

## Naturopathy Owen Sound

Naturopathy Owen Sound - Immersion Bath Therapy is a treatment that submerges either your entire body or parts of your body into a tub of cold or hot water. Substances like essential oils or 100% natural European Moor Mud likewise known as Balneopeat can be added to the water. The Moor Mud assists the detoxification process of your body, helps to rebuild natural skin function and supports blood flow.

Immersion Bath Therapy can help ease aches in joints or muscles, increase blood circulation, induce a body fever so as to fight diseases, decrease inflammation, and improve metabolism. This particular bath treatment will really help free the nervous system and body of all the stress.