



ARANYAVEDA
WELLNESS



JANANI

MATRU DEVO BHAVA

**POST-NATAL CARE
PACKAGE**



ARANYAVEDA
WELLNESS

AWARD HIGHLIGHTS



HUES OF LIFE WOMEN'S SUCCESS AWARDS
EXCELLENCE IN AYURVEDA WELLNESS & POSTNATAL CARE
BUSINESS INSIGHTS
AYURVEDA TREATMENT SERVICE EXCELLENCE AWARD 2025



ARANYAVEDA
WELLNESS

POSTNATAL CARE PROGRAM

സൂതികാ പരിചര (പ്രസവാനന്തര ശുശ്രൂഷ)

Ayurveda is a lifestyle practice and a healing method that helps followers to find balance to achieve their life goals. At Aranyaveda, we offer traditional Ayurvedic Soothika Paricharya (post-natal care) tailored to fit the modern era and lifestyle. We focus on the preventative practices elaborated in Ayurveda, which advocate the importance of proper diet, exercise, herbal medicines, and a daily and seasonal regimen to support your well-being. Our post-natal care program will allow you to enjoy the benefits of an integrated treatment experience incorporating carefully selected elements from Ayurveda, Yoga, Naturopathy, and Smriti Meditation (Ayurvedic psychotherapy). The unique feature of Ayurveda is its highly personalized treatment approach. To align with this great philosophy, our Ayurveda treatment programs will be tailor-made to suit your wellness requirements.



BENEFITS OF PRACTICING SOOTHIKA CHARYA

The new mother is called Soothika in Ayurveda until menstruation after delivery. A woman goes through immense physical and emotional stress during pregnancy and delivery. These emotional and physical changes, along with altered sleep patterns and constant alertness, make it difficult for a new mother to regain balance in her life. Ayurveda post-natal care helps you to face these changes with a strong mind and body. Some of the benefits you can experience from our post-natal care program are: Regain energy and vitality, Strengthen muscles to achieve the pre-pregnancy suppleness of your body. Prevent Vata diseases (Nerve and joint-related diseases) in the future. Improve lactation. Above all these benefits, the feeling of doing something for yourself or taking care of yourself gives a sense of satisfaction, which is highly important as you are in life.





ARANYAVEDA
WELLNESS

10 DAYS PACKAGE

Abhyangam (Hot Oil Massage)
Head Massage
Face Massage (Brightening Face Oil)
Brightening Face Pack
Hair Pack (1 Sessions)
Body pack & Scrub
Vethukuli
Anjanam
Thalam
Kesadhoopa (Hair Fumigation)
Udara Veshtanam (Abdominal Binding)
Podil Kizhi (3 Sessions)
Njavara Theppu (1 Session)
Glowing Medicated Facial (1 Session)
Steambath (1 session)

Additional Benefits

Postnatal Yoga & Meditation
Face Yoga (1 Session)
Complementary Baby Bath

Home Service
₹35,000
+Transportation

OP Service
₹38,000

14 DAYS PACKAGE

Abhyangam (Hot Oil Massage)
Head Massage
Face Massage (Brightening Face Oil)
Brightening Face Pack
Hair Pack (2 Sessions)
Body pack & Scrub
Vethukuli
Anjanam
Thalam
Kesadhoopa (Hair Fumigation)
Udara Veshtanam (Abdominal Binding)
Podi Kizhi (3 Sessions)
Ela Kizhi (3 Sessions)
Njavara Theppu (2 Sessions)
Glowing Medicated Facial (1 Session)
Steam Bath (1 Session)
Sirodhara (1 Session)

Additional Benefits

Postnatal Yoga & Meditation (1 Session)
Face Yoga
Complementary Baby Bath

Home Service
₹53,200
+Transportation

OP Service
₹56,200



ARANYAVEDA
WELLNESS

21 DAYS PACKAGE

Head Massage
Face Massage
Full Body Massage
Face Pack
Body Pack & Scrub
Hair Pack (3 Sessions)
Vethukuli
Anjanam
Thalam
Kesadhoopam (Hair Fumigation)
Udara Veshtanam (Abdominal Binding)
Podi Kizhi (5 Sessions)
Ela Kizhi (3 Sessions)
Naranga Kizhi (3 Sessions)
Special Body Brightening Pack (1 Session)
Njavara Theppu (3 Sessions)
Glowing Njavara Facial (1 Session)
Steam Bath (1 Session)
Sirodhara (1 Session)
Pedicure & Manicure (1 Session)

Additional Benefits

Postnatal Yoga & Meditation (1 Session)
Face Yoga (1 Session)
Complementary Baby Bath

Home Service
₹77,700
+Transportation

OP Service
₹80,700

28 DAYS PACKAGE

Abhyangam (Hot Oil Massage)
Head Massage
Face Massage (Brightening Face Oil)
Brightening Face Pack
Hair Pack (4 Sessions)
Body pack & Scrub
Vethukuli
Anjanam
Thalam
Kesadhoopa (Hair Fumigation)
Udara Veshtanam
Podi Kizhi (5 Sessions)
Ela Kizhi (5 Sessions)
Naranga Kizhi (5 Sessions)
Njavara Theppu (5 Sessions)
Steam Bath (1 Session)
Special Body Brightening Pack (1 Session)
Sirodhara (1 Session)
Pedicure & Manicure (1 Session)
Aranyaveda Signature Saffron Facial (1 Session)

Additional Benefits

Postnatal Yoga & Meditation (1 Session)
Face Yoga (1 Session)
Complementary Baby Bath

Home Service
₹95,200
+Transportation

OP Service
₹98,200



ARANYAVEDA
WELLNESS

HOME SERVICE INCLUDES

- Includes all External treatments and Internal medicines.
- Internal medicines will be decided only after the doctor's consultation.
Transportation will be charged based on the distance.
- Procedures are carried out by qualified Panchakarma therapists. They will not carry out the domestic chores, like babysitting/laundry.
- For the steambath, Sirodhara, Postnatal Yoga clients need to visit the clinic once.
- The time slot will be from 6 am to 2 pm.





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www.aranyaveda.in

**“Wellness Through
Ayurveda”**



D22, Arattu Rd, Pillaveedu nagar
Kesavadasapuram, Trivandrum



+919633 744 461
+91963 3744 462