

Methode Thalasso Plus

Founded by Mireille Guillou

Through her activities of the president of the *Comité international d'Esthétique et de Cosmétologie* and of four schools we were very successful in generating interest in the Thalasso Plus Therapie and additionally made the public aware of this exceptional scientific work performed and accomplished. The results of all these endeavours is a gigantic movement called wellness.

The term thalasso-therapy has been quiet often misinterpreted: It was taken simply for a bath (made from powder of algae) or wrappings with in water soaked laminaria.

It was time to develop with doctors, universities and researchers a scientific - based therapy, since we all know that health is very instable and that needs to be re-established each and every day.

Due to our eating habits and our way of life, a customized algology is essential.

Marine Therapy from the inside:

- for acid base balance by eliminating of acids via kidneys and skin
- for reduced metabolic activities for modern diseases
- for detoxification of the extracellular milieu
- for increasing enzymatic activity by macro- and micro nutrients
- for obesity and cellulite etc.....

Marine Therapy from the outside:

- To clean in-depth and regenerate this great surface which is our skin
- The treatment with sea water and with its concentrates, the algae, results in physical and mental relaxation, improved circulation, remineralisation thus permitting the fixture of water needed.
- for anti bacterial action
- for treating skin lesions
- for treatment of wrinkles and ptosis

Indications for marine Therapy

- States of tiredness and overwork
- Hypotension with sea water
- Hypertension with certain types of algae
- Sports activity, especially excessive
- spasms of different origins
- Disorders of the digestive system
- rheumatism: arthrosis
- trauma
- treatments post injuries
- Convalescence and rehabilitation
- children during period of growth and seniors etc.
- and treatments for obese persons – **Overweighting childrens turn oftentimes to overweighting adults. That doesn't have to be – if you are clever, you prevent.**

Divers body wrappings, for example

- Fresh algae (thorax, spinal cord, arms and legs)
- A liquid algae extract or a cold paste in case of varicose veins
- Under heating cover for the treatment of cellulite
- Powder of algae is suspended in seawater and heated to a temperature of 32°C and applied to the legs with problem of circulation. When heated to 38°C it is used for the treatment of osteo-arthritis

The sea is a source of fine therapies.

Sea water and special algae give with capsules excellent results for health prevention.

We all know, that algology is a vast and complex subject. There is still an enormous research work to be done. Scientists and therapists are engaged in this work with the greatest joy as we do it with success since more than 50 years and on this way we have a great experience with the

Method Thalasso Plus.