

Microcirculation (High Blood Pressure)
(4Y2W)

Bath #	White tonic, ml	Yellow tonic, ml	Action time, min
1	-	20	15
2	-	25	15
3	-	30	15
4	-	35	15
5	-	40	15
6	-	45	15
7	-	50	15
8	-	55	15
9	-	60	15
10	-	70	15
11	-	75	15
12	20	55	15
13	20	60	15
14	25	65	15
15	25	70	15
16	30	70	15
17	30	75	15
18	35	75	15
19	35	80	15
20	40	80	15
21	40	80	15
22	40	80	15
23	40	80	15
24	40	80	15
25	40	80	15
26	40	80	15
27	40	80	15
28	40	80	15
29	40	80	15
30	40	80	15
31	40	80	15
32	40	80	15
33	40	80	15

- During first 5 min increase water temperature up to 39°C
- During next 5 min increase temperature up to 40-41°C
- Keep this temperature till finish(another 4-5 min)

One cycle includes 25-30 baths, in 5- 6 months you will need to repeat this cycle again