

Naturopathy Saskatoon

Naturopathy Saskatoon - Immersion Bath Therapy is a treatment that submerges either the entire body or some parts of the body into a tub filled with hot or cold water. Stuff such as essential oils or One hundred percent organic European Moor Mud also known as Balneopeat can be added to the water. The Moor Mud helps the detoxification process of your body, helps to repair natural skin function and assists in blood flow.

Immersion Bath Therapy is useful for relieving pain in joints or muscles, boosting metabolism, decreasing inflammation, increasing and decreasing blood flow and artificially inducing fever in the system so as to fight against viruses. This bath treatment helps to get rid of anxiety from your body and the nervous system.