

Restore balance



AYURVEDIC MEDICAL  
CONSULTATION



BODY  
TREATMENTS



PANCHAKARMA  
RETREATS



TRI HERBAL  
PRODUCTS



WELCOME TO TRIVEDA

HARROW | VAUXHALL

OUR AYURVEDIC HOME CLEANSE PRICES | 2020

## 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



## **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)

