



ANTI STRESS & SLEEP RECOVERY PROGRAM

Anti-stress and sleep recovery program is designed to address the growing issues of chronic stress and sleep disturbances that significantly impact overall health. These program typically combine various therapeutic approaches to promote relaxation, improve sleep quality, and enhance well-being.

Key Components

Stress Management Techniques

- Mindfulness and meditation practices.
- Breathing exercises and relaxation techniques.
- Cognitive behavioral therapy (CBT) to address stress-related thought patterns.
- Yoga and tai chi.

Sleep Optimization

- Sleep hygiene education: establishing regular sleep schedules, creating a conducive sleep environment, and avoiding stimulants before bed.
- Sleep assessments and diagnostics: identifying underlying sleep disorders.
- Relaxation techniques to promote sleep: guided imagery, progressive muscle relaxation.
- Potential for medical intervention when needed.

Holistic Therapies

- Massage therapy.
- Acupuncture.
- Aromatherapy.
- Nutritional counseling.

Lifestyle Modifications

- Dietary recommendations to support stress reduction and sleep quality.
- Exercise programs to promote physical and mental well-being.
- Time management and work-life balance strategies.

Educational Components

- Providing information about the physiology of stress and sleep.
- Teaching coping mechanisms and self-care practices.

Program Benefits

- Reduced stress levels.
- Improved sleep quality.
- Enhanced mood and emotional well-being.
- Increased energy levels.
- Improved overall health and quality of life.

PROGRAM DETAILS

- Doctor Consultation with Holistic Health Approach
- Dental Consultation & Dental Check up
- Dermo Aesthetic Doctor Consultation
- Nutritionist Coaching (Mindful eating- Emotional Eating – Food Choices)
- Assessment of Nutrition Habits
- Nutritional Plan (alkaline – gluten free- casein free- Mediterranean- Flexitarian)
- Longevity Supplements



	7 DAYS	10 DAYS	14 DAYS
Metabolic Blood Analysis	1	1	1
Aging Parameters in Blood	1	1	1
Health Check Up	1	1	1
3D Body Scan	2	2	3
Electrocardiography	1	1	1
Bone and Mineral Assesment	1	1	1
Movement Analysis	1	1	1
Muscle And Nerve Stimulation	1	1	1
Sleep Batnd	5	8	12
Photo Bio Modulation Therapy	3	5	7
Relaxing Thermal Body Wrap	2	4	5
Infrared Ozone Therapy	3	5	7
Anti Stress Iv Infusion	1	2	3
Relaxing Cupping Therapy	2	4	6
TCM Acupuncture Therapy	3	5	7
Ottoman Hammam Therapy	1	1	1
Anti Stress Massage Therapy	2	2	3
Lymphathic Circulation Therapy	3	5	7
Anti Stress Frequency Therapy	4	6	8
Muscle Relaxation Therapy	1	2	3
Oxygen Therapy	4	8	12
Pyhsical Awareness Exercise	1	3	5

Special Privileges For Medworld Guests

- A day in the heart of fun Land of Legends (Entrance Ticket)
- VIP transfer
- Golf Session
- Daily Yoga&Exercise Sessions





+90 536 774 71 07

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