

SPINAL BASTI



Spine, being most important part of body to keep us upright & in best working condition gets affected by lots of stress & strain everyday

Best therapy to rejuvenate & relax your valuable SPINE

- Nourishment to whole spinal cord
- strengthens muscles & ligaments around vertebral column
- improves blood circulation around vertebral column for better calcium absorption
- improves flexibility of vertebral column
- overcomes pain & improves nervous supply in whole body

