



## 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.