

Women's Health

How 'Blue Health' Is Transforming Beauty

BY BRIAN UNDERWOOD | FEB 15, 2023



Le Barthélemy Hotel & Spa.

Skincare and fragrances that tap into the potency of oceans and lakes are part of a rising tide of beauty innovations.

Beach person. That's actually how I described myself in my Tinder profile circa 2018 (this was pre-fiancé, of course). It may seem like an insignificant detail, but I believe it's one of my defining characteristics. I could spend all day at the shore. There's something about the rhythmic sound of the lapping waves, the sharp smell of salt air mingled with the faint earthiness of decaying seaweed, and the feeling of the sun's warmth on my skin that instantly brings on the zen for me.

And studies support my aquatic obsession: Spending time in or near bodies of water can significantly improve one's mood and mental state, according to research. In fact, urban blue spaces—areas of both natural and man-made surface water—had a positive impact on many markers of good health, according to a meta-analysis published in 2021 in the journal *Cities*. These encouraging findings are spurring researchers to take an even deeper look at the effects of marine environments on overall wellness—an emerging area of science known as “blue health.”

The beauty industry has taken notice too. Ingredients sourced from oceans and lakes have long been used in over-the-counter skin care for their protective, complexion-boosting benefits—and now brands are really taking the plunge,

developing other products inspired by the waters that surround us. It's time to dive in.



Restorative Hydrotherapy Treatments

Le Spa at [Le Barthélemy Hotel & Spa](#) debuted its own unique immersive experience, drawing on the concept of Janzu, an aquatic bodywork therapy that find guests submerged in water and guided by a therapist in rhythmic movements. "This treatment embraces the concept of a reunion with the water

as our origin and the essence of life, and can take place in our infinity pool, private plunge pools, or our protected bay where the surf is calm," explains Sebastien Maingourd, regional general manager of Le Barthélemy. It's nothing new: Thermae in ancient Rome and Greece were centers of relaxation and socialization and played a critical role in washing away the microbes that cause disease. (Iceland's Blue Lagoon is a more modern example.)