

# TRUPTI PANCHAKARMA

*Therapy Catalogue*

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# TRUPTI PANCHAKARMA

NOTE: Please tell us the SKU code, when you approach us by whatsapp text or call or at website.

NOTE: For more professional explanation and suggestion please call on 91+ 7008919921, 91+ 9437091540.

## 1. Non-Surgical Pain Management

### **Back Pain (SKU- P1022)**

Treatments: Kati Vasti

Price / Total Days: 7,000/ 7 days

### **Joint & Knee Pain (SKU- P1023)**

Treatments: Janu Vasti & Abhyangam

Price / Total Days: 20,000/ 7days

### **Sciatica (SKU- P102)**

Treatments: Agnikarma & Basti

Price / Total Days: 14,000/ 7 days

### **Migraine (SKU- P1024)**

Treatments: Nasya & Sirodhara

Price / Total Days: 20,000/ 7 days

Prices may change according to duration of days.

## 2. Real Panchakarma

### **Vamana Therapy (SKU- P1025)**

**About:**An Ayurvedic detoxification therapy that removes accumulated toxins and restores natural balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–60 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 60 Minutes

**Recommended Days:** 7–45 Days

**Price / Day:** 22,000/ 7 days

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### ***Virechana Therapy (SKU- P1026)***

**About:** An Ayurvedic cleansing therapy that eliminates toxins through controlled purification and promotes internal balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–60 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 60 Minutes

**Recommended Days:** 7-45 days

**Price / Day:** 15,000/ 7 days

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### ***Basti Therapy (SKU- P1027)***

**About:** A rejuvenating Ayurvedic therapy that cleanses the colon, balances Vata dosha, and supports overall health.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–60 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 30 Minutes

**Recommended Days:** 7-45 Days

**Price / Time:** 1500/ 30 mins

**Price / Day:** 10,000/ 7 days

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### ***Nasya Therapy (SKU- P1028)***

**About:** An Ayurvedic nasal cleansing therapy that promotes sinus health, mental clarity, and overall well-being.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–60 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 30 Minutes

**Recommended Days:** 7-45 Days

**Price / Time:** 1500/ 30 mins

**Price / Day:** 10,000/ 7 days

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## **3. Ayurvedic Therapies**

### ***Kati Vasti (SKU- P10200)***

**About:** A therapeutic Ayurvedic treatment that relieves lower back pain and strengthens the lumbar region.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 1500/ 45 mins

**Price / Day:** 10,000/ 7days

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### ***Janu Vasti (SKU- P10239)***

**About:** A specialized Ayurvedic therapy that nourishes the knee joints, relieves pain, and improves mobility.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 1500/ 45 mins

**Price / Day:** 10,000/ 7 days

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### ***Greeva Vasti (SKU- P1030)***

**About:** A therapeutic Ayurvedic treatment that relieves neck pain, reduces stiffness, and strengthens the cervical region.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18-21 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 1500/ 45 mins

**Price / Day:** 10,000/ 7 days

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### ***Pizhichil (SKU- P103)***

**About:** A rejuvenating Ayurvedic therapy that relieves pain, improves circulation, and promotes relaxation.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 3000/45 mins

**Price / Day:** 20,000/ 7 days

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### ***Anuvasti (SKU- P1034)***

**About:** An Ayurvedic oil-based therapy that nourishes the body, balances Vata, and promotes overall wellness.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 30 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 1000/30 mins

**Price / Day:** 7,000/ 7 days

---

### ***Niruha Vasti (SKU- P1035)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 30 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 1000/ 30 mins

**Price / Day:** 7,000/ 7 days

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### ***Takradhara (SKU- P1036)***

**About:** An Ayurvedic therapy that calms the mind, relieves stress, and promotes mental well-being.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7-15 Days

**Price / Time:** 2200/ 45 mins

**Price / Day:** 14,000/ 7 days

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***Udwarthanam (SKU- P1057)***

