



Panchami Yoga & Nature Cure Centre

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

Services available at Our Centre

Beauty Treatments

Facial-

➡ Herbal

➡ Navara

➡ Papaya

Full Body Scrub

Packs-

➡ Dry

➡ Normal

➡ Oil

Hair Treatment

Henna Pack

Methi Pack

 Sridhara Sri Gudda, Kodipalya, Kengeri, Bangalore - 560060

 info@panchaminaturecure.co.in

 **+91 7619530936**

 www.panchaminaturecure.co.in



Panchami Yoga & Nature Cure Centre

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

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**

📍 **Sridhara Sri Gudda, Kodipalya, Kengeri, Bangalore - 560060**

✉ **info@panchaminaturecure.co.in**

☎ **+91 7619530936**

🌐 **www.panchaminaturecure.co.in**



Panchami Yoga & Nature Cure Centre

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

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**

📍 **Sridhara Sri Gudda, Kodipalya, Kengeri, Bangalore - 560060**

✉ **info@panchaminaturecure.co.in**

☎ **+91 7619530936**

🌐 **www.panchaminaturecure.co.in**



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**

📍 **Sridhara Sri Gudda, Kodipalya, Kengeri, Bangalore - 560060**

✉ **info@panchaminaturecure.co.in**

☎ **+91 7619530936**

🌐 **www.panchaminaturecure.co.in**



Panchami Yoga & Nature Cure Centre

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

Services available at Our Centre

Massages

- ☀ **Aroma Massage**
- ☀ **Back 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**

🌐 **www.panchaminaturecure.co.in**