

Specialities:

- ☉ Relaxation and Rejuvenation
- ☉ Mental Disorders
- ☉ Psycho-somatic diseases
- ☉ Chronic Diseases
- ☉ Poor Immunity
- ☉ Psoriasis
- ☉ Vitiligo
- ☉ Alopecia Areata
- ☉ Hair Loss and Balding
- ☉ Obesity and weight gain
- ☉ Hormonal Imbalances
- ☉ Thyroid-related disorders
- ☉ Diabetes (Adult and Childhood)
- ☉ High and Low Blood Pressure
- ☉ Allergic disorders
- ☉ Backache and Neck Pain
- ☉ Sciatica
- ☉ Paralysis
- ☉ Arthritis
- ☉ Pain Management
- ☉ Detoxification
- ☉ Weight Management
- ☉ Children's Health
- ☉ Women's Health
- ☉ Diseases of old age
- ☉ Addictions
- ☉ Autism
- ☉ Developmental disabilities
- ☉ Slow learners
- ☉ Hyperactivity
- ☉ Prevention

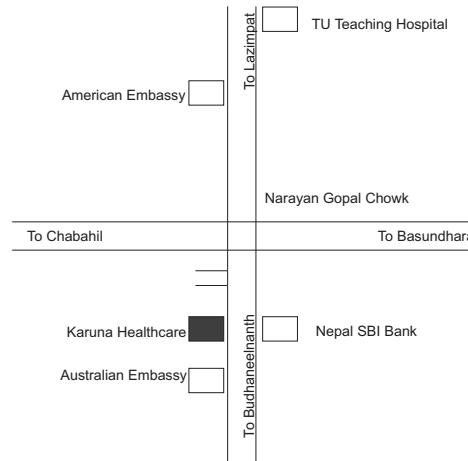
Reach us at:

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NEPAL.

Tel: +977-1-4017511

Email: info@holisticswasthya.com

Website: www.holisticswasthya.com



1. Kindly book your treatments and residential facilities at least 48 hours in advance.
2. You are required to pay the treatment charges in advance while booking the treatments.
3. Kindly see our website for Regulations for Residential Facilities. You may also get the details from our executives.
4. For all disease-related treatments, you need to consult the doctors first. Fill up the Case Record Form available on our website before meeting the doctors. You can also buy it from our centre.
5. Please follow-up regularly so that the progress can be properly assessed.
7. Please keep your appointments and be present in time.



“Karuna Healthcare’s Healing Centre is an Integrated Holistic Specialty Treatment Centre that scientifically combines the Healing Systems of Homoeopathy, Ayurveda, Acupressure, Naturopathy, Yoga, Nutrition, Sound Therapy and Relaxation to help you maintain an internal harmonious health of body, mind and spirit and find a long term solution for your ailments.”

SERVICES

HOMOEOPATHY

The safe internal medicine based on your constitution and nature of symptoms.



ACUPRESSURE

The relaxing treatment for body and mind aiming at harmonizing the vital energy.

AYURVEDA

A range of Ayurvedic therapies individualized for you and provided by expert therapists from Kerala.

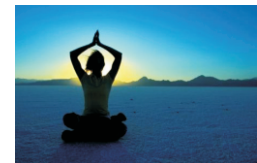


NATUROPATHY

Utilizing nature's healing resources for maintaining and restoring health.

ACUPUNCTURE

Needling points on body's energy pathways for physical and mental health and detoxification.



SWASTHYA YOGA

Daily sessions of Yoga asanas, pranayams and guided healing meditation.

HEALTH PROGRAMS



PANCHAKARMA

14 to 28 Days Ayurvedic Detoxification Program for rejuvenation and restoration of health in chronic diseases.

HOLIDAY REFRESH AND REWIND

Half and Full Day Programs of pampering treatments to regain the vigour after a period of stress.



WEEKEND REJOICE

Spend a couple of days at the end of the week in refreshing your body and mind and jump-start the new week with renewed energy.

HEALTH RETREAT

A 7 Day Program to help you restore harmony and experience the pleasure of renewed health.



SAUNDARYA

Series of beauty treatments will make you experience the true beauty using nature's special secrets.

WEIGHT MANAGEMENT

Gain the right weight with scientific and time-tested traditional methods.



FACILITIES

RESIDENTIAL FACILITIES

You can choose from Private Room with Single Bed or Twin-Sharing Room for availing treatments that require you to stay with us for a while.



FOOD

Enjoy healthy and tasty vegetarian meals cooked fresh in our kitchen while you stay with us, custom-made as per the instructions from your doctor.

ORCHARD AND HERBAL GARDEN

Spend time in the greenery of our garden and meditate with the nature.



TRAINING

Join us for learning and Holistic Medicine and various therapies practised at Karuna.



Utilize our services in Health Tourism to assist you in your travel and stay and also enjoy touring Nepal while you take treatments and training at Karuna.