

# Modern Therapies Inspired by Ancient Treatments

Regardless whether you want to relax, improve your health level, or sharpen your mind, most medical spas will offer you all the above mentioned experiences. But with the wide range of modern therapies available, it might be difficult to decide which one suits you the best. Here is the list of the most used modern spa therapies, along with their provided benefits:

## 1. Phytotherapy – The Plant Therapy

Treating diseases or ameliorating them with plants is called phytotherapy, and it's a form of herbal medicine. The range of diseases which can be treated with herbs is very high, from diseases related to digestion, to insomnia or nervous disorders. Our ancestors have shown us the special significance of plants and their properties, which are their only product. Today, the plants are used preventively, through phytotherapy, with many followers worldwide. In phytotherapy, plants are not fully used. Depending on the plant, what is used are the roots, leaves, stems, flowers, fruits, seeds or bark.



## 2. Aromatherapy

Used from the most ancient times by the Greeks, Egyptians, Chinese and Indians, aromatherapy is a part of the alternative medicine, and it has been adapted to modern spas. Aromatherapy works on the principle that the human being is very receptive to flavors, reacting positively in contact with them. Aromatherapy is often used in the prevention of disease relapse and in order to rebalance the body condition, and it can be found in most spa resorts from around the world.

## 3. Thalassotherapy – The Marine Cure

Invented in 1985 by Bonnardiere fellow at Arcachon, the "thalassotherapy" term translates into a combination of marine elements, used in a medically controlled climate. The term comes from two Greek words: thalasso (marine) and therapy (care). Thalassotherapy is indicated in the treatment of chronic rheumatism, osteoporosis and spinal pathologies. It is also beneficial for the peripheral circulation, postoperative pain, trauma, respiratory diseases, psoriasis, menopause, and insomnia.

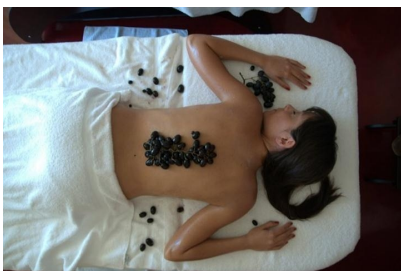


#### 4. Crenotherapy

Crenoterapia (also known as thermal cure) is treating certain diseases with mineral water, be it the bathroom or internal administration. Crenotherapeutic principle is to use water directly from the source. Mineral components contained in these thermal waters, just as their name suggests, give them the specific therapeutic properties. Depending on the type of water, it has some therapeutic indications. Sulphurous waters are recommended for respiratory problems, otolaryngology and rheumatology. Waters containing bicarbonate is indicated for intestinal problems, obesity, hepatitis. Contraindications target individuals who have respiratory problems or heart failure because belts are quite tiring. Crenotherapy can only be found at specific medical spa resorts, and the whole healing process usually lasts for three weeks.

#### 5. Hydrotherapy

Hydrotherapy consists of a therapeutic bath, which is practiced at most [spa resorts](#). As for its benefits, the water and sea salts can stabilize blood circulation, remove toxins from your body and stimulate the peripheral circulation. Also, the water has the effect of stimulating muscle tone, digestion and metabolism. Although this therapy is used for its medical purposes, it can be contraindicated in certain cases. For instance, Balneotherapy is not recommended for those who are allergic to iodine or those who suffer of hypo thyroid problems, unconsolidated fractures and respiratory disorders.



#### 6. Vinotherapy

Invented in early 90's by the founders of the Caudalie brand, Vinotherapy is a concept based on the healing effects of grapes derived products. It's only association with wine comes from the location of the first spa dedicated to vinotherapy: Marcillac (from Bordeaux). Found in most modern spas, a vinotherapy session lasts for about 60 minutes, and it should be repeated 2–3 times a week.

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