

a new vision for well-being

ENERGIZING... REGENERATING



## Welcome to the *the Alka+Kur* Program

*This Alkaline Health Conditioning and Regenerating program includes*

**INDIGO™** Biofeedback **system** evaluation and recommendations for **Alka+Kur** Nutrition and Body Care

Based on **INDIGO™** Biofeedback evaluation **results** the program includes:

**Alka+Kur** Vegetables and Fruit Drinks

**Alka+Kur** Full Immersion Bath

**Alka+Kur** Foot Bath

**Alka+Kur** Steam Bath

**Alka+Kur** Body Wrap

**Alka+Kur** Nutritional Basti

Lymphatic Drainage

Underwater Massage Hydrotherapy

Contrast Temperature Hydrotherapy

Yoga-Rebounder-Stretching-Exercises

Breathing-Relaxation-Sun and Airbath

# *the Alka+Kur*

*pH alkaline health conditioning program*

*nurturing  
conditioning  
regenerating  
...fun*

*suitable for children teens adults  
cardio vascular  
weight management  
stress management  
substance dependency management*



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*Heat*

Spa-Kur Therapy Development  
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# INDIGO™ Biofeedback system

*Ancient Healing Meets  
Modern Technology*



*Daily Stress Management*



*Children Behavior Assessment*



*Female Health Assessment*

**What is BIOFEEDBACK and how might it help me?**

Medical research shows that the benefits of biofeedback may include the following:

- Ability to relax more quickly
- Improved sleep
- Reduction of tenseness, nervousness
- Improved general health-sense of well being
- Reduction of anger, fear, apprehension-gloominess
- Heightened muscle mobility and flexibility
- Enhanced mental clarity, memory-improved attention
- Decreased pain/headaches

How the **INDIGO** system works:

The **INDIGO** System measures SKIN RESPONSE on the wrists, ankles, forehead-stress reactions to over 10,000 different components, commonly interacting with your body. Components are computed and are displayed on a screen, allowing me to have greater access into assessing the profile of stress factors pertinent to your lifestyle and well being.

The **INDIGO** utilizes similar technologies as the MRI, CT Scan, EEG and ECG which measure the electrical activity of your body to provide information about the state of your health.

Disclaimer: For the diagnosis or treatment of any disease, please consult a licensed physician.

