



**DR WAKDE'S**<sup>TM</sup>  
Natural Health Clinic  
London

PRICE LIST 2014-15

**CLINICAL CARE****Initial Consultation & Assessment** £45

Initial evaluation by Ayurvedic doctor  
 Clinical assessment for dosha imbalances  
 Herbal prescription & treatment plan  
 Practical tips and dietary advice

**Follow up Consultation & Assessment** £35

Continual evaluation by Ayurvedic doctor  
 Follow up clinical assessment  
 Herbal prescription & treatment plan  
 Practical tips and dietary advice

**THERAPIES****Massage treatments**

Abhyanga massage (60 min)  
 1 Session £69  
 5 Sessions £59\*\*  
 10 Sessions £49\*\*  
 Abhyanga massage (90 min) £89\*  
 Udvartana (Dry herbs & oil massage) £79\*  
 Udgharshana (Herbal powder massage) £79\*  
 Pizhichil massage (Oil flow massage) £89\*  
 Marma massage (Vital points massage) £69\*

**Heat treatments**

Svedana (Herbal steam) £49\*  
 Pinda-sveda (Herbal hot compress) £69\*  
 Valuka-sveda (Hot sand-bag compress) £69\*  
 Taap-sveda (Hot stone massage) £69\*

**CLEANSING TREATMENTS****Basti therapy (Colonic treatments) - 8 days** £392

8 X Massages - Abdomen, Pelvis & low back  
 8 X Steam  
 8 X Enemas

**Virechana therapy (Purgation) - 5 days** £490

5 X Abhyanga massage (60 min)  
 5 X Svedana steam  
 1 X Purgation

**Vamana therapy (Therapeutic emesis) - 5 days** £490

5 X Abhyanga massage (60 min)  
 5 X Svedana steam  
 1 X Vamana cleansing

\* Discount of £10 per session if you book a course of 5 sessions & a discount of £20 per session if you book a course of 10 sessions.

\*\* Price per session

**LOCAL TREATMENTS****Head & Scalp**

Shirobhyanga (Head & scalp massage) £49  
 Shirodhara (oil-flow on forehead) £89  
 Takradhara (Flow of buttermilk on forehead) £89  
 Shirobasti (Herbal oil bath - head) £109

**Hair & Scalp treatment for hair-loss**

(Head & scalp massage with steam & herbal hair mask)  
 1 x Session £69\*

**Neck & Shoulder**

Head-neck-shoulder massage £59\*  
 Head-neck-shoulder massage with Steam £69\*  
 Head-neck-shoulder massage with Pinda-sveda £69\*  
 Manya-basti (Oil treatment) £79\*

**Upper & Lower Back**

Back massage £59\*  
 Back massage with Steam £69\*  
 Back massage with Pinda-sveda hot compress £69\*  
 Kati-basti (Oil treatment) £79\*

**Legs & Feet**

Padabhyanga foot massage £59\*  
 Foot massage with Steam £69\*  
 Foot massage with Pinda-sveda hot compress £69\*  
 Janu-basti (Oil treatment - Knee) £79\*

**Face****Skin therapy**

(Facial massage with steam & herbal skin mask)  
 1 x Session £69

**Nose & Sinuses****Nasya treatment** £59\*

(Comprehensive head-face-neck massage, warm compress & nasal oil treatment)

**Eyes****Tarpana treatment** £79\*

(Comprehensive head-face-neck massage, warm compress & ocular oil treatment)

**Ears****Karnapoorana treatment** £59\*

(Comprehensive head-face-neck massage, warm compress & ocular oil treatment)

**Chest & Abdomen**

Back massage £59\*  
 Back massage with Steam £69\*  
 Back massage with Pinda-sveda hot compress £69\*  
 Hrid-basti (Oil treatment) £79\*



**KNOWING AYURVEDA****Single Day Treatments****£199**

- 1 x Abhyanga massage (90 mins)
- 1 x Pinda-sveda (herbal hot compress)
- 1 x Shirodhara

