

Healing minerals

Mineral deficiencies are a common source of unhealthy skin and every day our bodies lose minerals that are essential for a healthy skin and body.

A spa will use various types of mineral water treatments and mud and salt remedies, popular because they contain minerals similar to those found in healing spring water. These treatments will help to balance the mineral content in the body.

Sulphur is antibacterial and healing, it has drawing properties to help cleanse the skin of bacterial matter.

Iodine is cell regenerating and enables new cells to reproduce more quickly, this makes it good for mature skin

Magnesium has an anti allergen effect, it soothes the nerve endings and calms sensitive skins

Potassium maintains the alkalinity of the skin and removes excess fluid from the cells improving puffiness.

Sodium draws water to the cells and it attracts moisture from the atmosphere to hydrate the skin

Bromide relaxes the mind

Calcium maintains healthy skin.