

The logo features the brand name "Vitalica Wellness" in a black, elegant script font. Above the "V" is a small, stylized infinity symbol. The text is centered within a circular gold-colored area that has a rough, torn-edge texture. This circle is set against a background of dark green, broad-leafed plants, with a thin gold geometric line forming a diamond shape around the central logo.

^c
Vitalica
Wellness

POST-COVID
WELLNESS
AND DETOX
PROGRAM

POST-COVID WELLNESS AND DETOX PROGRAM

(3-7 days)

What is Post-COVID wellness and detox program?

The program focuses on strengthening immunity, lung cleansing and memory restoration.

- To minimize the damage caused by the infection to the organism, especially the respiratory system and cardiovascular system functions and neurological and psychological complications in people who have had
- COVID-19 infection, It is designed to strengthen immunity and strengthen the body's defense against the virus in people who have not had COVID-19 infection!



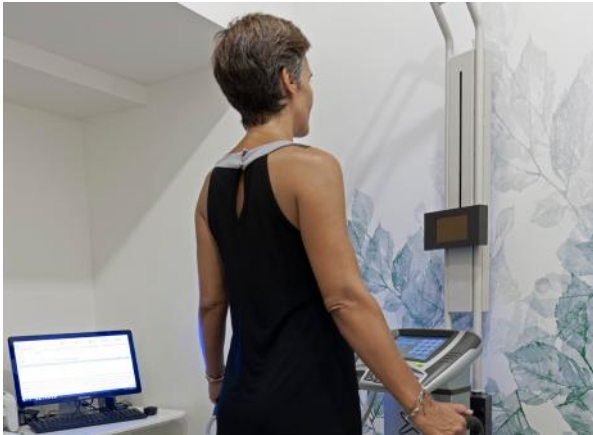
What are the benefits?

- While cleansing your body from COVID, it restores the spirit-body-mind balance which is inevitable for a healthy life!
- It prevents complications such as shortness of breath, decrease in oxygen saturation, low or high blood pressure, palpitations, fever, fatigue, chest pain, severe cough, blurred vision, dizziness, sweating, balance disorder, headache, which are observed in 80% of those who have COVID infection.
- It restores overall health by moving the body, tissues, organs and systems to the healthy state before COVID infection.





**Physician consultation
at the beginning,
at the end and during
the program**



Body measurements

- Full body analysis
- Blood pressure measurement
- Blood glucose measurement
- Oxygen saturation with oximeter
- Heart rate measurement

Covid-19 Antibody Test
(On request)





Wellness music and movie nights

Spirometer breathing measurement of functions

Exercise and breathing
measures its capacity.



Sodium lung nebulization (20 minutes)

With salt particles, the respiratory
system is cleaned and its
functions are increased.





Ginger Lung Compress

Nasyam Ayurvedic nasal and sinus cleansing



The purpose of nasyam massage, which is an effective and regenerating ayurvedic therapy applied with special herbal oils, is to provide comfortable breathing by opening the upper respiratory tract.

- Provides removal of toxins in the respiratory tract
- Good for asthma, sinusitis, migraine, headache and upper respiratory tract infections
- Supports the immune system
- Stimulates the nervous system and memory
- Supports memory
- It reduces stress
- Prevents skin diseases
- Increases hair health
- Prevents blockages and improves breathing



Infrared sauna

It removes 7 times more toxins than classical saunas. It is the most common method used to remove heavy metals that have accumulated in the body. Provides high efficiency in muscle and joint pain, relieves rheumatic pain.



Herbal steam room (30 minutes)

According to Ayurveda teachings, herbal steam room supports youth. It reduces wrinkles on the skin and provides a fresher, brighter and more vibrant appearance.



Salt room (30 minutes)



Being in a room prepared with salts obtained from mines where natural rock salts are extracted causes salt particles in small sizes that are invisible to the eye to enter the body by respiration. Provides relief in respiratory system diseases such as asthma, shortness of breath, COPD and sinusitis. It is also effective in sleep disorders caused by not being able to breathe comfortably.



**Memory enhancing
vitamins, minerals and
antioxidant supplements**



**Post-COVID nutrition
program**

(shakes, shots and
meals to reduce
COVID infection
damage)

**Evaluation of exercise
and functional
capacity by sports
trainer reviews**



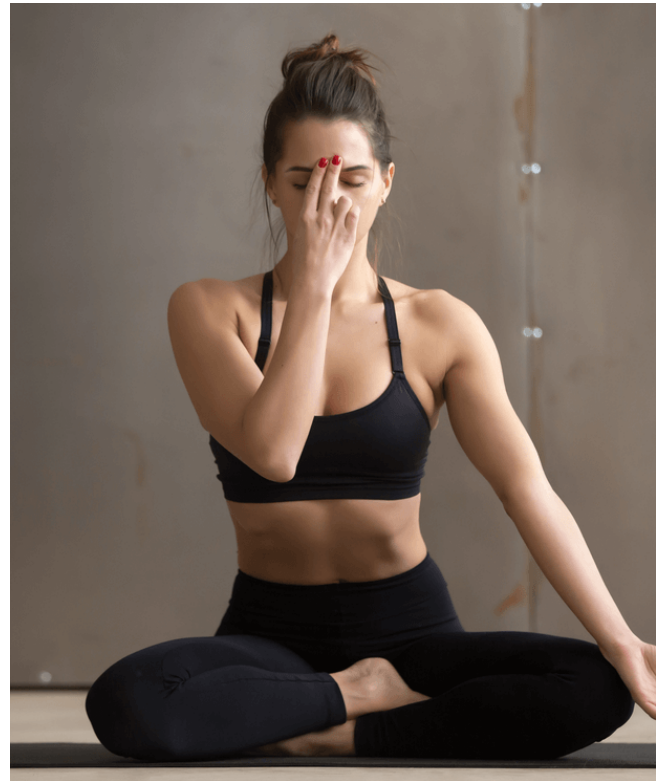
A corner of heaven:

