

# *The Magic of Dead Sea Minerals*

*Studies show that the minerals found in the Dead Sea provide your body and skin with extensive benefits, such as:*

- Helping to balance and maintain proper water and moisture levels.*
- Helping to promote the healing of skin tissue.*
- Helping to prevent and cure allergies and giving the skin surface an anti-allergenic protection.*
- Helping to counteract internal toxins.*
- Aiding relaxation and promoting a soothing effect.*

## *History*

*Since ancient times, the healing properties of the Dead Sea have been well-known. The ancient Romans and Jews built bathhouses utilizing its water and mud on the banks of the Dead Sea. Two thousand years ago the Roman historian Josephus Flavius wrote that King Herod himself visited the Dead Sea's hot springs where he took the cure and found tranquility. Beautiful Queen Cleopatra used the salts and mud from the Dead Sea to regain her youth.*

## *The Healing Power of the Dead Sea*

*Many skin allergies may be helped by using Dead Sea minerals. Among the medical problems found to be alleviated by these minerals are psoriasis, eczema, and purulent rashes. In addition to alleviation of such allergies, such affected skin often also shows improvement in outer appearance and elasticity.*

*Better blood circulation, metabolism and a more relaxed nervous system are all supported by Dead Sea minerals. Mud from the Dead Sea contains minerals that heal wounds, wake up hair roots, and eradicate dermatitis and dandruff. The mud has been credited with eliminating headaches and migraines as well as healing and comforting arthritis, bone and cartilage inflammation, myelitis, neuritis, rheumatism, stress, fatigue and sleeplessness.*

*Here is how some Dead Sea minerals support you to have better skin and healthier overall living:*

***Magnesium** promotes the healing of skin tissue, gives the skin surface an anti-allergic protection, improves cell metabolism, stimulates protein synthesis and facilitates energy production.*

***Bromine** soothes your skin, relaxes body muscles and calms nerves.*

***Iodine** corrects functioning of the thyroid gland and helps the body's metabolic exchanges.*

***Sulfur** contains certain essential vitamins and is a natural disinfectant.*

***Potassium** is a key moisture regulator and helps preserve a neutral skin environment. Signs of potassium deficiency include abnormally dry skin, acne.*

***Calcium** is the building block for corrective tissue and plays an important role in cell protection, it regulates cell membrane permeability and normalizes skin cells' differentiation*

***Sodium** Improves the skin cells metabolism, relieves muscle cramps and stiffness while it maintains a neutral environment in the skin.*

***Zinc** is the key to enzymatic regulation of cell proliferation, it facilitates cell renewal, stimulates collagen and elastin synthesis, free radicals scavenger, improves sebo-regulation (anti-acne properties), anti-inflammatory and protects against ultraviolet radiation*

***Strontium** has effective anti-itching properties, reduces the signs of irritant contact dermatitis (a significant problem for many people who regularly use cosmetics)*

***Manganese** has anti-oxidant properties, increases skin microcirculation (anti-ageing skin care) and improves connective tissue condition*

***Lithium** increases the effectiveness of balneotherapy for psoriasis.*

***Boron** helps to relieve the symptoms of psoriasis and psoriatic arthritis.*

*from [www.seacretspa.com](http://www.seacretspa.com)*