



STRESS & TENSION MANAGEMENT PACKAGE 1 MONTH

(6 DAYS A WEEK FOR A 4 WEEK PROGRAM)

1st Week

- 1st Day : Enema + Mud pack + 1 light treatment
- 2nd Day : Full body massage (Oil) + 1 light massage
- 3rd Day : Full body massage (Vibro) + 1 light massage
- 4th Day : Neutral immersion bath + Cold spinal spray
- 5th Day : Under water massage + Neutral chest pack
- 6th Day : Steam / Sauna + 2 light treatments

2nd Week

- 1st Day : Full body massage (Oil) + 1 light treatment
 - 2nd Day : Neutral immersion bath + Cold spinal spray
 - 3rd Day : Full body massage (Vibro) + 1 light treatment
 - 4th Day : Under water massage + 1 light treatment
 - 5th Day : Steam / Sauna + 2 light treatments
 - 6th Day : Full mud bath + 1 light treatment
- OR
- 3 light treatments

3rd Week & 4th Week

Same as 2nd Week, but the treatments of the day may be changed.

YOGA

One month yoga course which includes Surya Namaskar, Asanas, Pranayama, Meditation along with these treatment period. (45 mins. - 1 hr.) morning or evening.

Note:-

1. Light Treatments are: Hip Bath, Spinal Bath, Foot Bath, Local Mud Packs and Compresses
2. Each day treatment duration will vary from 1 hr. to 2.30 hrs.