

## Naturopathy Winnipeg

Naturopathy Winnipeg - Immersion Bath Therapy is a treatment which submerges either your entire body or several parts of your body in a tub of hot or cold water. Substances like for instance essential oils or 100 percent natural European Moor Mud likewise known as Balneopeat may even be added to the water. The Moor Mud helps the detoxification process of the body, helps to rebuild natural skin function and supports blood circulation.

Immersion Bath Therapy is beneficial for relieving pain in joints or muscles, boosting metabolism, decreasing inflammation, increasing and decreasing blood circulation and artificially inducing fever in your body in order to fight against viruses. This particular bath treatment helps to remove tension from the body and the nervous system.