

#1 Microcirculation (Normal Blood Pressure)
(2Y4W)

Bath #	White tonic, ml	Yellow tonic, ml	Action time, min
1	20	-	15
2	25	-	15
3	30	-	15
4	35	-	15
5	35	-	15
6	40	-	15
7	40	-	15
8	-	60	15
9	45	-	15
10	45	-	15
11	50	-	15
12	50	-	15
13	-	70	15
14	55	-	15
15	55	-	15
16	60	-	15
17	-	80	15
18	60	-	15
19	60	-	15
20	65	-	15
21	-	90	15
22	70	-	15
23	70	-	15
24	75	-	15
25	-	100	15
26	80	-	15
27	80	-	15
28	85	-	15
29	-	120	15
30	90	-	15
31	90	-	15
32	95	-	15
33	-	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