

dhāthri™



WELLNESS CLINIC

AYURVEDA ALIVE



WELLNESS  
CARE

Dhathri Wellness Care Packages

# Our Specialty

- ❖ Natural products like herbs, fresh fruits, milk, essential oil are used for treatments
- ❖ Provision for consultation by efficient Ayurveda doctors
- ❖ Treatments are a harmonious mix of Ayurveda and modern day therapeutics
- ❖ Ayurveda physicians determine 'dosha' type and administer treatments based on prakriti analysis
- ❖ Treatments are administered with Soukhyaveda approach and combined with the goodness of Ayurveda
- ❖ Wide range of ayurvedic therapies offered at Dhathri are fine tuned to harmonize body, mind and spirit



# Dhathri Wellness Packages

1. Happy House Wife Package
2. Wellness Package for Corporates
3. De-Stress Package
4. Life Style Disorder Management Package
5. Senior Citizen Care Package
6. She 40 Care Package
7. Teenage Care Package
8. My Confidence Package for College Going
9. Work Life Balance Package
10. Summer Cool Package
11. Winter Care Package
12. My Health Package
13. Pain Management package
14. Skin Care Package



# Dhathri Happy House Wife Package

## Designed to help in

- ❖ Spot reduction
- ❖ Pain relief
- ❖ Stress Relief
- ❖ Relaxation
- ❖ Reduces stiffness and swelling
- ❖ Helps in nerve regeneration
- ❖ Improves muscular strength
- ❖ Reduces hairfall and dandruff
- ❖ Induces facial glow
- ❖ Improves skin hydration

## Treatments

- ❖ Weight Loss - 5 Sessions
- ❖ Vacuum Therapy/Gel Therapy – 5 Sessions
- ❖ Siro Kashayadhara – 3 Sessions
- ❖ Local Abhyangam – 3 Sessions
- ❖ Pizhichil – 3
- ❖ Kizhi Treatment– 3 Sessions
- ❖ Tricho Treatment – 3 Sessions
- ❖ Dhathri Glow facial
- ❖ Pedicure + Manicure
- ❖ Threading
- ❖ Hair Trim
- ❖ Prakriti Analysis
- ❖ Diet Counseling



# Dhathri Wellness Package for Corporates

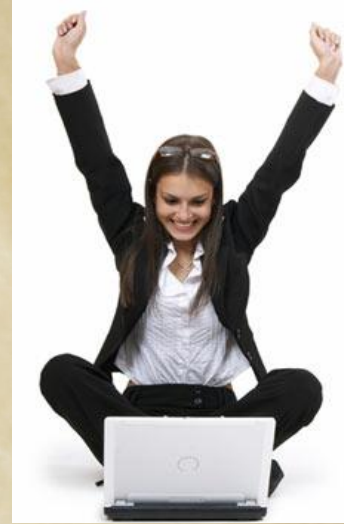
## (Eye Care, Hair Loss, Age Lock, Stress, Insomnia, Over weight, Carpel Tunnel, Cervical, LBA)

Designed to help in

- ❖ Reduces dryness, pain, itching, strain of eyes
- ❖ Prevents hair loss by revitalizing and strengthening hair follicles
- ❖ Prevents tell-tale signs of wrinkles and slows ageing process
- ❖ Improves blood circulations, skin tone and skin firming
- ❖ Enhances strength, energy, vitality, concentration and mental clarity
- ❖ Brings deep relaxation, sound sleep and sense of well being
- ❖ Helps in weight reduction and maintaining body posture
- ❖ Reduces numbness of thumb and index fingers
- ❖ Prevents atrophy of muscles of thenar eminence
- ❖ Reduces pain, numbness and inflammation
- ❖ Helps in nerve regeneration
- ❖ Reduces radiating pain towards legs
- ❖ Improves flexibility and strength of muscles

Treatments – Eye Care

- ❖ Netra tharpanam – 5 Sessions
- ❖ Under eye Correction – 5 Sessions
- ❖ Vidalakom – 3 Sessions
- ❖ Pindika – 3 Sessions
- ❖ Ascotanam – 3 Sessions
- ❖ Sirodhara – 3 Sessions
- ❖ Face Massage – 3 Sessions
- ❖ Eye Exercise + Breathing Exercise
- ❖ Yoga
- ❖ Meditation
- ❖ Prakriti Analysis
- ❖ Diet Counseling



