

## About the Hot Springs of Loutra Edipsou:



Edipsos is the most popular spa town in Greece. Situated in the North of Evia island it is surrounded by high wooded mountains with waterfalls and crystal blue seas, laid out idyllically under the Mediterranean Sun and with a wonderful climate all year round.

The mineral springs of Edipsos have powerful healing properties and are well-known since the 4th century B.C. They have been mentioned in scripts of Plutarch, Aristotle and Strabon, as the “Herculian Thermae” (Hot Springs of Hercules). According to an ancient Greek myth, goddess Athena asked her brother Hephaestus to create the Edipsos springs so that her favoured hero Hercules could rest there after each of his tasks.

The area has more than 60 important springs with various temperatures ranging from 34 to 71.2 degrees Celsius, all rich in valuable minerals and microelements. Thermal waters have been rising through the rocks from a depth of 3000 meters for

the last 20000 years. In the several public and private hydrotherapy centres and pools you can find relief from chronic ailments such as articulation-related problems, back and neck aches, rheumatism, gynaecological and circulatory related problems, endocrinological cycle disorders (due to the revitalising effect of radon), and lastly, beauty and rejuvenation. The therapeutic uses of thermal water include:

- all joint diseases
- post-traumatic arthritis
- rheumatological diseases
- dermatological diseases (psoriasis, eczema, etc.)
- tightening and smoothing of the skin
- fight skin aging
- dealing with fertility problems
- High Cholesterol
- Ischialgia, lower-back morbidity, etc.
- Post-traumatic ankylosis and deformities
- Chronic gynecological conditions
- Respiratory diseases





## The 9 Queens Spa Hotel:

The "9 Queens" is a small spa hotel run for four generations since 1890, offering peaceful holidays in Loutra Edipsou.

In the Spa - hydrotherapy of "9 QUEENS" only the thermal water that springs from natural springs at a temperature of up to 82°C is used, for well-being and physical therapy. It is one of the richest in valuable components, thermal waters in the whole world for centuries. It is characterised by elements that provide biological actions that help in prevention, treatment, restoration and well-being.

Guests can take advantage of the beneficial properties of the thermal water in the external swimming pool, in the internal jacuzzi pools, and in the hammam (steam room).



The hotel also offers use of medical services, massages and body treatments.

At the same time it offers a friendly atmosphere for everyone who just wants to have a good time, relax and rejuvenate on a short visit or a regular holiday season.

The unique landscape and climate provides endless opportunities to explore unspoiled places. In the breakfast buffet, guests can enjoy local products from pure, fresh ingredients from local small producers as well as homemade dishes prepared every day in the hotel's kitchen like different handmade pies and preserves. You even get to make your own fresh orange juice! At the bar you can enjoy drinks from local producers and tea from the mountains of our region.



[www.9queens.gr](http://www.9queens.gr)

## **The Aristos Restaurant**

The Aristos family tavern is located at the highest point of the town of Loutra Edipsou, in the district, it has been operating since 2010 offering excellent quality dishes, fresh meat and seafood, with the unique view of the northern Euboean gulf



for a special experience of tasting and enjoyment. Family run by warm & friendly staff and a courtyard with a view of the town and sea.

The incomparable taste and quality of our products and service make it the first choice of tourists who visit our area looking for a quiet and family environment to enjoy a dinner watching a wonderful sunset!



Our dinners there will include vegetarian and non vegetarian options. Every day we will taste a different slow cooked vegetarian dish (such as gemista- stuffed tomatoes, gigantes- giant beans in the oven, green bean stew etc) along with a variety of fresh salads and homemade traditional dips (such as tzatziki, skordalia, tirokafteri, aubergine dip etc). Local meat options excellently grilled as well as fresh fish.

