



WEIGHT CARE PROGRAM

Comprehensive Weight Management

The Weight Care Program is designed to support safe and effective weight correction, improve metabolism, reduce body volumes, and establish lasting healthy eating habits. Through medical diagnostics, personalized nutrition, body treatments, advanced technologies, and professional massages, this program ensures visible and sustainable results.

Ideal for guests seeking:

- Weight loss and body contouring
- Improved metabolism and digestion
- Reduction of cellulite and water retention
- Enhanced skin tone and muscle firmness
- Preparation for important events (wedding, photo shoot, holiday)

Program Highlights:

- Medical Diagnostics & Consultations – full health assessment & nutrition guidance
- Body Treatments & Massages – sculpting, lymphatic drainage, wraps, baths
- Advanced Technologies – slimming devices, detox capsules, metabolism boosters
- Personalized Fitness – group classes & individual training
- Nutritional Support – balanced dietary plan & vitamin infusions

Results You Can Expect

- ✓ Weight reduction & body reshaping
- ✓ Faster metabolism & improved digestion
- ✓ Reduced swelling & cellulite
- ✓ Firmer skin & better muscle tone
- ✓ Sustainable healthy lifestyle habits

Packages Available:

- 3 days – Express Detox & Light Weight Loss
- 7 days – Metabolism Boost & Visible Results
- 14 days – Complete Body Transformation & Lasting Effect

Duration Options: 3, 7, or 14 days

Location: Caspimayr Retreat Resort Hotel

Price: 1.290 AZN per person for 3 days / 3.180 AZN per person for 7 days / 6.100 AZN for 14 days

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