

Boshruyeh’s Salt Bath reviving Iran’s tradition of wellness



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South Khorasan Province is one of the largest provinces of Iran, featuring diverse climates ranging from hot and dry deserts to cold mountainous areas. This geographical diversity has endowed the province with numerous natural and historical tourist attractions. There are over a thousand nationally registered historical sites and 10 UNESCO World Heritage sites in this province, drawing the attention of both domestic and international tourists. Among this diversity, natural salt reserves in the province’s deserts, especially in Boshruyeh, hold a special place. The salt ponds and springs in this re-

gion, regarded as shining white treasures, have been used for years by local people and enthusiasts of natural remedies, chtn. ir wrote. Boshruyeh, with more than 20 natural salt ponds, is known as the “heart of Iran’s desert salt.” This salt, a mixture of sodium chloride and valuable minerals such as magnesium, calcium, and potassium, possesses profound healing properties. In Iranian traditional medicine, this salt is recognized as a natural disinfectant and a treatment for skin diseases such as eczema and skin inflammations, as well as respiratory conditions including asthma and sinusitis. The Boshruyeh Salt Bath has been restored within the historic

and traditional fabric of the city, at the site where an ancient endowment bathhouse once stood. This complex is designed in such a way that its walls are covered with natural salt crystals, creating clean, humid air rich in mineral ions. The bathhouse’s architecture, featuring low domes, salt ponds, and a traditional atmosphere, evokes the feeling of stepping back into the heart of history for visitors. Visiting this bath is designed not only for body cleansing but also for revitalizing energy and calming the mind. The desert salt of Boshruyeh, with its unique mineral composition, possesses disinfectant and anti-inflammatory proper-

ties that help treat skin problems. In addition, inhaling the salty air, or halotherapy, performed in this bathhouse, is an effective method for improving respiratory diseases. The mineral ions in the air help reduce inflammation of the respiratory tract, improve lung function, and alleviate symptoms of asthma and sinusitis. Besides relieving joint and muscle pains, the absorption of minerals through the skin in this environment increases blood circulation, reduces stress, and induces deep relaxation of the body. Director General of South Khorasan Province’s Cultural Heritage, Tourism, and Handicrafts Organization Seyyed Ahmad

Barabadi has identified the development of health tourism as one of the province’s priorities. He emphasized that the Boshruyeh Salt Bath can help distribute travel throughout the year and transform the province into one of the main health tourism destinations in the country. Referring to the diverse capacities of the province in desert, historical, and mountainous areas, he added that salt ponds and salt baths can hold a special place as natural and therapeutic attractions, leading to the attraction of more tourists. Barabadi noted that this year, a promotional video has been produced to introduce the Salt Bath, and plans have been made

to participate in tourism exhibitions in Tehran and Mashhad to promote the complex on a wider scale. Additionally, through collaboration with the private sector and the use of banking facilities, the foundation for project development has been established. The Boshruyeh Salt Bath is not only a place for physical and mental healing and relaxation but also a bridge between historical traditions and modern medical knowledge amidst the desert nature of Iran. By leveraging valuable natural resources, modern facilities, and professional management, this complex can become an attractive and unique point on Iran’s health tourism map.

Escape to nature by visiting Arbakaleh village of Ramsar

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Arbakaleh is a lush village in Ramsar with a dreamy view of the sea and forest, which, with its delightful climate and unique tranquility, is a popular destination for nature lovers.

Overview

Arbakaleh, a peaceful and pleasant summer village overlooking Ramsar in Mazandaran Province, seems like a piece of paradise in the heart of the green forests of northern Iran. This village, with its stunning scenery, pleasant weather, and indescribable calmness, is an excellent refuge to escape the hustle and

heat, especially in summer. Since it is possible to rent cottages and villas in this area, you can easily plan a few-day trip to Arbakaleh. To get to know more about where Arbakaleh Ramsar is and its features, stay with us.

Location and accessibility

Arbakaleh is one of the scenic villages of Mazandaran Province, located in a mountainous and pleasant climate region near the city of Ramsar. The distance from Arbakaleh to the cities of Kalam and Sadatshahr is only five kilometers, which makes access very easy for tourists and nature enthusiasts.

Etymology and natural features

The village is one of Mazandaran Province’s summer resorts situated atop a green mountain. The name of this village has roots in the local language; “Arba” means persimmon and “Kaleh” means mountain or height, which altogether refers to a “mountain covered with persimmon trees.” The reason for this name is the existence of many wild persimmon trees growing in this area.

Development

In recent years, the stunning beauty of Arbakaleh’s nature, the enchanting views of forest, mountain, and sea, and its proximity to Ramsar have made it a

destination for investment in building villa towns and residential complexes, and with this trend, soon there will be no trace left of its forest nature.

Activities

Hiking and mountaineering: Numerous hiking and mountaineering trails around the village offer an excellent opportunity to enjoy nature.

Camping: Spending the night in nature under the starry sky gives you a chance to experience life in the heart of nature.

Photography: The beautiful scenery and pristine nature of Arbakaleh provide unique subjects for photography.

Handicrafts shopping: Buying

local souvenirs such as basket weaving, kilim weaving, and pottery can be a part of your trip.

Best time to travel

Spring and summer are recognized as the best times to travel to Arbakaleh. During this period, the weather is cool and pleasant, and many tourists include visiting it in their plans. If you seek a calm and different experience, early autumn with its colorful nature can be a suitable time to travel. It should be noted that during this season, the weather gradually turns colder and rainfall chances increase. Winter, due to snowfall and cold weather, is not a suitable time to visit Arbakaleh.

Camping tips

Given the forest nature of the Arbakaleh area, you can camp in some forested areas around the village by observing safety tips and respecting the environment.

- It is better to have complete camping equipment with you.
- Use mosquito nets and insect repellents to prevent insect bites.
- Carry a power bank to charge your phone.
- Bring warm and rainproof clothes considering the weather.
- Do not leave leftover food around your tents.
- Respect nature and always carry trash bags to collect your waste.



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