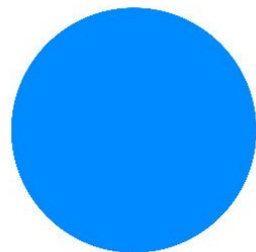


blue zone
sardinia



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THALASSOTHERAPY

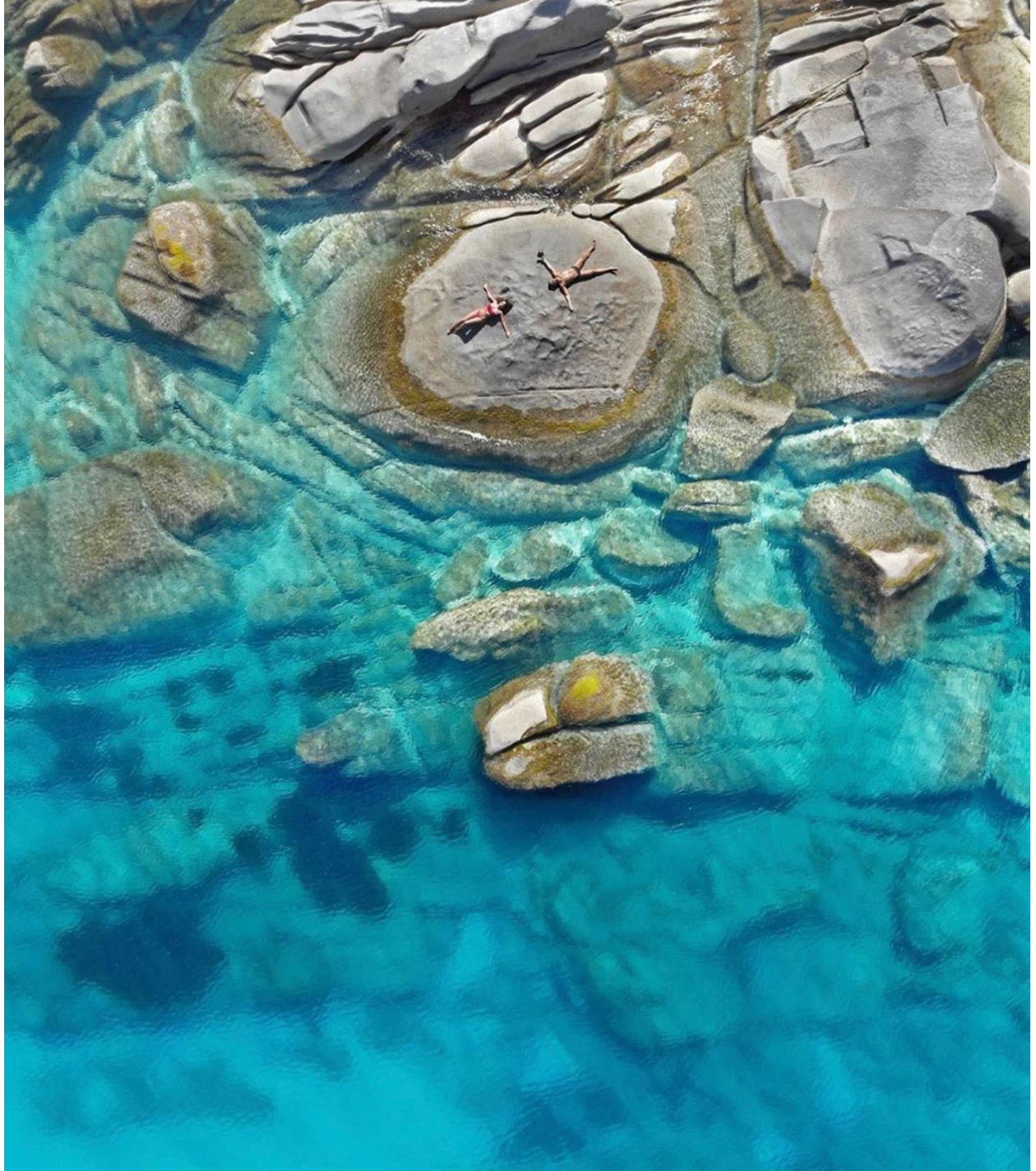


Photo: Southern Sardinia

- I. ABOUT
- II. BENEFITS
- III. ALGHERO'S HEALING SEA
- IV. ADDITIONAL HOLISTIC HEALING SERVICES

I. ABOUT

“THE SEA HEALS MAN’S ILLNESSES.”

-EURIPIDES, 480 B.C.

Thalassotherapy originates from the Greek words: *thalassa* or sea, and *therapeia* which means healing.

Evidence exists that Herodotus (484–425 BC), Euripides (480–406 BC), and Hippocrates, one of the fathers of modern medicine, (460–377 BC) praised and recommended its use. (1)

Presently, this therapy is defined as the medical use of the sea’s beneficial properties. This includes coastal climate, seawater, marine mud, seaweed, and sand utilized in a preventative and holistic way.
(*ibid*)

The treatments are based on the idea that the minerals and trace elements in seawater, such as magnesium, potassium, calcium sulphates and sodium, are absorbed through the body and invigorate blood and lymph circulation, accelerating the metabolism and promoting the elimination of toxins. (*ibid*)

Our goal at Blue Zone Sardinia is not to exploit the island’s resources, but rather invite our guests to learn and heal from the Mediterranean Sea’s healing powers in a medically supervised and sustainable manner.

1. Roger H. Charlier and Marie-Claire P. Chaineux (2009) The Healing Sea: A Sustainable Coastal Ocean Resource: Thalassotherapy. *Journal of Coastal Research*: Volume 25, Issue 4: pp. 838 - 856.

II. B E N E F I T S

Thalassotherapy helps the body detox and can address the following conditions:

- Musculoskeletal pain
- Arthritis
- Upper respiratory ailments
- Allergies and Sinus complications
- Skin conditions
- Stress

III. A L G H E R O ' S H E A L I N G S E A

Alghero's seas contain some of the highest levels of salinity in all of Sardinia. This high saline concentration has an extraordinary detoxification effect and when paired with the surrounding natural beauty, the parasympathetic nervous system turns on. When this happens, the body's feel good hormones ignite a cascade of relaxation throughout the system all while inhibiting, or slowing down, stressors and high energy functions.

Please contact us at info@bluezone-sardinia.com to learn more and book your sessions.