

Restore balance



AYURVEDIC MEDICAL  
CONSULTATION



BODY  
TREATMENTS



PANCHAKARMA  
RETREATS



TRI HERBAL  
PRODUCTS



WELCOME TO TRIVEDA

HARROW

OUR SERVICES & PRICES | HARROW 2020

## **CONSULTATIONS** (at our clinic or video link – skype, facetime, whatsapp)

### **RESTORING BALANCE**

75 Mins

A medical analysis of your health and current imbalance using Ayurvedic diagnostic methods followed by a personalised treatment plan including recommendations on therapeutic treatments, diet, lifestyle and specific Ayurvedic herbal supplements

Initial Consultation | £60                      for video or at our clinic                      Follow Ups | £45 (60 mins)

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### **NUTRITIONAL CONSULTATION**

75 mins

A nutritional analysis tailored to suit your constitution, metabolism or current imbalance, includes a written diet to meet your objectives. A record of 1 week's food diary is required.

Initial Consultation | £60                      for video or at our clinic                      Follow Ups | £45 (60 mins)

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### **PRAKRUTI ANALYSIS**

60 mins

Analysis of your natural body constitution (Prakruti) and discover what diet, lifestyle is best suited for you to maintain health and well-being. A detailed report is provided with your Prakruti, your mental, physical and emotional characteristics, weaknesses and strengths

Consultation | £55                      for video or at our clinic

## AYURVEDIC HOME CLEANSING CONSULTATION

75 Mins

A medical analysis of your health and current imbalance using Ayurvedic diagnostic methods using tongue and pulse diagnosis. The detoxification is then tailored to remove toxins, improve digestion/gut health and help alleviate chronic conditions. The Cleanse usually lasts between 14 - 21 days depending on your current health.

### **Our tailored programme includes:**

- Initial Consultation to look at current imbalance, tongue and pulse diagnosis
- Prescription and sourcing of herbs to take during and after the cleanse (excl. cost of herbs)
- Day to day guide on how to prepare the body for detoxification, with diet, lifestyle
- Specific method on how to cleanse whether through purgation, nasal administration or herbal enema, based on Doshic imbalance
- Day of the cleanse – written directions on how to perform an effective purification process
- Dietary plan before, during and after the cleanse, outlining foods to eat and avoid
- Ayurvedic Nutritive recipes to best support the cleanse
- Online/telephone support during the cleanse
- How to rejuvenate the body, increase energy and vitality after the cleanse

Consultation and Personalised Cleanse Programme | £100 for video or at our clinic

## TREATMENTS

### ABHYANGA (FULL BODY MASSAGE)

60 Mins/75 Mins

An Ayurvedic 'Hot oil massage' using rhythmic and deeply relaxing traditional massage techniques that rejuvenate the body by clearing stagnant energy, soothing the muscles and relieving any tension in the muscles.

60 Mins | £45

75 Mins | £58

Package of 5 treatments | £200/265

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### VISESH (DEEP TISSUE MASSAGE)

60 Mins/90 Mins

Intensive deep tissue massage using specific hot oils with traditional techniques and gentle manipulation to boost circulation and relieve aches and pains.

60 Mins | £55

90 Mins | £82.50

Package of 5 treatments | £250/388

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### PINDA SWEDA (HERBAL COMPRESS MASSAGE)

75 Mins

Pinda Sweda is a therapeutic treatment where herbal compresses containing medicinal herbs known for their analgesic, anti-inflammatory properties is used to provide pain relief, reduce swelling and stiffness to joints and muscles

75 mins | £70

Package of 5 treatments | £325

## PANCHAKARMA CONSULTATION

75 Mins

For a deeper more traditional cleanse a residential stay at our India retreat is essential. This initial Panchakarma consultation, at one of our London clinics, is designed to discuss your health goals, diagnose your current imbalance, the strength of your digestion; level of toxicity and capacity to undergo cleansing. We will also discuss your suitability for Panchakarma and practical time to travel to India.

### **This Includes**

- Initial Consultation to look at current imbalance, tongue, and pulse diagnosis
- Liaising with your Ayurvedic Doctor in India to design your personalised Panchakarma
- Co-ordinate your Panchakarma and stay with our India Retreat
- Arrange collection from the airport
- Support you during your stay in India throughout your Panchakarma
- Address any concerns you may have during your treatment / stay
- Have all your dietary and herbal recommendations sent to us post treatment
- Support you on your return on how to implement the recommendations in the UK

Panchakarma Consultation | £100      for video or at our clinic



## **HARROW CLINIC HOURS**

Tuesdays | 10 am – 6 pm

Thursdays | 2 pm – 7 pm

Fridays | 10 am – 5 pm

Saturdays | 10 am – 4 pm

## **OUR LOCATION**

4 Shepherds Court, 35 Shepcote Road

Harrow HA1 2JS

## **TO BOOK AN APPOINTMENT**

Call | 0777 5627183

Email | [appointments@triveda.co.uk](mailto:appointments@triveda.co.uk)

