



NAMI OOCYTE program variants

Program's name	OPTIMUM	MEDIUM	SHORT
Nights	7	4	3
Optimal arrival day	Sunday	Wednesday	Thursday
Other arrival days	—	—	Friday, Saturday
Departure day	Sunday	Sunday	Sunday
Lifestyle lab tests	1	1	1
Anesthesia lab tests	1	1	—
Mesotherapy-day lab tests	1	1	—
Gynecology consult — fertility expert	2	1	—
Gynecology ultrasound	1	1	—
Lifestyle/internal medicine consult	1	—	—
Physiotherapy consult	1	1	1
Dietitian consult	1	—	—
Medication priming	5	—	—
Anesthesiology consult	1	1	—
Ovarian mesotherapy	1	1	—
HBOT qualification labs (CBC, chest X-ray)	1	1	—
HBOT qualification consult	1	1	1
HBOT session post-mesotherapy	2	2	2
Redox cocktail / anti-inflammatory tea	6	3	2
Psychology workshop	1	1	1
Therapeutic yoga/breathwork	7	4	2
Yoga Nidra / Schultz	7	4	2
Medical training	6	3	2
Total medical procedures	47	27	14
Regeneration Zone (pool, saunas)	free use	free use	free use
Meals	FB	FB	FB