If desired, short consultation with Doctor

£35

**Two Day Recreation****£349**

- 1 x Abhyanga massage (60 mins)
- 1 x Udvartana (herbal exfoliating massage)
- 1 x Pizhichil (oil-flow massage)
- 1 x Shirodhara (oil flow - head)
- 2 x Svedana steam

If desired, short consultation with Doctor

£35

**Three Day Retreat****£549****Consultation & Assessment**

Initial evaluation by Ayurvedic doctor  
 Clinical assessment for dosha imbalances  
 Herbal prescription & treatment plan  
 Practical tips and dietary advice

- 1 x Abhyanga massage (60 mins)
- 1 x Pinda-sveda (herbal hot compress)
- 1 x Udvartana (herbal exfoliating massage)
- 1 x Pizhichil (oil-flow massage)
- 1 x Shirodhara (oil flow - head)
- 1 x Nasya oil treatment
- 1 x Karnapoorana oil treatment
- 2 x Svedana steam
- 3 x Matra basti (Oil enema)

**7 Days - Optimum Detox Program****£795****Consultation & Assessment**

Initial evaluation by Ayurvedic doctor  
 Clinical assessment for dosha imbalances  
 Herbal prescription & treatment plan  
 Practical tips and dietary advice

- 1 x Abhyanga massage (60 mins)
- 1 x Valuka-sveda (hot sand-bag compress)
- 1 x Udvartana (herbal exfoliating massage)
- 1 x Pinda-sveda (herbal hot compress)
- 1 x Pizhichil (oil-flow massage)
- 1 x Shirodhara (oil flow - head)
- 1 x Marma massage (Vital points massage)
- 1 x Nasya oil treatment
- 1 x Karnapoorana oil treatment
- 3 x Svedana steam
- 5 x Matra basti (Oil enema)

Advice about Ayurvedic meals  
 Advice about Yoga, meditation & Pranayam breathing  
 Personal & individual Care

**PANCHKARMA PROGRAM****£1990**

7 Days Residential Program  
 in the mountains of Bulgaria

**Included in the Price -  
Doctor's Fees**

Initial evaluation by Ayurvedic doctor  
 Clinical assessment for dosha imbalances  
 Herbal prescription & treatment plan  
 Daily medical stand-by care  
 A final consultation after the program  
 Practical tips and dietary advice

**Treatments**

- 2 x Abhyanga massage (60 mins)
- 1 x Valuka-sveda (hot sand-bag compress)
- 2 x Udvartana (herbal exfoliating massage)
- 1 x Pinda-sveda (herbal hot compress)
- 2 x Pizhichil (oil-flow massage)
- 2 x Shirodhara (oil flow - head)
- 1 x Marma massage (Vital points massage)
- 2 x Nasya oil treatment
- 2 x Karnapoorana oil treatment
- 5 x Svedana steam sauna
- 1 x Padabhyanga massage
- 1 x Skin treatment
  
- 7 x Matra basti (Oil enema)
- Virechana (purgation) - if indicated
- Vamana (therapeutic vomiting) - if indicated

**Ayurvedic meals & supporting programme**

Specially designed Ayurvedic meals  
 Yoga, meditation & Pranayam breathing classes  
 Introductory video on ayurveda  
 Various Lectures by Doctors  
 Personal & individual Care  
 Warm drinking water throughout the program  
 Ayurvedic herbal teas & herbal supplements

**Accommodation & Transfer**

Accommodation in an executive room on a sharing basis is included in Price.  
 If desired, single use non-sharing accommodation in an executive room can be arranged for an added cost of **£99**.  
 Transfer from Sofia Airport to Greenlife Resort, Bansko (2 hour drive) is included in Price.

**Add-ons****If accompanied by a relative**

- Hotel accommodation for a relative for 7-days period **£299**
- Food arrangement for a relative for 7-days period **£199**

**HOTEL ACCOMODATION FOR PANCHKARMA PROGRAM (Included in Price)****Double Room**

Accommodation in a double room on a sharing basis for 2 people is included in Price.  
If desired, single use non-sharing accommodation can be arranged for an added cost of **£99 extra**.