# The Alka+Kur Program Schedule

arrive in the evening before the Alka+Kur begins

4:00 Alka+Kur **Vegi** Drink

● 6:00 Alka+Kur **VegiFruit** Drink –

Dry Brushing–Herbal Pack–Contrast Temperature Footbath

7:00 Alka+Kur Nutrition Basti or Lymphatic Drainage

8:00 Alka+Kur **VegiFruit** Drink - Rest

9:00 Alka+Kur **BrainVitality** Drink - Alka+Kur Footbath

10:00 Alka+Kur **VegiFruit** Drink - Lymphatic Drainage

11:00 Alka+Kur **Mineral** Drink – Exercise

12:00 Alka+Kur **VegiFruit** Drink - Rest

● 12:30 Alka+Kur **Mineral** Drink - Exercise

1:00 Alka+Kur Nutrition Basti or Hydrotherapy

2:00 Alka+Kur **VegiFruit** Drink - Lymphatic Drainage

3:00 Alka+Kur **Mineral** Drink - Rest

3:30 Alka+Kur **Vegi** Drink - Exercise

4:00 Alka+Kur **VegiFruit** Drink - Rest

5:00 Alka+Kur **BrainVitality** Drink - Alka+Kur Footbath

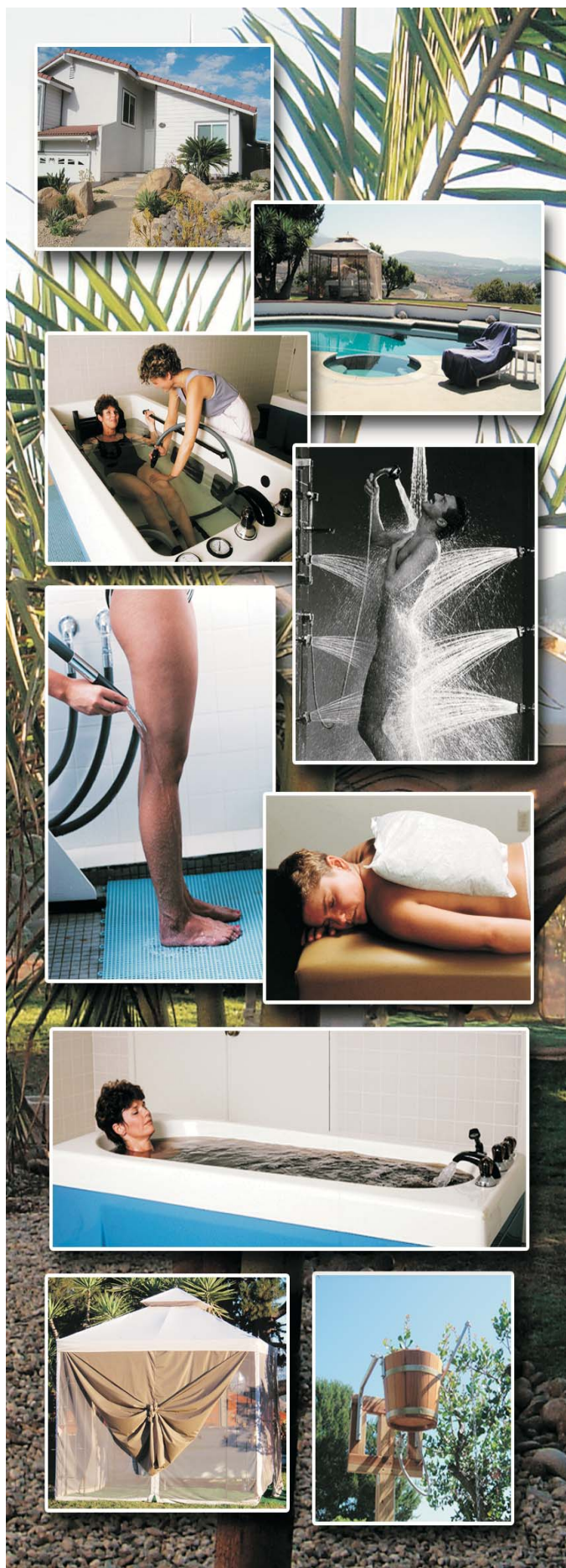
6:00 Alka+Kur **VegiFruit** Drink – Rest

7:00 Alka+Kur Nutrition Basti or Hydrotherapy

8:00 Alka+Kur **VegiFruit** Drink - Lymphatic Drainage

9:00 Alka+Kur **BrainVitality** Drink

9:30 Alka+Kur Night Tea



# Alka+Kur Program Prices

| <b>Lodging</b>           | <b>Alka+Kur Program</b> |               |
|--------------------------|-------------------------|---------------|
|                          | 1 day                   | \$945         |
| 3 Days: two nights       | two days                | \$995 per day |
| 1 Week: seven nights     | six days                | \$985 per day |
| 2 Weeks: fourteen nights | thirteen days           | \$975 per day |
| 3 Weeks: twenty nights   | nineteen days           | \$965 per day |

|                          |                            |          |
|--------------------------|----------------------------|----------|
| <b>INDIGO™</b>           | Initial Evaluation Session | \$199/hr |
|                          | Follow up Sessions         | \$100/hr |
| <b>EXERCISE<br/>YOGA</b> | Personal Session           | \$100/hr |
|                          | Series of 5                | \$80/hr  |
|                          | On-site Group Session      | \$200/hr |

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## BODY - HYDRO & THERMO TREATMENT

\$80 per session

Alka+Kur Baths: Fango (Mud), Mineral, Herbal, Seaweed, Milk Whey, Ionic Footbath, Alka+Kur Body Wrap, Underwater Pressure Massage, Lymphatic Drainage

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## TREATMENT COMBINATIONS

\$160 per session

Alka+Kur Baths: Fango (Mud), Mineral, Herbal, Seaweed Bath, Sauna Steam Cabinet **with** Lymphatic Drainage and Exercise

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## THALASSOTHERAPY / Pacific Seaweed Treatment

\$160 per session

Cellulite and Body Slimming, Drybrushing, Seaweed Bath, Underwater Pressure Massage or Lymphatic Drainage, Exercise, Alka+Kur VegiFruit Drink

**On Site Alka+Kur Program available**