

The window to your health



**opens up paths and possibilities for you
to more well-being.**

The Thalasso Plus Method is the result of many years of basic research, combined with the cooperation of renowned French scientists and marine laboratories, based on the highest quality standards.

The Thalasso Plus Method – at the heart of Thalasso International – is committed to providing the best of algae for natural and safe, holistic care, well-being and health for the body.

Method Thalasso Plus has developed application techniques and therapies through decades of "marine experience" that allow to speak

"More than just the sea"

The special feature of the method is the simultaneous treatment from the inside and from the outside, as this is the only way to achieve real success. The adaptation and supplementation of new technologies and analyses make it possible to achieve greater certainty in the diagnosis and effect in the resulting therapy.

Before each treatment, even for the effective use of the treatment at home, there is an individual thorough consultation. Personal instruction in the application is also important to us. For this purpose, we are available both by telephone and in our rooms in person.

What does thalassotherapy mean?

Thalasso = Sea Therapie = Care

Marine medicine and seaweed

Algae in medicine, naturopathy and cosmetology

Today, when we try to return to nature, we always come to folk and naturopathy. The simplicity proven over centuries, even millennia, gives us security and the experience of tradition

Science has often had to invest a lot of research effort and effort in inventions in order to discover that old natural therapies have their justification. From ancient writings on bathing, we know that the foundations of naturopathic thinking can be traced back to Hippocrates, and that medicine already used the sea at that time.

In ancient times, the sea was worshipped like a goddess, and popular knowledge could not be irritated for many centuries. Already in 1525 the first book "Of the Natural Baths" appeared and in 1750 the first scientific writing by the English author Richard Russel (1700-1771), who was born in the former fishing village of Brighton it was noticed that the sea could help children suffering from scrofulose (tuberculous skin and lymph node diseases). To date, it has not been possible to scientifically explain all the healing effects of the sea, but the successes speak for themselves.

In specialized centers, the so-called "Trilogy of the Sea" is used in therapy, often in conjunction with terrestrial thermal baths, herbs and aromatherapy:

- The seabed (organic silt, mud and sediments)
- The sea water (with its valuable mineral salts) – the brine
- Algae and phytoplankton
- The seabed gives us valuable sea peloids (pelos = mud),
- fine-grained slurries, peat etc