

## Naturopathy St. John's

Naturopathy St. John's - Immersion Bath Therapy is a treatment that submerges either your whole body or several parts of the body into a tub filled with hot or cold water. Substances like essential oils or One hundred percent organic European Moor Mud aka Balneopeat may be put in the water. The Moor Mud helps the detoxification process of the system, helps to bring back normal skin function and supports blood flow.

Immersion Bath Therapy could help ease aches in muscles or joints, increase blood flow, induce a body fever so as to fight viruses, decrease swelling, and increase metabolism. This particular bath treatment will really help free your body and nervous system of all the stress.