



Vitalica Wellness

Post Covid Program

Come alive...

Post Covid Program

(3-7 days)

What is it?

The program is designed to focus on strengthening immunity, cleansing the respiratory system, and restoring memory. It aims to minimize the damage caused by the infection, particularly to the respiratory and cardiovascular systems, as well as neurological and psychological complications, for individuals who have recovered from COVID-19. For those who have not experienced the infection, the program is tailored to enhance immunity and fortify the body's defense against the virus.



Benefits

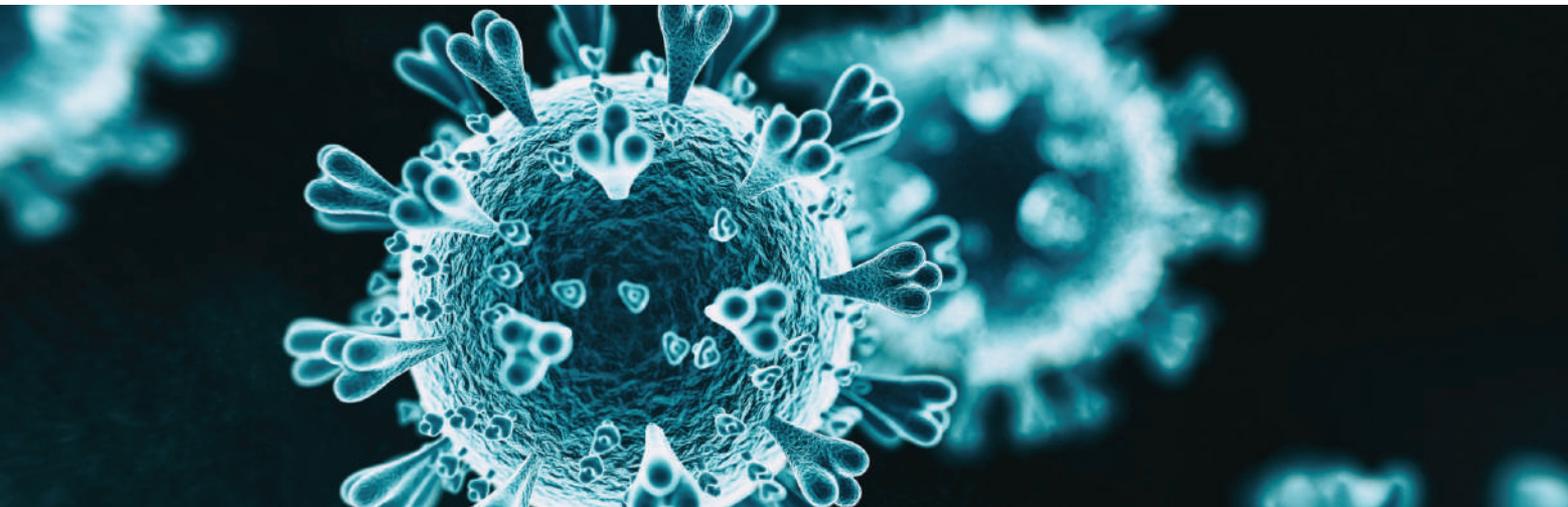
Restores the essential balance of mind, body, and spirit inherent in a healthy lifestyle while detoxifying the body from COVID-19.

Prevents complications commonly observed in 80% of individuals recovering from COVID-19, such as shortness of breath, decreased oxygen saturation, low or high blood pressure, palpitations, fever, fatigue, chest pain, severe cough, blurred vision, dizziness, sweating, balance issues, and headaches.

Promotes overall health by returning the body's tissues, organs, and systems to a healthy state before the COVID infection.

Who is the Post-COVID Program For?

Individuals who have recovered from COVID-19 and seek to manage lingering symptoms while supporting a complete recovery can benefit from this program.



PROGRAM CONTENT

Consultation with our doctors at the beginning and throughout the program

Sustainable solutions to understand yourself better and achieve physical, mental, and emotional balance to preserve and enhance your health.



Body Measurements

- Full-body analysis
- Blood pressure measurement
- Blood sugar measurement
- Oxygen saturation with oximeter



Vitalica Wellness Talk



Post-detox nutrition and healthy living prescriptions



Detox Special Meals

- Breakfast
- Lunch
- Dinner



Detox Drinks



Unlimited detox soup, herbal tea, pH10 water

Post-COVID Natural Dietary Supplements



Detox Kit



COVID-19 Antibody Test (Upon Request)



Sodium Lung Nebulization



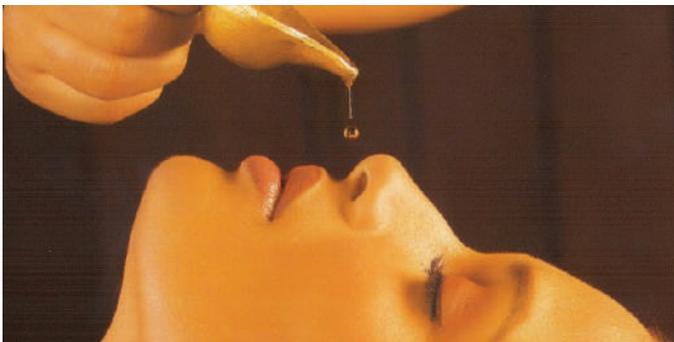
Spirometry for Respiratory Function Measurement



Ginger Lung Compress



Nasayam Ayurvedic Nasal and Sinus Cleansing



Exercise and Functional Capacity Assessment with a Sports Trainer



Healthy Eating Group Classes in the Chef's Studio



Wellness Movie Night



Group Activities

Breathing exercises, Morning Walk, Fitness, Yoga



Infrared Sauna

When near-infrared light is applied to the skin, fibroblast cells absorb light activity, leading to increased collagen and elastin production. It has been proven to raise body temperature by three degrees, making infrared heating technology provide a high level of detoxification experience. Beneficial sweating occurs through pores during the process of eliminating toxins. This sweating promotes skin rejuvenation, cell health, and tissue growth.



Steam Room

Steam rooms are recommended for daily use as they help eliminate toxins trapped under the skin, improve circulation, and regulate the cardiovascular system. The moisture and heat in the steam room expand capillaries, allowing blood to flow more freely. This leads to more efficient oxygen delivery to tissues. The release of the stress hormone cortisol is reduced with this application. In addition, the heat in the steam room opens sinus passages, allowing for easier and deeper breathing.



Salt Room

Recommended for improving respiration, salt room therapy is created based on the principle of inhaling air containing microscopic salt particles. It is used to treat respiratory tract disorders such as asthma, bronchitis, dry cough, lung diseases, chronic obstructive pulmonary disease (COPD), lung infections, throat infections, skin disorders, pharyngitis, and respiratory tract disorders caused by smoking.













Boğaziçi Mah. Yazlık Siteler Sok. No:60 Adabükü Bodrum Muğla/ Türkiye

Tel:+90 549 805 47 69

www.vitalicawellness.com