**If accompanied by a relative**

Hotel accommodation for a relative for 7-days period **£299**  
Food arrangement for a relative for 7-days period **£199**

**Ayurvedic meals (Included in Prices)**

Ayurvedic diet creates balance & harmony within the body through the type of foods you eat & how you prepare them.

Panchkarma program involves specially selected healthy Ayurvedic meals.

Delicious vegetarian meals & drinks throughout the program are specially prepared by our expert Ayurvedic Chefs in consultation with doctors.

All the recipes follow strict Ayurvedic guidelines.

Each of these meals are prepared to aid digestion, balance your doshas & keep the body energized.

Panchkarma program recommends drinking warm water which is available throughout the day

Specially selected herbal teas & fruits are available all the time.



## SUPPORTING PROGRAMME DURING PANCHKARMA (Included in Price)

**Yoga & meditation lessons**

Everyday yoga classes to support a life of balance, flexibility & vitality

Evening meditation to re-discover the body's inner intelligence & experience inner calm & relaxation.

**Various lectures given by our Ayurvedic doctors, yoga masters & health consultants**

Introductory video on Ayurveda

Lectures on body-mind medicine & Ayurvedic holistic health care.

**Wellness facilities**

Prices include usage of the hotel wellness facilities including thermal swimming pool & steam bath (sauna).

**Personal & individual care****Mountain walk**

Spend your leisure time in relaxing mountain-walk



*"If anyone is in any doubt as to the merits of Ayurvedic treatment I can only say that having never undergone any before I am now utterly converted. Dr Wakde's Clinic runs the most comprehensive health program to rejuvenate mind, body, and spirit."*

**Marella Oppenheim, London**  
Actress



## HOW TO BOOK YOUR APPOINTMENT

You can book your appointment online, by telephone or by email. We will confirm your arrangements within a 24 hour period.

Please arrive 10 minutes before your appointment time.

Your first appointment will consist of a detailed assessment of your medical condition, a physical examination & individual treatment planning. This will last between 30 and 60 minutes. Follow-up appointments, last between 15 and 30 minutes.

### **Cancellation of appointment**

If you cannot attend your appointment, please give at least 24 hours notice. This will allow us to offer the appointment to another patient & help avoid wasting resources.

## BOOKING FOR PANCHKARMA & WELLNESS PROGRAMS

We are pleased that you have chosen DR WAKDE's Natural Health Clinic. Please take a note of the following points when making a booking for Panchkarma Program and other wellness programs.

Bookings can be made online, by telephone or by email. You will receive your booking confirmation and an invoice for your deposit based upon the enrolled program.

By receiving the booking confirmation your reservation becomes binding. Your reservations can be cancelled by writing upto 7-days upon receipt. Your final right to cancel expires 2 weeks prior to your program date. (4 weeks for Panchkarma Program). Once this period has expired, we will make a reservation for the doctor's appointment, treatment schedule, meals & scheduling of staff. We would be happy to make your reservation for your accommodation at Greenlife Resort for the Panchkarm Program.

### **Cancellation or early departure (for Panchkarma & Wellness Programs)**

Please, be aware of a £49 cancellation admin fee for any changes of your reservation or for cancellations. Cancellations are accepted in writing only. In case of cancellation, a cancellation fee applies as follows :

- upto 2 weeks prior to arrival - 10%
- upto 3 days prior to arrival - 20%

We accept a replacement person if you are unable to come yourself for the scheduled treatment.

Guest who require special care are welcome. Additional charges may apply. For detailed special care requirements, please speak to our guest service staff prior to making your reservation.

This price list is valid for 2013-14. Prices are subject to change and errors and omissions expected. Our general terms & conditions apply.

Thank you for considering these points. For further or information or queries please contact our clinic team.

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