**About:** An Ayurvedic herbal powder massage that improves circulation, reduces fat, and revitalizes the body.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 15-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 2500/45 mins

**Price / Day:** 15,000/ 7 days

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***Churnapinda Sweda (SKU- P1058)***

**About:** An Ayurvedic herbal bolus therapy that relieves pain, reduces stiffness, and improves mobility.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 2500/45 mins

**Price / Day:** 15,000/7 days

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***Shiro Abhyanga (SKU- P1059)***

**About:** An Ayurvedic head massage that relieves stress, improves circulation, and promotes relaxation.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 30 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 1500/ 30 mins

**Price / Day:** 10,000/7 days

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### ***Netra Tarpana (SKU- P105)***

**About:** An Ayurvedic eye therapy that nourishes the eyes, relieves strain, and supports vision health.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 15-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 30 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 1500/ 30 mins

**Price / Day:** 10,000/ 7days

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### ***Mukha Lepam (SKU- P1071)***

**About:** An Ayurvedic facial therapy that nourishes the skin, enhances complexion, and promotes a natural glow.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7 Days

**Price / Time:** 1500/45 mins

**Price / Day:** 10,000/ 7 days

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### ***Karnapoorana (SKU- P1072)***

**About:** An Ayurvedic ear therapy that nourishes the ears, relieves discomfort, and supports ear health.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 30 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 1500/ 30 mins

**Price / Day:** 7,000/ 7 days

---

### ***Herbal Steam Therapy (SKU- P1073)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 20 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 1200/ 20 mins

**Price / Day:** 7,000/ 7 days

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### ***Padabhyanga (SKU- P1074)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation of foot .

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 30 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 1500/30 mins

**Price / Day:** 10,000/ 7 days

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### ***Raktamokshana (SKU- P1075)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7 Days

**Price / Time:** 1000/ 45 mins

**Price / Day:** 7,000/ 7 days

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### ***Dhanyamla Dhara (SKU- P1086)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 2500/ 45 mins

**Price / Day:** 15,000/ 7 days

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### ***Nasyam (SKU- P1028)***

**About:** Authentic wellness therapy designed for holistic healing of nasal.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 30 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 1500/ 30 mins

**Price / Day:** 10,000/ 7 days

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### ***Uro Vasti (SKU- P1088)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 30 Minutes

**Recommended Days:** 7- 21 Days

**Price / Time:** 1500/ 30 mins

**Price / Day:** 10,000/ 7 days

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***Ksheera Dhara (SKU- P1089)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 2200/ 45 mins

**Price / Day:** 14,000/ 7 days

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***Lepam Therapy (SKU- P1080)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 30 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 1000/ 30 mins

**Price / Day:** 7,000/ 7 days

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***Agnikarma (SKU- P0011)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 30 Minutes

**Recommended Days:** 7- 21 Days

**Price / Time:** 1200/ 30 mins

**Price / Day:** 7,000/ 7 days

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***Patra Pinda Sweda (SKU- P0012)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 2200/45 mins

**Price / Day:** 14,000/ 7 days

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***Shashtika Shali Pinda Sweda (SKU- P0013)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7- 21Days

**Price / Time:** 1800/ 45 mins

**Price / Day:** 16,000/ 7 days

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***Marma Therapy (SKU- P0014)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 2200/ 45 mins

**Price / Day:** 14,000/ 7 days

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### ***Rasayana Therapy (SKU- P0015)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 3500/ 45 mins

**Price / Day:** 25,000/ 7 days

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### ***Kesini Therapy (SKU- P0016)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 30 Minutes

**Recommended Days:** 7- 21 Days

**Price / Time:** 1200/ 30 mins

**Price / Day:** 7,000/ 7 days

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### ***Milk Honey Bath Therapy (SKU- P0017)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7-21 Days

**Price / Time:** 2500/45 mins

**Price / Day:** 20,000/ 7 days

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Many more Ayurvedic therapies are available but not possible to mention here.

Prices may change according to duration of days and timing.

