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

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 **Mon-Fri 7:30-18:00**
- at the reception