



HEALTHY SPINE PROGRAM

Restore Spine Health & Mobility

This program focuses on spinal rehabilitation, posture correction, and relief from chronic back, neck, and lower back tension. Ideal for office workers and those recovering from injuries.

Recommended for:

- Sedentary lifestyle
- Back, neck, or lumbar pain
- Chronic muscle tension
- Posture issues: scoliosis, slouching
- Post-injury recovery

Program Highlights:

- Diagnostics & Planning: Consultation with osteopath and physician, individualized plan, dynamic monitoring, final recommendations
- Therapeutic Procedures:
 - o Satisform – gentle deep muscle relaxation & spinal decompression
 - o Relounge – non-gravity spinal traction
 - o PelviPower – pelvic & lower back muscle training with biofeedback
 - o Icoone Laser – improves microcirculation and reduces inflammation
 - o Athlete Power IV Cocktail – restores muscles and energy
 - o Manual therapy – corrects biomechanics and functional blocks
 - o Therapeutic back massage – targeted methods per patient needs
 - o Capillarotherapy – stimulates capillary circulation
 - o Hot stone massage – deep muscle warming and stress relief
- Recovery & Wellness: Thalasso body wrap with calcium & magnesium, therapeutic baths
- Daily Practices: Yoga & physiotherapy for spinal mobilization, muscle strengthening, and posture correction

Expected Benefits:

- ✓ Improved posture and spinal health
- ✓ Relief from chronic pain and tension
- ✓ Enhanced mobility and muscle tone
- ✓ Increased energy and overall wellness

Packages Available:

- 3 days – Express Recovery
- 7 days – Medium Recovery
- 14 days – Full Rehabilitation & Consolidation

Duration Options: 3, 7, or 14 days

Location: Caspimayr Retreat Resort Hotel

Price: 1.290 AZN per person for 3 days / 3.150AZN per person for 7 days / 6.050AZN for 14 days

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