

Thalassotherapy

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Health Resort Medicine (balneotherapy, thalassotherapy, hydrotherapy) in recent years has undergone a conceptual change (multidisciplinary) and started steadily the way to scientific evidence at all stages of the therapeutic process: prevention-rehabilitation-symptomatic improvement. The pharmaceutical chemical development and increase global life expectancy have modified the traditional indications of thalassotherapy by others; but still (as an holistic approach) act in different domains of the International Classification of Functioning, Disability and Health (WHO-ICF), in terms of the individual and the environment.

Key words: Thalassotherapy, climatotherapy, health resort medicine, sea wáter