



IDA-TALLINNA KESKHAIGLA

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## Localised mud therapy

**Besides a thermal and mechanical effect, mud therapy also has a chemical and radioactive effect.**

The goal is to warm tissues and give a deep heating effect. An increase in skin temperature improves skin circulation and increases the pulse rate (the temperature of tissues may increase to 45–55°C and remain for a while).

A physician's referral is necessary to receive the service. The service is paid (in the case of medical indications, it is reimbursed by the Estonian Health Insurance Fund).

**Appointments can be booked:**

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