

Naturopathy Windsor

Naturopathy Windsor - Immersion Bath Therapy is a treatment that submerges either the entire body or parts of the body in a tub filled with cold or hot water. Stuff like for example essential oils or 100 percent natural European Moor Mud also known as Balneopeat may also be put in the water. The Moor Mud helps the detoxification process of your body, helps to rebuild normal skin function and supports blood circulation.

Immersion Bath Therapy may help relieve pain in joints or muscles, increase blood flow, induce a body fever so as to fight against viruses, decrease swelling, and improve metabolism. This bath treatment will really help rid the nervous system and body of anxiety.