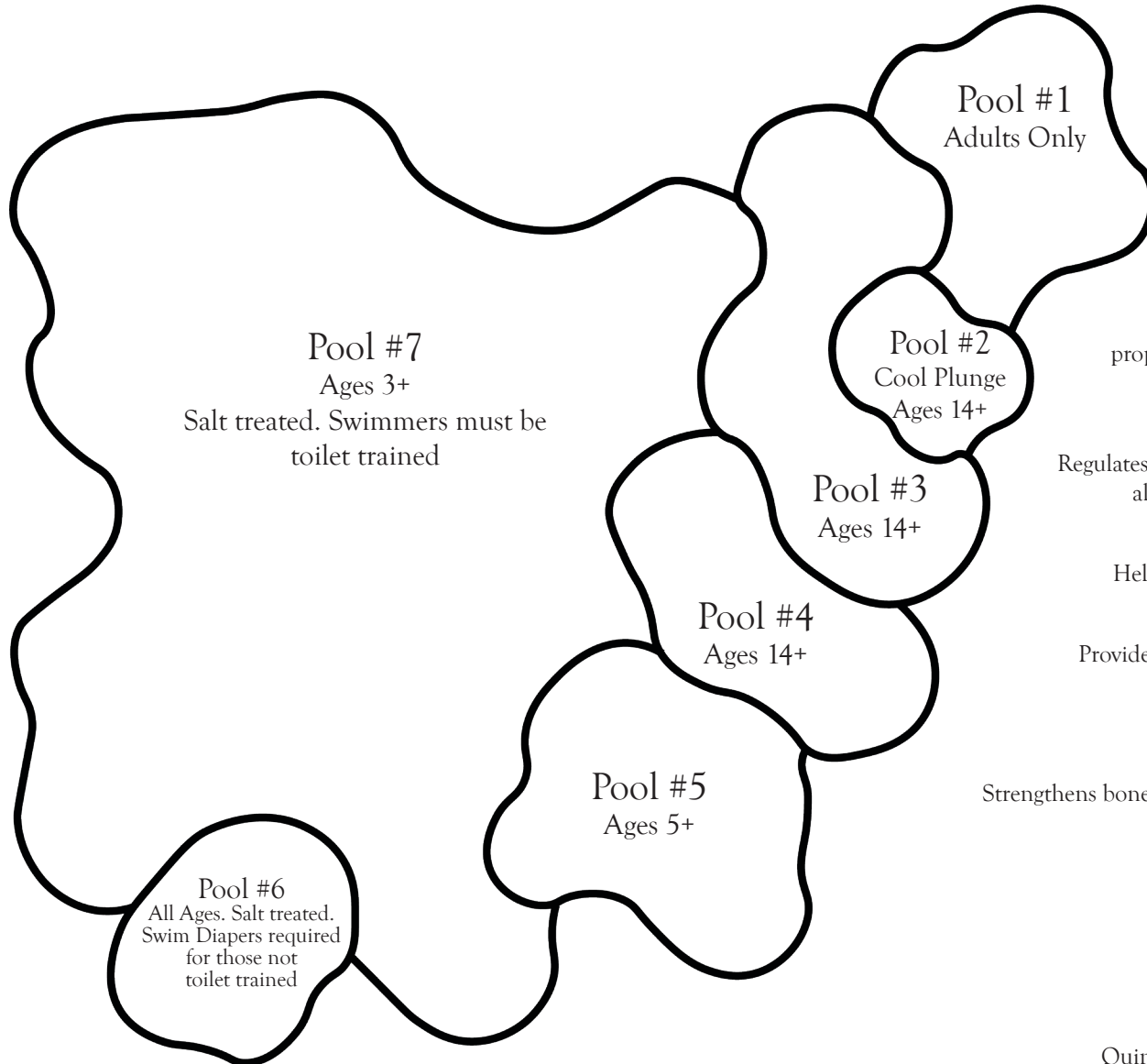


Pool Information

We have five 100% natural flow through hot springs pools offering a variety of inviting temperatures that range from 100 to 106 degrees fahrenheit, including a cool plunge at 55 degrees. We now have two additional pools that are salt treated and maintained in the upper 90's to 100 degrees to allow swimmers of all ages. The pH level in our pools may cause skin irritation.

Lodging guests may enjoy the pools from 7am-11pm and as early as 2pm the day of check-in and as late as 1pm the day of check-out. Lodging guests under 18 may soak from 8am - 10pm. Adults only hours are from 7am - 8am and 10pm - 11pm. Day use swim guests (non lodging) may reserve one of three (4-hour) sessions offered daily: 8am-Noon, Noon-4pm, or 4pm-8pm



What's In The Water?

CALCIUM 4 mg/L

Benefits bone and teeth formation, heart rhythm and blood clotting, nerve transmission, foot/leg cramps and helps prevent osteoporosis.

FLUORIDE -2.27 mg/L

Helps strengthen bones, reduce teeth decay and is good for blood, skin, hair and nails.

MAGNESIUM 0.3 mg/L

Strengthens muscles and is vital to the nervous system. Necessary for proper bone and teeth formation. Helps protect against cardiovascular disease and lowers high blood pressure.

POTASSIUM 1.7 mg/L

Regulates blood pressure and heart function. Helps control convulsions, migraines, allergies and alcoholism. Promotes faster healing of burns, cuts and bruises.

SODIUM 42.6 mg/L

Helps maintain blood pressure levels and assists in controlling mental apathy.

SULFATE 29.5 mg/L

Provides the "Signature Quinn's Aroma of Authenticity." Rids the body of toxins and helps with respiratory problems. Promotes healthy hair, nails and prevents skin inflammation and infection.

SILICA - amounts vary greatly

Strengthens bones, boosts the immune system and promotes healthy nerves, hair and nails. It is also used in treating acne and migraines.