



A journey back to your true self

Local Heritage

The virtues of Thanh Tân's thermal waters were known to villagers and those from neighbouring areas for hundreds of years. From the beginning of the 20th century, residents from nearby Hue would travel to the source to bathe in the mineral hot springs. They believed that by bathing at Thanh Tân many of their ailments would diminish and the reputation of the health benefits of this water source quickly spread. However, at that time, the local people were unaware that the therapeutic virtues of the natural mineral water were linked to its mineral composition.

FRENCH DISCOVERY

In 1928, Thanh Tân was officially 'discovered' by a French scientist, Dr. Albert Sallet (1877 - 1948).

Dr. Sallet was well-known for being 'in love' with many aspects of Vietnamese culture. After his service in the army, he remained in Annam (the French colonialists name for Central Vietnam) for more than 20 years to conduct research in diverse fields, which included geology, herbal and traditional pharmacy.

In 1928, his article "Au sujet des sources thermominérales de l'Annam" (About the thermo-mineral source of Annam) was published in the prestigious Bulletin de la Société des Études Indochinoises (Journal of the Society of Indochinese Studies). Albert Sallet had identified Thanh Tân as a source of thermo-mineral water.



SCIENTIFIC DISCOVERY

The scientific evidence about Thanh Tân's mineral water properties was first revealed in 1957 by Henri Fontaine (1924 -).

A missionary from the Mission Étrangère de Paris (MEP), Henri Fontaine is also an eminent geologist who, during his 24 years working in Vietnam and South East Asia, from 1951 to 1975, conducted important studies about Vietnam's geology. In 1957, while working for the Geological Service of the Ministry of Economy in Saigon, he published his article Les sources thermominérales du Vietnam méridien (The thermomineral sources of South Vietnam) in the journal Archives Géologiques du Vietnam (Archives of Vietnam Geology).

Based on the analysis of the samples carried out by Henri Fontaine, the mineral composition of the water bottled at the Thanh Tân source could be specified as a mixture of sulphated, calcic and bicarbonate while the temperature of the water varies between 56°C and 66°C.

In the years since the original discoveries, the Thanh Tân source has been explored repeatedly, in 1973 by Czechoslovak geologists, and in 1980 and 1992 by Vietnamese geologists. All the analysis results showed its stable composition, compared to those published by H. Fontaine, while the highest temperature recorded at the main emergence was 68°C.

RECENT DEVELOPMENTS

In 1983, the Ministry of Health announced that the Thanh Tân source could be exploited both to produce bottled natural mineral water and to use for the health benefits of its mineral hot springs. By 1986, the Thua Thien Hue Pharmaceutical company had built a factory to bottle water from the source and that year Thanh Tân natural mineral water first appeared on the market.

In 1998, the Thanh Tân Joint Stock Company was founded, which incorporated both the bottling factory and the rights to exploit the thermal source of the mineral hot springs, including the surrounding 50-hectare site.

Pharmacist Lê Thị Châu (1941 - 2012) became the Company Chairwoman. Her deep love of nature combined with her vast experience in the health sector, allowed her to envision an enterprise that exceeded simply bottling mineral water. She wanted to make Thanh Tân a tourist destination, where the mineral hot springs with their supply minerals could be used for their specific therapeutic properties. Under Ms. Châu's leadership, significant works have been carried out to transform the infertile soil and deforested hills, remnants of war time, into today's green and floral Alba Wellness Valley.



Today Alba Mineral Water is a highly reputable water brand representing a healthy lifestyle and is sold in premium Hotels and Restaurants. Thanh Tân Hot Springs by Fusion includes a 26 room well equipped hotel and our "Day Pass" is a much sought after outdoor getaway, with numerous activities including; Zipline (550m), 3x High wire courses, a Craft villa, a Deer and Organic Farm, Water Slides, local food stalls and of course Hot Springs. Alongside we too have our high end Luxury Wellness Destination Alba Wellness Valley by Fusion, where our guests can enjoy multiple Wellness activities, Mindfulness and total Relaxation.

MINERAL PROPERTIES

Heated by volcanic magma, enriched in magnesium, calcium, phosphorus, while traveling through earth layers of the Truong Son mountain chains, Alba natural mineral water contains a variety of mineral properties which aid health and well-being.



Bicarbonates helps to neutralise gastric acid, which is good for people suffering chronic stomach trouble as well as liver and pancreatic diseases.



High concentrations of calcium and magnesium can be easily absorbed by the body, help regulate your heartbeat and are necessary for bone strengthening and muscle activity as well as preventing female osteoporosis.



Sodium helps balance brain activity, while regulating muscle and heart stimulation. The low concentration of sodium in alba natural mineral water is good for people suffering hypertension.



Sulfate improves intestinal transit and consequently detoxification and prevents constipation.



Silicic acid is known for its important role in bone and cartilage disc formation and strengthening, necessary for joint tissues, hair and nails.



Potassium together with sodium regulate blood tension and when combined with magnesium can help regulate heart activity, stimulating your metabolism and improving oxygen supply to the brain.



The optimum level of **Fluorine** in Alba natural mineral water helps balance bone structure, and prevents dental caries, atherosclerosis and female osteoporosis.