# Dhathri Wellness Package for Corporates

(Eye Care, Hair Loss, Age Lock, Stress, Insomnia, Over weight, Carpel Tunnel, Cervical, LBA)

## Treatments – Hair Loss

- ❖ Dermoscopical Scalp Analysis
- ❖ Prakriti Analysis
- ❖ Tricho treatment – 6 Sessions
- ❖ Nasyam (if required) – 3 sessions
- ❖ Siro Kashayadhara – 3 Sessions
- ❖ Thakradhara/Thalapodichil – 3 Sessions
- ❖ Diet Counseling

## Treatments – Age Lock

- ❖ Age lock facial (Anti-ageing) – 6 Sessions
- ❖ Local Abhyangam – 5 Sessions
- ❖ Mukhalepam – 5 Sessions
- ❖ Mineral Mud Pack – 5 Sessions



# Dhathri Wellness Package for Corporates

(Eye Care, Hair Loss, Age Lock, Stress, Insomnia, Over weight, Carpel Tunnel, Cervical, LBA)

## Treatments – Stress

- ❖ Abhyangam + Steam Bath – 5 Sessions
- ❖ Siro Thailadhara – 3 Sessions
- ❖ Netra Sekam – 5 Sessions
- ❖ Ascotana – 3 Sessions
- ❖ Njavara Lepam – 3 Sessions
- ❖ Eye Exercise
- ❖ Breathing Exercise
- ❖ Meditation
- ❖ Prakriti Analysis
- ❖ Diet Counseling

## Treatments – Insomnia

- ❖ Abhyangam + Steam Bath – 5 Sessions
- ❖ Padha Abhyangam – 5 Sessions
- ❖ Siro Kashayadhara – 5 Sessions
- ❖ Jaladhara – 7 Sessions
- ❖ Netra sekam – 5 Sessions
- ❖ Nasyam (Brahmana) – 7 Sessions
- ❖ Thalam – 5 Sessions
- ❖ Prakriti Analysis
- ❖ Diet Counseling



# Dhathri Wellness Package for Corporates

(Eye Care, Hair Loss, Age Lock, Stress, Insomnia, Over weight, Carpel Tunnel, Cervical, LBA)

## Treatments – Over Weight

- ❖ Udwarthanam/Uthsadanam – 3 Sessions
- ❖ Steam Bath – 3 Sessions
- ❖ Ultra Sonic Lipo Suction – 3 Sessions
- ❖ Vacuum Therapy/Gel Therapy – 5 Sessions
- ❖ Weight Loss Sessions – 15 Sessions
- ❖ Prakriti Analysis
- ❖ Diet Counseling

## Treatments – Carpel Tunnel

- ❖ Abhyangam + Dhanyamladhara – 7 Sessions
- ❖ Abhyangam + Pizhichil – 7 Sessions
- ❖ Lepam/Bandage – 7 Sessions
- ❖ Upanaham – 7 Sessions
- ❖ Marshanasyam – 7 Sessions
- ❖ Prathimarshanasyam – 7 Sessions
- ❖ Prakriti Analysis
- ❖ Diet Counseling





# Dhathri Wellness Package for Corporates (Eye Care, Hair Loss, Age Lock, Stress, Insomnia, Over weight, Carpel Tunnel, Cervical, LBA)

## Treatments – Cervical

- ❖ Mrudu Abhyangam + Steam Bath – 5 Sessions
- ❖ Kizhi – 5 Sessions
- ❖ Greeva vasthi – 5 Sessions
- ❖ Nasyam – 5 Sessions
- ❖ Local Lepam – 5 Sessions
- ❖ Prakriti Analysis
- ❖ Diet Counseling

## Treatments – LBA

- ❖ Abhyangam + Steam Bath – 3 Sessions
- ❖ Nadiswedam/Dhanyamaladhara – 3 Sessions
- ❖ Kati vasthi/Pichu/Local Dhara– 3 Sessions
- ❖ Kizhi – 7 Sessions
- ❖ Virechanam
- ❖ Lepam/Upanaham/Bandage – 3 Sessions
- ❖ Adhakayasekam – 3 Sessions
- ❖ Vasthi – 8 Sessions



