

Ministry of Health Service of the Republic of Tatarstan
Zelenodolsk Medical School

Thalassotherapy



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Thalassotherapy is a special section of alternative medicine, treatment with sea climate and bathing combined with air baths. Hydrotherapeutic effects play an important role in this therapy: sea baths, showers with warm sea water, sea mud and algae pastes.



HISTORY



When doctors scientifically proved that sea water helps in the treatment of diseases, in 1899 the French doctor Louis Bago founded the **first thalassotherapy center in Roscoff.**

The word "thalassotherapy" was first coined by the French physician De la Bonadière in 1869. In 420 B.C. Hippocrates, Galean, Aristotle advised to take warm baths with sea water. The ancient Greeks and Romans were convinced that life originated in the sea. Therefore, they turned to the sea to restore strength and health.

Indications

Any, even an alternative method of therapy, has a certain list of indications and contraindications. Thalasso procedures are recommended for chronic diseases:

- musculoskeletal system;
- skin;
- respiratory organs;
- blood systems.



Thalassotherapy is especially effective for stress and depressive disorders, general exhaustion of the body against the background of the influence of physical or psycho-emotional factors.

Contraindications

The technique can harm the body if the treatment is carried out against the background of the following conditions:

- malignant and benign neoplasms;
- gynecological diseases;
- thyroid pathology;
- exacerbation of chronic diseases of the gastrointestinal tract and urinary system;
- any inflammatory pathologies of infectious or autoimmune origin;
- allergic reactions.

Description of the procedure

Thalassotherapy for the face

Mask The most effective combinations of components:

- 1 t.s. dry seaweed,
- 50 g of boiled water;
- 200 g of blue sea clay.



The procedure is carried out in accordance with the following algorithm:

- the product is applied to the skin of the face with circular massage movements;
- the applied preparation is left for 30-60 minutes;
- the mask is thoroughly washed off with water.

BE HEALTHY

I recommend that you always consult with a doctor who is able to assess the status of health and make a decision on the appropriateness of therapy. Neglect of this rule can provoke the appearance of many adverse side effects.



THANKS FOR ATTENTION!