
THALASSOTHERAPY

THE SALT WATER EXPERIENCE

Thalassotherapy is a group activity that takes place with a therapist guiding you in a mineral rich warm pool with hydrotherapy jets. The pool contains sea salt and the following minerals: magnesium, zinc, sodium, potassium, silicon, copper, iron and iodine, to help heal the skin, re-mineralise the body and aid purification.

THALASSOTHERAPY IS EXCELLENT FOR TREATING:

- CELLULITE
 - ARTHRITIS (RELIEVES THE SYMPTOMS OF RHEUMATOID ARTHRITIS)
 - GENERAL MUSCULAR CRAMPS, ACHES AND PAINS (AN EFFECTIVE PRE OR POST SPORT MUSCLE TREATMENT)
 - INCREASES THE METABOLISM AND IMPROVES CIRCULATION, HELPING TO DETOXYFY
 - IMPROVES SKIN CONDITIONS SUCH AS ECZEMA AND PSORIASIS
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GENERAL ADVICE

- Please wait for the treatment in your robe and swimwear
 - Please avoid having treatments for at least half an hour after a Thalassotherapy session
 - Please remove all jewellery prior to entering the pool as discolouration may occur
 - Contact lenses must be removed prior to entering the pool
 - Please be aware that due to the high mineral content within the pool the dye fixing properties of swimwear may be affected
 - It is very important for you to shower after a Thalassotherapy session and prior to entering the swimming pool
 - Please rest and drink plenty of water after a Thalassotherapy session in order to gain the full benefits
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CONTRA-INDICATIONS TO THALASSOTHERAPY

If you suffer from any of the following contra-indications, the Thalassotherapy treatments will not be suitable:

- T** Thrombosis/Varicose Veins/Stroke
- I** Cold Sores/Skin Infections/Eye Infections
- ⬅** Metal Pin Symbol - Metal Pins & Plates
- e** Epilepsy
- d** Diabetes
- P** Pregnancy
- +** Heart Conditions
- ♿** Mobility Problems
- OP 12** Major Operations 12 Months
- OP 6** Minor Operations 6 Months
- C** Cancer During Active Treatment
- C** Circulatory Problems (i.e. varicose veins)
- WV** Warts /Veruccas Fungal Infections
- ♥** High /Low Blood Pressure (*however, the Thalassotherapy Treatment is suitable if the condition is controlled by medication*)

The Thalassotherapy treatments are not suitable if you have severe bruising or are easily bruised, angina, large areas of recent scar tissue, thrombosis or if you have sensitive skin

This treatment is not advised if you are suffering from a headache or migraine.

If you have any queries regarding your Thalassotherapy treatment, would like further advice regarding a medical condition or would like to make a booking please come along to the Spa/Treatment Desk.
