



IDA-TALLINNA KESKHAIGLA

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Paraffin wax therapy

The procedure relieves muscle tension and dilates the vessels in subcutaneous tissue, which improves circulation and reduces the sensation of pain.

Paraffin wax therapy has a pain-relieving and anti-inflammatory effect. It is well-suited for relieving chronic muscle and joint complaints.

An ozokerite-paraffin wrap applies superficial heat therapy. Heat dilates the capillaries of the skin and improves the circulation of blood and lymph.

The essential oils in ozokerite also have a curative effect. After the procedure, it is recommended to avoid water procedures for 3-4 hours because the wrap also has an effect after the mixture is removed from the skin.

The duration and frequency of the procedure is prescribed by the doctor.

A physician's referral is necessary to receive the service. The service is paid.

Appointments can be booked:

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