



IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla  
Ravi 18, 10138 Tallinn  
Rg-kood 10822068  
Tel 666 1900  
E-post info@itk.ee  
www.itk.ee

## Automatic water massage

**The effect of automatic water massage improves blood circulation and tissue metabolism.**

Massage relaxes muscle tension and relieves pain. Underwater massage has a soft effect and creates a pleasant feeling.

Automatic water massage takes place in a special massage bath.

The service is for a fee.

Please bring swimwear, hygiene items, a towel and shoes with non-slip soles.

**Appointments can be booked:**

- by phone [666 1900](tel:6661900) **Mon-Fri 7:15-18:00**
- at the reception