

IMMUNIBOOST RITUAL

LET'S TALK ABOUT HEALTH

Stress, fatigue, and the fast pace of everyday life often weaken our immune system — that's exactly why we created the ImmuniBoost Ritual, a holistic treatment package designed to stimulate the body's natural defenses, boost circulation, and bring your body back into balance.

In the relaxing atmosphere of our spa center, this ritual combines lymphatic drainage, reflexology, aromatherapy, and an infrared sauna — so your body receives exactly what it truly needs: detox, balance, and deep inner support.



PROGRAM
DURATION: 4 WEEKS



FREQUENCY: 2
TREATMENTS PER
WEEK



SESSION LENGTH:
30-60 MINUTES

NATURAL STRENGTH FOR YOUR BODY

WHAT THE PACKAGE INCLUDES

- Consultation and health assessment
- 8 combined treatments over the course of 4 weeks

COMBINED TREATMENTS

- Lymphatic drainage (3x)
- Foot reflexology (2x)
- Aromatherapy relaxation massage (3x)

BONUS CONTENT

- Tea ritual (8x)
- Mini brochure “5 Steps to a Strong Immune System”
- 20% discount on additional treatments for program members
- Personalized recommendations: nutrition, hydration, sleep



SPECIAL PACKAGE PRICE: 300 KM

MASSAGE & IMMUNITY: WHAT DOES SCIENCE SAY?

Numerous studies confirm what we feel – after a massage, we are not only more relaxed, but also healthier.

CEDARS-SINAI MEDICAL CENTER, USA (2010)

- Study: 53 adult participants received a single 45-minute massage
- Results:
- Increased lymphocyte count (white blood cells, key for immunity)
- Reduced cortisol levels, the stress hormone
- Lower levels of inflammatory cytokines, which weaken the immune system

Source: Journal of Alternative and Complementary Medicine

DOI: 10.1089/acm.2009.0634

EMORY UNIVERSITY (ATLANTA, USA)

Focus: Massage in women with breast cancer

Findings:

- Massage increased the number of NK cells (natural killer cells that destroy viruses and tumor cells)
- Improved emotional state and better sleep

Source: International Journal of Neuroscience

CONCLUSION: MASSAGE DIRECTLY AFFECTS THE IMMUNE AND NEUROENDOCRINE SYSTEM.