

Services available at Our Centre

Massages

- Aroma Massage
- 🧱 Back Body Massage + IR
- 🧩 Deep Tissue Massage + Steam Bath
- 🧱 Full Body Massage
- 🧩 Ginger Massage + IR
- 🍀 Head Massage
- 🧱 Head & Shoulder Massage
- Leg Reflexology + Hot Foot Immersion
- 🧩 Mustard Oil Massage + IR
- Neem Oil Massage + Steam Bath
- Neem Oil Massage + Athapa Snana
- Partial Massage
- 🧩 Salt Glow Oil Massage
- 🧩 Vibro Massage
- 🍀 Neem Oil Apply + Steam
 - Sridhara Sri Gudda, Kodipalya, Kengeri, Bangalore 560060
 info@panchaminaturecure.co.in
 - +91 7619530936



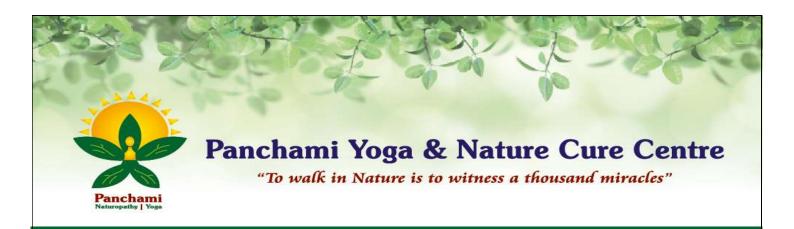
Panchami Yoga & Nature Cure Centre

"To walk in Nature is to witness a thousand miracles"

Services available at Our Centre

Baths

- 🍀 Enema
- 🍀 Enema + Hip Bath
- 🧩 Ganji Turmeric Bath
- 🧱 Hip Bath
- Hot Hand + Hot Foot Immersion
- Immersion Bath
- Magnesium Immersion Bath
- 🧩 Mud Bath General
- 🧩 Mud Bath Partial
- Sauna Bath
- 🍀 Spinal Bath
- 🍀 Steam Bath
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Services available at Our Centre

Packs

- Castor Oil Pack
- 🧚 Gastro-Hepatic Pack
- 🧚 Kidney Pack
- Leg Pack
- Mud Pack
- Mustard Pack
- 🧚 Oats Turmeric Pack- General
- Oats Turmeric Pack- Local
- Throat Pack
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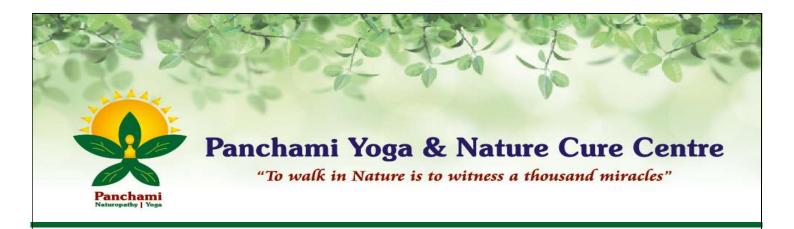


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Services available at Our Centre

- * Acupressure
- * Acupuncture
- Cupping **
- Diet chart
- * Exercise
- 🧚 Kriyas(Jala Nethi, Soothra Nethi, Vamana etc.)
- Physiotherapy
- 🧩 Trataka (Eye Exercises)
- 🍀 Yoga Therapy
- 🧚 BP,Pulse Rate, Heart Rate, Height, Weight check-up
- Blood Glucose Check-up
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Services available at Our Centre

Beauty Treatments

- * Facial-
 - **⇒** Herbal
 - → Navara
 - Papaya
- 🧚 Full Body Scrub
- Packs-
 - □ Dry
 - → Normal
 - **⇒** Oil

Hair Treatment

- Henna Pack
- 🍀 Methi Pack
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Inpatient based Treatment Packages

- 🧩 Specific Treatment for an individual
- 🍀 Yoga
- 🌞 Prayer, Pranayama, Meditation
- Trataka (eye exercises)
- Nutritious Satwik Diet
- Various Activities.

	<u>Price</u>
Room charges (Sharing Room) with Diet	300/day
	* Treatment charges Extra
Room charges (Special Room) with Diet	450/day
	* Treatment charges Extra
Accompanying Person (Accommodation + Food)	450/ Day
VIP Cottage	3,000/Day
	* Treatment charges Extra

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