

dhätthri™



WELLNESS CLINIC

AYURVEDA ALIVE

SLIM
&
TRIM



Our Specialty

- ❖ Products used are purely Herbal
- ❖ Treatment decided based on prakriti analysis of the client
- ❖ Treatments is combined with Prakriti balancing diet and activity pattern
- ❖ Treat the condition from its root cause
- ❖ New muscle fibres are synthesized which helps in preventing skin sagging
- ❖ Treatment is a combination of Auyrveda and Modern Technology
- ❖ Treatments are administered with Soukhyaveda approach
- ❖ As treatments are suggested based on prakriti, result can be maintained easily even after the treatment period
- ❖ No dietary supplements
- ❖ No skipping meals



abS Slimming Packages

1. abS Slim Trial Package
2. abS Easy Slim Package
3. abS Obesity Management
4. abS Obesity Management Premium (yoga, med)
5. abS Slim & Fit Package (Ex, Yoga)
6. abS Childhood Obesity Package
7. abS Thyroid Balance Package
8. abS Hypothyroid Package
9. abs PCOD Package
10. abS Post Natal Tummy Trimming Package
11. abS Head to Toe Figure Correction Package
12. abS Tummy Reduction Package for Men



abS Slim Trial Package

Designed to help in

- ❖ Weight Loss
- ❖ Inch loss
- ❖ Fat Mobilization
- ❖ Improves BMR
- ❖ Detoxification
- ❖ Improves flexibility

Treatments

- ❖ Udhwarthanam/Uthsadanam – 1 Session
- ❖ Steam Bath – 1 Session
- ❖ Vacuum Therapy/Gel Therapy – 2 Sessions
- ❖ Herbal Pack – 2 Sessions
- ❖ Weight Loss Stimulator + Thermo – 15 Sessions
- ❖ Prakriti Analysis
- ❖ Diet Counseling
- ❖ Yoga/Exercise



abS Easy Slim Package



Designed to help in

- ❖ Weight Loss – 5 Kg
- ❖ Inch Loss – 1.5”
- ❖ Fat Mobilization
- ❖ Improves BMR
- ❖ Detoxification
- ❖ Body Firming

Treatments

- ❖ Udhwarthanam/ Uthsadanam – 3 Sessions
- ❖ Steam Bath - 3 Sessions
- ❖ Vacuum Therapy/Gel Therapy – 5 Sessions
- ❖ Herbal Pack – 5 Sessions
- ❖ Weight Loss Stimulator + Thermo – 20 Sessions
- ❖ Prakriti Analysis
- ❖ Diet Counseling
- ❖ Exercise



abS Obesity Management Package



Designed to help in

- ❖ Weight Loss – 7 kg
- ❖ Inch loss – 2 inches
- ❖ Fat Mobilization
- ❖ Improves BMR
- ❖ Body Firming
- ❖ Detoxification
- ❖ Improved blood circulation

Treatments

- ❖ Udhwarthanam/Podikizhi – 2 Sessions
- ❖ Uthsadanam – 2 Sessions
- ❖ Steam Bath – 2 Sessions
- ❖ Vacuum Therapy/Gel Therapy – 3 Sessions
- ❖ Herbal Pack – 3 Sessions
- ❖ Weight Loss Stimulator + Thermo – 20 sessions
- ❖ Ultra Sonic Lipo Suction – 1 Session
- ❖ Prakriti Analysis
- ❖ Healthy Diet Orientation
- ❖ Exercise

abS Obesity Management Premium Package

Designed to help in

- ❖ Weight Loss – 10 Kg
- ❖ Inch Loss – 3”
- ❖ Fat Mobilization
- ❖ Improves BMR
- ❖ Detoxification
- ❖ Fights metabolic imbalances
- ❖ Improves Posture
- ❖ De-stress
- ❖ Relaxation

Treatments

- ❖ Udhwarthanam/ Uthsadanam – 5 Sessions
- ❖ Steam Bath – 5 Sessions
- ❖ Vasthi (if required)
- ❖ Vacuum Therapy/Gel Therapy – 10 Sessions
- ❖ Herbal Pack – 10 Sessions
- ❖ Body Firming – 10 sessions
- ❖ Weight Loss Stimulator + Thermo – 40 Sessions
- ❖ Yoga
- ❖ Meditation
- ❖ Exercise
- ❖ Prakriti Analysis
- ❖ Healthy Diet Orientation



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abS Easy Trim Package

Designed to help in

- ❖ Inch Loss – 4”
- ❖ Weight Loss – 3 Kg
- ❖ Fat Mobilization
- ❖ Improves BMR
- ❖ Detoxification
- ❖ Fights metabolic imbalances
- ❖ Improves Posture

Treatments

- ❖ Local Udhwarthanam/Uthsadanam – 5 Sessions
- ❖ Vacuum Therapy/Gel Therapy – 10 Sessions
- ❖ Herbal Pack – 10 Sessions
- ❖ Weight Loss Stimulator + Thermo – 10 Sessions
- ❖ Exercise
- ❖ Prakriti Analysis
- ❖ Healthy Diet Orientation



abS Easy Trim Premium Package

Designed to help in

- ❖ Inch Loss – 8”
- ❖ Weight Loss – 5 Kg
- ❖ Fat Mobilization
- ❖ Improves BMR
- ❖ Detoxification
- ❖ Fights metabolic imbalances
- ❖ Improves Posture
- ❖ De-stress
- ❖ Relaxation

