



VISIT MINERAL WELLS FACT SHEET

OVERVIEW: Located in Palo Pinto County, Texas, Mineral Wells, “Where Texas Runs Deep,” is a city with a rich history dating back to the late 1800s when it became renowned for its mineral water and wellness resorts. While that resort identity lapsed during the latter half of the 20th century, today Mineral Wells is reclaiming the title and using its wealth of natural resources and community spirit to build a sustainable wellness tourism industry once again.

For more background on Mineral Wells, visit their website: [Visit Mineral Wells](#)

HISTORY: Mineral Wells was known for many years as the South’s Greatest Health Resort and the city “Where America drinks its way to Health.” In 1880, when the area’s first settlers tired of traveling four miles to retrieve water from the Brazos River, they drilled the area’s first well. In the beginning, the water’s funny taste worried people, so they watered their livestock to see if it would harm them. Soon after, the settlers began drinking the water and began to recognize the water’s “healing powers.”

People began flocking to the area to try the magical waters and shortly after wells were being drilled throughout Mineral Wells. Quickly bathhouses, drinking pavilions, and spas began opening to cash in. The trains that brought visitors also helped the mineral water companies distribute their products outside of the area and the reputation grew. Entrepreneurs found more and more efficient ways to ship the waters—namely by shipping the minerals only in crystal form. Those who bought the crystals could add them to their water and instantly have Mineral Wells mineral water.

At one point there were more than 100 wells in operation. Today, the only water company still in business is the Famous Mineral Water Company, bottling Crazy Water. This drinking pavilion has been serving its customers for over 100 years. Crazy Water is now distributed throughout Texas and is the heart and soul of Mineral Wells.

WATER: [Crazy Water](#) gets its name from a story about a woman who apparently drank from the well (which came to be known as the Crazy Well) twice each day and overcame a mental illness. Theories abound that the lithium in the water may have contributed to her recovery - mineral water drawn from local wells had, and still has, some of the highest mineral content in the world. In 1904 Ed Dismuke founded The Famous Mineral Water Company which still bottles Crazy Water to this day – the same brand and water that brought health seekers to Mineral Wells more than a century ago.

Crazy Water is consumed statewide and is a favorite of athletes in lieu of recovery drinks for its recuperative benefits. It’s believed that the rich composition of minerals – calcium, magnesium, and potassium, are to be credited for any wellness properties. There are four levels of water – sourced from three different wells that have different depths: Crazy Water No. 1, Crazy Water No. 2, Crazy Water No. 3, and Crazy Water No. 4. The higher the number, the higher the amount of mineral content. Those seeking a

carbonated drink can enjoy Crazy Fizz. Each of the levels contains minerals such as calcium, magnesium, potassium, zinc, and lithium, with No. 4 being the strongest. Enthusiasts drink a combination of levels throughout the day to meet their mineral needs.

Crazy Water is a central character in the story of Mineral Wells and sits in the heart of town. In addition to bottling and shipping water across Texas, Crazy Water has a coffee and water bar, a well-stocked shop as well as a bath house where visitors can indulge in spa services and mineral bath soaks.

More information on Crazy Water can be found [here](#).

WELLNESS: With its very beginnings rooted in water and wellness, it's only natural that Mineral Wells would retain that core identity. Though other industries have taken prominence at times (military training bases for one) the city has always returned to its roots and today, Mineral Wells is being recognized and rewarded not only for its mineral water and related history but for its extraordinary wealth of nature and recreation opportunities:

- The mineral-rich water for drinking and bathing
- Three state parks
- Four lakes
- The Brazos River
- 30+ hiking/biking trails in sought-after terrain unusual in North Texas
- The only natural rock-climbing area in North Texas
- Botanical gardens at Clark Gardens and National Vietnam War Museum- both have labyrinths
- Lots of outdoor yoga opportunities
- Kayak/canoe trails
- Farmers markets

More information on parks and recreation can be found [here](#).

