

INTEGRATIVE & FUNCTIONAL MEDICINE

Decode Your Hormones. Reclaim Your Hair. Restore Your Energy.

With Dr. Manishaa Pandit's science-backed coaching and signature Ayurvedic oil rituals.



Explore the Ebook

Shop House of M



Meet Dr. Manishaa Pandit

Dr. Manishaa Pandit is an Integrative & Functional Medicine Health Coach (IIN New York) and former dentist specializing in women's hormonal health and hair restoration. She helps women in their 30s and 40s decode progesterone decline, nervous system shifts, and early perimenopause.

Her unique approach blends clinical precision with ancestral wisdom, utilizing functional nutrition, marma activation, sound healing, and subconscious reprogramming to address the root causes of imbalance.

The Science

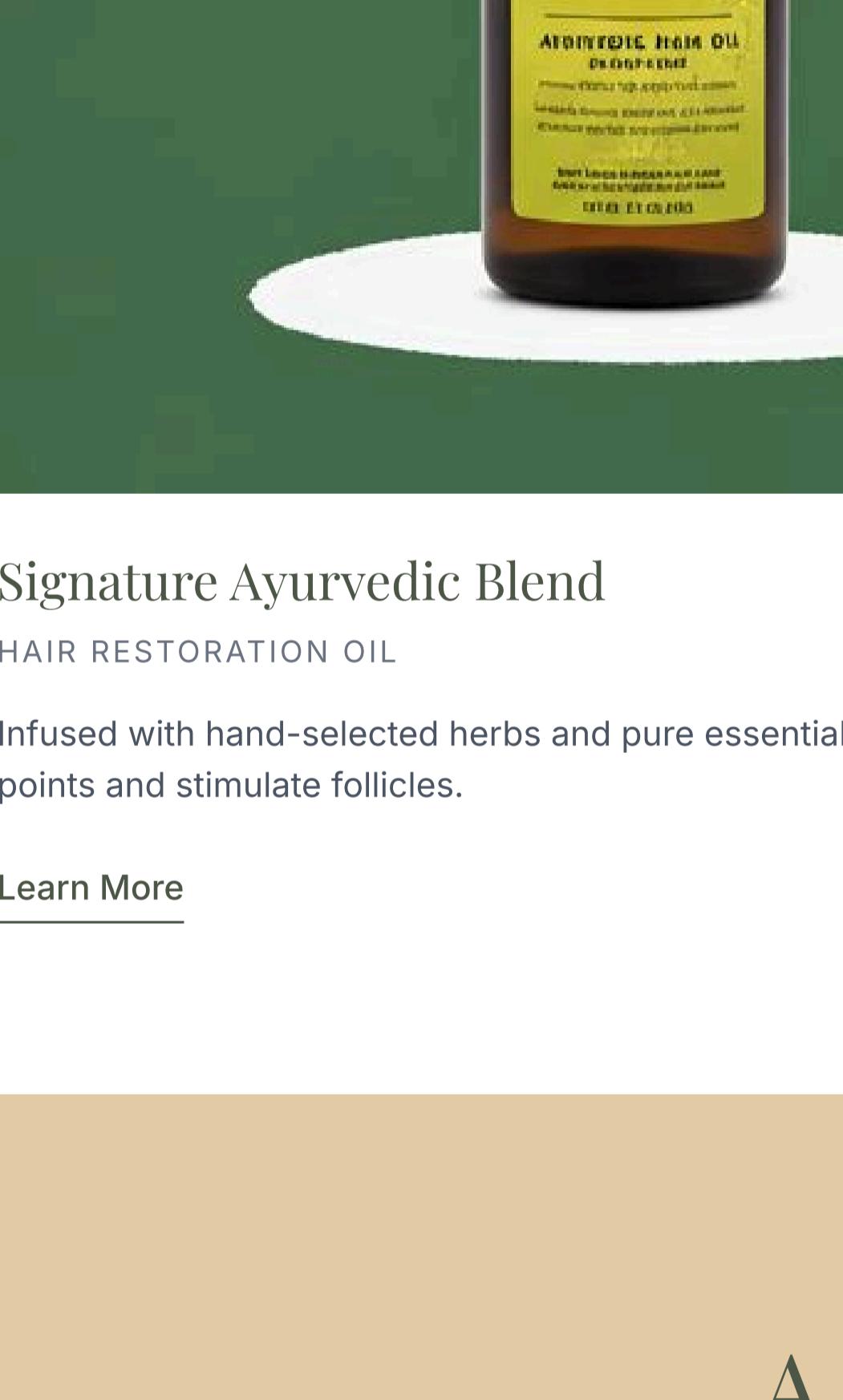
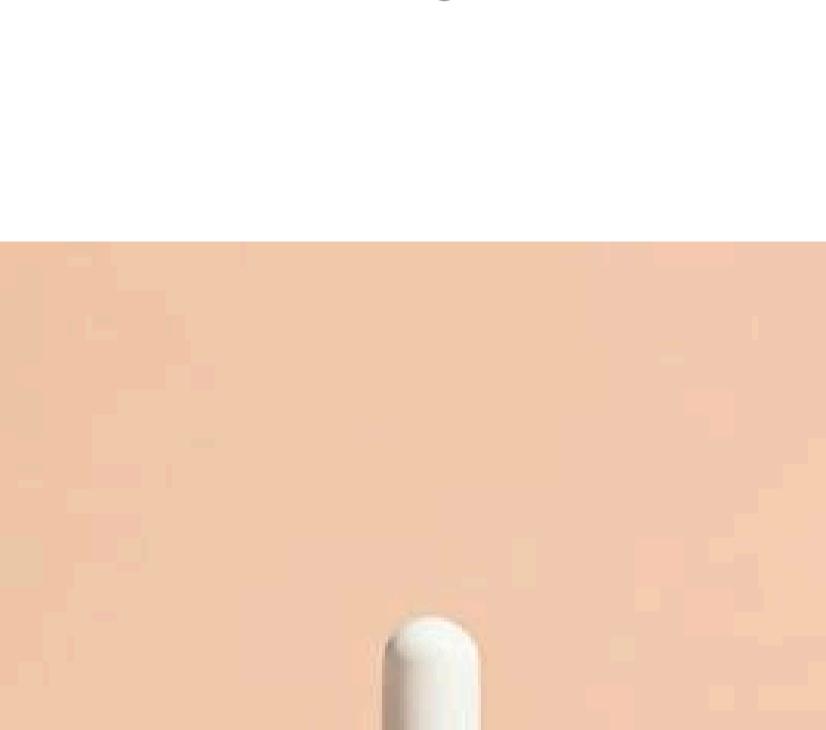
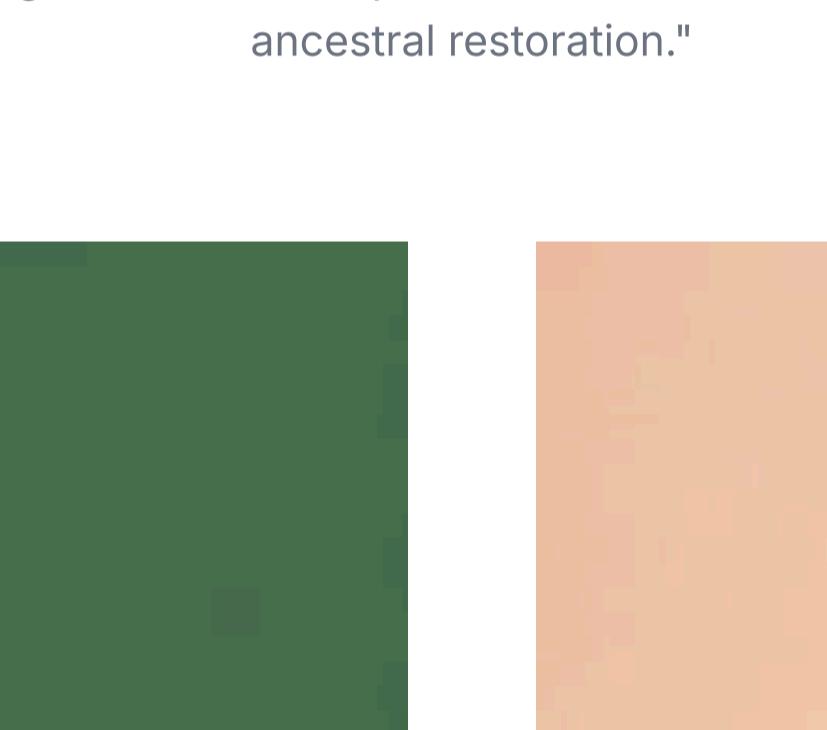
Functional data and biological decoding of hormone decline.

[Book a Consultation](#)

The Soul

Ayurvedic rituals and subconscious shifts for deep healing.

Accreditations & Expertise



The Hormonal Hairline: What Your Body Is Trying to Tell You

A perimenopause coaching guide to decoding progesterone, nervous system shifts, and early midlife changes before the chaos hits.

150 AED

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APOTHECARY

House of M

"Minimalist luxury, high-end botanical products crafted for the modern woman seeking ancestral restoration."

Signature Ayurvedic Blend

HAIR RESTORATION OIL

Infused with hand-selected herbs and pure essential oils to activate marma points and stimulate follicles.

[Learn More](#)

Nervous System Soothe

RITUAL OIL

A botanical formulation designed to ground the spirit and balance cortisol during perimenopause.

[Learn More](#)

A Glimpse Into My Work

