



PAIN MANAGEMENT

Remedial and Restorative Retreat

Starting from 7, 10 & 14 nights

Fazlani Nature's Nest "Pain Management Retreat" is perfect for anyone wanting to get symptomatic pain relief due to chronic musculoskeletal joint pains, recent muscular injuries, improve Joint mobility or address age related arthritic pain.

Physician supervised and guided, our Pain Management Retreat includes a personalised treatment plan with effective Physiotherapy modalities like Diathermy, Interferential therapy, transcutaneous electrical nerves stimulation, traction or Ultrasound therapy blended with Pain relieving Ayurvedic therapies, Therapeutic Yoga and curated daily meals with anti-inflammatory Wellness cuisine. Based on doctor assessments, the retreat is augmented with a set of customized exercises, practiced under expert guidance, concluding with a prescribed home exercise maintenance regime to ensure pain mitigation.

A holistic approach to Pain Management integrating Physiotherapy, Yoga and Ayurvedic wellness therapies identify the root cause of the pain thus bringing relief from discomfort, enhance joint mobility, induce relaxation, and reduce soft tissue swelling, inflammation or movement restriction.

PROGRAM GOALS

- Reduction of Pain Intensity.
- Enhancement of Physical Functioning.
- Proper Use of Medication. ...
- Improvement of Sleep, Mood
- Return to Work or Normal Daily Activities.

PROGRAM BENEFITS

- Reduces stiffness and pain in joints
- Improves circulation and nutrition to the joints, which helps in reducing pain
- Release natural pain killers in the body from muscles, known as muscles opiates, that helps in relieving pain.
- It works through the pain gate pathway and stimulates the release of endorphins

RECOMMENDED FOR

- **Neural pain due to** Sciatica, Carpal Tunnel Syndrome, Peripheral Neuropathies
- **Pain in Connective tissue disorders like** Frozen Shoulder, Tennis Elbow
- Fibromyalgia
- Pain due to chronic fatigue syndrome
- Age related Arthritis, Cervical Spondylitis
- Chronic lower back pain
- **Relief of Muscular pain due to** Strain and Sprain in sport injuries
- Osteoarthritis or other chronic pain syndromes
- Post Operative Rehabilitation



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UNIVERSAL PROGRAM INCLUSIONS

Consultations & Assessments

- Consultation with Wellness Physician and understanding your health and wellness goals
- Pulse & Body Composition analysis
- Bio-Impedance Health markers analysis upon arrival
- Regular monitoring of the vitals.
- Post Retreat Wellness Physician's consultation

Nutritional Support

- Daily 3 Curated wellness meals focusing on nutrient-dense whole foods using the farm to fork concept
- Daily herbal detox elixirs including slow pressed juices and superfood beverages during meals.
- Daily holistic detox herbal supplements (to support the healing process of the body)
- Post Retreat conclusion dietary guidelines.

Activities

- Rebooting the mind and body through daily therapeutic Yoga, Chakra Meditation and Pranayama breathing exercises
- Partaking in Resort daily activities including Nature Walks, Art therapy in Hobby studio, Scheduled Fitness Group Sessions, Hiking and Complimentary Access to Resort's Equine & Bird Park.

Treatments and Therapies

- Physician curated Wellness treatments daily that best match your goals & intentions

TREATMENTS & THERAPIES	7 NIGHTS
• Physician Prescribed Healing Massage Therapy (60 minutes)	3
• Cupping Therapy	2
• Acupressure Body Healing Therapy (60 minutes)	1
• Prescribed Physiotherapy (30 minutes)	7
• Naturopathy Herbal Packs as per health Condition (30 minutes)	1
• Personalised Yoga Session (60 minutes)	1
• Personalised Meditation session (60 minutes)	1



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TREATMENTS & THERAPIES	10 NIGHTS
• Physician Prescribed Healing Massage Therapy (60 minutes)	4
• Cupping Therapy	4
• Acupressure Body Healing Therapy (60 minutes)	2
• Prescribed Physiotherapy (30 minutes)	10
• Naturopathy Herbal Packs as per health Condition (30 minutes)	1
• Personalised Yoga Session (60 minutes)	1
• Personalised Meditation session (60 minutes)	1
• Invigorating Whirlpool Therapy	2

TREATMENTS & THERAPIES	14 NIGHTS
• Physician Prescribed Healing Massage Therapy (60 minutes)	6
• Cupping Therapy	6
• Acupressure Body Healing Therapy (60 minutes)	2
• Prescribed Physiotherapy (30 minutes)	14
• Naturopathy Herbal Packs as per health Condition (30 minutes)	3
• Personalised Yoga Session (60 minutes)	2
• Personalised Meditation session (60 minutes)	2
• Invigorating Whirlpool Therapy	4



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9 pm	In Room Detox Tea before Sleep	In Room Detox Tea before Sleep	In Room Detox Tea before Sleep	In Room Detox Tea before Sleep	In Room Detox Tea before Sleep	In Room Detox Tea before Sleep	In Room Detox Tea before Sleep
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LEGENDS



OPTIONAL



MOST LOVED



RECOMMENDED