

MEET YOUR

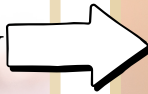
Aylara

CARE PLAN

CALM & RESET

Winter

calming acute pain and inflammation, allowing the body to rest and prepare for a gradual return to balance—much like the promise of light that follows winter's depths.



Spring

emphasizes restoration, gently encouraging healing and functional recovery.



RESTORE & RENEW

CURE & PREVENT

Fall

dedicated to cementing recovery and implementing long-term preventive strategies. This stage ensures that improvements are maintained, and any lingering issues are resolved for lasting health.



Summer

focus shifts to enhancing strength and endurance, empowering you to meet everyday physical demands. The energy of summer fuels progress, driving you toward peak functional capability.

BUILD & EMPOWER

1. Winter Solstice – Calm & Reset

- Focus: Alleviating pain and reducing inflammation
- The winter solstice, marking the darkest day of the year, symbolizes a moment of stillness and introspection. In this phase, the focus is on calming acute pain and inflammation, allowing the body to rest and prepare for a gradual return to balance—much like the promise of light that follows winter's depths.

2. Spring Equinox – Restore & Renew

- Focus: Revitalizing tissue health and function
- The spring equinox brings equal light and darkness, signifying renewal and equilibrium. This phase emphasizes restoration, gently encouraging healing and functional recovery. As nature bursts forth in new life, your body too begins to restore strength and vitality, setting the stage for more active rehabilitation.

3. Summer Solstice – Build & Empower

- Focus: Strengthening and building endurance
- The summer solstice, with its abundance of daylight and energy, perfectly represents this phase of vigorous rebuilding. Here, the focus shifts to enhancing strength and endurance, empowering you to meet everyday physical demands. The energy of summer fuels progress, driving you toward peak functional capability.

4. Autumn Equinox – Cure & Prevent

- Focus: Final rehabilitation and sustainable prevention
- As day and night balance once more during the autumn equinox, this phase is dedicated to cementing recovery and implementing long-term preventive strategies. Just as nature prepares for a period of rest while maintaining equilibrium, this stage ensures that improvements are maintained, and any lingering issues are resolved for lasting health.