Treatments

- ❖ Udhwarthanam/Uthsadanam – 3 Sessions
- ❖ Vacuum Therapy/Gel Therapy – 10 Sessions
- ❖ Herbal Pack – 10 Sessions
- ❖ Weight Loss Stimulator + Thermo – 20 Sessions
- ❖ Ultra Sonic Lipo Susction – 5 Sessions
- ❖ Body Firming – 10 Sessions
- ❖ Exercise
- ❖ Yoga
- ❖ Meditation
- ❖ Prakriti Analysis
- ❖ Healthy Diet Orientation



abS Childhood Obesity Package

Designed to help in

- ❖ Weight Loss – 10 Kg
- ❖ Inch Loss – 3”
- ❖ Fat Mobilization
- ❖ Improves BMR
- ❖ Detoxification
- ❖ Fights metabolic imbalances
- ❖ Improves posture

Treatments

- ❖ Uthsadanam – 5 Sessions
- ❖ Gel Therapy – 10 Sessions
- ❖ Weight Loss Stimulator/Thermo – 35 Sessions
- ❖ Exercise
- ❖ Yoga
- ❖ Prakriti Analysis
- ❖ Diet Counseling



abS Thyroid Balance Package

Designed to help in

- ❖ Thyroid related Weight Loss – 5 Kg
- ❖ Inch Loss – 3”
- ❖ Fat Mobilization
- ❖ Detoxification
- ❖ Regulates Hormonal Levels

Treatments

- ❖ Udhwarthanam– 3 Sessions
- ❖ Steam Bath – 3 Sessions
- ❖ Thakradhara – 5 Sessions
- ❖ Vacuum Therapy/Gel Therapy – 5 Sessions
- ❖ Herbal Pack – 5 Sessions
- ❖ Weight Loss Stimulator + Thermo – 20 sessions
- ❖ Ultra Sonic Lipo Suction – 3 Sessions
- ❖ Herbal Suppliments
- ❖ Prakriti Analysis
- ❖ Diet Counseling



abS Hypothyroid Package

Designed to help in

- ❖ Thyroid related Weight Loss – 5 Kg
- ❖ Inch Loss – 1.5”
- ❖ Fat Mobilization
- ❖ Detoxification
- ❖ Regulates Hormonal Levels

Treatments

- ❖ Udhwarthanam– 3 Sessions
- ❖ Steam Bath – 3 Sessions
- ❖ Thakradhara – 5 Sessions
- ❖ Vacuum Therapy/Gel Therapy – 5 Sessions
- ❖ Herbal Pack – 5 Sessions
- ❖ Weight Loss Stimulator + Thermo – 20 sessions
- ❖ Herbal Supplements
- ❖ Prakriti Analysis
- ❖ Diet Counseling



abS PCOD Package

Designed to help in

- ❖ PCOD induced Weight Loss – 5 Kg
- ❖ Inch Loss – 3”
- ❖ Fat Mobilization
- ❖ Detoxification
- ❖ PCOD correction
- ❖ Abdominal fat reduction

Treatments

- ❖ Udhwarthanam – 3 Sessions
- ❖ Thakradhara – 5 Sessions
- ❖ Vacuum Therapy/Gel Therapy – 5 Sessions
- ❖ Herbal Pack – 5 Sessions
- ❖ Weight Loss Stimulator + Thermo – 20 Sessions
- ❖ Ultra Sonic Lipo Suction – 5 Sessions
- ❖ Herbal Suppliments
- ❖ Prakriti Analysis
- ❖ Diet Counseling



abS Post Natal Tummy Trimming Package

Designed to help in

- ❖ Weight Loss – 5 Kg
- ❖ Inch Loss – 3”
- ❖ Tummy reduction
- ❖ Reduces tummy sagging
- ❖ Skin Firming
- ❖ Fat Mobilization
- ❖ Detoxification
- ❖ Improved blood circulation
- ❖ Increased BMR

Treatments

- ❖ Local Udhwarthanam/Uthsadanam – 5 Sessions
- ❖ Special Abhyangam – 3 Sessions
- ❖ Steam Bath – 5 Sessions
- ❖ Gel Therapy – 5 Sessions
- ❖ Ultra Firming – 5 Sessions
- ❖ Thermo Pack – 10 Sessions
- ❖ Ultra Sonic Lipo Suction – 3 Sessions
- ❖ Prakriti Analysis
- ❖ Diet Counseling
- ❖ Herbal Supplements (if required)



abS Head to Toe Figure correction Package

Designed to help in

- ❖ Tummy Trimming
- ❖ Hip Trimming
- ❖ Arms Trimming
- ❖ Thigh Trimming
- ❖ Sides Trimming
- ❖ Weight Loss – 10 Kg
- ❖ Inch Loss – 7.5 Inches
- ❖ Body firming

Treatments

- ❖ Weight Loss – 30 Sessions
- ❖ Udhwarthanam/Uthsadanam – 3 Sessions
- ❖ Vacuum Therapy/Gel Therapy – 20 Sessions
- ❖ Ultra Firming – 5 Sessions
- ❖ Prakriti Analysis
- ❖ Yoga/Exercise
- ❖ Diet Counseling



abS Tummy Reduction Package for Men

Designed to help in

- ❖ Inch Loss – 4 Inches
- ❖ Fat Mobilization
- ❖ Makes skin more firm

Treatments

- ❖ Weight Loss – 15 sessions
- ❖ Vacuum Therapy – 10 Sessions
- ❖ Ultra Firming – 5 Sessions
- ❖ Local Udhwarthanam/Uthsadanam – 3 sessions
- ❖ Prakriti Analysis
- ❖ Yoga/Exercise
- ❖ Diet Counseling

