Graduration tower in Konstancine- Jeziornie

How graduration tower in Konstancin works

Salt spring is extracted from a depth of 1750 m. The water flowing down fascine evaporates, causing special microclimate. Additionally it is breaking mechanically through the inhaler (mushroom) creating areosol.
Minerals and microelements in the brine water are absorbed by mucosa (nose) and skin, filling deficiency of them in human body.
Salt spring healing abilities positively influence nervous system, endocrine system and general resistance of the organism.


naszepasje.com

Cations and Anions contained in brine per 1 dm^3

Cation:
Sodium Na + 23000 mg,
Calcium Ca2 + 2228.45 mg,
magnesium Mg 2+ 7000 mg,
potassium K + 115 mg,
Stratose Sr2 + 110 mg,
Iron Fe2 + 23,25 mg,
Ammonium NH4 + 9.5 mg,
lithium Li + 1.5 mg,
Manganese Mn + 1.1 mg,
Barium Ba2 + 0.5 mg
Anions: *
chloride Cl- 37863.5 mg,
sulphate So42-550 mg,
HCO3 bicarbonate 186.1 mg,
bromide Br- 79.92 mg,
iodide J- 2.43 mg,
fluoride F- 0.45 mg,
and other elements in trace amounts

Curative and preventive indications

Konstancin salt spring is healing water in concentration of 7%.
Curative and preventive indications:
Neurosis,
Arterial hypertension,
Chronic or recurrent inflammation of respiratory system
Working in high teperatures,air dustiness,
Living in big cities,
Smoking tobbaco,
Hypothyroidism,
Allergies,
Sinusitis.

Contraindications :
Heavy diesases with incrased teperature
Coronary artery diesase, specialy with pacients with incrased pressure,
State after recent heart attack,
Cancer,
Hypothyroidism,
Hypersesitivity to bromine, iodine or other elements in brine.

Advisable way of using the brine

Directly near the inhaler (mushroom): 15-20 minute
In graduation tower : 30-60 minutes
Outside graduation tower: 2-3 hours
Fascine - thin branches (from wicker,other trees or shrubs) which are linked with each other.
Nowdays commonly used in watercourses regulation or other works connected to water, like strengthen river banks.
In the past fascines were used in building routes and creating fortifications in times of war.