

Naturopathy Norfolk

Naturopathy Norfolk - Therapy that entails submerging either part of the body or your entire body into a bathtub of cold water or hot water is referred to as Immersion Bath Therapy. 100 percent organic European Moor Mud also called Balneopeat or essential oils can be put in the water. The Moor Mud assists the detoxification process of your system, helps to bring back normal skin function and assists in blood flow.

Immersion Bath Therapy is beneficial for easing aches in joints or muscles, boosting metabolism, reducing inflammation, increasing and decreasing blood flow and artificially inducing fever in the body so as to fight against diseases. This bath treatment helps to remove tension from your body and the nervous system.