

SALES OF HEALTH PRODUCTS

We sell health products like:

- Glucometer (to monitor sugar level)
- Sphygmomanometer (for monitoring blood pressure)
- Hydrogen flask (for making therapeutic water)
- Energy room
- Energy bucket
- Stone needle massage kit
- And herbal and nutritional supplements



At PUWI Health Wellness Centre, where holistic healing and modern luxury converge to elevate your well-being to new heights.

Visit us today!

*And experience the difference for yourself Your path to wellness starts here, at
PUWI Health Wellness Centre in Abuja.*

Opening Hour:
Mondays to Fridays 9 am to 6 pm
Saturdays 10 am to 5 pm

Contact address:

2, Diorben Street, Opposite Agric Quarters,

Wuse Zone 4, Abuja.

08055261812

PUWI Health

PUWIHealthwellness



PUWI HEALTH
WELLNESS CENTRE.

NATURAL MEDICINE SERVICES YOU CAN TRUST.

About Us:

Puwi Health Wellness Center is a Naturopathic clinic located in Abuja. Naturopathy is a system of healing using diet and substances freely found in Nature. Examples of these substances are air, water, sunlight, herbs, clay, gemstones, etc. We offer holistic health services, we do not suppress symptoms but work to find out the root cause of the issue and remove it. We also work with the body and create a favourable environment for the body to heal itself.

Our Services:



VITALS

We run vital tests like blood sugar tests, blood pressure test, height, weight, temperature, and BMI.



FREQUENCY-BASED WHOLE BODY CHECK

We carry out frequency-based diagnosis at Puwi Health Wellness Center. Frequency medicine works by using the weak electromagnetic field your body emits to let us know what's going on in the body. Frequency-based diagnosis has an accuracy level of at least 90%.



FAR INFRA-RED SPECTRUM THERAPY

In Naturopathic medicine, the accumulation of wastes and toxins in the body is the main cause of diseases. Stress, negative emotions, unhealthy diet, and nutritional deficiencies can make the organs of detoxification sluggish or stop working completely. So the far infra-red spectrum energy room helps reduce the toxic load in the body by pulling out wastes and toxins through sweat. By doing this, the body will now have the right environment to start healing itself. The energy bucket also works in the same way. But it can only accommodate the legs while the energy room can accommodate the whole body. The energy room is different from a sauna. A sauna cannot penetrate deep into the bones but the energy room can. The energy room also has black tourmaline stones which also emits its own frequency to help correct abnormalities in the body.



THERAPEUTIC MASSAGE

We carry out therapeutic massage at PUWI Health wellness center. We do the stone needle massage in which therapeutic oils and an infra red therapy stone is used to massage the area of pain or inflammation or the meridian of the body.



HERBAL MEDICINE

We prevent, manage, and treat diseases using potent herbal remedies. Our herbal remedies have no known adverse side effects if you follow the instructions and take them when due. They are safe and promote overall general well being.



MOXIBUSTION

Moxibustion is a therapy in Traditional Chinese Medicine in which herbs are burned on the surface of the skin to induce healing, relieve pain, and inflammation, and promote proper blood and energy circulation in the body.



FOOT DETOX THERAPY

We carry out the foot detox therapy in which wastes are drawn out of the body through the feet



SPINE RESET THERAPY

This therapy is good for those having pains in their spine due to a part of their spine going out of alignment. The spine reset bed will locate the misalignment and correct it. It is safe, highly relaxing, and very effective.



NUTRITIONAL COUNSELLING AND MEAL PLAN

We offer naturopathic nutrition meal plan and advice. We give a free meal plan to our clients.



MENTAL HEALTH COUNSELING

We offer mental and emotional health counseling and therapy at PUWI Health Wellness Center. We also prescribe and sell therapeutic gemstones and Bach flower remedies for a robust mental and emotional well being