## 4. Western Massages

### ***Swedish Massage (SKU- P0018)***

**About:** Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 13-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Price / Time:** 2500/ 45 mins

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### ***Deep Tissue Massage (SKU- P0009)***

**About:** Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Price / Time:** 3000/45 mins

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### ***Thai Massage (SKU- P0001)***

**About:** Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 60 Minutes

**Price / Time:** 3500/ 1 hr

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### ***Aroma Massage (SKU- P0002)***

**About:** Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Price / Time:** 2500/ 45 mins

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### ***Balinese Massage (SKU- P0003)***

**About:** Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Price / Time:** 3500/ 45 mins

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### ***Hot Stone Massage (SKU- P0004)***

**About:** Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–50 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Price / Time:** 3000/45 mins

### ***Sports Massage (SKU- P0005)***

**About:**Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 15-50 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Price / Time:** 3000/ 45 mins

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### ***Foot Reflexology (SKU- P0006)***

**About:**Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 30 Minutes

**Price / Time:** 1500/ 30 mins

---

### ***Head Massage (SKU- P0007)***

**About:**Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 15-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 20 Minutes

**Price / Time:** 1000/ 20 mins

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### ***Couple Massage (SKU- P0078)***

**About:**Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing

- Promotes overall wellness

**Eligibility:** 20-50 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Price / Time:** 7000/45 mins

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### ***Relaxation Massage (SKU- P0079)***

**About:** Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Price / Time:** 2500/ 45 mins

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### ***Chair Massage (SKU- P007)***

**About:** Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Price / Time:** 2000/45 mins

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### ***Body Servicing Massage (SKU- P0000)***

**About:** Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 75 Minutes

**Price / Time:** 5000/ 75 mins

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### ***Trigger Point Massage (SKU- P0771)***

**About:** Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 20-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Price / Time:** 4000/ 45 mins

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### ***Body Scrubbing Massage (SKU- P7772)***

**About:** Authentic wellness massage designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Improves blood circulation
- Supports stress relief
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–60 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 75 Minutes

**Price / Time:** 5000/75 mins

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Many more western massages are available but not possible to mention here.

Prices may change according to duration of timing.

## **5. Ayurvedic Beauty Facials & Treatments**

### ***Herbal Facial Therapy (SKU- P7773)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Helps reduce stress and facial fatigue
- Supports relaxation and mental calmness
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 15-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7 Days

**Price / Time:** 2200/ 45 mins

**Price / Day:** 15,000/ 7 days

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### ***Gold Facial Therapy (SKU- P7774)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Helps reduce stress and facial fatigue
- Supports relaxation and mental calmness
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 15-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7 Days

**Price / Time:** 3000/ 45 mins

**Price / Day:** 20,000/ 7 days

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***Skin Glow Therapy (SKU- P7775)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Helps reduce stress and facial fatigue
- Supports relaxation and mental calmness
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 15-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7 Days

**Price / Time:** 4000/ 45 mins

**Price / Day:** 26,000/ 7 days

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***Hair Wellness Therapy (SKU- P8454)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Helps reduce stress and facial fatigue
- Supports relaxation and mental calmness
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 18–70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7 Days

**Price / Time:** 2000/ 45 mins

**Price / Day:** 14,000/ 7 days

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***Anti-Stress Facial Therapy (SKU- P0997)***

**About:** Authentic wellness therapy designed for holistic healing, rejuvenation, relaxation, and natural body balance.

**Benefits:**

- Helps reduce stress and facial fatigue
- Supports relaxation and mental calmness
- Enhances relaxation
- Supports body healing
- Promotes overall wellness

**Eligibility:** 15-70 years and suitable according to body condition and consultation.

**Time Duration:** Minimum 45 Minutes

**Recommended Days:** 7 Days

**Price / Time:** 2500/ 45 mins

**Price / Day:** 16,000/ 7 days

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Many more beauty therapies are available but not possible to mention here.

Prices may change according to duration of days and timing.

TRUTI PANCHAKARMA



*Thank You*

-Wish you a speed  
recovery -