



BODY SCULPTING PROGRAM

Your Path to a Toned & Energized Body

The Body Sculpting Program is an intensive health & fitness journey designed to shape your body, improve posture, and boost vitality. Through medical diagnostics, personalized workouts, advanced treatments, and holistic recovery rituals, you will achieve visible results and lasting energy.

Ideal For Guests Seeking:

- Weight loss & metabolism boost
- Body contouring & problem-zone correction
- Stronger muscles & spine support
- Better posture & proportions
- Increased stamina & energy

Program Highlights:

- Medical Diagnostics & Consultations – full check-up, nutrition & lifestyle guidance
- Personalized Fitness – yoga, stretching, aerobic training, and 1:1 coaching
- Restorative Rituals – mud therapy, algae wrap, detox baths, sculpting & energy massages
- Cutting-Edge Technologies – Icoone Laser, RoboLex, Body Slimmer, Infrashape, Iyashi Dome & more
- Internal Recovery – balanced diet & IV vitamin cocktails

Results You Can Expect:

- ✓ Slimmer & sculpted silhouette
- ✓ Improved posture & body balance
- ✓ Increased energy & endurance
- ✓ Noticeable changes in body shape & tone

Packages Available:

- 3 days – Express Start (introductory sculpting & metabolism boost)
- 7 days – Full Body Reset (deep transformation & visible results)
- 14 days – Intensive Sculpting (comprehensive renewal & lasting effect)

Duration Options: 3, 7, or 14 days

Location: Caspimayr Retreat Resort Hotel

Price: 1.260 AZN per person for 3 days / 3.100 AZN per person for 7 days / 5.950 AZN for 14 days

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