



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](tel:6661900) **Mon-Fri 7:30-18:00**
- at the reception