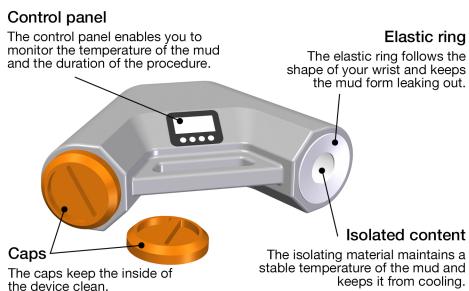
## **Curative Sea Mud**

Curative sea mud from Haapsalu Tagalaht Bay in Estonia eases different joint, nerve, muscle and skin problems. The treatment uses heated sea mud with a recommended temperature of +40 to +45 degrees C or +104 to +113 degrees F. The procedure usually lasts 20 minutes and it is repeated every other day. A course of treatment consists of 10 to 15 procedures. A medical consultation is recommended before starting the course of treatment





## Vibro-acoustic therapy

Vibro-acoustic therapy is a therapy that influences the body by emitting low frequency sinus sounds at 20-100 Hz. These sounds affect the touch sensitivity and tissue resonance of the body, while the aural sense is influenced by a deliberately selected music.

## Indications

Vibro-acoustic therapy has yielded good results, for example, in the following cases:

- alleviating stress and stress-related conditions;
- alleviating pain and muscular tensions
- controlling high blood pressure
- boosting blood circulation and metabolism
- cure of psychological disorders (insomnia, anxiety, self-harm behavior, autism, depression)