# Dhathri De-Stress Package



## Designed to help in

- ❖ Stress Relief
- ❖ Sound sleep
- ❖ Body Rejuvenation
- ❖ Improves blood circulation & Skin tone
- ❖ Enhances energy, vitality and mental clarity

## Treatments

- ❖ Abhyangam (Full Body) – 7 Sessions
- ❖ Steam Bath – 7 Sessions
- ❖ Siro Thailadhara – 7 Sessions
- ❖ Netra sekam – 7 Sessions
- ❖ Ascotana – 5 Sessions
- ❖ Thalam – 7 Sessions
- ❖ Yoga
- ❖ Meditation
- ❖ Prakriti Analysis
- ❖ De-stress Counseling
- ❖ Diet Counseling



# Dhathri Life Style Disorder Management Package (Obesity, Migraine, Diabetes, Hypertension, Cholesterol, Thyroid, PCOD)

## Designed to help in

- ❖ Implements positive life style changes
- ❖ Deep relaxation and sense of well-being
- ❖ Strengthens immune system
- ❖ Reduce negative effects of stress on body and mind
- ❖ Improves blood circulation
- ❖ Peripheral nerve stimulation
- ❖ Enhances energy, vitality and mental clarity
- ❖ Detoxification
- ❖ Pain Management
- ❖ Weight Loss
- ❖ Regulates hormonal imbalances
- ❖ Sound sleep
- ❖ Stress relief

## Treatments - Obesity

- ❖ Weight Loss – 10 Sessions
- ❖ Vacuum Therapy/Gel Therapy – 5 Sessions
- ❖ Abhyangam + Steam Bath – 5 Sessions
- ❖ Udhwarthanam/Uthsadanam + Steam Bath – 5 Sessions
- ❖ Thakradhara – 5 Sessions
- ❖ Yoga Vasthi – 8 Sessions
- ❖ Yoga + Meditation
- ❖ Exercise
- ❖ Prakriti analysis
- ❖ Diet Counseling



# Dhathri Life Style Disorder Management Package (Obesity, Migraine, Diabetes, Hypertension, Cholesterol, Thyroid, PCOD)

## Treatments - Migrane

- ❖ Siro Abhyangam – 5 Sessions
- ❖ Siro Vasthi – 5 Sessions
- ❖ Netra sekam – 5 Sessions
- ❖ Nasyam – 7 sessions
- ❖ Yoga + Meditation
- ❖ Prakriti analysis
- ❖ De-stress Counseling
- ❖ Diet Counseling

## Treatments - Diabetes

- ❖ Abhyangam – 7 Sessions
- ❖ Udhwarthanam/Uthsadanam – 7 Sessions
- ❖ Vasthi (Kashayavasthi/Yapanavasthi) – 8 Sessions
- ❖ Kaya sekam – 3 Sessions
- ❖ Exercise
- ❖ Yoga + Meditation
- ❖ Prakriti analysis
- ❖ Diet Counseling



# Dhathri Life Style Disorder Management Package (Obesity, Migraine, Diabetes, Hypertension, Cholesterol, Thyroid, PCOD)

## Treatments - Hypertension

- ❖ Abhyangam + Steam Bath – 5 Sessions
- ❖ Podi kizhi/Valuka – 3 Sessions
- ❖ Sirodhara (Ksheera/thailam/Thakra) – 5 Sessions
- ❖ Sirolepam – 3 Sessions
- ❖ Yoga + Meditation
- ❖ Prakriti analysis
- ❖ Diet Counseling

## Treatments - Cholestrol

- ❖ Abhyangam + Steam Bath – 5 Sessions
- ❖ Udhwarthanam/Uthsadanam – 7 Sessions
- ❖ Vasthi – 8 Sessions
- ❖ Yoga + Meditation
- ❖ Prakriti analysis
- ❖ Diet Counseling



# Dhathri Life Style Disorder Management Package (Obesity, Migraine, Diabetes, Hypertension, Cholesterol, Thyroid, PCOD)

## Treatments - Thyroid

- ❖ Kizhi (Choorna pinda swedam/rooksha swedam) – 3 Sessions
- ❖ Abhyangam + Steam Bath – 5 Sessions
- ❖ Udwarthanam/Uthsadanam – 7 Sessions
- ❖ Thakradhara – 5 Sessions
- ❖ Lekhanavasthi – 5 Sessions
- ❖ Skin Care (Pigmentation/Acne) – 3 Sessions (if required)
- ❖ Yoga + Meditation
- ❖ Prakriti analysis
- ❖ Diet Counseling

