



DR. POONAM BALI
HOLISTIC HEALTH | INTEGRATIVE MEDICINE
Since 1996

THERAPEUTIC AND RELAXING BODY WORK

EUROPEAN MASSGE RANGE **Rs.**

Swedish Massage - 60 Mins	2000
Deep Tissue Massage -60 Mins	2500
Aroma Therapy -60 Mins	2200

MASSGE ORIENTAL RANGE

Thai Massage -75 Mins	3500
Balinese Massage -60 Mins	2200
Aroma Thai Combo -75 Mins	3500
Foot & hand Reflexology - 30 Mins	1250
Foot & Hand Reflexology -60 Mins	2200

*** 30 Mnts Extention is Rs. 1000 - 1250**



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AYURVEDIC THERAPIES

	Rs.	Duration
Potli Pain Therapy		
Patra Oil Potli	2500	70 mints
Dry Herbal Potli	2200	60 mints
Salt Potli	2200	60 mints
Foot Potli / Back Potli	1250	25 mints
Udvardhanam Detox Powder Therapy for Weight Loss and Body Pain	2500	60 mints
Shirodhara - Mind Detox, Relaxation and Nerve Energiser	2500	60 mints

Contd..



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**Ayurvedic
Contd...**

	Rs.	Duration
Abhyangam Invigorating Oil Therapy	2000	60 mints
Pad Abhyangam	1200	20 mint
Panchkarama -Full Body Purification	4500 onward/Day	3 to 14 days
Tummy Tuck - Tummy Fat Loss/ Any Other Area	1500	25 mints
Joint Pain Relief Kati Basti (Back)		
Janu Basti (Knee)	1000 to 1500	20 to 25 mints
Greva Basti (cervical)		