- **650 m private beach**
- **Filled with sea water outdoor infinity pool**
- **Heatable indoor infinity pool**



Our mental wellness activities:

- **Group yoga classes**
- **Group meditation classes**
- **Mind detox and mindfulness therapies**
- **Group breathing lessons**



Grup spor dersleri:

- Stretching
- Aerobik
- Aquagym
- Zumba
- Crossfit
- Kangoojumps



Gym Usage

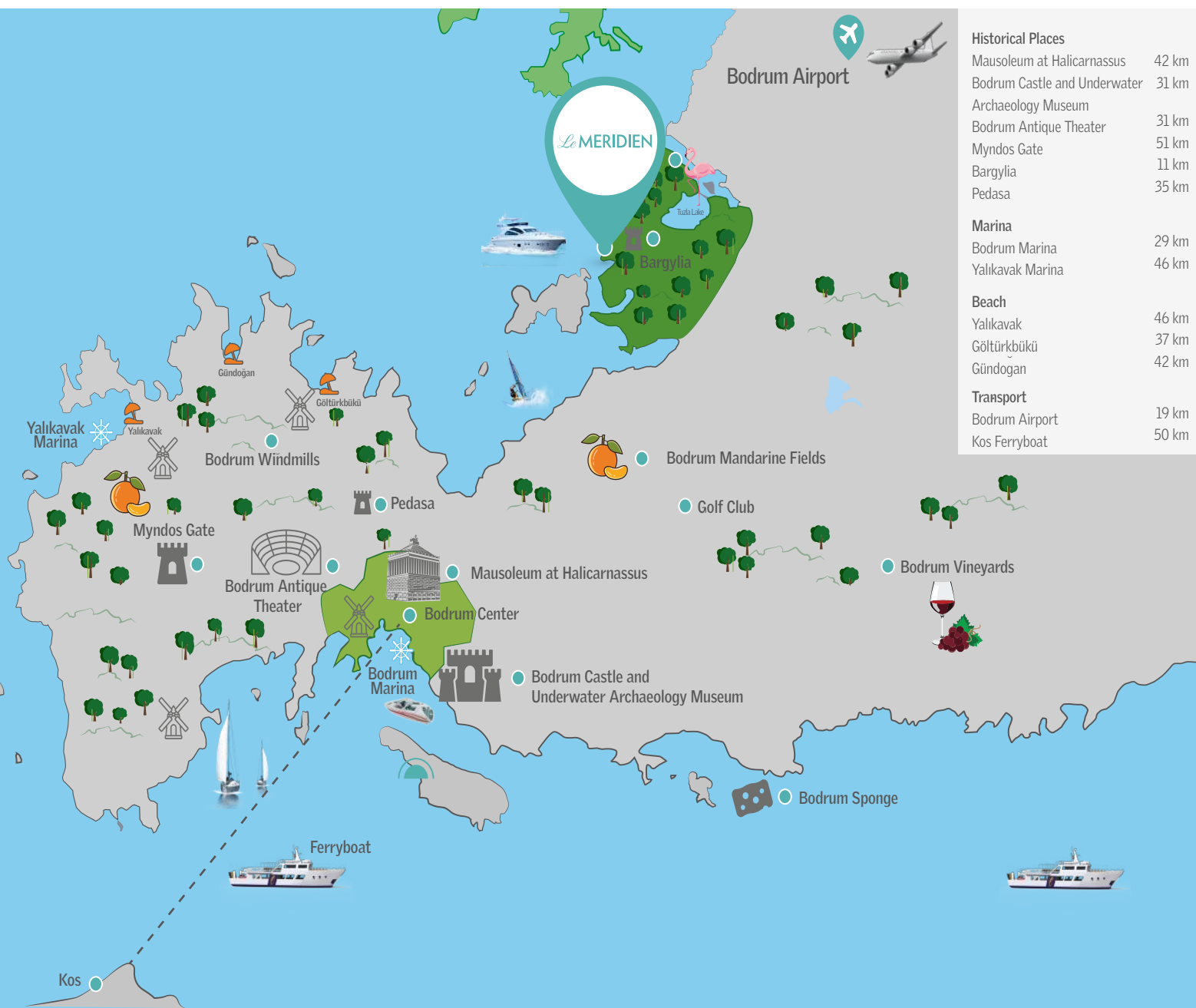


Walks with the instructor (in nature, Nordic walking)





**Vitalica Wellness is 15 minutes from the airport
at Le Meridien Bodrum Beach Resort...**



At One of the highest oxygen rates in the World with
650 meters long private beach in Bodrum!



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BODRUM BEACH RESORT



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