

Naturopathy Stratford

Naturopathy Stratford - Therapy that entails submerging either some parts of your body or the whole body into a bathtub filled with cold water or hot water is called Immersion Bath Therapy. 100% organic European Moor Mud also called Balneopeat or essential oils can also be put in the water. The Moor Mud helps the detoxification process of your system, helps to repair normal skin function and supports blood circulation.

Immersion Bath Therapy is beneficial for relieving pain in joints or muscles, improving metabolism, reducing inflammation, increasing and decreasing blood circulation and artificially inducing fever in your body to fight diseases. This particular bath treatment helps to get rid of tension from your body and the nervous system.