

KAPIVA

4 BALANCE



Custom Diet Plan
You are what
you eat



Lifestyle Practices
Small changes,
Long term results



Ayurvedic Products
Organic & Safe
to use



Expert on Call
Guidance, made
for you

Learn To Listen To What Your Body Tells You, Through Our
Customized Weight Care Programme

Routine Formation

Reduced Hunger Pangs
Key Week to Stay Consistent

Week 1

Week 2

Week 3

Week 4

Improved Energy(Metabolism)
Improved Digestion

Weight loss of 2 kgs*
Body is more balanced & ready
for long term weight loss

*Results may vary from person to person. In case of any issues you maybe facing.
Consult our Nutritionist now





Ayurvedic Weight Care Plan



Daily Weigh-Ins

6 AM
every
morning

Waking up before the Kapha period begins(6am) helps the body to be more active

WEEK 1 → WEEK 4



Ayurvedic Nutrition - Kapiva Products

Twice
a day

To be consumed on an empty stomach, an hr before meals. Optimum time for herbs to work on the body's digestion

WEEK 1 → WEEK 4



Avoid Post Dinner Snack

3 hrs
before
sleep

It's important to avoid snacking post dinner and before sleep. Agni & Activity is at its minmum,or the body to burn food

WEEK 1 → WEEK 4



Daily Diet

Book a
consultation

You are what you eat, since what you eat affects your Doshas

WEEK 2 → WEEK 4



Suryanamaskar

Sunrise
(5:45 -
6 AM)

Vatta is at its highest at this time. 12 poses with multiple benefits, activating the body's internal systems.

WEEK 3 → WEEK 4



Meal Tracking

When ?
9PM

Note down your meals. Having a variety of food is important to balance the body. Many a time we tend to eat a lot of similar foods

WEEK 4 →





We do what's difficult to make
Ayurveda accessible for you

Skin Rituals

Visible Skin Glow in
21 days

Hair Rituals

25 % less hair fall
in 2 months

Weight Wise

70% users lose
weight in 45 days

3 Lakh+ Happy Customers



Kavitha Dull (52)

Lost 13 kgs | Improved Energy levels. The doctors at Kapiva were very helpful. They were always a whatsapp away! The weight loss helped me get rid of my chronic leg aches as well!

Seemon Arya (22)

Lost 4 kgs | Improved digestion & lost fat on hands. I've tried sticking to strict diet before, but it didn't help me with the fat on my hands and legs. Kapiva helped my confidence!



Mr. Varughese

Improved Stamina

I was earlier only able to run for 3 minutes at a stretch. I now can run for 45 minutes straight on the treadmill! Thanks Kapiva



4 BALANCE



100% Ayurvedic



Customized For you



Long Term Weight Care

The 4 Balance Journey is best experienced on the app

DOWNLOAD NOW



Download on the
App Store



GET IT ON
Google Play