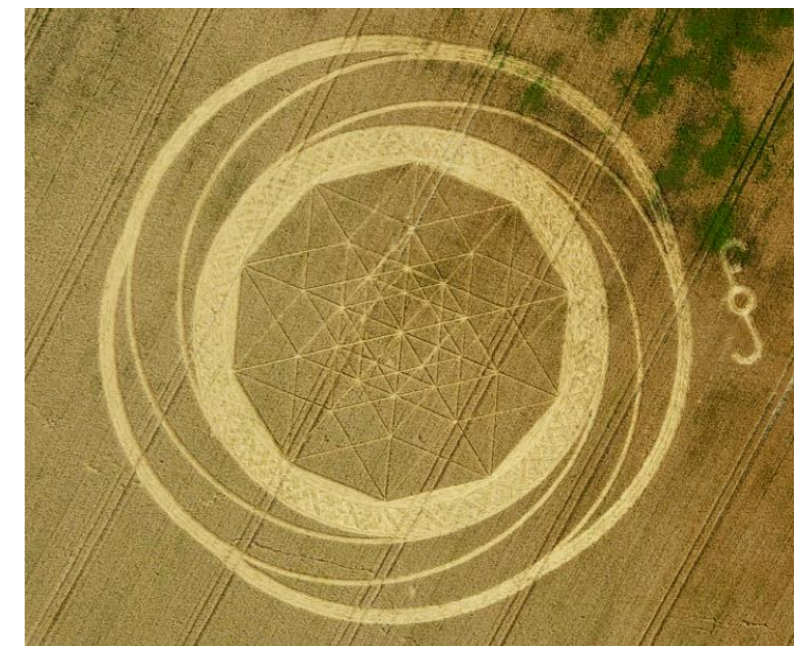
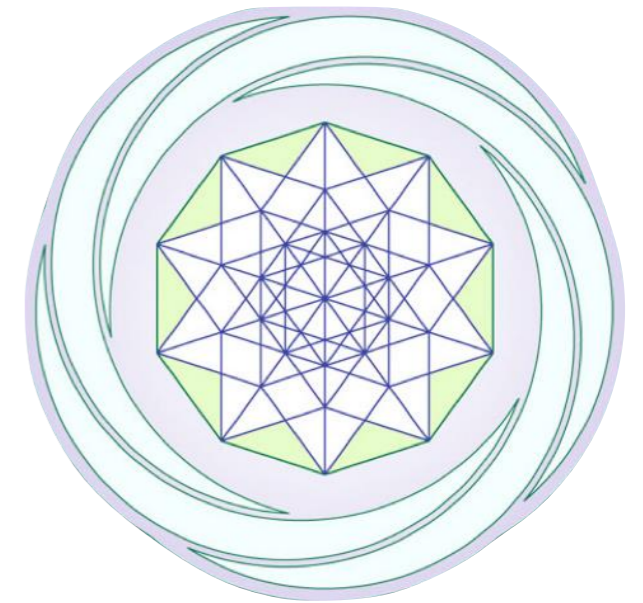
BANA FLOW FORMULA  
Tool for Wholistic Assessment of Site-Specific Water Sources

BANA Best Practices  
The Language of The Waters for Wellness Experience



# The Ten Domains as integrated fields and systems of:

- I. Waters: Hydrotherapy, Aquatics & Balneology
- II. Foods: Nutrition & Diets
- III. Movement: Fitness & Exercise
- IV. Bodywork: Massage & Touch
- V. Mind/Body: Quiet, Meditation, Yoga & Stress Management
- VI. Natural Therapeutic Agents: Aesthetics & Beauty
- VII. Nature: Climates, Seasons & Built Environments
- VIII. Education: Leisure Activities, Arts & Communities
- IX. Management: Operations, Marketing & Communications
- X. TIME: Kurs (Course/Series), Rhythms, Cycles, Sleep & Life Style Patterns: DEEP SLEEPS & BIG DREAMS





## Balneology Association of North America

**BANA Template - Tool for Wholistic Assessment of Site Specific Water Sources**

	<b>Stewardship Environment</b>	<b>Well-being/Hygiene Wellness/Health</b>	<b>Therapeutic Clinical</b>	
<b>Health Promotion</b>				<b>Resources/ Plumbing</b>
<b>Active Management</b>		<i><b>The Waters</b></i>		<b>Relationships/ Politics</b>
<b>Restoration/ Recreation</b>				<b>Renewal/ Percentages</b>
	<b>Research Information Education</b>	<b>Research Information Education</b>	<b>Research Information Education</b>	



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## Balneology Best Practices of The Waters

The Language of The Waters as a vital medi for Receiving, Experiencing, Remembering and Practicing the historical and cultural ways of “Taking-The-Waters” for Health, Wellness and Therapy.

### **Hospitality**

Welcome to the The Waters Source

### **Hygiene**

Cleansing and Purifying - Transformation

### **Hydration**

Nourishment by Drinking - Inhalation - Soaking - Bathing

### **Healing**

Rest with integration of The Waters experience.

### **History**

Conscious awareness of Time

### **Humanity**

Learning about human culture through history, art, music and philosophy.





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BANA Sponsored Water Tasting  
1:30 - 2:00 PM  
Ironwood Foyer  
Janet Abbott, Water Sommelier

California Drinking Waters  
Mission Springs  
Palomar Springs  
Carlsbad Springs  
Castle Rock Springs  
Tahoe Artesian Springs





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# BANA Breitenbush Hot Springs Conference 2020

Three day event

Sunday - Tuesday

April 19 - 20 - 21

## Balneology Association of North America Time Line

### 2011

BANA monthly organizational meetings established - Balneotherapy Research Proposal submitted to US Dept. of Health.

### 2012

#### California Hot Spring Tour

Calistoga Hot Springs - Balneology discussions with thermal Mineral Spa owners and local news, tours of region.

Harbin Hot Springs - BANA presentations of directives: Research, Information, Education and intro to BANA hot springs map of USA. Tour of hot springs resort.

### 2013

Truth or Consequences, NM - BANA public meeting with thermal Mineral Water Spas community. Balneology BOD panel discussions with attendees. Tours of TorC thermal Mineral Waters sites, Geronimo history museum. Meeting with Commissioner Steve Green on vision for TorC historic hot springs future. Annual BANA board meeting.

April - 501c3 State of California established

### 2014

Truth or Consequences Hot Springs Festival, BANA Keynote Speaker - Thermal Bathing Cultures, History, Geology of Region

### 2015

Glenwood Hot Springs, CO - Annual Board of Directors Meeting - Meeting with Kjell Mitchell-Advisory Board Member

### 2016

Truth or Consequences, Hot Spring Festival - BANA Keynote Speaker - Janet Abbott

Manitou Hot Springs Festival - BANA BOD presentations of Research, Information and Education of Thermalism

### 2017

Internal governance, Development of webinars, BANA regional placements, mapping of site specific water sources

### 2018

Truth or Consequences Hot Spring Festival - BANA keynote speaker, Jonathan Paul De Vierville- Conscious Waters, Janet Abbott - Rio Grand Rift and Thermal Waters, BANA Best Practices, Water Tasting

### 2019

Breitenbush Hot Springs - BANA BOD meeting with Lower Breitenbush Hot Springs Initiative

Hot Springs Connection - Palm Springs/Desert Hot Springs - BANA Panel discussions



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Janet Abbott, Water Sommelier

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Jonathan Paul De Vierville, PHD, MSSW

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