



HLC Women's Health

All holistic sciences revere a woman's role in the society and attach significance to the various physiological and psychological conditions a woman goes through in her life. A woman's health is now more important than ever since she constantly strives for work-life balance.

HLC Women's Health Programme considers all aspects and stages of a woman and has designed exclusive packages that combine Ayurveda, Naturopathy, Yoga and Nutrition to deliver effective treatments and therapies ranging from infertility to pre/post-natal care, PCOD to Breast Cancer.

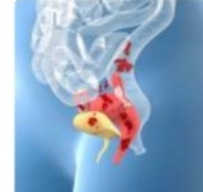
Gender-Specific Conditions Treated with Ayurveda, Naturopathy & Yoga



- Female Infertility
- Polycystic Ovary Syndrome
- Post-Menopausal Syndrome



- Postnatal Care
- Menstrual Disorders
- Endometriosis



- Uterine Fibroids
- Frigidity
- Breast Cancer



- Ovarian Cancer
- Osteoporosis

REVIVE


The Revive Programme effectively unlocks your youthful fervor. It cleanses your body from within and provides relief from muscle stiffness, rheumatism and arthritis. The comprehensive programmes of 7 and 14 nights also include holistic healthy- ageing processes including skin nourishing and beauty remedies.

TREATMENTS	5 NIGHTS	7 NIGHTS	14 NIGHTS
Ayurveda Therapy Sessions	3	7	11
Naturopathy Therapy Sessions	2	6	14
Personal Yoga Sessions	-	3	4
Personal Pranayama Sessions	-	1	2
Personal Meditation Sessions	-	2	5


Plan for Revive covers


 • Accommodation
Individual, spacious cottages.

 • Food
Nutritious and delicious meals by 5 Star Chef.

 • Therapy
Optional Abhyangas, Sauna, Steam and Hydrotherapies.

 • Expert Consultation
Health check-ups, diagnostics.

 • Natural Treatment
Ayurveda and naturopathy based, with free medicines.

 • Detox
Kavala, Kashayam, Herbal Teas and Diet.

 • Diagnostics
Health tests, monitoring and supervision.

 • Yoga
Personalised Exercises & Techniques.

 • Complementary
Knowledge Sessions, Expert Talks & Activities.

