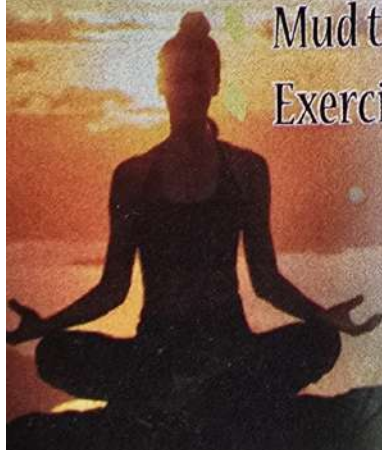
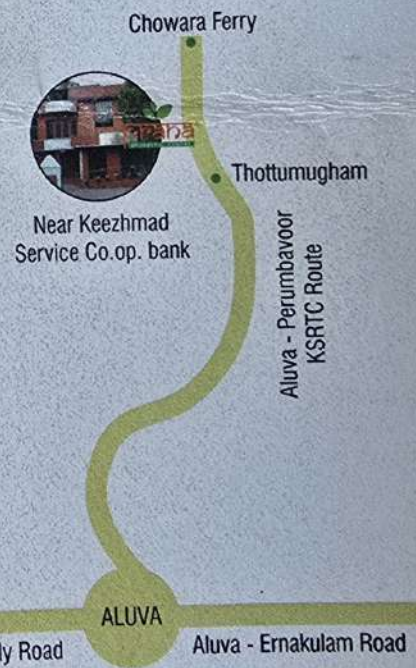


Treatments Offered

- Abhyangam
- Elakizhi
- Podikizhi
- Njavara Kizhi
- Pizhichil
- Dhara
- Mukha Lepam (Herbal Facial)
- Ayurveda Hair Treatments
- Pre / Post Delivery Care
- Special Head, Face, Foot Massage
- Nasyam
- Naturopathy & Yoga
- Therapeutic Yoga
- Meditation
- Personalised Diet
- Therapeutic fasting
- Acupuncture
- Mud therapy
- Exercise therapy





Be healthy with Prana...

ആരോഗ്യം പ്രാണയിലൂടെ...

- Rejuvenation Treatment/detoxification treatments
 - Stress Management Therapies
 - Weight Management
 - Ayurveda Beauty Treatments
 - Disease Oriented Treatments
(Special Treatments for Migraine, Sinusitis, Allergies, Vatarogas, Skin diseases, Sthree rogas)
 - Counselling
 - Treatments for lifestyle disorders
- Under - Experienced Doctors, Experienced Therapist
Well - Trained Staffs
- In - patient facility available with insurance coverage



THOTTUMUGHAM, ALUVA, KERALA
Phone : 0484 2623666
Mobile : 77365 55966
www.pranaayurvediccentre.com





Facilities

Life style consultation

Herbal oil therapy

Rejuvenation therapy

Therapeutic massages

Special ayurveda treatments

Panchakarma therapy

Beauty therapy

Instructional lectures

Yoga classes

Treatment Packages

- | | |
|---|-------------------|
| 1. Panchakarma or purification therapy | - 14/21 days |
| 2. Body relaxation and stress relief therapy | - 7/14/21 days |
| 3. Rejuvenation therapy | - 7/14/21 days |
| 4. Bone and joint health management | - 7/14/21 days |
| 5. Arthritis management | - 7/14/21 days |
| 6. I.V.D.P management | - 7/14/21/28 days |
| 7. Skin purification & detoxification | - 7/14/21 days |
| 8. Special treatment for Sinusitis & Migraine | - 7/14 days |





KEEZMADU SERVICE
CO OPERATIVE BANK



ALUVA
PERUMBAVOOR ROAD
(KSRTC BUS ROUTE)

CHOWARA FERRY STOP

Approx. 1.5km

THOTTUMUKHAM

BUS STAND

ALWAYE

RAILWAY
STATION

NH47 - BYE PASS

KOCHI →

← ANGAMALY

Dr. hekshmi - 994301396



prana
THE AYURVEDIC CENTRE

Prana Ayurvedic Centre,
Thottumugham P.O. Aluva - 683105,
Phone: 0484 6555966, 7736555966

Email: pranatheayurvediccentre@gmail.com

Website: www.pranaayurvediccentre.com