

**The Mother's Integral Health Centre**

Sri Aurobindo Ashram - Delhi Branch

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# **AYURVEDA DEPARTMENT SERVICES**

**FREE  
CONSULTATION**

**LIFESTYLE  
COUNSELING**

**STRESS  
MANAGEMENT**

**PREVENTION  
& HEALTH  
PROMOTION**

**WEIGHT  
MANAGEMENT**

**AYSOL  
(AYURVEDIC &  
YOGIC STYLE  
OF LIVING)**

**PRAKRUTI /  
BODY-MIND  
ANALYSIS**

**DIET  
COUNSELING**

**PANCHAKARMA  
(DETOX  
THERAPIES)**

**ABHYANGAM  
(MASSAGES)  
& STEAM**

**UDVARTANAM  
(POWDER  
MASSAGE)**

**POTLI &  
MARMA  
MASSAGE**

**DHARA /  
PIZHICHIL**

**SHIRODHARA**

**KRIYAKALPA  
(THERAPIES  
FOR EYE)**

**THERAPIES  
FOR EAR, NOSE  
& THROAT)**