



The phases of mud therapy:



- 1 The duration of the mud therapy is 18 minutes maximum and in each case according to medical prescription.

The heat that the body absorbs during the mud bath makes you sweat: a cycle of 6 to 12 sessions therefore induces a phase of purification of the body and stimulates your metabolism.

It is recommended to complement with 3 liters of water per day.



- 2 After the mud cures the patient is washed with a hot shower and immersed in a thermal bath at a temperature of about 37°C for a time of about 10 minutes.

It is possible to request the addition of ozone in the bath to have a benefit in vascular microcirculation.

Balneotherapy

The thermal water bath in the tub is also a therapy on its own and is loanable. For guests who are not able to take a mud bath for various reasons, this gentle therapy is still effective for arthrosis, osteoporosis and rheumatism. The properties of the water penetrate through the pores of the skin producing an anti-inflammatory effect.



- 3 The patient, at the end of the treatment, reaches his room a few steps away from the thermal department, which is connected to the floors by two elevators.

Here he will rest in his own bed, since it follows a sweat reaction. This rest will allow an adequate sweat reaction and will increase the feeling of well-being and relaxation.