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“THE RICHES OF THE SEA”

Found in highly sophisticated Thalasso treatments. The elemental forces of the sea ensure an overall physiological effect on the metabolism of humans, thereby preserving general health and well being.

By Rose M. van Hemert Chvasta

Thalasso, derived from the Greek word Thalassa (meaning ocean), has been used since ancient times as a healing agent for wounds and other ailments. Even thousands of years ago, the ocean has been the most powerful life source to humanity, key to health, beauty, and relaxation. Physiologically, the ocean contains all of the necessary substances for the survival of the human race.

Thalasso therapy is the use of fresh sea water, marine algae, and heat in a marine environment. Today, it is not only used to treat ailments but also to enhance good health. It enables the body to replenish and revitalize natural elements and mineral salts, improves blood circulation, and offers total relaxation for mind and body. In the proper combinations presented in nature, Thalasso therapy can restore balance and rejuvenate our bodies.

The human body does not produce one mineral. Being the mineral elements of sea water exists in almost exact proportion to that of the human biological internal fluids, Thalasso therapy allows

the skin to absorb minerals and trace elements including:

- Magnesium for the heart
- Calcium for healthy bones and teeth
- Sodium for circulation
- Potassium for the cells
- Phosphorous for healthy brain function

The minerals present in sea water treatments help treat and prevent Osteoporosis, Hypertension, Inflammation of joints, Arthritis, and many more ailments connected to our stressful lives.

The sea air is rich in negative ions and minerals and thus plays a very special part in Thalasso therapy. Beach walking at the edge of the sea promotes the inhalation of the minerals, which are then absorbed by the capillaries directly into the blood stream. For years before antibiotics were created, people with respiratory disease were sent to the sea to heal

Sea water plays a very important role in Thalasso therapy. Sea water circulates in the human blood and body fluids in the form of salts. In simpler terms, to make a natural connection between sea

SUBSTANCES FOR THE SURVIVAL OF THE HUMAN RACE

water and body fluids of human beings more transparent:

- Human tears are salty
- Human blood is salty
- Perspiration is salty
- Unborn fetus swims in the womb in salt water

All these points are factual proof that all life originated from the sea.

There are numerous physiological and esthetic benefits to sea water, mineral salts, and marine algae. Sea water provides the organic cell to fight off all microbes, is anti-inflammatory, boosts body metabolism, and improves blood circulation. In addition, sea water allows for better product penetration, stimulates functions of elastin and collagen fibers within skin tissue, is moisturizing, and is ideal for all skin disorders.

Mineral salts are found dissolved in sea water. They are important for regenerating the skin cells and insure the skin stays fresh, supple, and firm.

They also contain hydroscopic salts, which absorb and bind moisture in the air as well as producing a moist retention effect on the skin.

Science has proved that the cell activity in marine algae is comparable to human skin. Marine algae stimulates the skin's natural functions, circulation, and supply of oxygen in addition to helping cells regenerate.

Algae cells filter sea water, storing valuable ingredients. There are 20,000 algae types on earth, only 50 of which are used in beauty, food, and medicine. It provides 70% of all of the earth's oxygen (Soil plants provide 30% of the earth's oxygen) and was the very first plant on this planet millions of years ago (called the aqua duct plant).

Thalasso therapy provides many benefits for the aesthetician. Whether it is for eczema, psoriasis,

neuro-dermatitis, rosacea, acne or other skin disorders, sea water has proven itself to be therapeutic a million times over. What then could be more natural than using the "overall beneficial effect of the sea" for the body's largest organ, the skin. Sea water based products are effective and tolerable, and can be used by many people with allergies without causing a reaction. By providing Thalasso therapy treatments into a salon or spa's philosophy, the aesthetician can provide the client with the most effective and sophisticated treatments for overall well being and relaxation for mind and body.

Sea water, sea salts, and marine algae are great for face and body treatments. They can be used for all for all skin disorders and all skin types including:

- Dry
- Sensitive
- Oily
- Normal
- Mature

These treatments delay the aging process because of their great penetration of good nutrients, anti-oxidants, minerals, and trace elements

Another important element of Thalasso therapy treatments are Liposomes. Liposomes are a vehicle that delivers active nutrients to the deeper layers of the skin, and will be in the body fluids + - 20 minutes. They contain Anti-oxidants, minerals, and trace elements which protect the cells against free radicals. Overall, working with natural Thalasso therapy cosmetics are a great tool for the aesthetician of today or for the practice of the holistic medical approach.

The great power of the sea is that it appeals to all of the bodies natural senses. The sight of the wide expanse of the ocean, the sound of the breaking waves, the smell and feel of the sea air. The sea



THALASSO RESTORE BALANCE + REJUVENATE BODIES

washes over us and makes us feel whole, peaceful, and connected to our universe. This experience is undeniable and felt by all of us at the core of our existence.

It is said that all life originated from the ocean. It is an ever-changing yet always present part of our world and has been our healer since the beginning of time. The studies and scientific research of the French scientist Rene Quinton led to his discovery of the virtues of sea water. He called his findings the Law of Maritime Consistency, which states that sea water and human blood plasma share a physiological composition of 25 minerals and trace elements. Building upon the Law of Maritime Consistency, Quinton developed, through cold micro-filtration, the Quinton Isotonic water and Quinton Isotonic plasma which he successfully injected into patients according to their pathology.

Cold micro-filtration is necessary as if heat was used to sterilize the seawater it would kill all of the vital nutrients and trace elements. After much research and numerous scientific experiments, Quinton felt the desire to open health care centers where this simple, inexpensive means could be used to help and save thousands of lives. In Europe, the Marine Plasma has been in continuous use for more than 88 years. This plasma is specifically designed to correct today's wide spread of mineral deficiencies by duplicating human plasma.

Expanding on Quinton's Isotonic Water and Plasma, Dr. Brown and Walter Brachman, after meeting at a

medical conference in Germany in 1936, expanded on Quinton's Isotonic Water and Plasma by creating health curing drinks which were sold in sea water halls across Europe. These drinks contain beneficial properties of sea water that contribute to inner health and beauty (high in magnesium). After World War II, the company started to manufacture cosmetics made from sea water, sea salt, and marine algae. To this day, 42 seawater halls and wellness centers are located along the North Sea and Baltic Seaside Resorts and the company started by Brown and Brachman is the largest supplier of raw sea salt materials in the world.

Thalasso therapy is an excellent means for a beauty or holistic medical professional to improve their client's overall physiological health and well being through sea water based products. Seawater, sea salt, and marine algae are beneficial ingredients for the whole body, with especial success on the skin, the body's largest organ. Being the minerals and trace elements in sea water are proportional to that of human blood plasma; they are scientifically proven valuable for use in skin care and the medical world.

Whether applied topically or taken internally, these components aid in moisture retention, enhance skin elasticity, provide anti-inflammatory effects, improve blood and lymph circulation, stimulate cellular metabolism, and further the absorption of other products.

No matter what the skin ailment, sea water has proven itself to be therapeutic a million times over. ■

SPA DIRECTORS

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