

Felixstowe Spa

The water came from below the London Clay, and about 177 feet down in a borehole. It contained dissolved sodium chloride, calcium carbonate, magnesia, iron, sulphur and phosphates. Magnesium sulphate is perhaps better known as Epsom Salts. In the 1890s the water was described as a 'capital medicine for anyone suffering from depression, aches, pains and overwork'. Do not confuse this water with that from the springs at the Red Crag - London Clay junction* (as has sometimes been done in modern times). * In the cliff.

R Markham 2012