

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).