



Sea-Med Organic Seaweed Powder

Natural therapy for skin that is severely dry, itchy, cracked, or prone to spots and pustules

How to Use. (NB. Not for use on broken skin)

For Itchy Flare-ups in Adults

Avoid showering or follow your shower with a Sea-Med bath. Bathe daily in a Sea-Med bath, ideally before bed. Simply shake 2 heaped tablespoonsful of Sea-Med seaweed powder through a sieve into a bathtub of lukewarm water. Then lie back and have a long, relaxing soak with your neck muscles in the water. Afterwards gently pat yourself dry. A residue will remain, allowing your skin to rehydrate overnight. Bathe in Sea-Med daily until skin is clear. Once the skin is clear, reduce the frequency of Sea-Med baths to every alternate day for one week, then to once weekly. You may need to increase the frequency to daily again for a time if your skin becomes distressed. Always soak in a Sea-Med bath after swimming in chlorinated pools.

For Hands

Sieve one heaped tablespoon of Sea-Med into a basin of tepid water. Sit with your hands in the basin for half an hour before bed. Remove hands from basin. DO NOT RINSE. Pat hands lightly dry and go to bed, leaving a residue of Sea-Med to rehydrate your skin overnight. Repeat daily until hands are clear. Maintain clear, soft hands by repeating this treatment any time you feel the slightest sensation of dry skin on your hands.

For Feet & Legs

As a foot spa for itchy, hard or dry skin, sieve one heaped tablespoon of Sea-Med in a basin or bucket of lukewarm water (or use in an electric foot spa). Soak feet or feet and lower legs for a minimum of twenty minutes daily. Make sure the water is lukewarm, not hot and pat the skin dry. Once skin is clear, continue weekly.

For intensive use on extra dry or itchy skin, mix Sea-Med into a paste with lukewarm water and apply to the feet. Cover with cling film and replace socks. Leave for several hours or overnight. Rub off by hand in a basin of warm water. Pat dry. Maintain soft, moisturised feet with a Sea-Med foot soak twice a week.

For Itchy Flare-ups in Children

For babies and toddlers 4 weeks – 3 years: At bedtime sieve 1 heaped teaspoonful of Sea-Med into a small baby bath or 1 heaped tablespoonful into a shallow adult bath. Make sure the water is lukewarm, not hot. Allow the child to play and relax in the water for as long as possible, but for at least 20 minutes. Gently pat dry. The residue that remains works to rehydrate the skin overnight.

For Children Over 3 years

At bedtime sieve 2 heaped tablespoons of Sea-Med into a lukewarm bath. Let the child play and relax in the water for at least twenty minutes. Pat dry to allow a residue to work overnight to rehydrate the skin. *If you are wet-wrapping your child, soaking the bandages or garments in the Sea-Med bathwater is recommended.* When skin clears, give the child a bath with Sea-Med in lukewarm water once or twice a week to keep the skin moisturised. Always give a bath with Sea-Med after swimming in chlorinated pools. If your child is stressed or upset, give a Sea-Med bath that night. Itchy flare ups are often stress related and bathing with Sea-Med can help.

Moving house: Give a Sea-Med bath every day coming up to, during, and after the move for at least a week until everything settles down then give 2 baths a week for a month or two.

Starting playschool / new school term: Bath every night for a few nights before and for the first 2 weeks at least.

Exam time: Run a lukewarm Sea-Med bath every night in the week running up to exams.

For Skin with Scaly Plaques (Help keep irritation and visible signs at bay)

For Plaques on Trunk, Arms and Legs.

Either do not shower or follow your shower with a Sea-Med bath. Mix Sea-Med powder to a paste with hot water and allow to cool to blood temperature. Cover the white, dry, scaling areas with the paste and wrap in clingfilm. Leave for 45-55 minutes. Run a lukewarm bath and sieve in 2 tablespoons of Sea-Med. Remove clingfilm, get into the bath and gently sponge away the paste. This will remove all the dead, dry skin leaving bright red or purple blotches but no itch. Lie back in the bath with the muscles in the back of the neck in the water so you are fully relaxed. Pat yourself dry to leave a residue on the skin. Repeat daily until totally clear. The blotches will gradually decrease in size and finally disappear. This usually takes at least four weeks. Then reduce the baths to one every other day for a week, then twice a week for 2 weeks.

For Skin with Small Salmon-pink Drops and Fine Scales

This is the most difficult type of skin to help. It affects mostly children, adolescents and young adults. It can affect the whole body except the palms and soles. In about 35% of cases Sea-Med is beneficial. Do not use as a paste. Take a Sea-Med bath following the instructions for skin with scaly plaques.

For Pustules on the Palms and Soles

Mix Sea-Med powder into a paste with warm water. Apply to the feet and hands. Cover with clingfilm and replace socks or wear cotton gloves. Leave on for several hours or overnight. Remove in a basin of warm water, rubbing the dry paste off with your hands. Pat dry. Repeat for 3-4 nights then have a foot spa or hand soak daily until the skin is clear.

For Scalps with Flaking or Scaling (Always do a patch test behind the ear if you have tinted hair)

Mix Sea-Med powder to a paste with hot water and add one-third natural yoghurt. Mix thoroughly and allow to cool. Cover the hair and scalp with the mixture and cover with clingfilm, leaving the ears and forehead exposed. Leave on for one hour then wash out with Sea-Med Organic Seaweed Soap/Shampoo Bar. Repeat after 3 days, but leaving on for only 30 minutes. Repeat after a further 3 days as before.

For Ongoing Maintenance

Once the skin is clear you can keep irritation and visible signs at bay by following a maintenance programme. Soak in a lukewarm Sea-Med bath every 5th day. Always soak in a Sea-Med bath after a stressful day. If your skin feels at all dry have a Sea-Med bath that night. Take a Sea-Med bath after swimming in chlorinated pools.

For Break-outs of Spots and Pustules

Sea-Med makes an effective face mask for skin affected by spots and break-outs, drawing out impurities from the skin. It does not hide or suppress spots. Clearing the skin of impurities means that more spots appear before the skin becomes clear, which typically takes 3 weeks of regular use. Mix 2 teaspoons of Sea-Med to a paste with hot water and allow to cool to blood temperature. Apply with a wooden spatula or the back of a wooden spoon. Leave on for 4 minutes (first time), 2 minutes thereafter. Sponge off with warm water. Splash your face with cold water to close the pores. Apply moisturiser. Use a Sea-Med mask in this way on alternate days for 3 to 4 weeks until the skin clears. Then use every 6-10 days to keep the skin clear.

Flushing or Red, Dry Skin on Face with Papules or Pustules

Use a Sea-Med face mask as described above daily, leaving the mask on for 2 minutes. When skin clears, use twice weekly.

Spots & Pustules on the Back

Mix 2 teaspoons of Sea-Med to a paste with hot water and allow to cool to blood temperature. Apply over area and cover with clingfilm. Leave on for 20 minutes. Shower off with warm water followed by a quick cold shower to close the pores. Follow this treatment on alternate days for two weeks. To keep the back clear, soak in a Sea-Med bath from time to time. Simply shake 2 heaped tablespoonsful of Sea-Med powder through a sieve into a bathtub of lukewarm water. Then lie back and have a long, relaxing soak with your neck muscles in the water. Afterwards gently pat yourself dry. A residue will remain, allowing Sea-Med to rehydrate your skin overnight.