



Panchami
Naturopathy | Yoga

Panchami Yoga & Nature Cure Centre

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

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**

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

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