

#4 Hypertension (High Blood Pressure) (6Y)

Bath #	White tonic, ml	Yellow tonic, ml	Action time, min
1	-	20	15
2	-	30	15
3	-	40	15
4	-	50	15
5	-	60	15
6	-	70	15
7	-	80	15
8	-	90	15
9	-	100	15
10	-	110	15
11	-	120	15
12	-	120	15
13	-	120	15
14	-	120	15
15	-	120	15
16	-	120	15
17	-	120	15
18	-	120	15
19	-	120	15
20	-	120	15
21	-	120	15
22	-	120	15
23	-	120	15
24	-	120	15
25	-	120	15
26	-	120	15
27	-	120	15
28	-	120	15
29	-	120	15
30	-	120	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