In May 2023, Mineral Wells was officially designated as the "Wellness Capital of Texas" by the Texas state legislature. The state governing body assigns these "place designations" to destinations that provide historical or cultural significance. Mineral Wells, with its distinct historic nature, confluence of natural bounty, and earnest desire to elevate the lives of its community as well as attract likeminded visitors, is uniquely suited to the title.

Furthermore, Mineral Wells is pursuing certification from the Wellness Tourism Industry (WTA.) The WTA's standards feature [nine wellness pillars](#) that include everything from nutrition, fitness, mental health, safety, cleanliness, sustainability, natural beauty and spiritual activities. To help meet the WTA standards, a local wellness committee, consisting of city leaders, business owners and residents, has been established to communicate, educate and drive community participation in both the process and the outcome.

WELLNESS EXPERIENCES:

Crazy Wellness Retreats are highly approachable, quarterly immersive wellness weekends. A community collaboration with Palo Pinto General Hospital, Clark Gardens, Crazy Water, Lake Mineral Wells State Park and the tourism department, Crazy Wellness Weekends are not aspirational – they are designed to help participants incorporate functional, day to day wellness habits in their lives.

Clark Gardens hosts a month-long festival focused on wellness, the outdoors, and the arts each March which includes wellness classes, art classes, and a one-day mini-wellness retreat. Plans are to offer that mini-retreat 2-4 times per year.

Lake Mineral Wells State Park offers guided hikes, bird watching, stargazing and more.

Additionally, a wide assortment of personal enrichment classes and events happen year-round and community wide. **Art classes, cooking classes, community dance classes and events, flower arranging classes, and more** are available for locals and visitors alike.

More ideas about activities and adventures can be found [here](#).

LODGING: Mineral Wells has a range of lodging and budget options ranging from limited-service motels to upscale full-service hotels. Most recently, in 2018, a consortium of locals banded together to renovate and relaunch the historic [Crazy Water Hotel](#), initially opened in 1921 but closed in 1961. Today the Crazy Water Hotel serves as the heart of Mineral Wells and surrounding Palo Pinto County. With 54 rooms, event space, retail and more, Crazy Water Hotel was one of the first steps in reviving downtown Mineral Wells. Additionally, the property's original mineral water spas are under restoration and will be open to the public this fall along with a new healthy dining restaurant on site.

Soon to join Crazy Water Hotel will be the landmark [Baker Hotel & Spa](#). The Baker Hotel Development Partners, LLC and its affiliates — in conjunction with support from the city of Mineral Wells — are bringing this 14-story Spanish Colonial Revival tower back to life featuring a collection of 165 guest rooms as well as a spa with mineral baths, convention and business facilities, event ballrooms, and restaurant, coffee shop and retail options. The Baker Hotel is scheduled to open in 2025.

Additional lodging options can be found [here](#).

DINING: As part of its Healthy Mineral Wells initiative, the committee is encouraging local restaurants to embrace the addition of healthful and sustainable menu items. Currently two local establishments shine for their combination of delicious and healthy options alongside traditional Texas eats.

Brazos Market & Bistro: located in the heart of downtown Mineral Wells, Brazos Market & Bistro serves custom sandwiches, pizzas, hot-lunch specials, salads, grub & go, take home dinners, specialty catering, beer for here or to-go, gifts, housewares, chocolate, & gourmet food items!

Sadie's Eats: Sadie's Eats is Mineral Wells' first farm-to-table restaurant complete with a garden that was planted by locals as part of Earth Day this year. Sadie's offers simple, healthy cuisine with options for vegan, vegetarian, and gluten-free.

A full listing of Mineral Wells dining options can be found [here](#).

ENTERTAINMENT:

Come nighttime, visitors looking to hit the town have plenty of options including wine bars, sports bars, hatchet throwing, pool halls, breweries, live music and more. Nightlife and entertainment options can be found [here](#).

RESOURCES: For more information, contact:

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