

HEAL/N BLACK — WELLNESS PRIME CARD

Version 15.4 R3

	Offer / Description	Market Value	Member Price	Net Saving
■	100-Parameter Master Health Check-Up – Full metabolic diagnostic profile.	2,500	0	2,500
■	Doctor Consultation (Initial) – BNYS + BAMS + MPT evaluation.	1,500	0	1,500
■	Diet Advice Program (4 Weeks) – Weekly tele-follow-ups & meal tracking.	3,200	0	3,200
■	Physiotherapy Session 1 @ ■299 – Pain / posture correction.	999	299	700
■	Physiotherapy Session 2 @ ■299 – Strength & mobility follow-up.	999	299	700
■	Follow-Up Doctor Consult @ ■599 + Physiotherapy Session 3 – Final review & therapy.	2,000	599	1,401
■	Facial Therapy (Glow / Detox) – 25% off + free integrated add-ons.	6,000	4,500	1,500
■	Hair Therapy (Scalp Revive / Strengthening) – Herbal tricho session.	1,999	699	1,300
■	One-Day Metabolic Reboot & Detox Combo – Steam + Mud + Liver Pack + Massage.	8,500	2,499	6,001
■	NeuroCalm Therapy with Shirodhara (60 min) – Stress & sleep therapy.	2,499	1,299	1,200
■	Under-Water Hydro Massage (60 min) – Circulation & muscle recovery.	1,200	999	201
■	Colon Hydro Therapy Detox (90 min) – Water-based colon cleansing.	2,500	1,299	1,201
■	Infrared Steam Glow / Body Polish Session – Herbal scrub & infrared detox.	2,000	499	1,501
■	Herbal Foot Reflexology (45 min) – Acupressure relaxation ritual.	1,000	699	301
■	Doctor Report Follow-Up – Clinical review & report analysis.	500	300	200
■	Priority Booking Access – Reserved slot privilege.	500	0	500



Ayurveda Therapies	Member Pricing	Non-Member Pricing	Naturopathy Therapies (Contd.)	Member Pricing	Non-Member Pricing
Abhyanga Swedana	₹ 1,499	₹ 2,199	Foot reflexology+HF Comb+Omega Light+Eye Massage+Facial Lift	₹ 699	₹ 999
Kati Basti (Back Oil Pool Therapy)	₹ 799	₹ 999	Chooran Pinda Swedan Dry Potli	₹ 1,399	₹ 1,699
Podikizhi (Herbal Massage)	₹ 1,399	₹ 1,999	Enema	₹ 299	₹ 499
Udwarthanam (Herbal Powder Massage)	₹ 1,599	₹ 2,199	Accupuncture	₹ 499	₹ 699
Ayurvedic Mukh Lepam	₹ 999	₹ 1,299	Foot & Arm Bath	₹ 299	₹ 399
Shirodhara	₹ 1,699	₹ 2,000	Hip Bath/ Sitz Bath	₹ 399	₹ 499
Herbal Facial Steam with Face Massage	₹ 699	₹ 999	Mustard Pack	₹ 299	₹ 499
Peedantak Lepam	₹ 499	₹ 700	Shatkarma	₹ 699	₹ 999
Netra Tarpan	₹ 799	₹ 1,099	Spinal Spray Bath	₹ 699	₹ 999
Basti Karm (Asthapan)	₹ 699	₹ 999	Wet Sheet pack	₹ 999	₹ 1,499
Basti Karm (Anuvasan)	₹ 499	₹ 699	Yoga Sessions	₹ 399	₹ 499
Shastik Shalik Pinda Sweda	₹ 1,799	₹ 2,299	Physio Therapies	Member Pricing	Non-Member Pricing
Picchu	₹ 599	₹ 799	Balance Gait Stability (50+) (For first 10min) <i>For each additional 10 min add extra ₹100 for members and ₹200 for non-members</i>	₹ 249	₹ 299
Ekang Abhyangam	₹ 499	₹ 599	Driver Recovery Therapy (Sciatica/SI Joint) <i>(IASTM/Eletro Combo without cupping - ₹799. With cupping - ₹999)</i>	₹499-₹699	₹799-₹999
Ekang Swedan	₹ 299	₹ 399	Frozen Shoulder Recovery Plan	₹ 349	₹ 699
Karnpoornam	₹ 499	₹ 899	Rheumatoid and OsteoArthritis (120-145min)	₹ 3,499	₹ 4,999
Nasyam	₹ 999	₹ 1,299	Senior Fall Prevention Training	₹ 649	₹ 999
Parishek (Pouring of Herbal Decoction on Whole Body)	₹ 1,699	₹ 1,999	Cryo-Spot Therapy (Knee/Neck/Shoulder) <i>(599 for Each Joint)</i>	₹ 599	₹ 999
Shiro Abhyangam with Lepam	₹ 699	₹ 999	Cupping Therapy (Full Body) (499 for Each Area)	₹ 599	₹ 999
Raktmokshan Hirudo Therapy (₹150 Each Leech)	₹ 599	₹ 799	Electrotherapy Combo [₹100 for next 10 min]	₹ 249	₹ 499
Snehdhara (Oil Pouring on Whole Body)	₹ 2,699	₹ 3,999	Myofascial IASTM Therapy	₹ 249	₹ 499
Vamana [Typically takes 8-14 days]	₹ 18,000		Traction (Cervical/Lumbar) (10 min) <i>For each additional 10 min, there is an additional charge of ₹100</i>	₹ 249	₹ 499
Virechana [Typically takes 8-14 days]	₹ 14,000		Facial Myofascial Release	₹ 349	₹ 699
Naturopathy Therapies	Member Pricing	Non-Member Pricing	Posture Correction Exercise	₹ 349	₹ 499
Colon Hydro Detox	₹ 1,899	₹ 2,499	TMJ Migraine Relief	₹ 499	₹ 799
Hot-Cold Hydro Bath (Contrast Hydrotherapy) <i>Underwater Massage (60min)</i>	₹ 799	₹ 1,299	Therapies via Modern Machines	Member Pricing	Non-Member Pricing
Liver Detox Castor Pack Compress	₹ 399	₹ 399	Photobiomodulation (Red Light Therapy)	₹ 649	₹ 999
Nutrition Lifestyle Coaching	₹ 799	₹ 999	Steam Sauna	₹ 649	₹ 999
Thermal Mud Detox	₹ 799	₹ 1,199	Biofeedback Relaxation Training	₹ 649	₹ 999
Chakra Balancing Meditation	₹ 399	₹ 499	Cognitive Enhancement Program	₹ 649	₹ 999
Duo Therapy (Foot Reflexology Head Massage [30 min])	₹ 650	₹ 699	HRV Stress Balance Test Coaching	₹ 649	₹ 999
Guided Breathwork Neuro-Calm Physio	₹ 1,499	₹ 1,499	Neurofeedback Brain Reset	₹ 649	₹ 999
Shiv Abhyanga [Offered only for 90-120 mins]	₹ 3,999	₹ 4,999	Float Therapy (Sensory Deprivation)	₹ 799	₹ 1,299
HIIT Strength Training Session		₹ 999	HydraFacial Glow	₹1,999-₹4,999	₹2,499-₹5,999
Weight Loss Coaching Body Composition	₹ 999	₹ 999	Lympho-Skin Slimming (Thigh/Arm)	₹ 999	₹ 1,499
Lymphatic Drainage for PCOS PMS		₹ 1,999	Oxygen Jet Therapy	₹ 1,299	₹ 1,799
PCOS Core Strengthening Pelvic Activation <i>- [Yoga+Excercise+Sitz Bath+Lekhana Basti for ₹1599 for 120 minutes (includes all therapies provided above)</i> <i>- ₹699 for 60 minutes (includes all therapies provided above except Basti)</i>		₹699-₹1,599	Scalp Revive Hair Therapy	₹ 599	₹ 799
Prenatal Postnatal Movement Therapy <i>(Yoga+Excercise+Sitz Bath ₹699 for 60 minutes (includes all therapies provided)</i>		₹ 699	Full Integrated Consultation	₹ 749	₹ 999
Abdominal Pack, Kidney Pack & Other Packs	₹ 259	₹ 299	Rejuvenation Consultation	FREE	₹ 199
			Accomodation Charges (Includes consumables, medicines and food)	₹ 3,499	₹ 4,499