## Treatments - PCOD

- ❖ Abhyangam + Steam Bath – 5 Sessions
- ❖ Udwarthanam/Uthsadanam – 7 Sessions
- ❖ Thakradhara – 5 Sessions
- ❖ Vasthi (Yogavasthi/Utharavasthi)
- ❖ Skin Care (Pigmentation/Acne) – 3 Sessions (if required)
- ❖ Yoga + Meditation
- ❖ Prakriti analysis
- ❖ Diet Counseling



# Dhathri Sr. Citizen Care Package

## Designed to help in

- ❖ Pain relief
- ❖ Strengthens joints and muscles
- ❖ Increases muscle bulk and tone
- ❖ Reduces skin sagging
- ❖ Body Rejuvenation
- ❖ Restore constitutional balance
- ❖ Deep relaxation and sense of well being
- ❖ Releases endorphins – the body's natural pain killer which helps in recovery from chronic illness, injuries and relieves pain.

## Treatments

- ❖ Abhyangam + Steam bath – 5 Sessions
- ❖ Kativasthi/Januvasthi/Greevavasthi – 3 Sessions
- ❖ Vasthi – 8 Sessions
- ❖ Kizhi – 3 Sessions
- ❖ Pizhichil – 3 Sessions
- ❖ Njavara Theppu – 5 Sessions
- ❖ Yoga + Meditation
- ❖ Prakriti Analysis
- ❖ Diet Counseling



# Dhathri She 40 Care Package

## Designed to help in

- ❖ Spot reduction
- ❖ Pain Management
- ❖ Skin care
- ❖ Hair Nourishment and growth
- ❖ Provides relaxation and stress relief
- ❖ Helps in managing post menopausal symptoms
- ❖ Delays ageing process

## Treatments

- ❖ Abhyangam + Steam bath – 5 Sessions
- ❖ Sirodhara – 3 Sessions
- ❖ Vacuum Therapy/Gel Therapy – 5 Sessions
- ❖ Face Firming – 2 Sessions
- ❖ Facial – 2 Sessions
- ❖ Tricho Treatment (Hair Nourishment + Hair Fall) – 3 sessions
- ❖ Yoga + Meditation
- ❖ Prakriti Analysis
- ❖ Diet Counseling





# Dhathri Teenage Care Package

## Designed to help in

- ❖ Addresses total wellness
- ❖ Improves skin tone
- ❖ Indices complexion and glow to the skin
- ❖ Prevents hair loss and hair breakage
- ❖ Reduces pimples and acne

## Treatments

- ❖ Instant Glow Facial – 2 Sessions
- ❖ Anti Acne treatment – 2 Sessions
- ❖ Ultrasonic Lipo Suction – 3 Sessions
- ❖ Hair treatment – 3 Sessions
- ❖ Abhyangam + Steam – 2 Sessions
- ❖ Eladi-Njavara Pack – 2 Sessions
- ❖ Prakriti Analysis
- ❖ Diet Counseling



# Dhathri My Confidence Package for College Going

## Designed to help in

- ❖ Deep cleansing
- ❖ Removes dead cells and white heads
- ❖ Make the skin bright, firm and soft
- ❖ Strengthens the hair follicles
- ❖ Revitalizes scalp leading to natural hair regrowth
- ❖ Figure Correction

## Treatments

- ❖ Facial (Tan/Acne/Pigmentation) – 2 Sessions
- ❖ Under eye correction – 3 Sessions
- ❖ Mukhalepam – 2 Sessions
- ❖ Tricho Treatment – 3 Sessions
- ❖ Ultrasonic Lipo Suction – 3 Sessions
- ❖ Prakriti Analysis
- ❖ Diet Counseling



# Dhathri Work Life Balance Package

## Designed to help in

- ❖ Reverses the negative effects of stress on body and mind
- ❖ Enhances energy, strength and vitality.
- ❖ Induces deep relaxation and sound sleep
- ❖ Relieves stress, pain and anxiety
- ❖ Detoxification
- ❖ Relaxes and softens injured and over used muscles
- ❖ Implement positive life style changes

