

## Naturopathy Regina

Naturopathy Regina - Immersion Bath Therapy is a treatment which submerges either your whole body or some parts of your body in a bathtub of cold or hot water. Stuff like essential oils or 100% natural European Moor Mud aka Balneopeat may likewise be put in the water. The Moor Mud helps the detoxification process of your system, helps to repair natural skin function and supports blood flow.

Immersion Bath Therapy is helpful for easing aches in joints or muscles, boosting metabolism, decreasing inflammation, decreasing and increasing blood circulation and artificially inducing fever in your body to fight against diseases. This bath treatment helps to remove stress from your body and the nervous system.