

## Naturopathy Halifax

Naturopathy Halifax - Therapy which entails submerging either several parts of the body or the whole body in a bathtub filled with hot water or cold water is referred to as Immersion Bath Therapy. 100 percent natural European Moor Mud likewise called Balneopeat or essential oils may also be added to the water. The Moor Mud helps the detoxification process of the body, helps to restore normal skin function and assists in blood flow.

Immersion Bath Therapy is useful for easing pain in muscles or joints, increasing metabolism, decreasing swelling, increasing and decreasing blood circulation and artificially inducing fever in your body in order to fight diseases. This particular bath treatment helps to remove anxiety from the body and the nervous system.