

## “Sea Water”

The medicinal use of [sea water](#) dates all the way back to 4th century B.C. when Hippocrates first used the word “thalassotherapy”. This word comes from the Greek thalassa, meaning [water](#), and therapia, meaning to cure. Known also as the father of modern medicine, Hippocrates was the first to use [sea water](#) for healing purposes.

[Seawater](#) contains the same 84 vital elements found also in the human body. These elements include vitamins, mineral salts, trace elements and amino acids. But [sea water](#) is also rich in living microorganisms that produce beneficial antibiotic, antimicrobial and antibacterial substances. Human beings have the natural ability to easily assimilate all these elements, for our bodies’ mineral constitution, as mentioned above, is very similar to that of the sea water. In fact, [sea water](#) contains almost the same concentration of minerals and trace elements as the human blood plasma.

It is well known that spas all over the world use sea salt in their beauty and massage treatments. Why?

The salt contained in the [sea water](#) helps remove toxins from the skin and acts as a natural exfoliator – it removes dead cells and encourages the production of the new ones.

Sea water replenishes our skin with minerals. Magnesium in particular improves its hydration, as well as its overall appearance.

One of the most important sea water health benefits lies in its ability to heal damaged and irritated skin. Sea water can reduce inflammation and help cure many skin disorders such as atopic dermatitis, rosacea, psoriasis and eczema. It has great antiseptic properties, very useful in healing minor wounds, cuts, rashes and abrasions - salt and potassium chloride seem to be majorly responsible for these beneficial, mending effects.

All in all, sea water greatly improves skin texture, increases its elasticity and alleviates and heals many skin discomforts.