

## Naturopathy Kitchener

Naturopathy Kitchener - Immersion Bath Therapy is a treatment which submerges either the whole body or parts of the body into a tub filled with hot or cold water. Stuff such as essential oils or 100% natural European Moor Mud otherwise known as Balneopeat may be put in the water. The Moor Mud assists the detoxification process of the body, helps to bring back natural skin function and assists in blood flow.

Immersion Bath Therapy can help ease aches in joints or muscles, increase blood flow, induce a body fever to fight viruses, reduce swelling, and improve metabolism. This particular bath treatment will really help free the body and nervous system of anxiety.