



Detoxify Your Body and Revitalize Your Health!

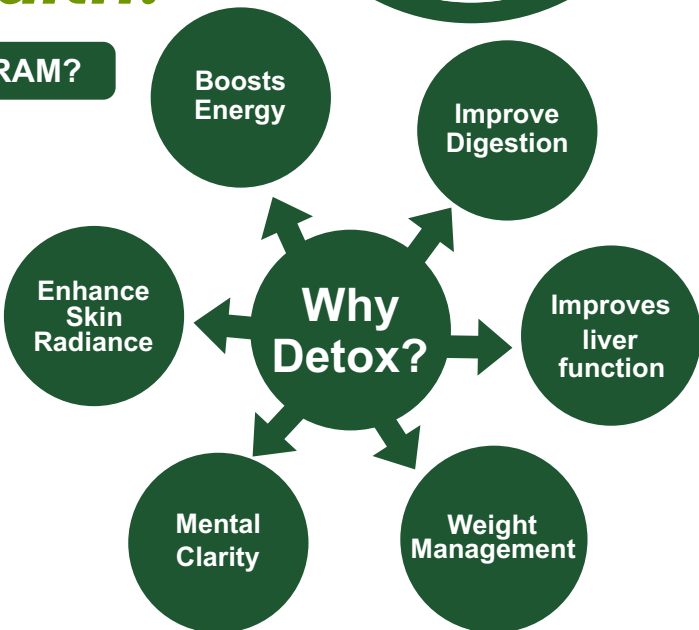
WHO SHOULD ENROLL FOR THIS PROGRAM?

 Poor Dietary Habits

 Wanting to start a healthy lifestyle

 Experiencing low Energy & Fatigue

 Reduce Inflammation



*T&C Apply

📞 080-42174234

Join Us Today
Call now for more details!

📞 96060 18808



#262/1, BEML 3rd stage,
Rajarajeshwari Nagar, Bengaluru - 560098



www.nesaraayurveda.com



Elevate Your Well-being with Ayurvedic Pain Therapies

ABHYANGAM

Reduces Muscle Stiffness and Lubricates joints

KATI BASTI

Reduces Low Back Pain

KIZHI

Pacifies the Aggravated Vata and Reduces Pain

SNEHA BASTI

Reduces Body Pain by Reducing Vata



NASYAM

Medicated Oils Reach Brain Centre to Reduce Pain Perception

GREEVA BASTI

Reduces Neck Stiffness

JANU BASTI

Reduces Knee Joint Pain

DIETARY GUIDANCE

*T&C Apply

AYURVEDIC PAIN THERAPIES, WHERE ANCIENT WISDOM MEETS MODERN RELIEF!

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Book your appointment
Consult our Doctors!

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