



**DR. POONAM BALI**  
HOLISTIC HEALTH | INTEGRATIVE MEDICINE  
Since 1996

### **Therapeutic Manipulative Body Work**

|   |                       |
|---|-----------------------|
| <b>Lymphatic Drainage (Detox)</b>                       | <b>45 minute</b>      |
| <b>Weight loss/ Fat loss</b>                            | <b>Rs.2500 each</b>   |
| <b>Cupping Therapy (for Detox<br/>And Rejuvenation)</b> |                       |
| <b>(A) Dry Cupping</b>                                  | <b>20 to 40 mints</b> |
| <b>(B) Wet Cupping</b>                                  | <b>1200 to 1800</b>   |
| <b>(C) Fire Cupping</b>                                 |                       |



**DR. POONAM BALI**  
HOLISTIC HEALTH | INTEGRATIVE MEDICINE  
Since 1996

## **Naturopathic Therapies**

| <b>Mud pack</b> | <b>Rs.</b> | <b>Hydro baths</b> | <b>Rs</b>  |
|-----------------|------------|--------------------|------------|
| Chest           | 800        | Hip Bath           | 500        |
| Abdomen         | 800        | Foot Bath          | 400        |
| Eyes + Face     | 400        | Sitz Bath (Anal)   | 500        |
| Knees           | 400        | Abdominal Bath     | 500        |
| Full Body       | 1200       | Spinal Bath        | 500        |
| <b>Steam</b>    | <b>Rs.</b> | <b>Enemas</b>      | <b>Rs.</b> |
| Full Body       | 800        | Water              | 500        |
| Face/ Nose      | 400        | Salt               | 600        |
| Area wise       | 500        | Herbal             | 700        |

Contd...



**DR. POONAM BALI**  
HOLISTIC HEALTH | INTEGRATIVE MEDICINE  
Since 1996

*Naturopathic  
Center*

| <b>Wet Packs</b> | <b>Rs.</b> | <b>Diet Session</b> | <b>Rs.</b> |
|------------------|------------|---------------------|------------|
| (Hot & Cold)     |            | 30 mints            | 1800       |
| Abdominal        | 800        | 15 mints            | 1000       |
| Back             | Per        | Follow up           | 500        |
| Chest            | Session    | By Dr. Bali         |            |
|                  |            | 1 Month             | 3000       |
|                  |            | 3 Months            | 7500       |