

Thalassotherapy...

The science that uses seawater and all its "parts" for the well-being and health of people.

Thalassotherapy comes from the Greek word 'Thalssa' for the sea. It is a natural therapy using seawater in many different types of relaxing and reviving therapies, such as hydro baths, jet spray and body wraps. If you want to unwind and pamper yourself, this is one of the best ways to do it. Thalassotherapy uses natural seawater, with all its benefits and nutrients for the skin, to revive and de-stress you.



Hippocrates, the Father of Medicine, was the first to discover the therapeutic virtues of seawater by observing the beneficial effects it had on the injured hands of the fishermen. Prompted by the fact that the contact with the seawater restricted infection risks, his medical genius made him encourage his patients to fol-

low treatments involving the use of seawater even for pain relief.

Thalassotherapy is one of the oldest, most natural and best ways to treat stress. The potassium, magnesium and iodine that seawater is rich of favors and regenerates several functions tending and curing:

- bone disease
- allergy problems
- blood circulation
- Respiratory routes

Hydro-massages, water-gym, mud, jets and showers at specific temperatures favor circulation, relax the articulations, fight cellulite and are a fantastic anti-stress.

Even Platone declared that "the sea washes away all men's problems"

Sea water – which is actually pumped up from at least 1000 meters out to sea – is rich in mineral salts and oligoelements. It is used by highly-qualified therapists in a variety of ways to de-stress and de-tox. Some treatments are designed simply to be deliciously sensual and relaxing. Most can improve circulation and your sense of well-being. Other gentle techniques can help soothe all kinds of aches and pains resulting from mental and physical stress as well as, in some cases, rheumatism and arthritis.

Thalassotherapy incorporates a wide variety of all natural treatments that share the same source, the ocean and the coastal environment. There are treatments that provide relaxation and fight stress, others that combat the physical signs of aging, and still others that reduce the appearance of cellulite and help regenerate the body. The sea that with its endless secrets, is the source of all thalassotherapy knowledge.

The key treatments that compose thalassotherapy rely on the effect of sea water on the skin. The pores of the skin, in contact with seawater, expand and allow the passage of precious oligoelements that are slowly freed in the blood system-correcting any imbalances.

The treatment programs at most hotels include a combination of seawater, algae and mud, to maximize the benefit that the human body can get from the marine environment. Thalassotherapy has many more beneficial effects, including relaxation, stress management, muscle and skin restoration, even weight control. Most importantly, it aims to improve health and it identifies with the simultaneous implementation of a balanced and healthy diet program.

It involves the use of seawater, normally heated to a comfortable temperature of 37 degrees Celsius. Most spas offer different types of 'cure', using various methods, such as marine hydrotherapy is a form of Thalassotherapy where water jets propel the seawater, which massages, stimulates circulation and reduces pain and inflammation. Other treatments include a spa bath with added nutrients where you relax normally for

around 20 - 30 minutes. The mineral and nutrient rich properties are both curative and restorative, for both internal and external benefit.

Various treatments

- * **Seaweed therapy:**
a warm seaweed cream applied to the whole body which is wrapped in warm layers and then you are left to relax for a short time. This eliminates toxins and moisturizes the skin, leaving you feeling ultra-smooth.
- * **Massage under sprinkling warm water** – so relaxing.
- * **Multi-jet bath:**
rather on the Jacuzzi principle, jets pulse the water through a lovely warm bath, following the muscle paths and direction of blood flow from the soles of your feet to your shoulders.
- * **Bubbling bath:**
air bubbles mixed with certain essential oils and powdered algae. An absolute treat.
- * **Water course:**
in a sea water pool heated at 32°C, bathers follow a course through water jets varying in power to massage different body zones in sequence. Both relaxing and stimulating.

No-one should begin a program of treatments without seeing the qualified doctor in attendance at each thalassotherapy centre. He or she will assess his/her needs and plan the sessions accordingly.

DERMALOGICA'S DEEP RELIEF:

Nourishing New Multivitamin Formulation for Hand and Nail

Dermalogica's newly formulated multivitamin hand and nail treatment supplies needed moisture to revitalize the feel and appearance of even the hardest-working hands. We have made the product even more deeply conditioning, with a velvety feel thanks to an increased level of silicones and conditioning agents, comments Jane Wurwand, founder of the brand.

Vitamin C and E, along with higher level of Algae extract, panthenol, and allantoin, combined with the addition of sodium PCA and sodium hyaluronate, make the new formula even more deeply conditioning. It does not contain any artificial fragrance or colors which can irritate the sensitive skin. For more info, please visit www.dermalogica.com