Detailed Explainer for Customers

100-Parameter Master Health Check-Up

A detailed 100-parameter test including lipid, thyroid, liver, kidney, and vitamin profiles forming the base of every personalized program.

Market Value: ■2,500 | **Member Price:** Free

Doctor Consultation (Initial)

A 3-doctor joint evaluation (BNYS, BAMS, MPT) to create an integrated treatment roadmap.

Market Value: ■1,500 | **Member Price:** Free

Diet Advice Program (4 Weeks)

Weekly calls and diet adjustments for weight, PCOS, and metabolic conditions.

Market Value: ■3,200 | **Member Price:** Free

Physiotherapy Sessions 1–3

Progressive pain relief and alignment correction sessions under expert MPT guidance.

Market Value: ■3,998 | **Member Price:** ■1,197

Facial & Hair Therapy

Includes LED facial, scalp nourishment, and herbal rejuvenation with free add-ons.

Market Value: ■7,999 | **Member Price:** ■5,199

One-Day Metabolic Reboot & Detox

Full-day mud, steam, and massage-based detox experience.

Market Value: ■8,500 | **Member Price:** ■2,499

NeuroCalm Shirodhara Therapy

Oil-flow therapy for sleep, anxiety, and hormonal regulation.

Market Value: ■2,499 | **Member Price:** ■1,299

Colon, Hydro & Infrared Detox

Advanced body cleansing with infrared polish and hydro sessions.

Market Value: ■6,700 | **Member Price:** ■2,797

Reflexology & Follow-Up

Herbal foot reflexology and doctor follow-up for relaxation and assessment.

Market Value: ■1,500 | **Member Price:** ■999

Priority + Birthday + Events + Vouchers

5 vouchers + priority booking + monthly wellness party access.

Market Value: ■8,000 | **Member Price:** Free

Total Market Value: 45,900+ | Net Savings: 31,000+ | Perceived Value: 40,000–45,000+

For bookings: WhatsApp +91 92549 73305 | care@healin.health | Valid for 6 months from activation.