

Ayurvedic Integrated Wellness



THE OFFER:

FREE Treatment
with the purchase of 2 treatments
(massage, facials, shirodhara)

Offer expires: April 1, 2012

Redeemable at:

Ayurvedic Integrated Wellness
Dr. Parmela Sawhney, M.D.
1222 1st St. #6
Coronado, CA 92118
619-435-4488
www.ayurvedicintegrated.com

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Ayurvedic Integrated Wellness **Dr. Parmela Sawhney, M.D.**

Providing a natural health care approach for wellness using many treatment models. The treatments used include standard Western or allopathic medicine, Ayurveda, natural energy medicine, and other natural holistic approaches.

- Integrated medical evaluation (western and ayurvedic)
- Ahbyanga (ayurvedic body massage)
- Shirodhara (bliss therapy for mind)
- Swedana (herbal steam)
- Panchkarma
- Weight management (Individually customize)
- Kati abhyanga (ayurvedic back massage)
- Pada abhyanga (foot massage)
- Kesh nikhar (hair & scalp conditioning)
- Ayurvedic Facials
- Vata Facial
- Pitta Facial
- Kapha Facial
- Pigmentation Facial
- Aromatherapy Facial

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