



IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla  
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## Pearl bath

**A pearl bath has a relaxing effect on the whole body. Warm pearl baths are suitable for relieving excess tension and stress.**

Water relieves muscle tension, reduces the sensation of pain in the diseased regions of the body, stimulates metabolism, improves blood and lymph circulation and helps to relieve stress.

The water is saturated with air and air is directed into the bath using pressure. The water turns lighter and tiny bubbles have a mild massaging effect, relaxing the central nervous system through nerve endings on the skin.

We ask you to bring your own swimwear, hygienic products, hand towel and shoes with anti-slip soles. Duration: 20 minutes

The service is paid.

**Appointments can be booked:**

- by phone [666 1900](tel:6661900) **Mon-Fri 7:30-18:00**
- at the reception