



MEN'S HEALTH PROGRAM

Restore Strength and Energy

This program is designed to support hormonal balance, improve endurance, strengthen cardiovascular health, and reduce stress. Through advanced diagnostics, restorative therapies, and personalized nutrition, it helps men regain vitality and improve quality of life.

Ideal for:

- Fatigue and low energy
- Hormonal imbalance and decreased libido
- Stress and sleep issues
- Slowed metabolism and weight gain
- Cardiovascular risk prevention

Program Highlights:

- Medical Diagnostics – functional health check, personalized recommendations
- Technological Therapies – Iyashi Dome, oxygen therapy, muscle stimulation, PelviPower, body contouring
- IV Therapy & Nutraceuticals – vitamin/mineral infusions (zinc, magnesium, CoQ10), adaptogens (ginseng, rhodiola)
- Massage & Recovery – deep tissue massage, anti-stress massage, capillarotherapy, body wraps
- Wellness Practices – yoga, breathing, and relaxation techniques

Expected Results:

- ✓ Increased strength and endurance
- ✓ Hormonal balance restoration
- ✓ Better sleep & stress resistance
- ✓ Activated metabolism
- ✓ Higher vitality and wellbeing

Packages Available:

- 3 days – Energy Boost
- 7 days – Strength & Balance
- 14 days – Complete Men's Health Reset

Duration Options: 3, 7, or 14 days

Location: Caspimayr Retreat Resort Hotel

Price: 1.210 AZN per person for 3 days / 3.240 AZN per person for 7 days / 6.250 AZN for 14 days

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

www.caspimayr.com | @caspimayr_retreat