## Treatments

- ❖ Abhyangam + Steam Bath – 3 Sessions
- ❖ Sirodhara – 3 Sessions
- ❖ Age lock facial (Anti-ageing) – 3 Sessions
- ❖ Under Eye correction –
- ❖ Tricho Treatment – 3 sessions
- ❖ Netra Tharpanam – 3 Sessions
- ❖ Aschotanam – 5 Sessions
- ❖ Yoga
- ❖ Meditation
- ❖ Prakriti Analysis
- ❖ Diet Counseling



# Dhathri Summer Cool Package

## Designed to help in

- ❖ Hydrates body
- ❖ Removes sun tan
- ❖ Nourishes skin
- ❖ Relaxes and softens injured and over used muscles
- ❖ Reduces the impact of extreme heat

## Treatments

- ❖ Sirodhara – 5 Sessions
- ❖ Jaladhara – 5 Sessions
- ❖ Abhyangam + Steam Bath – 5 Sessions
- ❖ Njavara kizhi – 7 Sessions
- ❖ Thalapodichil - 3 Sessions
- ❖ Facial (Anti-Tan) – 3 Sessions
- ❖ Prakriti Analysis
- ❖ Diet Counseling



# Dhathri Winter Care Package

## Designed to help in

- ❖ Reduces muscle spasm and cramping
- ❖ Increases joint flexibility
- ❖ Induces skin hydration and tone
- ❖ Reduces pain and joint inflammation
- ❖ Reduces dandruff and hair fall
- ❖ Prevents scalp dryness and hair breakage
- ❖ Induces face glow

## Treatments

- ❖ Abhyangam + Steam Bath – 3 Sessions
- ❖ Kizhi – 5 Sessions
- ❖ Vasthi – 8 Sessions
- ❖ Upanahaswedam – 3 Sessions
- ❖ Pizhichil – 3 Sessions
- ❖ Facial (Aloe Vera) – 3 Sessions
- ❖ Tricho Treatment (Anti-Dandruff/Hair fall) – 5 Sessions
- ❖ Exercise
- ❖ Prakriti Analysis
- ❖ Diet Counseling



# Dhathri *My Health* Package

## Designed to help in

- ❖ Enhances tone and strengthens the muscles
- ❖ Beats stress and fatigue
- ❖ Delays ageing process
- ❖ Improves flexibility of joints and muscles
- ❖ Improves cell metabolism and stimulates blood circulation
- ❖ Hair growth and repair damaged hair
- ❖ Makes the skin healthy
- ❖ Skin hydration and induces sensuous glow to the skin

## Treatments

- ❖ Abhyangam + Steam bath – 5 Sessions
- ❖ Sirodhara – 3 Sessions
- ❖ Njavara theppu – 5 Sessions
- ❖ Vasthi (Ksheeravasthi) – 5 Sessions
- ❖ Tricho Treatment – 6 Sessions
- ❖ Glow Facial – 3 Sessions
- ❖ Mukhalepam (Eladi-njavara lepam)
- ❖ Vacuum Therapy/Gel Therapy – 5 Sessions



# Dhathri Pain Management Package

## Designed to help in

- ❖ Pain relief
- ❖ Increases blood circulation
- ❖ Helps in calming of the nerves
- ❖ Toning of muscles and the whole physiology
- ❖ Improves flexibility and strengthens joints
- ❖ Reduces stiffness, numbness and inflammation

## Treatments

- ❖ Abhyangam + Steam Bath – 3 Sessions
- ❖ Kizhi – 5 Sessions
- ❖ Upanahaswedam – 5 Sessions
- ❖ Pizhichil – 3 Sessions
- ❖ Vasthi  
(Kativasthi/Januvasthi/Greevavasthi ) – 3 Sessions
- ❖ Vasthi  
(Kashayavasthi/Snehavasthi/anuvasthi) – 8 Sessions
- ❖ Njavara Kizhi – 3 sessions



# Dhathri Skin Care Package

## Designed to help in

- ❖ Improves skin complexion
- ❖ Makes skin smooth
- ❖ Removes dead cells
- ❖ Skin firming
- ❖ Skin nourishment and hydration

## Treatments

- ❖ Abhyangam + Steam Bath – 5 Sessions
- ❖ Njavara Theppu – 3 sessions
- ❖ Mukhalepam – 5 Sessions
- ❖ Skin Whitening facial – 2 Sessions
- ❖ Face Firming – 3 Sessions
- ❖ Body Polish – 1 Sessions

