



STRONG IMMUNITY PROGRAM

Reinforce Your Body's Natural Defense

This program is designed to strengthen and activate the immune system, restore vitality after illness or stress, and increase resistance to infections and seasonal challenges. Based on the principles of functional medicine, nutritional therapy, and physiotherapy, it provides a comprehensive approach to immune recovery.

Ideal for:

- Vitamin deficiency and low immunity
- Frequent colds and viral infections
- post-illness or post-stress recovery
- Chronic fatigue and reduced energy
- Preventive seasonal wellness (spring & autumn)

Program Highlights:

Diagnostics & Consultations:

- Functional health check (So Check analysis)
- Doctor of Functional Medicine – initial exam, test review, personalized protocol, final recommendations

Internal Recovery & IV Therapy:

- Vitamin & detox infusions (Glutathione, Myers' cocktail, liver detox, immune-boosting vitamin IVs)
- Ozone therapy (injection or rectal) for oxygenation & antiviral defense

Therapeutic & Technological Procedures:

- Iyashi Dome infrared capsule for detox & metabolism
- Ozone capsule therapy for energy boost
- Oxybar Wellness oxygen chamber for brain & immunity
- Cedar phyto-barrel steam bath with herbs
- Capillarotherapy for circulation & tissue regeneration

Wellness & Relaxation:

- Hydrogen antioxidant bath
- Herbal phyto-bath for anti-inflammatory recovery
- Thalasso body wrap with minerals & algae for deep remineralization

Movement & Breathing:

- Yoga and light physical practices (lymphatic flow, calming nervous system, restoring breathing, boosting vitality)

Nutrition:

- Functional anti-inflammatory & antioxidant nutrition plan
- Microelement-rich diet supporting immune defense
- Optional Mayer diet or personalized anti-inflammatory menu

Expected Benefits:

- ✓ Stronger immunity and resilience to infections
- ✓ Increased energy and recovery speed
- ✓ Balanced metabolism & improved digestion
- ✓ Emotional stability and reduced stress load

Packages Available:

- 3 days – Express Recovery
- 7 days – Stable Immune Strengthening
- 14 days – Deep Immune Reset & Prevention

Duration Options: 3, 7, or 14 days

Location: Caspimayr Retreat Resort Hotel

Price: 1.240 AZN per person for 3 days / 3.300 AZN per person for 7 days / 6.350 AZN for 14 days

+994992201110 | +994504447801
sales@caspimayr.com | info@caspimayr.com

www.caspimayr.com | @caspimayr_retreat